dislike, and even the girl who can least afford the dollar a month sary to a professional shampoo prefers to pay it at a sacrifice ra-Yet if the work is gone about she was 15.' in the right manner at home it need not be difficult at all. The first thing is to prepare a shampoo li-Take a square inch of some quid. good soap, shave it fine and dissolve it in a half cup of hot water. Then add a teaspoonful of violet am monia and the raw white of an egg. Beat these thoroughly anh strain through a wire sieve. Now stand with the head over a basin, pour a and rub briskly with both hands. Use all the liquid in this way, rubbing it thoroughly on the scalp. Af- because "other women" have them ter this wash the scalp with several basins of warm water and then wash the long hair in the basin of water. Rinse by holding the head over the and pouring over it stream of warm water, keeping this up until the water that drips from hair is perfectly clean. Then dash with cold water to close the pores, and prevent taking cold. You are now ready to dry the hair. First wrap it in a thick towel and wring Then spread a dry towel across the back, throw the hair back and rub the scalp well and dry. It may take some time, but it is the best possible means of drying, acting as a massage, too. Call in the aid of the sun if possible, but never use steam. Do not brush the until it is thoroughly dry. Then, as you brush, raise the hair, that the strands may be separated. this combing will not be difficult, and when the hair is ready to go up it will be soft and fluffy.

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HOME TREATMENT OF ILLNESS.

Palpitation of the heart may be arrested, writes a well known physician, by bending down so as to allow the blood to run to the heart. Take the whites of two eggs and

beat them, and two spoonsful white sugar, grate in a little nutmeg, then add a pint of lukewarm Stir well and drink often Repeat the preparation if necessary, and it will cure the most obstinate

To make a linseed poultice take of fine ground linseed meal four parts and of boiling water ten parts. Mix the linseed meal with the water gradually, stirring constantly. The poultice should be an inch thick and very hot. A piece of thin flannel placed between it and the skin will enable the poultice to be borne much hotter than it otherwise would

In illness hot water is of inestim able value. For example, there is nothing that so quickly cuts short congestion of the lungs, a sore throat or rheumatism as hot water when applied promptly and thorough ly. Headache always yields to the simultaneous application of water to the feet and back of

4+ ++ ++

THE ART OF DRESS.

dividuality in dress, says the Bristol Times. Now, some people interprethis to mean a striking peculiarity but it means nothing of the sort. must study her color

ing, her build, her size, and then endeavor to wear what best accords with her * personal characteristics There are women who appear best in fluffy, elaborately-trimmed frocks There are others who should wear anything but the most sever tailor-mades on any occasion. There are women who look extremely well in large hats, and, again, others who find a small toque the mo the most

The girl who owns twelve black and-white gowns in one season was not so foolish as she seemed. She She knew that the combination of black white suited her auburn-red hair and she religiously clung to what

vas becoming.

The woman who looks well in blu The woman who looks well in blue should never wear an unbecoming pink simply because she is "so tired of one color." Other people are not so tired of it as she is herself, and what is the advantage in wearing a gown that makes her look like a fright because of a personal dislike to some other more becoming color?

Washing the hair is a task most WOMEN WHO SHOULD NEVER

The woman who proudly hat she cannot hem a pocket handkerchief, never made up a bed in he life, and adds with a simper that ther than bother to wash her own she has "been in society ever since

The woman who would rather nurs a pug dog than a baby.

The woman who thinks that me

are angels. The woman who would rathe than wear a hat two seasons old. The woman who thinks the coo

and nurse can keep nouse. The woman who expects a declara tion of love three times a day.

The woman for the drawing room and kitchen utensils from her neighbors little of the shampoo over the scalp and who thinks table decoration more important than food.

The woman who wants things jus

det det det

TO CLEAN FINGER MARKS.

Rub the finger marks with a clear iece of flannel dipped in paraffin oil The marks will disappear like magic Afterwards wipe with a clean cloth wrung out in hot water, to away the smell. This is better than using soap and water, as it does Paraffin oi not destroy the paint. is also excellent for cleaning varnish ed hall doors which face a dusty roadway.

