WRITTEN FOR THE TRUE WITNESS.] A CHILD'S PRAYER'TO THE B. V. M.

Sweet Mother of our dearest Lord, Most spotless Virgin pure, Hear thy child's carnest prayer, And make my soul secure, Free from all worldly stain, May I draw near to thee, And in Thy loving arms repose, From care and sorrow free.

The waters deep and dark of earth Around me madly roll: Oh! do not let me downward sink, But guard and save my soul. Sweet Mother, mine all-powerful, To plead at thy Son's throne, Obtain for me the grace to dwell With thee, when life is done.

In dark temptation's dreaded hour Support me lest I fall, And when thy sweet voice speaks to mo 141 answer to the call; For sad and weary is my heart, Oppressed with earthly care, I'm longing for the time to come. When I may join you there.

In fleeting pleasures of the world, Among its many cares, If I perchance at times forget To offer thee my prayers; Oh Mother dear I pray that thou, Though unworthy I appear. May not forget to guard thy child Through wastes and deserts drear.

MARGUERITE MASSAM.

HOUSE AND HOUSEHOLD.

Health to Be Found in Simple Food.

The gospel of simple food is one that might be preached in every household to the greatest advantage—to the two-fold advantage of the health and consequent happiness of every member of the housethat must be done, or must be paid for being done. As the great generality of American homes go there is lack of effiing away and the washing of dishes.

And this is one of the things in life of which it may well be said, in the words of Emerson: "Our painful labors are unnecessary. There is a better way."

To suppose that a rational being requires in the morning a repast of cereals, beefsteak, potatoes, eggs. mullins, rolls and hot cakes, swimming in butter and syrup, with tea or coffee besides, says the Boston Budget, is to suppose that no human being has need for rationality during the day. To believe that no one can dine, save from a table of six or a dozene curses, is equally a reflection on the intellect of the human race. It is simply a marvel that people survive at all, and retain any semblance of vitality and of mental vigor, to reflect on the horrible mixtures and relations and required that people survive special curative virtues for coughs and lung troubles. on the horrible mixtures and messes that they eat! To see women sit down and lunch on lobster salad, with croquettes after it and soup before it, and follow it with ice cream, ices, cake, pudding and coffee, is to be thrown into a state of amazement at the possibilities of the human system. To see the dinners people ordinarily cat is to view any continuation of life and usefulness as a miracle. Why in small and simply households, composed of people who live in and for the higher intellectual life. people whose enjoyments are in art and in. reading and refined social intercourse - why, in such households, the matter of the table should make such inroads on

time and energy is a problem. the for The truth is that the more simple the latter. food the better the health and the clear-er the mind. After the coffee and rolls, the lips, as lead poisoning has been known or the tea and teast of breakfast, with a to result from such a habit, as it is seak-bit of good steak added if people teel clin acctate of lead to make it weigh they must have meat (though how any heavier. human being can fall to and eat meat in the morning is a wonders—after this, one of the best foods in the world for both mind and body is to be found in wash the face in this milk and rub the site to be found in wash the face in this milk and rub the large in the site to be found in wash the face in this milk and rub the milk, baked apples and dry toast. It is a luncheon, or even a dinner, of the most admirable nature; it gives adequate nourishment of body, produces sweet and screne sleep and clearness of mind. Many are dyspeptics and hypochondriacs who have been cured by a sensible phy-sician who prescribed this regimen. Add to it, if needed, a good beefsteak, oranges and grapes at pleasure; but the bread and milk alone restores one to the vitality and exumberace of life of childhood. Let the individual who has been accustomed noir, and preceded by approved stages through soup, fish, roasts, vegetables, salads, desert, et cetera, and who has more or less disturbed sleep and need, or finish sould started a large part of the fuel is wasted. fancied need, of stimulants, either in strong tea or coffee or wines, and never knows what it is to feel entirely well— let such a one adopt a bread and milk

A Girl's Own Room.

