Conducted by HELENE.

sometimes than a little hearty praise. Many good people conscientiously act on the direct opposite and seem to think nothing better than a little blame. They are mistaken, hearty conscientious in their blame as they

There are some blunders enough in life, bitterness and pain enough of it-enough to depress us all and keep us humble, a keen enough sense of failure, succeed as one may and a word of heary commendation now and then will lighten the load brighten the heart and send a man on with new hope and energy, she have any reasonable amount of brains at all, it will do her no harm. Children are sometimes heart starved for a little hearty praise. Boys will act up to the estimate put upon them, or at least try to, if they are worth their salt.

.. DIGNITY OF CARRIAGE.

A good thing in woman is a shape-Some have one naturally, the majority acquire it with pa tience, good bringing up, and a carefull, well-trained carriage. There is always the fear that starting with this great advantage, as far as good appearance is concerned, that we may not be able to maintain it, we devote the care and attention that it demands. doubt that healthy flesh, in the stress of the active, energetic life women lead now, demands the use of cream or skin food, as a necessity; and then; many skins, too, need ar astringent lotion and careful mas-

To assure themselves that the neck and bust be well developed, women have to learn to sit and stand properly, so that the spine is erect, the shoulders well thrown back, the lungs well filled. A few more elementary exercises in the morning this, always provided will secure they are begun soon enough. Stand erect, pass the hands over the head are well thrown so that the arms back above it, and so to the side then up again, and down at Dignity of carriage is so essential that no pains should be spar ed to secure it. Not only is erect carriage a great personal improvement, but it is health-giving for in throwing back the shoulder we insure full play to the lungs.

HOW TO RENOVATE CHIFFON

To renovate old chiffon make lather with good white soap let the chiffon steep in it for some time, says the Pittsburg Press. Shake through the fingers, but do not rul it: put it into clean water and nge this until it becomes quite clear; take half a cupful of water and dissolve a bit of pure gum ara bic in it, then add a few drops of white vinegar; dip the chiffon into or wring, but lay it between folds of soft white muslin and pat gently with the hand; fron it with a moderately hot iron the wrong side, placing tissue paper under the iron.

.. THE SALAMANDER.

Some housewives may not know what the salamander used in cook ing is. It is a circular iron plate to which is attached a long handle en an article of food is to browned the salamander is made red hot in the fire and then held over the article. An ordinary fire shovel may be used instead of a sala but it is not especially good for the shovel to be heated so intensely.

The following way of restoring the le of velvet is said to be excellent:

There is nothing better for a girl it in the same way crape is treated -by steaming it on the right side until heated through. If very much crushed wet it on the underside, let that the oil is a medicine but a lu some one hold a hot iron bottom bricant. side upward and pass the wet side of the velvet slowly over the surface. When the steam rises thick- thin hair need a great deal becaus ly through the right side it raise the pile with it. Dry without culation which results from the mas handling.

FOR THE BABY DAUGHTER.

A mother, noted for her original and ideas, showed me how she was plansatisfaction in the years to come.

"I remember," she said, "how I sed to question my mother as what I did, how I looked, what she 'Why, child, I don't rereply came: ember; it was so long ago." So when my baby came, I determined to been dipped in alcohol. able to gratify her curiosity along these lines.'

Then she showed me a book, filled with many examples of her own gowns, labeled, "Mamma's graduat- quite wet. "Mamma's first silk ing dress," dress," "Mamma's wedding gown," etc.

But the most interesting book, or set of books, was the baby's own autobiography, illustrated with amateur photographs. It was written blespoonsful of the crystals to her impressions of this world her surroundings. It contained pho- rinse in hot water and wipe dry, her first birthday cake, etc. "What final polish. work," I exclaimed. But the little the brilliant result. nother said: "What pleasure for my baby."

Then another idea of this wise mother's is the starting of a chest for this wee maiden. In it are all the polish as well. valentines, Easter cards, and gifts of all descriptions that are keepable She has told all her relatives give the baby things that she will appreciate in later years, not spend money on toys, so this year baby has handker doylies chiefs, embroidered towels. wash cloths, spoons, forks, etc. Each Valentine, even May-day brings a contribution to this young maiden's chest. When old enough to have her own roomshe is to use any thing from her chest that pleases he fancy.

.. THE SHAMPOO.

So many persons, especially under the pressure of modern city life, suf fer from thin and falling hair that the interest in the subject is well nigh universal. This being so, it is natural that a long list of fallacies as to the care and preservation of the hair have grown up, and hund reds of dollars are spent on washe and tonics, most of which may be dismissed as useless, even if not Every little hair-dresser harmful. has his "tonic" or "hair medica which he guarantees as sure thing; but it is very certain that when a "sure thing" to promote hair growth is discovered flow will be as the flow of Niagara

Again, many persons, otherwise scrupulously groomed, ertain nonsensical theories as the harmfulness of the shampoo. They maintain that it makes the scalp too dry, or that it makes the or," or that dandruff follows the use of soap and water. It is a great pity that this notion should be lodged in any mind, for nothing is more certain than that the scrupulously clean scalp is the healthy one.