1-t 1-t 1-t TIMELY HINTS

When desirable to see the tongu of a very small child the object may be accomplished by touching upper lip with a bit of sweet oil. which will cause the child to pro trude its tongue.

When your feet are very tired bathe them in hot water, dry, go over them with olive oil, apply powdered starch freely. They will feel a source of joy instead pain.

To take out mildew: Mix soft soan with powdered starch, half as much salt, and the juice of one lemon; lay it on the part, both sides, with brush, let it lie on the grass and night till the stain comes out.

Put a tablespoonful of borax' into in which flannels washed, and there will be no danger of their not being soft and white.

Matting can be made to look fresh and clean by wiping it over with a cloth dipped in milk. This treatmen also prevents it from becoming brit-

home, rub thoroughly with fine Fuller's earth, and beat with a dry Shake all the powder and complete the cleaning process by rubbing with a little French chall mixed with sifted bran.

It is a very great mistake to keer hoice lace for years without wash ing. Many women believe that it is ruined by soap and water and will keep some cherished lengths for years and years, turning yellow with age and rotting with the dust it has accumulated till it really drops pieces.

1-t 1-t 1-t RÉCIPES.

Chicken Cutlets-When the white meat of chickens has been used for salads or for a company dish the legs will make a delightful dish of cutlets. Separate the first and second joints and simmer until tender in water flavored with soup vegetables Put the joints in press between two flat dishes with a weight on top of

WEAK there are that got no re-treshment from eleop. They wake in the morn-WOMEN ing and feel tireder than when they went to bed.
They have a disny sensation in the head, the heart polloitates; they are irritable and pervous, weak and wome out, and the lightest household duties during the day seem to be a drag and a burden.

MILBURN'S HEART AND NERVE PILLS

o very remedy that weak, nervous, out, sickly women need to restore the blessings of good health.

y give sound, restiful sleep, tone up saves, strengthen; the heart, and rich blood. Mrs. C. McDonald, a la Prairie, Man., writes: "I was do with shortiness of breath, palpitof the heart and weak specie."

HIS WEES LINES ROTH AFFECTED

But the Great Consumptive Preventative brought Health and Happiness to his Home

"Our doctor said there was no cure for my wife as both her lungs were affected,' says Mr. L. H. Walter, of Pearl Street Brockville, Ont. "It was a sad disap-pointment to us both, just starting out it life, only married a short time. But before she had finished the first bottle of Psychine the said in her lungs quickly went away

was a new again."

That is just one of the many families into which Psychine has brought hope, health and happiness. It is a living proof that Psychine cures Consumption. Rut don't wait for Consumption. Cure your LaGrippe, your Cough, your Bronchitis, your Catarrh/or your Pneumonia with the remedy that never fails—

50c. Per Bottle DR. T. A. SLOCUM, Limited, Toronto

them, and when cold trim them neat ly into the shape of cutlets. Dip in egg and bread crumbs and fry a golden brown. A really handson dish may be made of these by placing balls of mashed and fried potatoes, cauliflower, boiled and broken into florets or canned peas in the centre, the cutlets around and cream sauce poured over all.

Preparing Macaroni-This recipe genuinely after the manner of the Italians. Take two or three onions, slice them and fry a golden brown then prepare some ripe tomatoes, or, if out of season, use canned toma toes, and pour them into the pan with the onions, and season to suit. In the meantime, have boiled a suf ficient quantity of macaroni until tender, a layer of which put into a dish and grate over it some mesan cheese; then pour on a layer of tomatoes and onions, and so continue until the dish is filled, making the top layer of macaroni, and bake until the top is a rich brown.

