HOUSE PO HOME

=== Conducted by Helene. =

There are few things more conductive to disobedience and stubborn mess in children than the constant use of the word "no" and "don't."

The mother should hesitate more than once before saying them. Listen patiently to a little one's request before saying "no." no metter ten patiently to a little one's request before saying "no," no metter how trivial it may seem to you. It may mean much to him. If the request is reasonable, even though it may cause you some little inconvenience, try to grant it. If, however, saying "yes" to the child is going to cause a great deal of discomfort to some one else, if it is not for the child's good or if after deliberation what is asked seems wrong in your child's good or if after deliberation what is asked seems wrong in your judgment, give the child a short but intelligent reason for a denial, then let no amount of teasing change your decision. It is not necessary to be stern in this matter, but firm and the child will soon learn to accent your judgment, without fretting. and the child will soon learn to accept your judgment without fretting; satisfied in the feeling that you know best. Always think twice before saying "no," but once said, stick to

WOMEN AND EXERCISE.

There is no doubt women run easi-

concerned,
They will either take no exercise
at all and sit huddled over a book
or piece of fancy work, or they will
suddenly start to walk and continue
walking until they almost drop.
Exercise to do good must MMMMM
Exercise to do good should be
gentle and regular.

gentle and regular.

Never walk when tired.

So many women force themselves to walk, when, perhaps, they are fagged out by a hard day's work.

They come into the air dead beat and literally through themselves. id literally throw themselves alon the roads, with every muscle ach and the whole body dragged, they instead take a trolley ride aget air, or sit out of doors in park or garden or even at an owindow, till rested, they would themselves far more good.

A walk should only be taken to

A walk should only be taken from choice, when the body is alert and untired, and the spirits are good, of at least when the brain mind and body are not heavy with fatigue.

THE NOBLER SACRIFICE.

What influence does business exer on the inexperienced, expectant girl's.

They are purely psychological. The guestion of comparative health ourely psychological. The comparative health comparative morals in domestic and business life is narrow, as compared with the broader one of psychologic conditions.
believe that there are just

many women who break down under the strain of bearing children and domestic burdens as there are thos who have nervous prostration trying to do a man's work in ness and live a woman's life home.

woman who sacrifices herself on the domestic altar may leave behind her domestic altar may leave behind her a living, breathing memorial in the sons and daughters who revere her memory, and who hand down posterity the influence of her strong character, as ever-widening circles for good; while the woman who sacrifices herself to business success can leave only a few tangled skeins in office or store for some circums. neare only a few tangled skeins in office or store for some other woman to straighten out. The woman who is normal and healthy, and performs her work in the normal, common-sense way, will not break down either in the home or in a wage-earning field.

Wage-earning women as a class believe to be even more moral than their sisters who lead the protected life. Contact with the world shows them the wages of sin as well as the wages of work. 5They are less credulous, less trusting, than the girl who idealized. them the wages of sin as well as the wages of work. 5They are less credulous, less trusting, than the girl who idealizes every man who comes upon their horizon. The girl whose virtue is inherent and strongly entrenched does not yield to the blandishments of the man she meets in business; rather she becomes absolutely impregnable. On the other hand, the girl who is naturally wild and unrestrained does not require the influence of office, store or factory environment to show her the downward way.—Anna Steese Richardson in the Service of Steese Richardson in the Service.

MANY USES FOR HONEY.

"Honey, one of the most nutritious and delicate of foods, should be
easten more than it is," says a cooking expert. "Bought in the comb,
it is bound to be unadulterated, and
this pure honey will keep its friends
free from sore throat and bronchial
troubles.

The great success and reputation that it has already obtained proves that Luby's, Parisian Hair Renewer restores gray hairilto its natural color, and, from its balsamte properties, strengthen the growth, removes all dandruf, and leaves the scalp clean and healthy. Can be clean and healthy. Can be

then wash it off with hot water. The result is a finer textured com-plexion, a glowing color, a young fresh look."

