# HOUSE NO HO

CONDUCTED BY HELENE.

Some women complain bitterly of the decay of chivalry in their brothiers and husbands, yet it is the women themselves who are to blame for man's failing in this direction. How can she expect an overwhelm-ing amount of courtesy and considering amount of courtesy and consideration from a man who has been taught from babyhood by loving mothers and sisters that nothing on thers and sisters that nothing on their is too good for him? If the most comforbable chair in the house most comforbable chair in the house must comforbable chair in the house of ground cuttle-fish bone, the interpretation of the small pepper mills is fine for this. Then add one mills always been vacated upon his entrance into a room, can she exmost comfortable than the has always been vacated upon entrance into a room, can she pect him to rise with gallant meanor and give the chair to wife, mother or sister? The fault is not with the man. He is only the victim of misplaced kindness. It is the loving woman who watches every action with such earnest solicitude who is to blame for his selfishness. She has made him a being intent upon his own comfort and utterly regardless of the comfort of others. He is a hero from his fancy, while his little sisters learn to run errands and his mother mors him and "takes his part in every argument. Why, because he is mors him and takes ins pirt every argument. Why, because he is a boy, should all this homege be tendered? It only serves to make him more disagreeable, more faultfinding, more selfish with his wife, who, after all, is the one who suffers.

THE INSTINCT OF GENTLENESS.

The instinct of self-control, of gen-tleness, of consideration and fore-thought and quick sympathy, which thought and quick sympathy, whice to make up what we call good breeding: the absence of noise hurry, the thousand and one little ways by which we can please people, or avoid displeasing them—are all taught us by our own hearts. Good manners are the fine flowers of civilization. And everybody can have them.

A SHORT CUT TO SANCTITY.

Guard well your tongue, restrain Keep down your eyes, laugh, sleep and eat.

Be kind to all, be never late;

all things well, both small and

great.
Fulfil God's will, give up your own;
Leave others and their faults alone.
Forget there is a letter I—
You'll happy live, and peaceful die.

DRESSING WELL.

The editor of one of the best wo The editor of one of the best wo-men's magazines recently raised the question; "Can a woman dress on one hundred dollars a year?" He was very unfortunate in his selection of women to answer his question. unamimous reply was, 'It is absolutely impossible. Only a man would ask such a question.' Had these wolutely impossible. Only a man would ask such a question." Had these women reality investigated the matter, they would have found that according to the wage-earning population the income of the average woman would not justify the expenditure of half that amount. In fact, half the would not justify the expenditure of half that amount. In fact, half the women of our country dress on firty dollars a year. Where one woman spends more than one hundred dollars for clothes two women spenc less than fifty. Yet the latter class of women are comfortably, neatly and, in some cases, daintily clothed. one may venture the assertion that they get as much satisfaction out of clothes as their more extravagant

sisters The adjusting of one's income one's wants and necessities is a de-lightful occupation, and many of the wealthiest women find much of the wealthiest women find much of the spice of life in the practice of small economies. It requires neither intelligence nor culture to merely spend a dollar, but to make one dollar do the work of three requires a master mind and cultured taste. If one could but lose sight of the gaunt spectre of necessity it would be far more interesting to be poor than to be rich. Yet it is doubtful if the average wife of a man on a salary of \$1,000 a year can lose sight of her limitations long enough to see vast opportunities she has for exercise of foresight, synthesis above all, the culture of her will and character gained by follow-ing her own systems and plans for expenditures after she has put them

WHILE TIME GOES ON.

The merest grain of sand drifts into The merest grain of sand drifts into a crevice, and by and by another; after a while there is a heap; a century, and it is a mound, and then every one observes and comments or it. Pine itself has gone on like this; the years have accumulated, first in drifts, then in heaps, and now a vast mound, to which the mountains are knolls, rises up overshadows us. Time lies heavy on the world. The old, old earth is glad to turn from the cark and care of firited centuries to the first sweet blades of green.—Richard Jeffries.

The best formula for almond meal is as follows: Shell and blanch enough sweet almonds to measure two ounces and pound or grind to powder. One of the small pepper mills is fine for this. Then add one ounce of ground cuttle-fish bone, the kind you 'keep in the canary's cage, and it is so light that an ounce of white soap, the kind that has a great deal of palm oil in it, half an ounce of orris root powdered, and quarter of a dram of oil of lavender. Mix the orris with the almond powder, add the oil of lavender, then four drops of the oil of cloves. Mix well, then add the cuttle fish bone and the soap last. Keep this in a glass the soap last. Keep this in a glass jar and use instead of soap.

