Conducted by HELENE.

Few of us mean to hide our love from the children or husband. It is because we are so busy-so very quickest way, and at the same time keep planning and thinking done-and so love is crowded out. I sometimes wonder, dear mothers, if take, if it would not be better to let the children's clothes be not quite so fine, the dinner plainer-yes, ed be, even the sitting room table go same days undusted, but so make time for the loving words and smile, the tender, thoughtful deed, the lin gering touch and caress, the some thing that will show the love in our hearts. Never a day passes but each one of us is near, some one who is starving-not for food or wealth fame, but for love. Even the little children in our homes are hungering for the loving word and smile. we can but take time to give these they will be remembered long after our elaborate dinners, our stylish dresses, our spotless houses, are forgotten. Let us think the matter over carefully and look at it square ly. Do we, because of overmuch eping and dusting in our homes of magnifying the import ance of having each thing always in its proper place and, above all, of keeping the house nice for strangers to see-do we in any way lessen the joy for any of the dear ones in the Do we bake and dust and work to "keep house" for strangers and let our own go homeless? where love is not uppermost there can be no home, only a house.

+++ A LOT.

The words at the head of this article were used by a little boy in and morning, quiet, confidential conversation with "it is God Who makes people good." God, but mothers help a lot." There kept. is much truth in the childish words. girls, the whispers of His grace in Would that mothers all understood fore their responsibility, is.-Ex. ...

THE NEAT GIRL.

We all have among our acquaintances the girl who, without being the than the varnish on furniture may least good-looking, always manages be healed by holding a redhot poker to look neat and well-dressed. Per- an inch above it for half a minute haps she has only a small dress lowance, and whenever you meet her a mixture of alcohol, olive oil and she looks smart and attractive, cider vinegar in equal quantities while other girls, with twice the mo- This also makes a cheap and excelney at their command, too often lent furniture polish and will look shabby and dowdy.

What is the neat girl's secret? No- furniture. thing more nor less than taking care of her clothes. She has a place for everything, and everything is kept in its place. Her ribbons, gloves, handkerchiefs, veils, etc., are not huddled together in one drawer, neither do they lie about on tables and chairs until they are wanted. Every article of apparel is put away with the most scrupulous care, first being dusted, shaken or mended, as th case may be.

There is a great difference, too, in the way in which girls put on their clothes, and very often a girl dressed in a shirt waist and a plain skir will look twice as neat as one clad in an expensive gown, the reason be ing simply and solely this: The one has put her dress on any way, and the other has taken care that shall be neat and fresh.

It is the duty of all parents to see that their children are taught from their babyhood to take proper care of their wearing apparel, for the child who lets her clothes drop off her and lie in a heap on the floor invariably grows into the careless untidy woman with whom we are so familiar.

FRUITS AND VEGETABLES. Dates are excellent for people with consumptive tendencies easily digested and contain abund-

Malic acid is peculiarly helpful to the body, and apples, pears, plums, aches and cherries all contain it Tomatoes also contain it.

tain all the inorganic elements of the body except fluorin. They contain a quantity of potassium salts—good ve and muscle

ens are excellent for curing

colds or allaying feverishness. Their citric acid supplies the blood with a cooling agent, making this fruit We must do everything in the febrifuge. Oranges act in the same way, but with slightly less strength Tomatoes are among the fruits rich

how all those other things are to be in potash, especially good for the blood, and with a marked action or digestive operations. They provide we are not nearly all making a mis- alkaline matter for the bile and are wholesome for people who suffer from igundice or sick headache

> + + + THE IDEAL DUSTER.

The process of dusting as general ly carried on would be almost much "honored in the breach as in the observance.' No good house keeper should own that petty abomi nation known as a feather duster the gay flirting about of the same displacing the dust, which merely quickly settles elsewhere, says Table Talk. A soft chamois skin, not too large, soaked in cold water and then wrung out, is the ideal duster. can be used on the finest woods leaving a clear, bright surface. After every piece of furniture has been wiped with the moist chamois the room may be considered really dusted.

> +++ TIMELY HINTS.

Tea leaves moistened with vinegar will remove the discoloration glass caused by flowers.