A GURTAIN EFFECT.

A GURTAIN EFFECT.

A pretty way to arrange bedroom window curtains is this: The upper sash is hung with a dainty flowered muslin, and the lower with a filmy madrae. Both are simple each curtains and thus will be assity laundered. The colored curtain is protected from the light by a shade, which is usually drawn to the middle of the window. For this reason the colored curtain will not be liable to fade. liable to fade.

The colored curtain is much pret-tier is ruffled with white. This scheme gives a charming touch of color at the windows, but admits of the use of the sash curtains as a screen for the lower part of the window.

HOW TO HAVE SWEET PEAS ALL SUMMER.

When the sweet peas come bloom, cut their flowers off soon as they begin to fade. This prevents them from forming seed, and the plants in their efforts to perpetuate their kind will straibtway produce more flowers and keep on doing this as long as interfered with. In this manner flowers are secured throughout the entire secured to the secured to the secured to the secured the secured to secured throughout the entire season But if the seed is allowed to form you will have comparatively flowers during the latter part

TO CLEAN SILK GLOVES

Don't try to clean silk gloves with gasoline, but wash them very care-fully. White and black ones can be washed in soap suds, rinsed and dried, the white ones being dipped dried, the white ones being into blueing water to give them a supportance. Tinted clear white appearance. salt water to prevent the color from fading. If a few drops of lemon juice are added to the rinsing water the tints will be revived. Silk gloves can be ironed, though a piece of linen should be placed over the gloves when there are invested. gloves when they are ironed only a moderately warm iron should be used. Silk hose can be washed in the same manner and ironed when

WORE NO JEWELS.

Those proud and happy mammas who expect to introduce their pretty daughters to society next winter may be interested in the debut party may be interested in the debut party given by Mrs. Anthony Drexel for her daughter, Miss Marguerite, who is said to be the wealthiest American girl in London. Wealthy Americans and royalties were present and the pretty debutante's dress simply white tulle, fleeked with pose leaves a simple procedud in her rose leaves, a single rosebud in her hair, and not one bit of jewelry

---OYSTERS AND MACARONI.

If you have never served oyster and macaroni, do try this recipe just and mecaroni, do try this recipe just as soon as an opportunity affords it self. It is such a tempting hot dish to serve with cold sliced meat, or it may be well introduced into any simple home luncheon or supper. It is an excellent way to make a pint of oysters if one has not a larger supply on hand. If people were more careful in cleaming oys-ters there would be less discomfort in eating dishes made from them Put oysters in a strainer over bowl. Pour cold water over oys-ters, allowing one half cupful to each quart of oysters. Carefully pick over oysters, taking each one parately in the fingers, to remove any particle of shell which adhere to the thick muscle. Cook three fourths the thick muscle. Cook three fourths of a cupful of macanoni, broken in one inch pieces, in salted boiling water until soft; drain, rinse with cold water. Put a layer in the bottom of a buttered baking dish, bottom of a buttered baking dish, cover with oysters, sprinkle with salt and pepper, dredge with flour and dot over with two and one half tablespoonsful of butter; repeat and cover with one half cupful of buttered cracker cumbs. uttered cracker crumbs chardson, in the September Woman's Home Companion for September.

MISS DREXEL TO RENOUNCE WORLD.

It is rumored that Miss Margaretta A. Drexel, daughter of Mr. and Mrs. Anthony Drexel, of Philadelphia, a reigning beauty of this season in London and Paris, will abanthis pure honey will keep its friends free from sore throat and bronchial troubles.

"I have not had a sore throat since, six years ago, I took to eating horey. My doctor tells me he often recommends honey, with extellent results, for diseases of the throat.

"Honey is excellent to use instead of sugar for sweetening cakes. It gives the cakes a most delicious flawor. It is also excellent in place of butter, on hot biscuits, on toast and on buckwheat cakes.

