

HOME INTERESTS.

Conducted by HELENE.

A LADY'S COMPANION.

Of all the odd jobs that women turn to in desperation, that of "companion" affords the longest list of horrible possibilities, says The World Today. Taking boarders, addressing envelopes at \$2 a thousand, or even canvassing is a joyous occupation in comparison to being a companion.

A SIMPLE BEAUTIFIER.

The skin of the face can be strengthened and whitened with this lotion, said to be favored by a noted actress: Two ounces each of spirits of ammonia and camphor, five ounces of sea salt, and half a pint of alcohol added to sufficient boiling water to make a quart.

NURSERY NOTES.

Make sure that the children have plenty of sleep. Potatoes are not good for young children because they contain more starch than nutriment. Plates decorated with Mother Goose pictures and nursery rhymes are now made to please children.

THE CHILDREN'S SCRAPBOOK.

The scrapbook is a pleasant and educative fad to indulge the children. The future years are likely to be the outcome of the child's life in his scrapbook. There should be some definite means of expression for the child's train of thought.

BE A POSITIVE PERSON.

Don't be a negative person. Don't permit yourself to fall into negative ways of thinking and talking about yourself and your abilities, says the Denver Times.

the actual wrong they do themselves in failing to take an aggressive mental attitude.

Success in this life consists in sharply, clearly, decisively determining what one intends to do and definitely starting out to do it, meanwhile thinking, talking and acting consistently. It is not consistent to expect success when one thinks and talks in a way to destroy one's claim to success.

Have you not frequently found yourself telling someone very earnestly about the things you could not do, the desirable traits you lacked, the unfortunate tendencies you possessed?

The great mirror you call your life reflects with wonderful accuracy the picture of yourself as it exists in your mind and shows with unerring distinctness the real beliefs you hold about your abilities and powers.

Substitute for "I can't," "I fear," and "I lack," the positive statements "I can," "I am confident," "I am able." Be positive. Just try it and see how much more you can accomplish.

ABOUT APRONS.

Why do many girls dislike to wear aprons? A gingham apron made with a band to fit the waist with bib and shoulder straps is pretty and becoming when nicely fitted, and somehow every boy and man seems to have a weakness for seeing a woman or girl in an apron, perhaps because it suggests cooking, and we all know "the surest way to a man's heart," etc.

TIMELY HINTS.

A piece of butter the size of a pea dropped into the oatmeal pot will keep it from boiling over.

It is a mistake to cook any meat in cold water unless soup is to be made. Cold water and slow boiling draw out all the juices.

When adding cream to a thick soup let the former be quite boiling; the result is far better than when it is added cold.

A dash of vinegar and a clove of garlic in the water is a great improvement to boiled meat or fish.

The woman who is awakened by the first streak of dawn will do well to drink a hot cup of cocoa if many hours are to elapse before breakfast is served. Cocoa furnishes both food and drink and is easily digested by most people. It will relieve any faint feeling and give one the necessary strength to dress. The cocoa may be made the night before and can be heated in three minutes over an alcohol lamp.

THE COIFFURE CURIOUS.

The custom of powdering the hair dates back as far as the sixteenth century, and was first, we are told, introduced by the nuns in French convents. Those who had occasion to leave the cloisters for any reason were wont to powder their hair so as to give them a venerable look.

RECIPES.

Tomato Rabbit.—Tomato rabbit is a change from the ordinary Welsh rabbit if one is fond of the flavor of tomatoes. Stew one cupful of tomatoes and when they have simmered

for ten minutes add one teaspoonful of finely chopped onion; let this cook for five minutes and then add one cupful of cheese that has been cut into coarse pieces. Let the mixture cook until the cheese softens, then pour over hot slices of buttered toast.

TOASTED SHRIMPS.—Toasted shrimps will also be relished when the ordinary fish diet grows monotonous. Procure a can of the largest and finest shrimps obtainable, remove from the liquor, drain and place on a fine wire netting over the fire and toast a nice brown on both sides.

SWEETBREAD SALAD.—Clean and par-boil two pairs of sweetbreads, throw into cold water for one-half hour; remove the fat and skin and cover with fresh boiling water; add one teaspoon salt, and simmer gently for twenty minutes.

MARSHMALLOW CANDY COMBINATIONS.—Marshmallow fudge is made with two cups of granulated sugar, two squares of chocolate, or four rounded tablespoonfuls of cocoa, and one cup of milk or cream, and two even tablespoonfuls of butter.