WASHING SILK UNDERWEAR.

Directions for washing silk under Directions for washing shit under-wear have been asked for. The same precautions that are used in washing fine woollens need to be taken with silk. Prepare a suds of white soap and fairly hot water, and add to each gallon of water two tablespoonsful of ammonia. If the ammonia is gallon of water two tablespoonsful of ammonia. If the ammonia is strong use only one tablespoonful. Let the garments soak in the suds for some time, half an hour or longer. Wash by rubbing with the hands and gently squeezing. Never rub on a board, and never rub soap on the silk unless some spots are unusually obstinate. Rinse thoroughly. This means through two or three waters, the same temperature as the washing water. Iron when nearly dry; if the garments are very delicate press under a thin mustin. der a thin muslin.

TO HAVE GOOD TEETH.

To make the teeth glisten, besides To make the teeth glisten, besides making them white, brush them every morning with warm water, a fairly stiff brush and a good dentifrice. A good dentifrice is an absolute necessity to keep the teeth pure. After they have been thoroughly cleaned go over them with a solution of peroxide, and the teeth will glisten beautifully unless they are in an unhealthy condition. Cleanliness camot be accomplished with an old, water-soaked tooth brush or one which is be accomplished with an old, wat soaked tooth brush or one which used constantly. Have two brush used constantly. Have two brushes, and when one has been used for a couple of days wash it in carbolic water and lay it in the air and sun for two days. Carbolic water is made by putting two drops of carbolic acid in a Pint of boiling water. When the brush becomes discolored on the beack, throw it away. If your teeth are close together use dental floss. In the East Indies, where fine teeth are the rule, the charcoal of the betel nut is used as a tooth powder. It smooth and alkal

CLEANING STRAW HATS.

To renovate white straw hats the following method has been recommended. Prepare two so-

At first the dust is brushed off as well as possible. After this the hats or objects are well brushed with a tooth brush and lemon juice, and then placed in a box or chest which is dark until perfectly dry. After a short time—a few minutes—finely pulver—ized sulphur is rubbed in with a with a with a last missionary was too much for us. He preached on the white flannel cloth. Hats which have been treated in this manner immediately appear fresh again. If there should exist streaks of fat they should be removed with benzine before the lem-

on juice is used.

Hats treated in this manner require foo be stiffened by the application of a little gum water, and pressed on the block with a hot iron to bring them back into shape. If necessary a waterproof stiffening or varnish may be applied.

STUFFED TOMATO SALAD.

it. The itself has gone on like this; the years have accumulated, first in drifts, then in heaps, and now a vast mound, to which the mountains are knolls, rises up and overshadows us. Time lies heavy on the world. The old, old earth is glad to turn from the cark and care of firitted centuries to the first sweet blades of green.—Richard Jeffries.

GREAT THINGS YET TO BE.

The world is only beginning. We have done nothing, said nothing, sung nothing. The history of the past is the history of one empire at a time; now, several empires must compete together—among them, that miracle of conquest and greater miracle of slow becoming, set dispersedly about the world, but linked together, grasped and held by the embracing see, our own occan-state, "Imperial Britain, mighty and aware." The world will yet know greater men than Caesar and Napoleon, deeper passion and wider humanity than Shakespeare's, a music till more elemental than Wagner's.

A stuffed tomato salad is one of my new recipes." writes Fannie Merritt Farmer, the great cooking autority, in her morthly pags in the movintly pags in the movint of acceptance of time the movint will also the continuation of the stem end of each, remove the soft inside, sprinkle the insides with salt, and let stend, inverted the insides with a stand, inverted the insides with a stand, inverted the insides with a stand, inv

or lemon juice. Add oil and vinegar or lemon juice alternately, stirring or beating constantly, until two table spoonfuls each of vinegar and lemon juice and one, and one half cupfuls of olive oil have been used. If the oil is added too vapidly the dressing will have a curdleo appearance. A smooth consistency may be restored by taking the yolk of another egg and adding the curdled mixture slowly to it. Olive oil for the making of mayonnaise should always be thoroughly chilled. The utensil used in making mayonnaise may be a silver fork, wire whisk, small wooden spoon or Dover egg beater."

growling and grumbling like this:

"Look here, Hannah—mustard plasters, 50 cents; three teeth extracted, \$2. There's \$2.50 in one day spent on your own private pleasure. Do you think I'm made of money?"

Now," said the teacher who had been giving the class a little talk on architecture, "tell me what a buttress is."