When it is necessary to clean win dows in damp weather use a little methylated spirit, and you will polish the window in half the time, as the spirit evaporates and dries superfluous moisture as it goes.

A simple lotion for chilblains made by combining one ounce IT'S GOD, BUT MOTHERS HELP glycerin, twenty grains of tincture of iodine and twenty grains of tincture of opium. Mix and agitate until thoroughly mingled. Apply night

A little salt added to the oil in his mother, on her remarking that your lamp will prevent the disagree-"it is God Who makes people good." able oily smell which one notices "Y'yes," he replied, "I know it's even when the lamps are carefully

To whiten linen that has turn God's work in the lives of boys and yellow cut up a pound of fine white soap into a gallon of milk and hang their tender and susceptible hearts, it over a fire in a wash kettle. Whe come very early and very sweetly and the soap has completely melted put effectively, "but mothers help a lot." in the linen and boil it half an hour: then take it out. Have ready how great their influence, and there- a lather of soap and water, wash the linen in it and then rinse through two cold waters, with very little blue in the last.

A scratch which goes no deeper al- When the place cools rub it well with remove white spots from varnished

> ... RECIPES.

Cheese Fingers-Cheese fingers of over his tail."

fer the housewife a good opportuni

Great onic"

"PSYCHINE" is a wonderful tonic. It contains medicinal elements not found in any of the patent medicines. a regular practicing physician's formula. A tonic for weak people, for men of business worries, for the tired mother, the pale, languid girl. Young girls just budding into omanhood; elderly people feel that weakness due to old age find it a remedy they cannot do without. It restores vitality, creates rich, new blood, removes all impurities, strengthens the nerves.

If you need a trial ask druggist for "PSYCHINE."

GREATEST OF ALL TONIOS



ALL DRUGGISTS ONE DOLLAR FREE TRIAL

ty to use up the scraps of Pastry that are left over from baking pies Cut into strips as long as the mid with grated cheese a little salt and a pinch of cayenne; double these lengthwise, pinch the edges together along their length, sprinkle more se upon them and bake quickly within a napkin upon a hor platter and serve at once. prove a most delectable luncheon de licacy.

Spiced Baked Apples—Core a half dozen large tart apples and fill the cavities with a mixture of a half cup sugar, two tablespoonsful cracker crumbs, two tablespoonsful of water, and a half teaspoonful each of mixed spices, cloves, allspice and cinnamon. Bake in a hot oven, having a little water in the baking dish Cream of Rice Soun -Cover on cup of rice with a quart of stock, adding one slice of onion sprig of parsley and a celery leaf. Boil for thirty-five minut press through a sieve. Scald a cup and a half of milk, add the rice, sea son with salt and white pepper, and in a few minutes before serving add a half cup of cream.

Fried Celery-Prepare a batter for plain fritters and set aside for veral hours. Cut the celery (for this dish the slightly green may be used) into three inch pieces. drop into salted water and boil minutes or until tender Drain. sprinkle each piece with salt and pepper, dip into the batter until well coated, drop into the smoking hot fat and fry golden brown. Drain on unglazed paper and serve creem of tometo sauce

Bermuda onion and water cress nake a good combination either in a salad or a sandwich. The addition of horseradish gives an extra a little flavor to the combination. When the onion figures in a sandwich scrape or mince it. In the salad slices are bet-

4 4 4 FUNNY SAYINGS

KNEW ABOUT MOSCOW.

"What makes you late?" asked Tim's father, who in the boy's abence had to see to the evening chores himself.

"Teacher kept me m." "What for ?"

" 'Cause I couldn't find Moscow on the map."

"Couldn't find Moscow? And I'd like to know who could, then ! Why. remember hearing tell of Moscow being burned when I was a boy! It's an outrage to put such nonsensical questions to children what's there to earn something useful. I'll look into that and let yer teacher know ain't been elected on the school board for nothing." + + +

A German, more of a sportsman than a horseman, came to grief at the first fence in a steeplechase. remounting, he met the same fate at the second attempt. Asked the cause of his disasters, he

"It vos like dis. Ven we koms to de first fence I did zink my horse vud he did not jomp, so I jomp, but vent over his headt. Ven ve koms to de second fence I did zink he vud not jomp, and he did jomp, so I vent

THERE WAS THE ONE.