Writes the Roman correspondent of the London Tablet under date of December 3: "Last Monday Father Brandi, editor of the Civiltà Cattolica, made his fifth Calabrian visit to the Holy Father with over eighty thousand francs in his inside pocket—a sum which brought the Civiltà subscription to over 550,000 francs.

F UNNYSAYINGS.

This little story comes from the South: "The first slice of goose had been cut and the negro minister, who had been invited to dine, looked at it with as keen anticipation as was displayed in the faces around him.

"Well, now, Mistah Rawley," said the carver of the goose, with a sudden access of dignity. "when you preach a special good sermon I never axes you where you got it. Seems to me dat's a trivial matter, anyway."

HE GOT AWAY.

An exchange tells a funny story of a motoring doctor who ran into and capsized a pedestrian. He looked behind him, and, seeing the man still prone, made a circuit and ran back, intending to stop beside and help him.

A NEW USE FOR A SERMON.

One of the most convincing sermons in the world was never preached; it was devoted to another use. Archbishop Tait was driving to Enfield, poring over the manuscript of his sermon as he rode.

It is dangerous to abandon oneself to the luxury of grief; it deprives one of courage, and even of the wish for recovery.—Amiel's Journal.

The Bad Cold of To-day MAY BE PNEUMONIA TO-MORROW.

The sore throat or tickling cough that, to the casual, seems but a trivial annoyance, may develop into Pneumonia, Bronchitis, or some Throat or Lung trouble.

DR. WOODS NORWAY PINE SYRUP

contains all the lung-healing virtues of the pine tree, and is a sure cure for Coughs, Colds and all Throat or Lung troubles. Mrs. E. Hutchinson, 185 Argyle Street, Toronto, writes: "I have been a sufferer from Chronic Bronchitis for years and have found Dr. Woods' Norway Pine Syrup far better than any of the hundreds of remedies I have used.

POPE PIUS X. AND THE WID OW'S MITE

Touching Incident Connected with the Calabrian Relief Fund, Writes the Roman correspondent of the London Tablet under date of December 3: "Last Monday Father Brandi, editor of the Civiltà Cattolica, made his fifth Calabrian visit to the Holy Father with over eighty thousand francs in his inside pocket—a sum which brought the Civiltà subscription to over 550,000 francs.

BABY'S HEALTH.

When a child is well, give it no medicine," is a wholesome adage. But at the first sign of trouble the careful mother will give Baby's Own Tablets, which promptly cure indigestion, colic, constipation, diarrhoea, simple fevers and teething troubles.

A Magdalen, the scarlet Day. Knocked at Eve's convent bars: Comes Twilight, penitent in gray, Telling her beads the stars.

The Poet's Corner.

DAY DREAMING.

Beyond the purple hills the realm of Fancy Spreads mile on mile in limitless domain, A realm in which by spell of necromancy One's quite absolved from heart-ache, care and pain.

SEATS OF THE MIGHTY.

Of all the chairs of church or state—Bench, woolsack, throne, or what you will—'Tis written in the book of fate, The high-chair is the highest still.

GREATNESS.

The world looks up at him with envious awe Who rules where millions yield obedience, Whose word is final, and whose will is law.

OUR

Dear Girls and Boys:

You surely could not meet your New Year's that of writing to the class list, and I would practice writing to you would all stand a prize for letter writing of the term. I hope you well, enjoying the lovely weather, and not studying am always glad to hear my little friends, so write to me.

THE FAIRIES' FATE

Once upon a time a small down under a chestnut tree He was a very little fellow that the faeries still hid their choicest secrets from you know, would much prefer children than to grow up, a boy starts to say these things, you can be very sure he has begun to grow up, and the faeries will have nothing more to do with him.

Then his mother would be a great poet.

"A poet," there are more than one, his father would needs to play with other knock the nonsense out of their heads.

When his big blue eyes with a faraway look, the other never disturbed him knew his faeries were wraiths.

When his big blue eyes with a faraway look, the other never disturbed him knew his faeries were wraiths.

When his big blue eyes with a faraway look, the other never disturbed him knew his faeries were wraiths.

When his big blue eyes with a faraway look, the other never disturbed him knew his faeries were wraiths.

When his big blue eyes with a faraway look, the other never disturbed him knew his faeries were wraiths.

When his big blue eyes with a faraway look, the other never disturbed him knew his faeries were wraiths.

When his big blue eyes with a faraway look, the other never disturbed him knew his faeries were wraiths.