

# HOUSE AND HOME

CONDUCTED BY HELENE.

## True Witness Beauty Patterns



2656 BOY'S OVERCOAT. Paris Pattern No. 2656. All Seams Allowed.

This simple little model for an overcoat for a small boy is very useful and serviceable, and may be developed in tweed, corduroy, serge, Venetian cloth or broadcloth, cheviot, frieze cloth or velvet, and as it hangs straight from the shoulders, in box style, it is easily constructed by the home dressmaker. The wide square collar and turn-back cuffs are stitched, as are the patch pockets, and the regulation coat sleeve is finished with a stitched edge and small buttons at the outside seam. The coat is closed in double-breasted effect and the shield is of the material, or if preferred, this may be made of fur. The pattern is in 5 sizes, 2 to 6 years. For a boy of 4 years the overcoat requires 3 1/2 yards of material 27 inches wide, or 1 1/2 yards 54 inches wide. Price of pattern, 10 cents.

### PATTERN COUPON.

Please send the above-mentioned pattern as per directions given below.

Name: \_\_\_\_\_  
Address in full: \_\_\_\_\_

### HOUSEWIFE SUGGESTIONS.

Salt and soda will clean tarnished brass and will sometimes clean tarnished silver.  
When whitewashing mix lime with skim milk and it will not crumble off if you wish it colored add any paint powder.  
In choosing a chicken it should be plump on the breast, fat on the back and have white legs. An old chicken is distinguished by its rough legs, and long hairs are found on the breast.  
Flower vases often overbalance when in use, for the flowers put into them are likely to make them top heavy. This defect is easily remedied by putting bits of lead, shot or pebbles at the bottom of the vases.  
In separating the whites from the yolks of eggs one often will break the yolk into the white. In such case dip a clean cloth into warm water and wring dry. Touch the yolk with the cloth and it will cling to the cloth.  
To prevent shoe laces coming undone tie the laces in the usual manner, but before tightening the bow pass its right hand loop through the knot in the center. Then draw the bow tight, and it will stay tied until you pull the string to undo it.  
If a lamp is kept full of oil and perfectly clean in all its parts it will never be disagreeable. It is the oil frying on the heated metal which makes the persistent noisome odor, or it is the wick turned too high which emits the occasional choking smell.  
To prevent matting from becoming yellow on the floor wash off occasionally with a large coarse cloth which has been dipped in a strong solution of salt water. This will not only prevent it from becoming yellow, but will give the various colors a fresh and new look.  
Table linen which has been stained with eggs should never be placed in boiling water, as this has the effect of "setting" the stain and making it almost permanent. The best method is to soak the cloth in cold water which will make it perfectly easy to remove the stain before sending it to the wash.

love flow!  
Nobody knows but mother.  
How many prayers by each little white bed,  
How many tears for her babies shed,  
How many kisses for each curly head?  
Nobody knows but mother.  
—Selected.

### SATIN RIBBON FOR LACING.

Some of the prettiest of the new house gowns are laced from the edge of yoke to waist, front or back, with wide ribbons of liberty satin, finished with deep silk tassels. These can be made at home now by the girl who will be glad to have such a charming addition to her gown later on. Get black satin, cut it on the bias, double and stitch at the edge. Either buy or make the tassels.

### TO MY PIANO.

I tell you all the things I know,  
My tender weal, my silent woe;  
I tell you all my doubts and fears  
To you alone I give my tears,  
And bring my every grief at hand,  
Because you seem to understand.  
You tell me everything I feel,  
My dreams, my hopes, you make them real,  
I laugh to you and you are glad,  
I cry to you and you are sad;  
With all the world I must needs smile,  
And laugh to hide a tear the while.  
With you I lay the mask aside,  
And ope my saddened heartstrings wide.

Tell all I wish and dare to do,  
Ay, breathe my very soul to you.  
You feed my being with the food  
Adapted to my every mood;  
I press your keys so lovingly,  
And feel a thrill of sympathy.  
You speak to me, the world is  
Thou art my soul, and I am thine.  
—Maude E. Peters, in the Music World.