"I know a number of ladies who use honey as a cosmetic. They apply it to the skin, rub it in well,

meeting held in Toxico on the feast of Pentacost which was attended by Catholic students and delegates from the various Catholic parishes of the city with the purpose of organizing a "Catholic Circle." Among the resolutions adopted was one to endow a large Catholic public library in the Japanese capital, where the largest possible number of Catholic works, published in English, French, German and Japanese, may be at the disposal of Japanese students. The Japanese students. The Japanese students are the disposal of Japanese students. The Japanese students are disficult to obtain in Japan.

TIMELY HINTS.

Children often have a sweet given to them to take away the taste of medicine. That sweet should be taken immediately before, not after the medicine, and if it be of strong flavor, such as peppermint, the disagreeable taste of the medicine will not be detected by the patient.

patient.

Vinegar rubbed into badly chapped

Vinegar rubbed into badly chapped

alhands and allowed to dry will alleviate the stinging pain almost in tantly.

To mend a crack on the inside of a To mend a crack on the inside of a range use a cement made of equal parts of wood ashes and common salt, moistened with water.

Place a thimble on the rod and moisten the hem slightly to make the rod slip in a curtain more

much Epsom salts in hot water as the water will absorb. While still hot paint over the window with When dry it will rethe mixture.

the mixture. When dry it win semble ground glass.
When the drain pipe of the sink becomes clogged it can be cleared out by attaching a piece of garden hose to the faucet and holding the other end against the sink outlet, other end against the sink of making as tight a connection making as tight a connection be-tween them as possible by means of a large towel held firmly with both hands. Then let the water be turn-ed or and the pressure from the water main will drive the obstruc-

tion out of the pipe.

A little borax or rock ammonia dissolved in the washing water will greatly aid you in getting off the stains from your hands. Obstinate stains can be removed with a piece of cut lemon.

When a large bottle of olives opened and only a part of them used, the remainder, though left in the brine, become comparatively tasteless. To avoid this pour half an inch of olive oil on the top and cork well. The olives will then retain their flavor indefinitely. torer.

"Yes, sir," said the chemist; "step inside, please. There's an article I can highly recommend. Testimonials from great men who have used it. It makes the hair grow in twenty-four hours."

"Aweel," said the Scot, "ye can gie the top of your held a bit rub wi'e, and I'll look back the morn and see if ye're telling the truth."

MILBURN'S

HEART and **NERVE** PILLS SAVED HER LIFE

Mrs. John C. Yensen, Little Rocher, N.B., writes: "I was troubled with a stab-like pain through the what a tried many remedies, but they seemed to do me more harm than good I was then advised by a friend to try Mil-burn's Heart and Nerve Pills and after using two boxes I was completely cured. I cannot praise them enough for the world of good they did for me, for I believe they saved my life."

Price 50 cents per box or 3 hoxes for \$1.25, at all dealers, or mailed direct by The T. Milburn Co., Limited, Toronto,

THE GRAND ACT.

"Grand Act" which takes annually at St. Patrick's Se , Maynooth, Ireland, was The "Grand Act Patrick's Seplace annually at St. Patrick's Seminary, Maynooth, Ireland, was performed recently under the presidency of Cardinal Logue, when Rev. Michael O'Donnell submitted a translate on "Penance in the Early tate on "Penance in the Early taged went brilliantly The Church," and went brilliantl through the ordeal of a public dis-putation on seventing. putation on seventy-five proposi-tions, taken from the entire course of the doctorate in dogmatic theology, moral theology, Sacred Scripture, ecclesiastical history and cannot

BEAUTIFUL PRACTICE OF THE FILIPINOS.

Father Berbrugge, one of the Mill Hill missionaries in the Philippines, writing to the "Field Afar," says: "One day I was called out to administer the Vaticum, but & had no need to ask the road. 'When the bell rings,' I was told, 'go to the church, prepare yourself for a public Viati-

ICED BLUE RIBBON TEA

THE MOST DELICIOUS OF SUMMER DRINKS. BREW IT THE SAME AS IF YOU WERE GOING TO SERVE HOT TEA, THEN POUR IT OFF THE LEAVES INTO A PITCHER AND PLACE ON THE ICE. WHEN QUITE COLD SERVE WITH A SLICE OF LEMON (DO NOT USE MILK) AND ADD SUGAR ACCORDING TO TASTE. THE MOST REFRESHING AND WHOLESOME SUMMER BEVERAGE KNOWN

FUNNY SAYINGS.

