

HOUSE AND HOME Conducted by Helene.

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

WOMEN AND EXERCISE. There is no doubt women run easily into excess as far as exercise is concerned.

THE NOBLER SACRIFICE. What influence does business exert on the inexperienced, expectant girl? They are purely psychological.

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 given by Mrs. Anthony Drexel.

OYSTERS AND MACARONI. If you have never served oysters and macaroni, do try this recipe just as soon as an opportunity affords it.

MANY USES FOR HONEY. "Honey, one of the most nutritious and delicate of foods, should be eaten more than it is," says a cooking expert.

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 abandon the world to take up religious life in the convent of her relative, Mother Katharine Drexel.

A CATHOLIC LIBRARIAN IN JAPAN. A missionary in Japan writes of a meeting held in Tokio on the feast of Pentecost which was attended by Catholic students and delegates from the various Catholic parishes of the city with the purpose of organizing a "Catholic Circle."

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

A CURTAIN 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 madras.

HOW TO HAVE SWEET PEAS ALL SUMMER. When the sweet peas come into bloom, cut their flowers off as soon as they begin to fade.

TO CLEAN SILK GLOVES. Don't try to clean silk gloves with gasoline, but wash them very carefully. White and black ones can be washed in soap suds, rinsed and dried, the white ones being dipped into blueing water to give them a clear white appearance.

THE GREAT ACT. The "Grand Act" which takes place annually at St. Patrick's Seminary, Maynooth, Ireland, was performed recently under the presidency of Cardinal Logue, when Rev. Michael O'Donnell submitted a tractate on "Penance in the Early Church," and went brilliantly through the ordeal of a public disputation on seventy-five propositions.

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 Sacrament, but I had no need to ask the road."

FUNNY SAYINGS. Doctor—"Well, Matthisaw, did you take those pills I sent you yesterday?" Patient—"Yes, doctor, but couldn't 'em do 'em up in something different? They little boxes be terrible hard to swallow!"

HIS "NOURISHMENT." An old South Carolina darkey was sent to the hospital of St. Xavier in Charleston. One of the gentle black-robed Sisters put a thermometer in his mouth to take his temperature. Presently, when the doctor made his rounds, he said: "Well, Nathan, how do you feel?"

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 met with a share of success," I played Hamlet for the first time."

A CATHOLIC LIBRARIAN IN JAPAN. A missionary in Japan writes of a meeting held in Tokio on the feast of Pentecost which was attended by Catholic students and delegates from the various Catholic parishes of the city with the purpose of organizing a "Catholic Circle."

meeting held in Tokio on the feast of Pentecost which was attended by Catholic students and delegates from the various Catholic parishes of the city with the purpose of organizing a "Catholic Circle."

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.

TO MAKE GLASS OPAQUE. To make glass opaque, dissolve as much Epsom salts in hot water as the water will absorb. While still hot pour over the window with the mixture. When dry it will resemble ground glass.

THE GRAND ACT. The "Grand Act" which takes place annually at St. Patrick's Seminary, Maynooth, Ireland, was performed recently under the presidency of Cardinal Logue, when Rev. Michael O'Donnell submitted a tractate on "Penance in the Early Church," and went brilliantly through the ordeal of a public disputation on seventy-five propositions.

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 Sacrament, but I had no need to ask the road."

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.

Burdock Blood Bitters 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 secretions.

WITH THE POETS

INNISHOWEN. (By Michael Scanlan, in N.Y. Freeman's Journal.)

No wonder I do weep and sigh As here alone I sadly stray through forests gray, Unloved, unknown, Bright days long flown.

From hill and vale the Clan na Gael Have sadly fled, The cold footfall of Saxon Gall Disturbs the dead.

Should Cahir come from his moss-grown tomb To Coughlin's side, And from the height look down beneath

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

'Tis true that we were false to thee And to the dead, Else from where thy youth was nursed

Within our veins. Within our veins. Within our veins.

But, Liberty, when Tyranny Was on thy track, The blood and bone of Innishowen Were at thy back;

Each heart thine own, What foe would dare the wolf-dog's lair In Innishowen?

Green Innishowen! one of the Gael That ne'er may see The golden days when thou shalt raise Thy proud head free,

The bread that bringeth strength I want to give, The water pure that bids the thirsty live;

I want to give the oil of joy for tears, The faith to conquer crowding doubts and fears,

I want to give good measure running o'er, And into angry hearts I want to pour

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

BOYS

GETTING BACK TO HOUSE

I'd rather be to grandpa's place Than any place I know, For grandpa says I'm a good boy,

When I get down to you, You bet I'll make a fuss, There won't be no "Now, sonny, stop!"

I'd rather be to grandpa's place Than any place I know, For grandpa says I'm a good boy,

When I get down to you, You bet I'll make a fuss, There won't be no "Now, sonny, stop!"

I'd rather be to grandpa's place Than any place I know, For grandpa says I'm a good boy,

When I get down to you, You bet I'll make a fuss, There won't be no "Now, sonny, stop!"

KING I By Theo. Gift, Author CHAPTER I.—THE VOYAGE. On a very wet and gloomy day in November a little group were gathered on the deck of the ship.

For New and Old Subscribers. Rates: City, U. S. and Foreign \$1.50. Newfoundland and Canada, \$1.00. Please send me "The True Witness" for.....months from.....190.....for which I enclose \$.....

LUBY'S The great success and reputation that it has already obtained proves that Luby's Facial Hair Renewer restores gray hair to its natural color.