### FEATHER RUFFS.

If you know a good place where you can get ostrich tips or maribou at reasonable rates, you had better

## Funny Sayings.

### THE HANGINGS.

Recently a little girl was taken to London by her parents. On her return she was describing all the places she had seen to some young friends. One of them, of a somewhat morbid disposition, asked, "Did you see the Old Bailey, where they hang the murderers?" "No," replied the girl, "I don't think so, but I saw the Royal Academy, where they hang the artists."

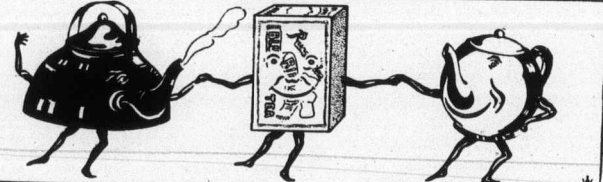
### WORKING TOO HARD.

The owner of the farm had been enjoying himself at the country fair while his hard-working wife stayed at home to see that the farm suffered no loss in his absence. "Well, Sarah," said the owner upon his return, "I'm about all tired out. Is the cows in the barn?" "Yes, long since," replied the wife, barely looking up from the task then in hand. "Is the horses unharnessed and fed?" "Yes." "Chickens locked up?" "Yes." "Wood chopped for mornin'?" "Yes." "Wagon-hel mended and ready to start in th' mornin'?" "Yes." "Well, then," concluded the exhausted owner with a sigh of relief, "let me have my supper. 'I'm goin' to turn in. Farmin's beginning to tell on me.'"

### HE KNEW.

A young teacher whose efforts to inculcate elementary anatomy had been unusually discouraging at first asked in despair: "Well, I wonder if any boy here

## Three little things which all agree.



### The kettle the teapot & BLUE RIBBON TEA.

make an investment now.

All the finger posts of fashion point to the wearing of huge ruffs made of those soft tips. The long ones are not seen. The new ones follow out the lines of the present muslin and lace ruff.

### THE SASH.

Sashes are once more with us, and with us hard. They may be things of beauty, or ugly, shapeless things. The woman to whom a sash means a ribbon around the waist ending in loops and ends will need to be introduced to the sash of the season.

This is a subtle form of garniture that receives as much attention as any part of the frock, and is built to suit the lines of the figure. The modern sash is made, not tied, and is best adjusted to shaped forms of crinoline, which are well boned and fitted.

Sashes are in all colors and materials, but the favorite of each is black and white, in liberty satin.

### FLESH MAKES HEALTH.

It is astonishing how much the mere building up of flesh has done for thin, nervous women. Without a drop of medicine they have become sturdy and well.

Flesh has quieted the nerves, soothed the mind, banished worry, and made an optimist out of a pessimist. When the nerves are padded with a good amount of strong, hard flesh they resist all kinds of shocks and make their owner take life easier.

This is an accomplished fact. How to do it is not a difficult problem, but making up one's mind to do it is quite another thing. It needs at least six months in time and a regular routine that cannot be broken through.

The first essential is ten hours of sleep out of the twenty-four. If a woman can afford the time she should also lie down in a quiet, darkened room for three hours every afternoon.

The argument against this is that it takes too much time out of one's life. True, but it adds years to one's life at the end. A woman will go into this experiment of sleep and rest with a good deal of enthusiasm but she will let any diversion break it up.

To be successful she must make up her mind to give up six months of her life to gain flesh and nerve power. This is a very small space of time in comparison with the result.

It is possible that she will not sleep well at first, but this does not alter the fact that she must remain in bed. Usually the thin, nervous woman enjoys the enforced rest very much. She feels comfortable in being ordered to take it for her health's sake.

can tell me what the spinal cord really is."

She was met by a row of blank and irresponsive faces till finally one small voice piped up in great excitement:

"The spinal cord is what runs through you. Your head sits on one end, and you sit on the other."—Rochester Herald.

Countless have been the cures worked by Holloway's Corn Cure. It has a power of its own not found in other preparations.

### A TOAST.

Here's to the garden of Eden,  
Which Adam was always a-wooden'  
Till Eve by mistake,  
Got bit by a snake,  
Who on the ripe pippins was feedin'.  
Then a longin' it seemed to possess her,  
For clothin' sufficient to dress her,  
And ever since then  
It's been up to us men  
To pay for the dresses. God bless her!  
—National Food Magazine.