Doctor—"Well, Maitithew, did you take those pills I sent you yester Patient—"Yes, doctor, but couldn't 'e do 'em up in something ferent? They little boxes be rible hard to swallow!

HIS "NOURISHMENT."

An old South Carolina darky was An old South Caronna units, was sent to the hospital of St. Xavier in Chacleston. One of the gentle black-noted Sisters put a thermometer in his mouth to take his temperature. Presently, when the doctor made his feel right tol'ble, boss.

"Have you had any nourishm

'What did you have?"

HIS EXPERIENCE. AS HAMLET. "How are you getting along?" asked a travelling man of an acquaintance who had gone on the

stage.

"Oh, I have net with a share of success." I played Hamlet for the first time."

first time."

"Did you get through all right?"

"Yes, except that I happened to stumble and fall into Ophelia's grave."

"That must have been embarrassing."

"It was; but I wouldn't have minded it if the audience hadn't seemed so disappointed when I got out."

A minister was questioning the story of Eutychus, the young man who, listening to the preaching of the Apostle Paul, fell asleep, and falling out of a window, was taken up up dead.

out of a window, was taken up to dead.

"What," he asked, "do we learn from thos solemn event."

The reply from a little girl came:

"Please, sir, ministers should learn not to preach too long sermons."

cum, and you have only to follow the crowd,' Nearly 200 children were waiting for me. As soon as I begun to walk with the Blessed Saxtrament, they started the rosa Saxtrament, they suggested through ry. Wherever we passed through the village, doors flew open and the village ope ry. Wherever we passed through the village, doors flew open and soores of women came out with candles and followed me; there soon was a crowd of at least 500 people. The house of the sick person lay about a mile and a half outside the village. It was a very poor thatched hut, surely not much better than the stable in Bethlehem, but for a distance of fifty yards bemboo mats ware sprehl, the house was hung with clean white cloth, and next to the sick bed a little altar was made, nicely decorated with pictures, statues and flowers, All the neighbors, as is customary here, had come in to help and had brought, their contributions for the decoration, and when I looked out over the peacople praying so fervently, the tiot, and when I lookpd out over the peacople praying so fervently, the poor little hut changed into a clean, pure white chapel, I said to myself, 'No, the faith is not yet dead here.' It reautires only good and zealous priests to raise this people up. It was all so simple, beautifully expressive of faith in the Holy Sacrament of Christ's love."

Burdock Blood Bitters

is the FOREMOST MEDICINE of the DAY.

Is the FOREMOST MEDICINE of the DAY.

It is a purely vegetable compound possessing perfect regulating powers over all the organs of the system and controlling their secreticies.

It so purifies the blood that it cures all blood humors and diseases, and this combined with its unrivalled regulating cleaning and purifying influence, rendem it unequalled for all diseases of the skin.

Mr. Robert Parton, Millbank Ont. writes: "Some time ago I was troubled with boils and pimples, which kept breaking out constantly. After taking two bottles of Burdock Blood Bitters I am completely cured."

INNISHOWEN.

(By Michael Scanlan, in N.Y. Free man's Journal.)

No wonder I do weep and sigh As here alone
I sadly stray through forests gray,
Unloved, unknown,
Oh, for the rays of hoyhood's days,
Bright days long flown.
The waving woods and the rushing floods

Of Innishow'n!

wice and tears, of dreary years Have worn away
The sterner part which round

Through manhood lay, and, like a child that's roam And tired grown

I sit and sigh for days gone by In Innishow'n. The mountain streams

my dreams
In silver song—
As leaping light the liquid bright Laughs down among
The dark glens wild where oft,

child,
I've wandered through, For Summer dew.