"I know," shouted Tommy, "a nanny goat."

CURE NOT PROVED.

(From the Louisville Courier Jour-Dover egg beater

NEW STYLES FOR WOMEN

"If the new summer gowns have a conspicuous note at all this year, it is in their trimmings, which seem to traind out in bold relief," says Grace Margaret Gould in Woman's Home Companion for May. "Much soutache in all widths and heavy octton braid are used, in white and dyed to match the fabric. In the skirt-and-coat suits the outline of braiding, and either braid or buttons not infrequently trim the back." "Tassels are very much used wherever a place for them can be found. The heavy and the fine laces

"Tassels are very much used wherever a place for them can be found. The heavy and the fine laces are fashionable in combination for trimming both gowns and separate

triming blouses.

"Very narrow satin plaitings are much used as a trimming for silk, voile and net gowns. They are often introduced in some brilliant ten introduced in some brings ten introduced in some brings shade, such as Empire green, on shade, such as Empire green, on shade, such as Empire green, gown of neutral tint. Plaitings of this style frequently simulate a bib effect on the bodice and outline a tunic effect in the skirt.

"Buttons are used not only where they are needed but where they are rededed on the new gowns. For

FUNNY SAYINGS HE GRASPED THE IDEA.

"Tommy," said his teacher, "the

(From the Louisville Courier Jour-

It is not every one who proves the ineffectualness of insomnia cures

about seven years old, was a physismoun's culty in getting to sleep was ready with advice.

Till tell you something that will soon put you to sleep, 'he said. 'You her in the e of er of er of the said ount slowly up to 100, and then another hundred, and so on and before you know it you'll be elaces to be did not be elaces.

Everything remained quiet that night, until the father went to retire. As he passed the boy's bed a little voice piped:

"Papa!"

"Yes, my boy."

"Yes, my boy."
"What comes after trillions?"
But the wakeful youngster's query was not answered; his father had vanished into his own bedroom.

THE DEMANDS OF GENIUS.

"I am a poetess," said a lady in-

"I am a poetess," said a lady indignantly, "not a geometrician. I furnish the soul for my lines—I would scorn to provide the purely mechanical construction."

"I see," said the affable editor. "But as the metre of your poem is painfully irregular, I must decline to publish it."

to publish it."

The lady glared.
"Nonsense," she said. "If the metre isn't right, make it so."
"But that," the editor mildly observed, "is not in my line."

The poètess picked up her manuscript and started for the door.

she turned.

"I'd just like to know what you are paid to do?" she remarked, with withering sarcasm.—Cleveland 'Plain

This coupon cut out and mailed to The Blue Ribbon Tea Co., P. O. Box 2554, Montreal, entitles the sender to a free package of our 40c. Blue Ribbon Tea. Fill in blank space whether you wish Black, Mixed or Green Tea ( To MRS.

TOWN

cur in the lesson. Do you know what circumstantial evidence is?'

Tommy replied that he did not.
"Well I will explain it to you by
an illustration. You know we have

much for us. He preached on the glories of the missionary calling for "But then he worked up a glowing

finish. 'Now I appeal to you as co

finish. 'Now I appeal to you as col-lege women how much better than mere learning and mere books is it to go forth into the world and be-come fishers of men.'

'That was too much. Of course, we smiled—in fact some of us snick-ered audibly. Then the missionary complained to prexy that he could-n't help noticing a deplorable spirit of levity apparent among the stu-dents.''

#### A Boy's Holidays.

The ardent controversy which has The ardent controversy which has been waging in England and Ameri-ca concerning the best way to dis-pose of school boys in the long sumhats the following method has been recommended. Prepare two so-been recommended. Prepare two so-been recommended. Prepare two sobtetions as given:

(1) Sodium hyposulphite 10 grams; (1) Sodium hyposulphite 10 grams; (2) Citric acid 2 grams: Alcohol 10 grams; (2) Citric acid 2 grams; (2) Citric pose of school boys in the long sum-mer vacation has prompted the Grand Trunk Railway System to issue a special publication giving suggestions and practical hints to parents as to what to do with the public and pre-paratory school boys during the months of July and August. The va-cation camp is one of the solutions, and the publication entitled "What Shall a loy do with his Shall a Boy do with his Vacation

A copy may be obtained for the asking by applying to G.T.Bell, General Passenger Agent General Offices Montreal.

## A Tonic For The Stomach

Wonderful Success of the Modern Meth od of Treating Even Obstinate Cases of Indigestion

The old fashioned methods of treat-The old fashioned methods of treat-ing stomach diseases are being dis-carded. The trouble with the old fashioned methods was that when the treatment was stopped the trouble returned in an aggravated

trouble returned in an aggravated form.