Somebody once said: "Show me a woman's bed-room and I will tell you parts. what she is like." It is natural for every girl to want her own little nest to look as your bed-room and that you must leave adjustable to the affected parts. sufficient space to move around, dress and undress, and that you must not lumber your dressing table with trifles of no moment when you want the room for your brushes and the numerous boxes and bottles that hold your toilet belong-ings. An overcrowded bedroom is a hor-

to enshrine you. These chairs need not be richly uphoistered ones, but, instead of rattan or wood, made delightful with with great big, soft cushions, luxuries, by the by, that, when bought, are rather expensive. However, the girl who is making her room look pretty can beg one or two pillows not is use from the household store, and covering them with gay silk wrought over with embroidery silk and tinsel thread can have them to look as rich as those gotten at the smartest upholsterer's.

How to Have a Bright Lamp.

keep them clean and to use good oil. Have a regular place and time for cleaning the lamps. Put a folded newspaper on the table, so that any stray bits of burned wick or drops of oil may fall upon it. Wash and wipe the chimneys and shudes. Now take of all and the secret of burned wick of the chimneys and shudes. Now take of all and the secret of the case it in small squares.

Dropped eggs—Break the number of this was no ordinary fit of weeping. He licked the child's hair soothingly, and when the boy took up his father's coat and pail the faithful creature followed submissively at his heel, as he recognition in the table, so that any stray bits of burned wick or drops of oil may fall upon it. Whom the should be taken not to break the number of the cars.

The dog seemed to understand that this was no ordinary fit of weeping. He licked the child's hair soothingly, and when the boy took up his father's coat and pail the faithful creature followed submissively at his heel, as he recognitions. Now take off all and pail the faithful creature followed submissively at his heel, as he recognitions. When the little one now and pail the faithful creature followed submissively at his heel, as he recognitions. Now take off all and pail the faithful creature followed submissively at his heel, as he recognitions. it. Wash and wipe the chimneys and shudes. Now take off all loose parts of the burner, washing them in hot soap suds and wiping with a clean, soft cloth. frim the wicks and turn them quite low. With a soft, wet cloth, well soaked, wipe the burner thoroughly, working the cloth as much as possible inside the burner, to get off levery particle of the charred wick. Now fill the lamps within about one inch of the top and wipe with a damp towel and then a dry one. Adjust a lattle large balls, then roll each ball between the bands into rolls six inches long. parts and return them to their proper places. Whenever a new wick is required in a lamp wash and seald the burner

before putting in the wick. With a student lamp the receptacle for waste oil, which is screwed on the bottom of the hold, and to that of diminishing the work burner, should be taken off at least once that must be done, or must be paid for a week and washed. Sometimes a wick will get very dark and dirty before it is half consumed. It is not economy to try cient services, and much of the burden of to burn it; replace it with a tresh one, the housework falls upon the wife and The trouble and expense are slight and daughters. And the great proportion of domestic work is exclusively that connected with the table. It is the marketing, the preparing of the food, the clearis lighted it should not at once be turned up to the full height; wait until the chimney is heated. Beautiful shades are often cracked or broken by having the hot chimneys rest against them. Now, when lighting a lamp, becareful that the chimney is set perfectly straight and does not touch the shade at any point. The shade should be placed on the lamp as soon as it is lighted, that it may heat or alwally.

Hints for the Household.

gradually.

When suffering from overstrained and tired eyes bathe them in hot water everal times a day.

In trimming lamps with broad wicks clip the ends a little lower than along the middle and thus avoid a smoked or cracked lamp.

If the feet become frost bitten, soak them for one-half hour in a strong hot solution of alum water, and if one application is not enough two will be a cure.

Earthen or stoneware jars or crocks should be filled with cold water and put on a slow tire and allowed to come to a boil once or twice before using to cook

Remove oil spots from marble by covering them with a cream of calcined magnesia and benzine and brushing off the former after the dissipation of the

Never bite or pass sewing silk through

skin briskly for quite a few moments and but Babe did not come until dinner wipe off with a soft flannel cloth.