Evelyn is the daughter of a Coun ty Limerick family. She is very timid. Her father, finding that sympathy only increased this unfortun ate tendency decided to have a serious talk with his little daughter on the subject of her foolish fears. "Papa," she said, at the close of

his lecture, "when you see a cow, ain't you 'fraid ?"

"No, certainly not, Evelyn." "When you see a horse ain't you 'fraid ?"

"No, of course not."

"When you see a dog ain't 'fraid?" "No."-with emphasis. "When you see a bumble-bee, ain't you 'fraid?"

"No !"-with scorn "Ain't you 'fraid when it thun-

"No !"-with loud laughter. "Oh you silly child !" "Papa," said Evelyn, solemnly, "ain't you 'fraid of hothin' in the

world but mamma?"

A HELPING HAND.

The following sublime paragraph is from one of the latest fashionable novels:

"With one hand he held her beautiful head above the chilling waves and with the other called loudly for assistance !"-Tit-Bits.

KNEW WHAT THE SPINE WAS, Not every child comes as near rehending the general purport

Every Hour Delayed IN CURING A COLD IS DANGEROUS.

for have often heard people may: "Its only old, a trifling cough," but many a life histor ald read different if, on the first appearance a cough, it had been remedied with

DR. WOOD'S NOR-WAY PINE SYRUP

the things taught in school as did a Brooklyn youngster who was ing over his physiology lesson a days ago. "What is the spine?" asked

eacher "The spine," replied the boy, "is a long, wobbly bone. Your head sets on one end and you set on the other."

THE CANNY SCOT.

A Scotsman went to an English race-meeting, and boldly staked The horse he backed proved a winner, and he went the "bookie" to claim his winnings. sporting man begrudgingly

anded him five sovereigns. The Scott looked at each one very arefully before placing it in pocket.

"Well." said the bookie, with marl, "are you afraid they're bad?" "Oh, no," said the Scotsman: "but was just lookin' to mak' sure the bad yin I gie'd ye wisna them." ...

COULDN'T FOOL HIM.

The organist of a country church having fallen ill, could not perform his duty, so he asked a friend of his, an accomplished musician, to play in his stead.

The friend consented, and on following Sunday chose the "Hallajujah Chorus." playing full chords the regular organist only vhere played single notes, the former, course, requiring far more wind.

Presently in the middle of piece the wind gave out. The ganist waited a few minutes: then. finding it did not come on again, he went around to the blower and found him just going home. "Go on blowing," said the organ-

"Blowing?" said the blower. "Why you're finished! Do you think I've been blowing all these years don't know how many puffs the 'Hallelujah Chorus' takes? You can't get over me."

So the voluntary was brought to an abrupt conclusion.

. + + + HIS OBJECT.

Corporal James Tanner, the famous head of the Grand Army of the Republic, was talking in Washington about a grafter.

"He thinks all men are grafters," said Corporal Tanner, "because is one himself. So does the coward think all men share his coward-

"There is a story about a young recruit who, in his first engagement, lost heart. The ping-g-g of the bullets terrified him. Spying a the ground, he broke from the ranks rushed to it, and threw himself with-

in, cowering against the earth. "An officer, disgusted, ran to terrified recruit, clapped him on the shoulder, and said:

"'Rejoin your company at once, sir.' The lad looked up at the officer and answered:

"'No you don't. You want this hole for yourself."

AN UNEXPECTED ANSWER. "Tommy," said the visitor, who was very properly trying to impres a moral lesson on the lad's mind,

have you read the books in your Sunday-school library ?" "Some of 'em," he replied, rather doubtfully. "And can you tell me what hap-

pened to the boy who went fishing on Sunday?" "Yes; he caught three fish and an

Pleasant as syrup; nothing equals it as a worm medicine; the name is Mother Graves' Worm Exterminator; The greatest worm destroyer of the

MRS. HALL'S PLAN TO SHORTEN LIFE.

Catholic View that Merciful Dispatch Is Murder Endorsed by Physicians and Thinkers.