Fruit Omelet.-Break eight in a bowl, beat them until the whites and yolks are thoroughly mixed. Add two tablespoonsful of powdered sugar and a little butter, put a tablespoonful of butter in the ome let pan; as soon as hot, turn in the eggs, shake the pan so the eggs will not set and brown until raw egg is all cooked. As soon as the omelet is set add three table spoonsful of strawberry preserves fold over the omelet, turn on a plat ter, dust with powdered sugar serve at once

4-4 4-4 4-4· FUNNY SAYINGS

A TRUE STORY.

Helen came to her mother said, "Mamma, do you like stories?" "Yes," said her mamma, "if they are true stories.'

"This one is. Do you get then people tell you nice true stories ?

"Why, never. It isn't good man ners to get angry when a person tells you a nice story."

"All right," said Helen. upon a time there was a little girl and she got into the pantry and ate almost all the jelly in a glass. was the little girl."

The weather was extremely cold when an American entered a compartment of a British railway train and accepted gratefully the guard's offer of a hot-water tin. At the end of the journey the guard asked the man if he had found the foot-warmer

comforting.
"Yes," he said, "but I should have liked another for my feet." He had been sitting on it for nearly thirty miles.

Little Tommy was very quiet during the first courses, and everyone forgot he was there. As the dessert was being served, however, the host told a funny story.

When he had finished, and

laughter had died away, his little son exclaimed, delightedly, papa, tell the other one."

A story is told of a German sl

ore toys, and more pocket mo 'Yes, I know; but he can

> ++ ++ ++ "WHEN I'M BIG."

Some children were recently over natter of "what we'll do when get big." One, a very small b from a Western village, outlined his dream of future power by stating that he should be a milkman, ride around in a waggon and ring a bell for folks to come out for their milk. The second, a boy a little older,

explained how he wanted to be the nan to ride on the freight cars and 'make the round things go like this' -illustrating with his hands brakeman's action.

The third, also a poy, still older han the others-laughing a little at their childish notions-stated that ne could not decide whether to be a minister or a grocer. In the place where they were all spending summer the grocer has candy to sell, and a young clergyman was the object of much feminine devotion.

The fourth child, a girl of elever years, was seen to smile enigmati-cally. She did not care to tell what he would do, she said.

"Aw, yur !" contemptuously cried he for whom the ministry and fectionery had equal attraction 'Yur want to get married !" he said with the traditional blindness of his

When the boys with these ignoble aims had run off to play ball, the girl's ambition came out, confided to her favorite aunt.

"I wouldn't tell before them," she said, scornfully. "They couldn't understand. But, aunty, I want to be a justice the Supreme Court and"-her voice became solemn-"be yond human control."

4-b 4-b 4-b

HE NEVER WILL GET OVER IT

When life and its trials, rebuffs and its torments and trouble are o'er; when safely we've passed into Eden at last, some man eave open the door.

Though angels correct him, it will not affect him. He'll stop, and look wild, and say: "Hey?" then hole the door wide, as he passes inside and come in and leave it that way He'll come in so slowly that to ments unholy might swarm in like

leaves on a bough; and if at him you cream, he will stand in a dream and say: "Who? Me? Well, what is it now? Oh patient Saint Peter, no duty

discreeter is given to angels than when you stand at the portal nansions immortal to shut the door after the men. 1-t 1-t 1-t

EVEN THE BISHOP SUSPECTED.

Even a bishop shall not be de guiltless by the omnipotent house keeper, according to a story told by an Episcopal clergyman.

"We had the bishop coming spend the night with us a few years ago," said he, "and the whole house was in a bustle from the prepara ions my housekeeper made. bishop came and made a pleasant visit. He had to go away the next morning early.

"Soon after he started the house keeper came to me, trouble writ large on her face.

" 'Why, what's the matter?' I asked. 'Are you in trouble?'

"She confessed that she was.

" 'What is it?' I asked. "'I mustn't tell you; I can't tell

vou,' she answered. * "'But I insist on knowing,' I retorted firmly.

" Well, said she, the bishop left early this morning, before most of us got up, and some of the sheets missing." "-New York Tribune.