As an inhalation turpentine has proved of great service in bronchitis, pneumonia, pleurisy and other throat and lung affections. If you have a much property of the service in bronchitis of the service in bronchitis of the service in the service i tions. If you have a cough sprinkle a little on a handkerchief and hold it to your mouth and nose for a few minutes, breathing the vapor, and note the re-

The fire which heats a lower room in a house will warm the one above it also if to the regulation dinner, beginning with his oysters on shell and ending with cafe noil, and preceded by approved stages. The drain should stand on three feet and

Persons afflicted with neuralgia should exercise daily in the open air. Even in winter this is necessary to effect a healthful condition of the nervous system. let such a one ad pt a bread and milk diet, with whatever individual variation is agreeable, and he will find himself in three days sleeping the perfect sleep of childhood and rising with a vitality and exaberance of spirits and untiring energy that make the world seem to him a new heaven and a new earth.

A GIV'S OWN ROOM. one of spirits of ammonia. Cork and shake well and apply to the afflicted

A sand bag is one of the most useful of girl to want her own little nest to look as household articles. Its virtues are equal, pretty as possible, and I wish I could encourage her in this, writes Ruth Ashmore the price is considerably less. The sand should be fine and clean and should be the rearn to have about her the books that are really hers, the photographs of ed." It is better to cover the flamed her special friends, the little bits of brica-brac which she has picked up here and
there and which were given her at Christmastide or on her birthday. Put all
these where they will show at their best,
and do not be afraid of furnishing even
wour bedroom with too many, books, or
they hold the best a long time and their your bed-room with too many books or they hold the heat a long time and their pictures. Remember, though, that it is composition is such that they are easily

Recipes for those who Cook.

Seed cakes—One cup of sugar, one-third cup of butter, one-half cup of milk, two cups of flour, one-fourth teaspoonful cach ings. An overcrowded bedroom is a horizon and an inconvenience. Have one or two big easy chairs, with a view not only of the comfort of to day, but of the time when it is possible you may be a bit of an invalid and want a comfortable chair. The solution is a confortable chair water and stir into the milk. Mix all the course of the forenoon the man fell that the course of the fellow, you followed me that the temporary that the course of the fellow, you followed me that the course of the fellow, you followed me that the course of the fellow, you followed me that the course of the fellow, you followed me that the course of the fellow, you followed me that the course of the fellow, you followed me that the course of the fellow, you followed me that the temporary that the course of the fellow, you followed me that the fellow is the fellow, you followed me that the fellow is the fellow, you followed me that

together, roll rather thin and bake in a from a scaffold and was killed. His quick oven. You can omit the caraway seed and use a half-cup of cocoanut. Vanity cake—Whites of six eggs, one

and one-half cup of sugar, one-half cup of butter, one-half cup of sweet milk, one-half cup of corn starch, one and one-half cups of flour, one tenspoonful of baking powder and one teaspoonful of essence of lemon.

Chocolate caramels—Two cups of brown sugar, one cup of molasses, one cup of cream or milk, one-half cup of butter, one-half pound of grated chocolate, two tablespoonfuls of flour. Boil molasses, butter, sugar and flour lifteen minutes; In these days when lamps are used so much the care of them is quite an important matter. If the lamps be good and have proper attention one cannot wish for a more satisfactory light, but if badly cared for they will be a source of much discomfort. The great secret of having lamps in good working order is to

carefully and lay each on a piece of toasted bread that has been moistened in hot water and buttered. Sprinkle with

pepper. Coffee-rolls—One pint hot milk, one half cup butter and lard mixed, one tea the hands into rolls six inches long. Place them so they will not touch in the pan after rising. When light bake in a

YOUTH'S DEPARTMENT.

A Mean Little Mouse.

Did you ever hear such a queer name for a little girl as "Mouse?" I never did before I heard of Mouse Todd.

