

HOME INTERESTS.

Conducted by HELENE.

There is nothing better for a girl sometimes than a little hearty praise.

There are some blunders enough in life, bitterness and pain enough of it—enough to depress us all and keep us humble.

DIGNITY OF CARRIAGE.

A good thing in woman is a shapely neck. Some have one naturally, the majority acquire it with patience.

To assure themselves that the neck and bust be well developed, women have to learn to sit and stand properly.

HOW TO RENOVATE CHIFFON.

To renovate old chiffon make a lather with good white soap and let the chiffon steep in it for some time.

THE SALAMANDER.

Some housewives may not know what the salamander used in cooking is. It is a circular iron plate, to which is attached a long handle.

The following way of restoring the pile of velvet is said to be excellent: If it is only slightly crushed treat

it in the same way crape is treated—by steaming it on the right side until heated through.

FOR THE BABY DAUGHTER.

A mother, noted for her original ideas, showed me how she was planning for her little girl's pleasure and satisfaction in the years to come.

Then she showed me a book, filled with many examples of her own gowns, labeled, "Mamma's graduating dress."

But the most interesting book, or set of books, was the baby's own autobiography, illustrated with amateur photographs.

Then another idea of this wise mother's is the starting of a chest for this wee maiden. In it are all the valentines, Easter cards, and gifts of all descriptions that are keepable.

THE SHAMPOO.

So many persons, especially under the pressure of modern city life, suffer from thin and falling hair that the interest in the subject is well-nigh universal.

Again, many persons, otherwise scrupulously well groomed, entertain nonsensical theories as to the harmfulness of the shampoo.

To the question, How often should shampooing be done? It may be answered that it entirely depends on the person and the occupation.

Any good simple soap will serve

for this purpose, although the tincture of green soap, which is simply a liquid or soft soap with a little alcohol added, is very convenient to use.

If the scalp seems to be unduly dry after the wash it is well to use a very little oil, rubbed well into the skin round the roots.

All scalps are better for an occasional massage, and people with thin hair need a great deal because their scalps need the increased circulation which results from the massage.

TIMELY HINTS.

A gentle friction with emery paper will remove the shine from the shoulders and elbows of one's gown.

Silk that has been stained with mud may usually be cleaned by rubbing well with a piece of flannel.

A rug sometimes becomes badly creased. To remedy this turn it upside down and wet the crease with a moistened broom until the rug is quite wet.

Do you know the value of salad-ers for the quick cleaning of silver? Make a solution of three table-spoonsful of the crystals to a quart of hot water.

If, instead of spirits of camphor, camphorated oil be used in cleaning furniture, it will not only remove the white stains, but restore the polish as well.

RECIPES.

Here is a recipe which I have tried with success. Perhaps you may have space in your corner for it. I have used a cup of walnuts chopped fine instead of raisins in the frosting and liked it for a change.

Japanese Fritters—Put one-half of a pint of water and two ounces of butter on to boil, then add four ounces of flour; stir until you have a thick paste; take from the fire and add, one at a time, four eggs, mixing and beating each before the other is added.

For Afternoon Tea—Take Boston crackers—the old-fashioned kind that split easily. Split and soak ten minutes in cold water.



Heartbreaking Expression. My daughter enjoyed very good health until about two years ago, when she showed symptoms of despondency.

FREE A Valuable Book on Nervous Diseases and a Sample Bottle to any address. Poor patients also get the medicine free.

Kidney Disorders

Are no respecter of persons.

People in every walk of life are troubled. Have you a Backache? If you have it is the first sign that the kidneys are not working properly.

A neglected Backache leads to serious Kidney Trouble.

Check it in time by taking

DOAN'S KIDNEY PILLS

"THE GREAT KIDNEY SPECIFIC."

They cure all kinds of Kidney Troubles from Backache to Bright's Disease.

50c. a box or 5 for \$2.25 all dealers or THE DOAN KIDNEY PILL CO., Toronto, Ont.

jam they can be served with coffee for dessert. Their simple origin is never suspected.

Grape fruit salad is one of the most delicious in the catalogue, and it is not necessarily an extravagant salad.

With rest almost in sight, the spirit faints, And heart and flesh grow weary at the last;

FUNNY SAYINGS

THE WAY THEY WENT.

There was no doubt of it; Mr. Hunter had lost the "field." He had searched for his companion fox-hunters long but vainly.

"Hullo, Johnny! Which way did the hounds go?" he queried.

"Johnny" sucked a finger and dropped his gaze.

"Come," coaxed Mr. Hunter, "don't be afraid; here's a penny for you. Now tell me what way did the hounds go?"

The youngster took the coin, and then fell upon all fours and "how-wowed."