The modern method of treating indigestion, catarrh of the stomach or chronic gastritis, is to tone up the stomach glands to do their mormal work. Every step toward recovery is a step gained, not to be lost again. The recovery of the appetite, the disappearance of pain, the absence of gas—all are steps on the road to health that those who have tried the tonic treatment remember distinctly.

Dr. Williams' Pink Pills are a tonic every constituent of which is help-

## BOYS AND GIRLS --

- a Pause in the Day's Occupation

COUNTING HI-SPY.

Intry, mintry, cutry-corn,
Apple seed and briar thorn;
Briar, briar, limberlock,
Three geese in a flock;
One flew east and one flew west,
One flew over the cuckoo nest!

Oh, the echo! oh, the gleam!
There they go with laugh and shout
Hi-spy children counting out:
Intry, mintry, hi-pon-tus;
Shadows, shadows, over us.
Life again thy darkling wing
From life's vision of lost spring!
I can see them. I can hear I can see them, I can hear All their rapture ringing clear

Pinch me, shake me, wake me up, Of the apple-blossom brew Of the apple-blossom brew Of the apple-blossom of dew; Till I shed my years like of Of the bark and leaf of oak, And go down to dance and gleam In that circle of child-dream! Hark! O heart of rust and grey, To that song of child-at-play!

Intry, mintry, cutry corn,
Apple seed and briar thorn;
Briar, briar, limberlock,
Three geese in a flock;
One flew east and one flew west, One flew over the cuckoo nest! -Baltimore Sun.

A LOST OPPORTUNITY. "I should like it a little quieter

The teacher's eyes turned to The teacher's eyes turned to the corner of the room where Myra, Martin sat smiling and dimpling. Miss Raymond's tone was not quite as assured as usual. It was almost pleading. It amused Myra to find that the teacher's gaze wavered before her

Turning to the blackboard. Miss Raymond went on with her explana-tion of the diagram, while Myra continued her whispering. The sub-ject of the conversation must have continued her whispering. The subject of the conversation must have been very amusing, for presently a smothered giggle sounded plainly in the corner. The teacher turned irresolutely to meet the gay impertinence of Myra's gaze. The girl waited for the reproof which did not come. Instead the teacher went on with the explanation, stumbling, hesitating, pausing now and then for a word. A sense of triumph possessed Myra. She had defied the strictest teacher in school in her own classroom, and had come off victorious.

After school her elation led in the history class," she said to one of the girls. "Miss Raymond seemed at her wits' end."

The other girl looked at her with a puzzled expression. "Poor Miss Raymond," she answered. "Isn't it too bad?"

"Too bad! What's too bad?"

"Why, about her mother. She had."

"Well amuel notice. But Betty did gers.

"Seems like my basket is fill up," said Betty presently, list up," said Betty presently, list, said

'Too bad! What's too bad?"

and Mrs. Raymond were to each other. I think it was so brave of her to come to school to-day."

Oh, if she had only known Myra looked back over the history recitation with a sense of dismay. If she only had known, so that she might have helped the heart-sick, brave teacher, instead of making things so cruelly hard for her! The tears started to her eyes as she realized that this was one of the opportunities which, when lost once, are lost for ever. + + ±

NANNY KNEW.

Namny and Betty were picking Peas, They were not the only ones, of course. The pea-vines ran in long, straight lines across the level and up the hillside, where they disappeared from view, and whichever way up the hillside, where they disappeared from view, and winchever way you looked, you saw bending figures and baskets. The canning factory was working overtime just now, for the peas were ripe for canning. Natty and Betty and a good many others, both older and younger, had been looking forward to the time of the pea-picking, because while it lasted it gave them a chance to earn very fair wages.

Betty had especial reasons for being impatient for the pea-picking season. She had told Nanny about it the first morning. During the winter the mice had got at her mother's bonnet and destroyed it. The bonnet was cold as Betty heres!

ter the mice had got at her mother's bonnet and destroyed it. The bon-net was as old as Betty herself, for fashions did not count much down in this country of pea vines. And now Betty's mother had nothing but her Betty's mother had nothing but her sumbonnet 'to wear to church. If possible Betty meant to get her a bonnet, after buying the shoes which were always purchased with the money made in the pea-pidking.