To the question, How often should shampooing be done? It may answered that it entirely depends on the person and the occupation. Persons who have to travel to and fro on the cars daily, or who are en gaged in dusty work, should shampoo much oftener than those wh are not so exposed; but it is a safe rule to say that if dandruff is ticed or falling of the hair, then th head should be washed. Once a fort night in ordinary cases is probably enough for decency, but once a wee never hurts anyone, if the shampoo

is properly given. If it is only slightly crushed treat Any good simple soap will serv

The great success and reputation that it has already obtained proves that Luby's Parisian Hair Renewer restores gray hair to its natural color, and, from its balramic properties, strengthens the growth, removes all danfruff, and leaves the scalp clean and healthy. Can be had of all chemists. 50 cents a bettle.

for this purpose, although the tin ture of green soap, which is simply a liquid or soft soap with a little alcohol added, is very conven use, as it produces a fine lather quickly and easily, and the alcohol helps in the cleansing process

If the scalp seems to be unduly a very little oil, rubbed well into the skin round the roots, and on the hair. Vaseline will do, and so will olive-oil-the idea being not

All scalps are better for an occa flat sional massage, and people with will their scalps need the increased sage.-The Companion.

TIMELY HINTS.

A gentle friction with emery pa per will remove the shine from the ning for her little girl's pleasure and shoulders and elbows of one's gown Rub just enough to raise a nap, and then go over it with to warm silk handkerchief.

Silk that has been stained did when she was a little girl. How mud may usually be cleaned by rub disappointed I used to feel when the bing well with a piece of flannel. If the stains will not come out try rubbing a piece of linen that ha

A rug sometimes becomes badly creased. To remedy this turn upside down and wet the crease with a moistened broom until the rug Stretch the rug tight and let it remain over night after tacking it with tinned tacks, which do not rust.

Do you know the value of soda for the quick cleaning of sil-Make a solution of three taver ? as if the baby told the story, giving quart of hot water, put in the spoons and forks and boil them, then tographs of her Christmas tree, of giving a few extra rubs by way of You will be amazed at

If, instead of spirits of camphor camphorated oil be used in cleaning furniture, it will not only remov the white stains, but restore the

.. RECIPES.

Here is a recipe which I tried with success. Perhaps may have space in your corner it. I have used a cup of walnuts

chopped fine instead of raisins in the frosting and liked it for a change: One cup sugar, one half cup molasses, scant one half cup butter one half cup sour milk, two cups flour, one teaspoonful soda, one tea spoonful cinnamon, three eggs; save whites of two for filling. Bake three layers. Filling: Put one cup sugar on stove to boil until it hairs, then stir in a cup of chopped raising and whites of two eggs.

Japanese Fritters-Put one-half of pint of water and two ounces of outter on to boil, then add ounces of flour: stir until you have thick paste; take from the fire and add, one at a time, four eggs, mixing and beating each before the ther is added; drop this mixture by teaspoonsful into hot fat. let fr until a light brown. Serve with

For Afternoon Tea-Take Boste crackers-the old-fashioned kind that split easily. Split and soak ten minutes in cold water. Remove care fully to a tin pan. Put a large lump of butter on each, and place in a hot oven for twenty minutes. With the addition of a little grated "it's the jawbo they are very good with salad. With a spoonful of jelly or



Heartbreaking Expression. Neudon, N. V. T. Car.

My daughter enjoyed very good health untibout two years ago, when she showed symptom
of despondency. After some time she expresse
heartbreaking pain and then had severe cor
ulsions. Many so-called remedies were trie
uring one year, but of no avail. After she ha
very control of Pastor Romal
server Tonic the strated of Pastor Romal
server Tonic the strated of Sastor Among
the shad no processions.

A sestified to by Rev. I., Streich. Jos. Ott.

DELRI, ONT.

My wife has taken six bottles of Pastor Koes
nig's Nerve Tonic. She has had no return of
the fits, and I think this remedy has had the
desired effect. I cheerfully recommend it to
anyone suffering from that dreadful malady,
"Epilepsy," and may God aid you in your work

Kinner Disorders Are no respecter persons

ache? If you is the first sign that the kide

ng properly.