"Dat way," he said shyly.

THE MENIAL.

"I haven't much time for studying," wrote the college sprinter to the old folks at home.

"Come home at once. When they put one of my boys to sifting ashes it's time for him to leave."

Sadie was eleven and Alice was seven. At lunch Sadie said: "I wonder what part of an animal a chop is. Is it a leg?"

"Of course not," replied Alice, "it's the jawbone. Haven't you ever heard of animals licking their chops?"

Here is an effective piece of dramatic criticism, said to have been printed in a rural paper in Indiana. A raw company of the "kerosene circuit" played "Hamlet," and the next day the editor wrote: "Mr. So-and-so and his company played 'Hamlet' in the town hall last night. It was a great social event.

The minister felt annoyed that a certain one of his flock always went to sleep shortly after he commenced his sermon. "Look here," said the minister to the little boy who always sat next to the old offender, "if you keep your grandfather from sleeping during the ser-

THE POET'S CORNER

TEACH US TO WAIT.

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

We are too hasty, are not reconciled To let kind nature do her work alone:

The good that is to be we covet now We cannot wait for the appointed hour:

When midnight darkness reigns, we do not see That the sad night is mother of the morn;

With rest almost in sight, the spirit faints, And heart and flesh grow weary at the last;

Teach us to wait until Thou shalt appear— To know that all Thy ways and times are Just;

Lord, make us also to believe and trust! —Phoebe Cary.

A LITERARY CURIOSITY.

A lady is said to have spent a whole year in searching for and fitting the following lines from some of the poets.

Why all this toil for triumphs of an hour Life's but a short summer—man is but a flower:

The cradle and the tomb, alas! so nigh! To be is better far than not to be.

Though all man's life may seem a tragedy; But light cares speak when mighty griefs are dumb—

Unmingled joys here to no man befall; Nature to each allots his proper sphere

Live well—how long or short permit to heaven They who forgive most shall be forgiven

Live well—how long or short permit to heaven They who forgive most shall be forgiven

mon I will give you a penny every Monday." "Well, I'll try," said the boy.

In Nature's Storehouse There are Cures.—Medical experiments have shown conclusively that there are medicinal virtues in even ordinary plants growing up around us which give them a value that cannot be estimated.

Thou pendulum betwixt a smile and tear Her sensual snares let faithless pleasures lay,

We masters grow of all that we despise Oh, then, renounce that impious self-esteem

Riches have wings, and grandeur is a dream. Think not ambition wise because 'tis brave—

Whom Christians worship, yet not comprehend. The trust that's given guard, and to yourself be just

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 of thee Thy hidden mystery.

When first thou didst appear in vision bright To 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 might gain Of heavenly truth made plain.

Ah, prayers of pearl, and do I dream aright? And may my eyes endure so great a light?

Art thou the pearly Keys to pearly gates? My heart an answer waits.

I pray Thee, Lord, that when it comes to me To say if I will follow Truth and Thee

Or choose instead to win as better worth My pains, some cloying recompense of earth—

Grant me, great Father, from a hard-fought field, Forepart 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 towards the goal, At one with wisdom and my own worn soul,

Than ever comes to see myself prevail. When to succeed at last is but to fail.

OUR B

BY A

Dear Girls and Boys: For the last few days I have been thinking of a competition

am going to introduce on next week. Of course, you will hear the postman ring

hope that he is bringing from some of my little friends there will not be any

for them during the next few weeks. Instead of a letter competition are going to have a puzzle competition.

How will you Most little folks are fond of pretty clever, too, in finishing. I know my little boys will be as clever as though, if they set their work.

The competition will be weekly, and every girl or boy send in answers who has sent in answers to the

fourteenth birthday, and rents subscribe to the True Witness. The competition will be till Dec. 14, which will be weeks for you all.

well that when Dec. 25 near girls and boys wish pocket money for their purchases presents for their 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 third. Read the rules below

them carefully, as I in very particular this time will send you the puzzles will be ed two weeks after, with of those who competed

number each solved correct. Tell all your little friends and advise them to rent subscribe for the True Witness so that they can try

ness competition and the petitions we are going to get next week's True Witness and see how they like and Boys page. Good Luck!

AUNT BECKY'S RULES FOR PUZZLE TOSS.

Only girls and boys who subscribe to the True Witness compete.

Only boys and girls who yet passed their fourteenth can compete.

Only answers which girls have been able to find for may be sent in.

Answers to be neatly ink, on one side of the paper. Answers to be numbered morning ten days after are published, addressed to Aunt Becky Puzzle Toss, True Witness Building, Montreal.

No paper which does not have every rule can be counted. Prizes will be awarded to the three most successful boys.