From hill and vale the Clan na Ga Have madly fled;
The cold footfall of Saxon Gall
Disturbs the dead.
How must they feel 'neath Saxon

Ochone! ochone!
The rook finds rest in the eagle' In Innishow'n.

Should Cahir come from his moss grown tomb To Couldah's side.
And from the height look

beneath beneath

Where true men died.

How would he sigh as days gone by
Came rushing on.

To find how slaves can tread the graves
Of lions gone!

O! Liberty! when shall we see Thy smiles again? Both night and day we watch

And look in vain. many years, through woe tears, We've braved the storm.

In heart and mind we've shrined Thy sacred form! 'Tis true that we were false

And to the dead. lse from where thy youth nursed
Thou dst never fled—
That, whilst we slept, foul tyre

crept,
And bound the chains
aich tinged the flood of Which blood Within our veins.

Anaemia Cured.

Dr. Williams Pimk Pills Bring Back th Glow of Health by Making New Blood.

To bud into perfect To bud into perfect womanuous the growing girl must carefully guard her health. Unless the blood is kept rich and pure, headaches, backaches and frequent dizzy spells will trouble her. She will always be ailing and may slip into a deadly decline, i Dr. Williams' Pink Pilk are the pure tailing remedy in building up decline. I Dr. Williams' Pink Pills are a never failing remedy in building up the blood. Just a short time ago the reporter of L'Avenir du Nord had the following cases brought to his notice. In the town of St. Jerome, Que., there is an orpham asylum under the care of those zealous workers—the Grey Nuns. In this ous workers—the Grey Nuns. In this world's greatest linguist, died at Landeshut Monastery, in Germany, recently at the age of seventy-nine. The word filted with anaemia. The symptoms in both cases were very much alike. They were both pale, three ancient and modern languages. The calculation of the control headaches and dizziness. Dr. Wilidams' Pink Pills were taken,
soon there was an improvement in
their condition. The color returned
to their cheeks; their appetite
proved; heaaaches ceased and
good health took the place of
good health took the place of
pondency. What Dr. Williams' Pink
Pills have done for these two
or
phans—Marie Lavoie and Dosina

A good many of these languages, however, were merely dialects or modifications of other root langua-

Rates: City, U. St. and Foreign \$1.50. Newfoundland and Canada, \$1.00.

FILL OUT THIS BLANK AND MAIL TO THE TRUE WITNESS, MONTREAL,

from......190....for which I enclose \$......

If you are a new subscriber, write "new" here...

But, Liberty, when Tyranny
Was on thy track,
The blood and bone of Innishow'n
Were at thy back;
From mount and glen came stalward GETTING BACK HOUS I'd rather be to grading any place I in For grandpa says I and grandma love When I get down to You bet I'll make.

men,
Each heart thine own:
What soe would dare the wol In Innishow's?

Those were the times when clashing chimes
From hungry swords
Fell on the ears of mountainers
Like sweetest words;
Where Freedom found her native Was on the heath,
Where men grown bold through
gions told
Did play with death.

But long ago by want and woe
Fond ties were r.ven;
A scattered host, on every coast
They're tempest-driven;
But still they bear through

The stamp and tone That freemen bore in days of yore In Innishow'n. Green Innistail! one of the Gael

That ne'er may see
The golden days when thou
raise raise

Thy proud head free,
Stands by the shore, and gazing o'er
The deep, wide sea,
Thus fills the cup of true love up,
And drinks to thee!

ON THE WAY.

The bread that bringeth strength I want to give,

The water pure that bids the thirsty The water pure that bids the thirsty live;
I want to help the fainting day by day;
I'm sure I shall not pass again this

I want to give the oil of joy for

tears,
The faith to conquer crowding doubts and fears,
Beauty for ashes may I give always;
I'm sure I shall not pass again this

I want to give good measure running o'er, And into angry hearts I want to pour K The answer soft that turneth wrath a/way; I'm sure I shall not pass again this

want to give to others hope and I want to do all that the Master saith:

I want to live aright from day to day;
I'm sure I shall not pass again this

Brooks—they will do for others.