DOAN'S KIDNEY PILLS "THE GREAT KIDNEY SPECIFIC. They cure all kinds of Kidney Tro ckache to Bright's Dis

50c. a box or 5 for \$1.25 THE DOAN KIDNEY PILL CO.

jam they can be served with coffee for dessert. Their simple origin is ever suspected. They are always supposed to be some particularly puffy sort of puff paste

Grape fruit salad is one of the most delicious in the catalogue, and salad. Cut the fruit in slices. with a sharp pointed knife cut close to the membrane in each section and take out the pulp in plump pieces enough salad for two persons. Make a French dressing, substituting le mon juice for vinegar, and paprika pepper. Or make a delicate mayonnaise dressing, which is perhaps more suitable for the fruit. Pour the dressing over the fruit and mix very carefully with a silver fork

.. **FUNNY SAYINGS**

on lettuce leaves which

been dressed with a French dressing

A very little lettuce will do

Serve

THE WAY THEY WENT.

There was no doubt of it; Mr Hunter had lost the "field." He had searched for his companion fox-hunt ers long but vainly, and now, says London Answers, he was redu asking the aid of a chubby little lad of three, whom he met in a lane. "Hallo, Johnny! Which way

the hounds go?" he queried. "Johnny" sucked a finger dropped his gaze.

coaxed Mr. Hunter "Come," ""don't be afraid; here's a penny for Now tell me what way did the hounds go ?' The youngster took the coin, and then fell upon all fours and "low

"Dat way," he said shyly.

.. THE MENTAL.

"I haven't much time for south ing," wrote the college sprinter to the old folks at home. "but I 210 doing well on the cinders." And the next day he received a telegram follows: "Come home at once. When they

put one of my boys to sifting ashes it's time for him to leave.

"DADOY.

Sadie was eleven and Alice seven. At lunch Sadie said: "I wonder what part of an ar

a chop is. Is it a leg?' "Of replied Alice course not," ne. Haven't ever heard of animals licking their chops ?"

Here is an effective piece of dramanatic criticism, said to have beer printed in a rural paper in Indiana A raw company of the "kerosen circuit" played "Hamlet," and the next day the editor wrote; "Mr. Soso and his company played 'Hamlet' in the town hall last night. It was a great social event. There has been a long discussion as to ther Bacon or Shakespeare wrote the play commonly attributed Shakespeare. It can be easily set tled now. Let the graves of the two writers be opened. The who turned over last night is author."-New York Tribune.

The minister felt annoyed that a ertain one of his new always went to sleep shortly after he aid the minister to the little who always sat next to the old of-fender, "if you keep your grand-father from sleeping during the ser-



TEACH US TO WAIT.

Why are we so impatient of delay, Longing forever for the time to be thus we live to-morrow in to day,

We are too hasty; are not reconciled To let kind nature do her work plant our seed, and, like a fool-

ish child. We dig it up to see if it has grown

We cannot wait for the appointed hour; Before the fruit is ripe we shake the

bough And seize the bud that folds away the flower.

When midnight darkness reigns, w do not see

That the sad night is mother the morn; cannot think of our own sharp agony

May be the birth-pang of a

Into the dust we see our idols cast And cry, that death has triumph ed, life is void! do not trust the promise, that the last

our enemies shall be stroved! With rest almost in sight, the spirit

faints. And heart and flesh grow weary the last:

Our feet would walk the city of the saints Even before the silent gate is pass

Teach us to wait until Thou shalt appear-

To know that all Thy ways and times are Just; Thou seest that we do believe and

fear: Lord, make us also to believe and trust! -Phoebe Cary.

A LITERARY CURIOSITY.

A lady is said to have spent whole year in searching for and fitting the following lines from som of the poets. The whole reads almost as if written at one time and by one author:

LIFE.

Why all this toil for triumphs of an (Young) Life's but a short summer-man is By turns we catch the fatal breath and die-(Pope) The cradle and the tomb, alas!

nigh! (Prior) To be is better far than not to be, (Sewell Though all man's life may seem (Spencer tragedy;

But light cares speak when might: griefs are dumb-(Daniels) The bottom is but shallow when they come (Sir Walter Raleigh) Your fate is but the common fate of (Longfellow) Unmingled joys here to no man be Nature to each allots his prope (Congreve) sphere Fortune makes folly her peculiar care: (Churchill) Custom does often reason over rule, (Rochester) And throw a cruel sunshine on a fool (Armstrong) Live well-how long or short pe mit to heaven

(Milton) They who forgive most shall be for given (Bailey) Sin may be clasped so close we can not see its face: (French) Vile intercourse where virtue has no (Somerville) Then keep each passion down, however dear (Thompson)

non I will give you a penny ever

Monday." Well, I'll try," said the The following Sunday Tommy kept his grandfather awake by poking his ribs in no gentle fashion. A ed to see the old man drop into his to pay no attention to his erring grandfather, "Why did you let vour grandpa go to sleep yesterday, Tummy? Did I not give you a penny to keep him awake?" "Ay, a' ken that, but ma grandpa gied me tuppence to let him sleep."