She was a little colored girl, and her mother named her Mouse because from the time she first began to creep she liked to get behind doors and into dark corners and closets, where she could find something good to eat. Mouse was very fond of good things to eat, as most children are; but, I am sorry to say, she was a selfish child, and never wanted to share her goodies with any one, not even with her sister, Babe, who was a cunning little thing, a year younger than she

Well, one morning early-Mouse was five years old that very day--she was on an errand for her mother to the house of a young Iady who lived near by. And when she told Miss Lulu--that was the young lady's name—that it was her birthday, Miss Lulu gave her a slice of bread and butter, all covered with sugar, and a nice big apple. But instead of geing home and giving her sister half of each, she went across the field, just behind the carpenter's shop, and climbed up on something like a tall, narrow bench that the carpenter had left standing by a bush, and swinging her legs. he said to herself:

"Shan't have to give de leastest smitch

to anybody."

And though in a minute or two she heard Babe calling her, she never stirred

or answered a word.

And so Babe called her until she got tired, and then Mouse, from her high seat, saw her run down the road with a

a basket on her arm.
"Goodie-good" She didn't spy me."
said the selfish sister, laughing softly.
"Wonder what her's going to do wid dat ar baskit? Guess her's lookin' for eggs." Then she began eating, and never stopped until every crumb of bread and every bit of apple-core, seeds and all-Was gone.

Nobody can't git none of dat now

had free ollanges, sebben-two four sticks ob candy, poun' ob peanuts, an' a peck ob little roun' takes."

"Where'd yo' get 'em?" asked Mouse, her eyes growing bigger than ever, though goodness knows they were big

enough.

"Mitt Virgie giv' 'em to me," said Babe
(Miss Virginia was Miss Lulu's sister),

"'cause for yo' butklay."

"Where is 'em asked Mouse.

We toodn't lin' yo' nowhere, not any," answered Babe, "an' me goed down de road to Auntie Betsy's, an' me an de odder chillun do so awful hungry-- pears dough we starved, most-we ate dentings all up. An' me don' want no din-

Then Mouse went off and hid in the chicken-coop and cried, and felt like a very mean little Mouse, indeed.

Your niece.

1. M. B.
That mean little "Mouse" was well punished for her selfishness, and all who kow her will hope that her "builday experience will prove a lesson to her that will make her change her ways.

Λ Falthul Watcher.

The following touching incident, which happened not long ago, illustrates once more the fidelity of a good dog. A workman had a handsome Newfoundland which he had reared from a puppy, and to which he was much attached.

The dog returned his owner's affection, and was extremely fond of following him to his day's work. The master did not encourage this, but sometimes the Newfoundland would creep along steathily in the rear until he was too far from home to be sent back, and then would come with every sign of delight in his own eleverness.

One morning he had followed in this way to a house where his master was at work upon the roof. To keep the dog from straying away, the man put down his coat and dinner-pail, and said:

"There, old fellow, you followed me

body was carried to his home, where his wife was lying ill, but no one could induce the dog to leave his post beside the cont and dinner pail. For two days he remained, refusing to cut, and showing his teeth whenever any attempt was made to remove the things of which he

had been left in charge.

At the end of that time the wife of the dead man, herself too ill to leave her bed, suggested that the dog perhaps would obey her little son, a boy of two-and-a-half years, just old enough to talk plainly.

The boy was taken to the place, and, moved by the loss of his father and the excitement of the moment, run to the dog, put his arms about his shaggy head, and burst into tears.

was travelling with a caravan of goods over a desert country. Night was comng on and brigands abounded; so he was in great haste, wishing to reach his destination before the light of day failed. But as he hurried his weary animals on he saw a boy sitting by the road-side. "What is the matter?" called the merchant. "I have a thorn in my foot," answered the young pilgrim, "and can go no farther." Then the merchant, for-getting the danger, stopped and extract-ed the thorn from the wounded foot, and gave the boy a piece of gold. Years went on, and the merchant found himself in Paradise.

"Why do I have so many roses," he asked an angel, "When others deserving have so few?"—"Because," said the angel, "the thorn from that little pilgrim's foot grew and grew until it became a rose-tree, and the roses are yours: for one good deed done on earth is returned seven-fold in Paradise."-Are Mario.

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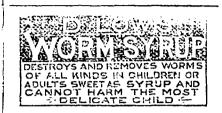
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