It was a pity Betty could not pick faster, Nanny reflected. Her own fingers were wonderfully nimble. She could not resist the tempration to

fingers were wonderfully nimble, could not resist the temptation drop a handful of green pods i Betty's basket, just to see if would notice. But Betty did Her eyes were as slow as her "Seems like my basket is filling

ds had been added to her "Seems like I get along fast-in I pick with

own. "Seems like I get along fastter when I pick with you."
"You'd better stick close, then,"
Nanny said, She dropped another
handful into Betty's basket and
chuckled softly.

It was very strange, Betty thought
that Nanny should have made as
much money as usual that year, while
she herself had been so surprisingly
successful. Nanny said that everyone
had off-times, which seemed reasonable enough, But she felt sorry for her
friend, and tried to keep un her spirits by describing the beauties of the rits by describing the beauties of the which had cost the new bonnet, which had cost three dollers and was expected to duty till Betty was grown up. "She looks handsome in it, ma does," Betty de-clared, " and when she nuts it on her head. I feel good clear, through "Too bad! What's too bad?"
"Why, about her mother. She had a stroke of paralysis, you know, Friday night. They say she may live a long time, but she'll never leave her bed. You know how devoted she was, "Maybe I do know was, "Maybe I do know was, "Maybe I do know was," You den't know how good I feel

### Meaning of the Ceremonies at Mass.

The Priest Christ.

Goes to the altar

Commences Mass

Begins to pray.

Says the Confiteor

Falls down in agony.

Kisses the altar.

Is betrayed by Judas with a kiss.

Goes to the Epistle side

Is bound and taken to Annas. 

mocked. Offers broad and wine. Is stripped of His garment.

Offers broad and wine. Is scourged at the pillar.

Covers the chalice. Is crowned with thorns.

Washes his hands. Is declared innocent by Pilate.

Says the Orate Fratres Is shown by Pilate to the people with the words "Ecce homo."

Prays in low voice Is mocked and spit upon.

Makes the memento for the living Carries the Cross to Mt Calvary.

Continues to pray in a low voice. Meets his mother and other pious Blesses the bread and wine with the

than themselves to fill the pulpit when they go away—but you never do that, sir."

CANNA BE DONE.

During an international match played some years ago between England and Scotland an English england and Scotland an English england out to him: 'Haud yer whist, mon; ye can sit on a shamrock or a Leek, but ye canna sit on a Thistle.'

AN EXTRAVAGANT WIFE.

Hiram Doolittle's treatment of his wife was not up to a high standard. He made her keep a cash account, and he would go over it every night, and he would go over it every might, and he would go over it every might.

The remember distinctly.

Dr. Williams' Pink Pills are a ton-ic very constituent of which is help ful in building up the digestive organs and therefore are the very best remedy for caronic cases of stomach trouble. The success of the treatment of the full success of the treatment of the su

ed the cure progressed steadily and satisfactorily, and after the use of ten boxes of the Pills I was again a well wonden. Every symptom of the trouble disappeared, and it is years since I enjoyed as good health as I am doing now. All who knew me look upon my cure as almost a miracle, and I strongly urge all suffering from stomach trouble to give this medicine a fair trad."

Dr. Williams' Pink Pills are sold by all medicine dealers or you can get them by mail at 50 cents a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.

amuser soon over an Edison Phon if kept supplie delight. If you a WE DESIRE GOO town where we are National Phonogra

(Conti details of our sojo uring the wint

there. In Mr. Mercier a devoted friend, v kind attention an comfort that he room placed at ou transformed a par transformed a par chapel. Herein, delight, we could Sacrament. Only parated us from Here in His Real died, prayed and a

our meals at the cier, in company v nadians, engaged of the trading con We had very litt seeing the Indians three came at a trade their furs, bring their familie The first and mounder the circums study the Loucher was spoken by al that district. Wi of their tongue we plish much good therefore, applied

hours a day, wi two Loucheme boy grammar and dicti-cheme dialect.

The result of our be seen in the v of the Dialects of That valuable wor in Paris, France, and at the expense distinguished schol a valued friend of

We used to take We used to take hunting rabbits woods. They we winter; and it we esting recreation t light and peep at mere busy at their already supplied the by throwing down young poplars and they came to the i I remember that, all went upon a si the islands of the

brought home with dred rabbits on the

skin, a dazzling wi more appreciated the meat, cooked these countries, wing, is very poor the skin, as prepared the makes cost our religious solutions. er religious sol lebrated as in the each one fulfilling h ties; and in our there were the joys and friendship. owing to an uni His Lordship rece m our Missions

er, requesting his place in the Fall, a

Sur So

SURPRISE