(Literary Digest.)

The time-worn subject of "authan has been ventilated again at me length in the daily papers, ing to its recent advocacy by Miss Helen Hall at a meeting of the Amecican Humane Association of Phila delphia. Miss Hall proposed that persons mortally wounded or su ing with painful and incurable diseases should be put quietly out of heir misery, just as we would with an animal in the same condition. It is noteworthy that this cates almost solely among the ten der-hearted, and often among WO men. It has almost uniformly condemned by lawyers and physi-Says the Medical cians. (New York)

"This subject has often come for discussion in medical circles, and the conclusion has almost invariably been reached by physicians taking part that to cut short a human life is, except in one instance, absolute ly unjustifiable. The exception the destruction of the life of the fetus when that of the mother endangered. And even here a very large religious sentiment, mostly among our brethren of the Roman Catholic faith, requires that equal solicitude shall be shown for the infant, on the ground that its soul is as fully entitled to be conserved as is that of the mother.

"Apart from humanitarian con siderations, the main objection of medical men to merciful homicide is one that does them great honor; is on the ground of their own liability to error in pronouncing a case cessarily fatal. Every experienced and tried physician has found that there have been cases within knowledge which have demonstrated that prognosis in medicine may be as illusory as prophecy in the general affairs of life. How often has patient with Bright's, 'doomed to death within a couple of years,' or a consumptive, 'good for but a months more,' lived to attend the funeral of the prognosing physician? "Miss Hall's stand is very

that taken some ten years ago by Mr. Albert Bach before a medico legal congress held in New York City. This gentleman, a prominent member of the bar, declares that there were cases not only in which suicide was morally justifiable, but also in which the ending of human life by physicians was not only morally right, but an act of humanity His views, however, were vigorously combatted by the medical men present, principally upon the ground set forth. Miss Hall's views are no less objectionable than were those of Mr. Bach. She declares: 'For the past two years I have always carried a phial of chloroform with when riding on trains for use on occasions of emergency, as I brought to consider this subject through a horrible experience.' For ourselves, we should not like to on a train with this lady, with the possibility of being, in addition to any hurt we might receive, the subject of her 'humane' but inexperience ed manipulation of an anaesthetic." In relation to the law governing this matter, the New York Sun points out that it recognizes gight to take life from motives 'humanity," except in the instance cited above, and notes that to "shorten" a life is in no wise difrent from "taking" it, since all that any murderer does is to shorten

his victim's life. To quote further: "The courts, both in England and in this country, have repeatedly held that he who accelerates the death of another is guilty of felonious homi cide. Even in the case of the birth of excessively deformed infants the Finglish courts have refused to hold that the attending physician was justified in taking the life of an infant, although the malformation might be so great as to make it a enster in the legal sense." Catholic medical jurispruder clearly shows that there are no ex-

ceptions made, and that any effort to cut short human life is co d murder. Many physicians side the Catholic Church agree with the teaching of the Church, and they have been known to refuse cases where they would be obliged to act contrary to the strict laws of what

Virtue is like an excellent perfe the more close you keep it the or is its odor; but if you expet to the air it quickly evaporate

The Poet's Corner.

"I AM SO SORRY."

child came to her father yester-

Wet-eyed and trembling-lipped, yet unafraid, And pardon for some wrong deed

sweetly prayed. "I am so sorry," low I heard h say;

'Father, I did not mean to disobey.'s Quickly the sorrowful father bent and smiled. and drew her to his breast. Then, reconciled The little girl went singing on her

So, dearest Father, I-so old in And yet a child in that I blindly

Wrong deeds that hurt and grieve you every dayne, unafraid, yet trembling and

in tearsam so sorry I have troubled Father, I did not mean to dis

-Ella Higginson.

... EVER THE WAY.

Life is a highway wondrous fair, And we are but pilgrims journeying

there. And it's here the rain and there the rain,

But ever the sun comes out again; And it's over the hill and under the hill. But ever the way leads onward still.

And it's here a stone and there a And it's many a mile one must go alone:

And many the turn, and, at last, the Life is a highway wondrous fair And we are put pilgrims journeying

And it's here a foe and there a friend

there. -Frank Leo Pinet.