## YOU NEED FEAR IT NO LONGER

Gravel Warded Off and Cured by Dodd's Kidney Pills.

Manitoba Man Tells How His Urinary Troubles Vanished Before the Great Canadian Kidney Remedy.

Hamrik, Man., Nov. 23.—(Special)—Probably there is no disease to which man is heir that causes such a general dread as Gravel, or Stone in the Bladder. The frightful pains it brings and the terrible operations it necessitates cause a shudder of apprehension whenever it is mentioned. But there is really no reason why any man or woman should fear Gravel. It is purely and simply a Kidney disease, and as such can be either cured or guarded against by the use of Dodd's Kidney Pills. Take the case of Mr. Calvin R. Snyder, well known here. He says:

"In the spring of 1907 I was almost laid up from a lame back and was also troubled with excessive urination. I got a box of Dodd's Kidney Pills, and used them with satisfactory results. Dodd's Kidney Pills are the best Kidney medicine I ever heard of."  
If you follow Mr. Snyder's example and use Dodd's Kidney Pills for slight urinary disorders, you will never be troubled with Gravel. If you have Gravel, Dodd's Kidney Pills will cure it.

## Montreal's Newest Exhibit.

Dental Hygiene Subject of Free Demonstration.

Relation of Teeth to Health Shown.

At the Auditorium Hall on Berthel street there is being held an exhibit by the Montreal League for the Prevention of Tuberculosis a section of which is set apart for instruction in dental hygiene. The exhibit is unique in this country, and may serve as an entering wedge for a new institution of instruction in the schools. It takes the form of a popular exhibit calculated to show the average individual what relation his teeth bear to his general health, especially in relation to tuberculosis and more particularly the significance of sound teeth in the years of childhood and early youth. Charts, maps, photographs and models were arranged on the walls, and an abundance of literature was shown. It is said that no such opportunity for a broad and convincing view over the whole field of dental science was ever given the public of any community. Models showing deformed articulation, illustrate minimum chewing power, in contrast is shown perfect articulation and the maximum of chewing power. A large display card says: He who does not chew his food well is an enemy to his own life.

For a number of years the dental profession has realized the necessity of giving proper instruction to the public in oral hygiene, the functions and care of the teeth, and their relation to other parts of the body. The profession sees the necessity of educating the parents and teachers, that they may in turn educate the children, as to the absolute necessity of keeping the teeth in good condition if the health is to be maintained. And seeing that the child of to-day is the parent of to-morrow, it is a matter of far-reaching importance that every child should be taught early to care for the teeth and maintain the mouth in a healthy condition. It is a matter, not merely of individual, but of national importance. Diseased teeth mean impaired nutrition, and impaired nutrition spells the deterioration of the human race.

It is likely that this exhibit will form a part of the travelling exhibit of the Montreal Tuberculosis League and be shown in the different parts of the city and through the province.

### Dublin's Gift to the Pope.

The designing and illuminating of the address of the Corporation of Dublin to the Holy Father was done by Miss Fitzpatrick, 192 Clonliffe road, who spared no pains in turning out the volume in the most elaborate and artistic manner. Coming from the land so famous for its medieval illuminating, the artist adhered strictly to the ancient Celtic style of decoration, both in design and coloring. The text of the address is engrossed on vellum in both Latin and Gaelic characters. Each page is surrounded by a beautiful border of intricate Celtic ornamentation, the ancient idea of eternity being typified by the endless interlacing of the mysterious forms of birds and animals.

The first page contains an exquisite painting of the Papal Arms in their heraldic colors: on an azure shield are depicted the turbulent waves of life, surmounted by the Anchor of Faith and the Star of Hope; and on a ground argent the winged lion of St. Mark. Supporting all are the Papal Tiara and Keys of the Kingdom, signifying the authority conferred on St. Peter, which has been handed down in unbroken line to our present Pontiff. On other pages are water color vignettes of the Municipal Arms and the City Hall, and on the last page, after the signatures of the Mayor and Town Clerk, the ancient seal of the Corporation is affixed. The binding is in harmony with the richness of the illumination. It is of dark-green morocco, lined with white poplin, with beautiful gold tracery of Celtic design. In the centre of an intricate Celtic Cross are the Papal Arms in saltire.