A SPRING TONIC

Dr. Williams Pink Pills Make Rich, Red, Health-giving Blood,

Cold winter months, enforcing cle confinement in over-heated, badly ventilated rooms-in the home, the shop and in the school-sap vitality of even the strongest. The blood becomes clogged with impuri-ties, the liver sluggish, the kidneys weakened, sleep is not restful—you awake just as tired as when you went to bed; you are low-spirited, per-haps have a headache and blotchy that is the condition of thou akin—that is the condition of thou-sands of people every spring. It comes to all unless the blood is for-tified by a good tonic—by Dr. Wil-liams' Pink Pills. These pills not only banish this feeling, but they guard against the more serious all-ments which usually follow—theums



THE DAY WHEN THE GREEN FLAG FLIES

After the dreary winter weather, After the cold and the silence, too Spring and St. Patricu's Day

Come with a message of hope anew Green grass growing in sheltered Shows its color to weary cyes-How can we wonder if all the raves

Welcome the day when the green

flag flies. from, Wheresoe'er they have bowed and

Wheresoever themselves have hailed from-

All are one with kindly Kelt, All are one on this day delightful, Under the clear blue Springtime

rish all by a claim that's rightful, Patrick's Day when the green flag

Herald of hope and of joy that fol-Ireland's day in the Springtime

ms it not that the summer swal low Answers the call of the Irish

ns it not that the seeds awak Up through the snow drifts strug

gle to rise, Hearing the noise that the fifes are making-Patrick's Day when the green flag

After your dreary winter's ended Olden land o'er the waters blue, Shall we not hope for a Springtim

splendid. Норе for Springtime, even

Heart and hand shall we cease strengthen? Valor and virtue cease to prize? Oh, my land, how the sad year

lengthen Waiting the day when the green flag flies ! D. A. McCarthy

dely dely dely THE FOUR-LEAVED SHAMROCK.

I'll seek a four-leaved shamrock In all the fairy dells, And if I find the charmed leaves. Oh, how I'll weave my spells, would not waste my magic might On diamond, pearls or gold; For treasures tire the weary Such triumph is but cold. But I would play the enchanter

part In casting bliss around; Oh! not a tear or aching heart Should in the world be found, Should in the world be found.

To worth I would give honor, I'd dry the mourner's tears; And to the pallid lip recall The smile of happier years; And hearts that had long been tranged, And friends that had grown cold,

Should meet again like parted streams And mingle as of old. Oh! thus I'd play the enchanter's part, s scatter bliss around:

And not a tear nor aching heart

Should in the world be found, Should in the world be found, The heart that had been mourn O'er vanished dreams of love, Should see them all returning, Should see them at Like Noah's faithful dove, Like Noah's faithful dove, her blessee

And hope should launch On sorrow's dark'ning sea And Mis'ry's children have an Ark, And saved from sinking be. 6h! thus I'd play the enchanter'

part; The statter bliss around, And not a tear nor aching heart Should in the world be found, Should in the world be found.

overworked nerves. Overco

THE EMANCIPATION

Saint Patrick, slave to Milcho of the

'Arise and flee Out of the house of bondage and

words

Glad as a soul in pain who hears from heaver The angels singing of his sins for-

And, wondering, sees His prison opening to their golden

a slave. Shook from his locks the ashes

He cast the symbols of his sham

And, passing where the sleeping Mil. cho lay, Though back and limb Smarted with wrong, he prayed.

So he went forth; but in God's time he came To light on Uilline's hills a holy

And, dying, gave The land a Saint that lost him as

O dark, sad millions, patiently and

and freedom's song Breaks the long silence of your nights of wrong

restraint Heap only on his head the coals of

pain Ye toiled at first,

Whittier the the the

The green fields of Ireland are golden fields to-day; Och, the miles on miles of butter-

heard the streets of New York were paven all with gold, But Fortune is a Leprachaun, she'll

The green fields of Ireland are sweet beneath the rain, My soul would leave my body to see

those fields again; For here in lonely New York a body hardly knows-So hard it is to win one's bread-

the color of a rose The green fields of Ireland 'tis I would die to see;

looks gray and far, And dazzled with the lamplight, one seeks not for a star.