Thou pendulum betwixt a smile and (Byron) Her sensual snares let faithless ple sures lay, (Smollett) With craft and skill to ruin and b tray. Soar not too high to fall, but stoop (Crabbe) (Massinger) We masters grow of all that we despise (Crowley) Oh, then, renounce that impious selfesteem (Beattie) Riches have wings, and grandeur is a dream. (Cowper) Think not ambition wise because 'tis brave (Davenant) The paths of glory lead but to the What is ambition? 'Tis a glorious cheat. (Willis) Only destructive to the brave and great. (Addison) What's all the gaudy, glitter of crown ? (Dryden) The way to bliss lies not on beds of down. (F. Quarles) How long we live, not years but actions tell (Watkins)

That man lives twice who lives the first live well. (Herrick) Make, then, while yet ye may, your God your friend (Mason) Whom Christians worship, yet not comprehend. The trust that's given guard, and to yourself be just (Dana) For live howe'er we may, yet die we must. (Shakespeare)

A PROTESTANT TO A ROSARY.

O prayers of pearl, made visible to man In form of rounded beads, in truth

more than My tongue can tell, I long to learn Thy hidden mystery.

When first thou didst appear in vision bright. blessed Dominic's enraptured sight. As, wondering, he knelt and gazed did he A bit of heaven see?

I hold thee in my palm and dream that thou. If understood, couldst guide my vision now Until the sight my yearning eyes

Of heavenly truth made plain

Ah, prayers of pearl, and do I dream aright? nd may my eyes endure so great a light ? Art thou the pearly keys to pearly

gates ? My heart an answer waits

.. WORTH WHILE

pray Thee, Lord, that when it comes to me say if I will follow Truth and The Or choose instead to win as better

My pains, some cloving recompense of earth-Grant me, great Father, from

hard-fought field, respent and bruised, upon a battered shield. Home to obscure endurance to be borne

Rather than live my own mean gains to scorn.

Far better fall with face turned to wards the goal, At one with wisdom and my worn soul,

Than ever comes to see myself pre-When to succeed at last is but to

fail. Mean ends to win and therewith be content-

Save me from that! Direct Thou the event As suits Thy will; where e'er the prizes go,

Grant me the struggle, that my soul may grow. -E. S. Martin

In Nature's Storehouse There are Cures.-Medical experiments have shown conclusively that there virtues, in even ordinary plants growing up around us which give them a value that cannot be estimated. It is held by some that Nature provides a cure for every disease which neglect and ignorance have visited upon man. this may be, it is well known that Parmelee's Vegetable Pills, distilled from roots and herbs, are a soveredy in curing all disorders

Instead of a letter compe are going to have a puzz How will you Most little folks are fond pretty clever, too, in fin I know my little boys will be as clever a though, if they set their The competition will co week; and every girl or send in answers who has fourteenth birthday, and subscribe to the The competition w til Dec. 14, which will

For the last few days

hinking of a competitio

am going to introduce or

from some of my little f

there will not be any p

for them during the next

week. Of course,

the postman ring I

that he is bringing

weeks for you all. I well that when Dec. 25 near girls and boys wish pocket money for their v buy presents for their I brothers and sisters, and I to help the little folks their savings. So this will be three prizes for most successful puzzlers. be: \$2.50 for the first; the second; 50c for the Read the rules below them carefully, as I in very particular this time wers to the puzzles will ed two weeks after, with who competed number each solved corre Tell all your little frien and advise them to have rents subscribe for the ness so that they can tr zle competition and the petitions we are going t terwards. Tell them to get next week's True Wi how and see how they li and Boys page. Good 1

AUNT RULES FOR PUZZLE TORS.

Only girls and boys w subscribes to the True W compete. Only boys and girls w

vet passed their fourteen an compete. Only answers which gir have been able to find for may be sent in.

Answers to be neatly ink, on one side of the p Answers to be numbere Answers to be in befor morning ten days after are published, addressed

Aunt Becky Puzzle (True Witness Bl Mo paper which does with every rule can be c

Prizes will be awarded the three most succe \$2.00 to the first com

50c to the third com Dear Aunt Becky: What beautiful nights so bright, only a little pose you are enjoying th We have tea after We are eating

evenings. the time we would be ge cows in the summer. tumn better than the sr though the spring is love so wet and muddy the cannot go out any pla getting stuck in the my spring, and that is why rather have autumn than will not be long until w riding. There is a hill b and we sleigh ride on nights after we get don ing we throw water on hake the hill slippy. have very many rides on ist winter as there we hardly to slide on. Dea suppose you are tired li w nonsense, so I guess Love to cousins

Your loving nice

Lonsdale, Sept. 28.