> ... THE AFTERMATH.

For grief and fear that fill my life to-day For which I cannot give thee thanks.

O Lord Take thanks of me; for well I know that in the after-

I shall give thanks to Thee.

or that fell stroke which all my, plans laid low, he stroke that shut out life and hope and heaven,

Take thanks of me: or well I know that when my vi-

I shall give thanks to Thee For every prayer unanswered, every wish

That in Thy Father love has been denied. Take thanks of me; dost Thou not remember, Fa-

ther, as before. I shall give thanks to Thee. -Margaret Fithian, in the Independ-

> . . . THE UNFORGOTTEN.

The years go by apace And I soon shall see thy face-Hear thy laughter and delight Clasp thee close once more O joy! Kiss thee, O my blue-eyed boy!

Since thou didst go away Seven hath God sent down to play In thy place; but ah! thy feet Still beside me echo swee In the blue of twilight skies Oft I see thy baby eyes.

In God's White Otherwhere Hast thou grown taller, year

by

Dost thou know Mother Mary, child? And Jesus, Brother, fair and mild? O pray that He may give us grace At last to see thee face to face ! -Infeliz Alfarero, in New World.

Signals of Danger—Have you lost your appetite? Have you a coated tongue? Have you an unpleasant aste in the mouth? Does your head ache and have you dizziness? If so your stomach is out of order and you need medicine. But you do not like medicine. He that prefers sickness or medicine must suffer, but under the circumstances the wise man would rocure a box of Parmelee's Vegetable Pills and speedily get himself health, and string I have to the prefer in the prefe Signals of Danger-Have you lost

near Girls and Boys : How glad I was to wo new nieces, Iren I am pleased to k the stories, and as scrap books I will provide more poetry. I the question they have as do not all the cousins writ W. Edna says she is going in Calgary. We will all t to hear from the great I West, Edna. John B. nee

THURSDAY, MARCH

OUR

the little cousins. Your loving

* * *

AUNT :

qualms in writing to the

will look for the weekly l

promises with pleasure. L

Dear Aunt Becky: I have just received the

ness and was sorry to see letter from the little cous have had lovely weather more like spring than win has been very little snow, people go about in wagons not gone to school since (as we intend going to Cal month and I had to stay help mamma to get things As news is scarce, I finish, hoping to see lots from the cousins next wee to all.

Your loving nie M. F Kensington, P.Q.

Dear Aunt Becky: We are two new nieces for love, two little cousins w the country on farms that another. We go to school in the fourth grade. H take music at the new con-Eugene. Irene takes ins and Helena vocal. Your n has for pets, her old hor

sticks to her dolls. We preparing for confirmation are trying hard to get Don't you hope we will get Aunty? We like to read stories on your page, but

and her cat Flossy, but H

making scrap books, we li also. But why don't all yo nieces write oftener? With best love from

IRENE M and HEL ... Dear Aunt Becky: I feel quite timorous thu to you, as this is my first the True Witness. I hope put it in the Cosy Corne you do I will write you eve I live in St. Lambert, but s school in Montreal named bishop's Commercial Acade I learn Sacred History. a Catechism, shorthand and ing. In St. Lambert I ha

fun. I skate, play hockey,

toboggan. As I have not

I will close. Believe me, you have a loving friend in

Montreal, Feb. 2nd.

THE BROWNIES BA The Brownies gave a rustic Beneath, a greenwood tree When bluebells rang the

chime, A band played merrily, The players came from fore A jolly crowd were they, And every one just tried t To while the hours away.

A bullfrog from a meadow Was quite the hoarsest be While harvest flies play horns With most exquisite grace The tree toads and the crie

The altos with a vim; While night-in gales and w willa Sang in the shadows dim-Sopranos were the katy-did Repeating o'er and o'er

That "Katy did, she did, A hundred times or more. ne contradicted, said"Sh And seemed determined que She either didn't or she did I wonder which is right?

With "Promenade" and "F With "Balance All" and

With "Balance All" and
The ball went on until the
Lit up the magic ring.
As Brownies only dance at
In shadows dim and deep
At peep o' day they scurr
And enddled down to sle