The secret of Dr. Williams Pink
Pills in curing and mia lies in their
power to make new, rich, red blood. power to make new, rich, red blood. That is why they strike straight at the root of all common aliments like headaches, sideaches and backaches, rheumatism, neuralgia, indiaches, rheumatism, neuralgia, indi-gestion, anaemia, St. Vitus dance, partial paralysis and the special allments that afflict almost every woman and growing girl. Dr. liams' Pink Pills are sold by medicine dealers, or may be mail at 50 cents a box or si for \$2.50 from The Dr. Wi Medicine Co., Brockville, Ont.

World's Greatest Linguist.

Father Erasmus Hering, the both pale, three ancient and modern languages.
subject to The celebrated Giuseppi MezzoDr. Wilfanti, who died in 1848, was reported to be able to speak fifty-two languages, while Mr. Jeremiah Cur-tin, who died last year at Milwau-ke, Wis., is said to have known se-

For New and Old Subscribers.

Please send me "The True Witness" formonths Name of Subscriber P. O. Address

to settle there."

"She will datch her deat
"She will datch her deat
"She will datch her deat
before she has time to ma
mind to anything if she is
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below Hilda, your lacket
through already. Captain
here is your telescope; and
here is your telescope; for the
guin, and I don't admire Fe
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KING I By Theo. Gift, Author

BOYS

There won't be no o

I'll go barefooted in

And do just as I
I'll paddle in mud-p
I'll climb the bigg
I'll slide down on th

I'll shin up ev'ry o won't be scolded w Up grandma's kitch

When I get down to When I get down to
I'll be a boy again.
Folks ain't afraid of
Nor bother 'bout ti
I'll ride the horses be
I'll walk on ev'ry i

No one'll scold me wi

I'd rather be to gram Because I have such And I'll be awful sorr Vacation time is do

I'll soon be down to g

Where I won't get no

CHAPTER I.-THE

On a very wet and November a little

in November a little g
ple were guthered on
of the deck of the got
lina, trying—by the aid
or their own eyesight—
all that was to be see
which, after a six w
they were just approach
It was not a land the

It was not a land the you who read this are acquainted with, except for it was many thousan from England, and conselargest of a tiny groulying in the most south

the South Atlantic Ocea

tween two and three h to the east of South An it was an English colorn very small and insignific it had an English name

people who have found

am speaking of the Falki

and can put their finger the atlas, know already

even those of the passer were not going to stop were going on with the Valparaiso, where she w had hurried up eagerly of the first cry of "Land Cantau, soles cheesing the

captain spoke cheerily as a little girl who formed party, he said: —"Well, is your last day at sea a We shall be well in the beneuin before support

Penguin before sunset, no

The child addressed—a licate-featured little maid

with dark eyes and hair, in deep mourning—looked and tried to smile; at he wandered as she did so to look in the same transfer of the s

looking rocks and headla were all that was visible

looking rocks and headla were all that was visible land through a mist of sn rain; and the smile was reble one; while the lady standing near her exclaim "Well, if the prospect do "Prove on a nearer view, think she would prefer a lage with you to maisting acquaintance with it, Caj ors. I would, I know." The other passengers—the men-laughed, and the eld

acquaintance with it, Caa ors. I would, I know."

The other passengers—be men—laughed, and the eld
"Ay, better book on to
with us, Hilda. You won through a Scotch mist an like an ice-saw,—I can tell
"Thank goodness, no!"
younger man, "or I shoutk jug there; but I've heard always blows this way at lands, and generally rains

lands, and generally rains into the bargain. Take M clay's advice, Miss Hilda, twice before you make up to settle there."

"She will qatch her deat before she has time the

VOYAGE.

And be a boy once

My pants-gee, that