They haunt me like the echo leaps from hill to hill, When from Some wanderer's fiddle the oldest tunes of all

The green hills of Ireland are pulling at my heart,

have no part; I shake from off the limbs of the broken links of chain, For the green fields of Ireland they

well and strong a sver I did can recommend the p. "lls to all weak Williams' Pink Pills are in idea spring medicine. Every dose new, rich, red blood. Every drop of new blood helps to strengthen the the spring. Nature calls for ness and drives the germs of disease from the body. A thorough purificatives only weaken. It is a medicine to act on the blood, not onse to act on the blood, not onse to act on the bowels, which is necessary. Dr Williams' Pink Pills are a blood medicine—they make purvice, red blood, and strengthen every organ of the body. Sold by all medicine dealers or by mail at 50. ease from the body. A thorough treatment gives you vim and energy to resist the torrid heat of the coming summer. Mr. Mack A. Meuse Sluice Point, N.S., says: "I was secompletely run down that I could hardly work. I decided to try Dr. Williams' Pink Pills, as I had hear them highly spoken of, and a fer-

Of Ballymena, wakened with these

free."

given,

He rose a man, who laid him down

the grave, And outward trod Into the glorious liberty of God.

"God pardon him.

Waiting for God, your hour, at last, has come.

Arise and flee ! Shake off the Of ages; but like Ballymena's Saint, The oppressor spare !

prayer. Go forth, like him ! Like him return again To bless the land whereon in bitter

And heal with freedom what your slavery cursed !

GREEN FIELDS OF IRELAND.

cups, the blossom of the May!

slither from your hold.

The fair soil, the clay floor, were good enough for me: Here, 'mid so many hous

The green fields in Ireland are calling, calling still;

Come out in golden laughter, in silver sorrow fall.

To draw me from the city wherein I

draw me home again.

Nora Chesson.

had expected great

OUR

but you have all them along. I th writes saying that he bute to the Corner ever will not have time to will be glad to hea any time he likes to do all feel interested, I ar how he is getting on. other letter from Hele so glad she enjoys the corner. Angela sends What a pretty ide forming a club in order flowers for the altar Hope Angela will let u pretty it looked.

Dear Aunt Becky:

Love to all the nieces

ATTN

I was pleased to see print, and also pleased poetry that was in last some in my scrap ready. There are very

tholics here, so that day passed very quietly ing to write last week know I am busy learning sons and catechism. It bishop of Ottawa who give confirmation. E strict, and I must try

With lots of love to Barb, March 19th. date date

Dear Aunt Becky: I have lots of news f Just think, school and going to wo you don't expect me to Corner when I am w would take up too muc I hope your little ne nieces do not follow my quit writing. I hope continues, it is so nice How the poor city foll the bright green grass

day draws near, and I green tie then. I r Your loving nep P.S.-I forgot to tell am going to see "True on St. Patrick's day

St. Lambert, March

Park, Montreal.

water of the country.

4-t 4-t Dear Aunt Becky: This is my first lette read the letters every tend St. Andrew's sche the fourth grade. My is Sister Ann Alexia. girls and I have got and there are eleven in the money we get we buy flowers for the alt Each one brings 2c.

and I hope to see it i Your loving Grand Rapids, Mich.

MY OLD RAG

letter is getting long,

Yes, Paris dolls are lo With hats and gowns But I prefer Black Din That old rag doll of Some girls want dolls And some like Japan With eyes that shut ar And jointed arms ap I had a doll with ringl And waxen face so is But heat the wax wou She was an awful ca Those foreign dolls he

Extensive and comple It's lots more work th To keep them nice a So give me old black Her clothes are few and she is never dama. When left out in the

when left out in the When left out in the sun to dry To me she's just as h As any you could bu She does not shut her She's always wide a And then there is no of That if she falls she