### HAY ON CHURCH FLOOR.

A curious custom is annually observed at Old Neston church an St. Swithin's day. The church is dedicated to St. Swithin, and on festival day the church is strewn with hay. Many years ago some donor laid a field to provide money for bread which is distributed four times a year. The tenant of the field has to supply the hay to strew the church. The custom is supposed to have originated from the fact that on festival Sunday the parishioners wear new boots, and the idea of the donor was to have the hay laid down to stop the squeaking incidental to new footwear.—London Standard.

### FORCE OF HABIT.

"What did that young cub reporter follow up before he came yto us?" asked the managing editor. "Believe he was a dentist," responded the assistant. "Ah, I thought so!" "Why, has he been writing anything about dentistry?" "Yes, rather suggestive of it. In

## The Irish Party and Catholic Schools.

In the course of a lengthy speech at a United Irish League meeting in England, last week, Mr. John Dillon, M. P., replying to the charge brought against the Irish party, the Liberal party, betrayed the cause of the Catholic schools in England, said, as reported by the Freeman's Journal:

Let us examine that charge. In the first place, after we had emerged from the general election in the first do? We spent the entire of that session—although the Government were passing for us a most important bill, a long neglected class in Ireland, the laborers—we spent the entire session fighting them in the interest of the Catholic schools in England. Nugsaid: "Is this fair? You are voting with the Tories night after night in the lobbies, while we are giving you a laborers' bill, and we are going to bring in another bill next year for Ireland," and I had always to answer them: "We cannot help it. It is a question of principle with us, on it," and we will fight to the bitter end. We fought them, and not only did we fight them, but we won, and obtained for the Catholic schools a settlement which in my opinion will never be bettered in this country, and would have been the charter of the liberty of your schools forever; because remember this: It is very easy to get a settlement from the Tory party, but how do you know the Liberals will not come and upset it; but if you get a settlement from the Liberal party the schools will be safe forever, and we got a settlement from that much abused and the best friends of Christian education in that settlement. And how was the action of the Duke of Norfolk and the Tory party, who killed that settlement because they wanted to keep the issue open for fear they might not be able to get any Irish votes at the election. What is our history? In the Catholic schools we fought their battle far more skilfully and effectively than many men who talk a great deal more about their achievements, and we shall continue to fight it; but we must insist upon certain conditions, and, first of all, we must be treated with common civility, and not called traitors. Secondly, we must have perfect liberty as to the tactics to be pursued, and we must not be lectured and ordered about by men who are studying babies in the business, and don't understand what they are talking about. When all is said and done, we, the Irish party, are the representatives of a nation which never sacrificed its faith, who fought for its faith, and has shown the world how to fight for the faith. We decline, and we will decline, to be handed over to be the bond servants or slaves of the African party or the country. We will vote for the Catholic schools according to our own judgment and intelligence, and I hope and pray God that it may be true to us in the end to save the Catholic schools from some of their friends.

Every day, in the men of other beliefs, questions and its the fidelity which rule, manifest to testant's become curi- beliefs which so atta the Holy Mother Ch Catholics enquire at trines of the Church, perhaps, they scoff doctrines or observ- lies. Very often the real desire for know- equiper is bashful which, nevertheless, real.

It is, therefore, in Catholic laymen to deal with such roma or even Jews. The by when a jeer at to the Church is to be and a curse. Too fortunate Catholic, great honor to his an enquiry which the was couched in offen- a torrent of abuse a status to which the men, especially tho- before whom the lect- ing was such that that kind were out- Another weapon u effect in reply to im- sufficient remarks was unfortunately it was all to sum up a grea witty answer. It w- cessary for the Cath- he would supplement the clergy, to be rea- answer any objection- arise.

Such questions were frequent now that C received among their men on a footing of the people of other f- ed, as a rule, to c- for Catholic beliefs, sometimes not made the contrary, some o- feeling under a tone- not of positive jeer- The ordinary lay- was not always as w- he should be on the- from Catholics bell- Church teaches, her- he decrees receive th- obedience. This is i- the Irish people, for- for centuries deprived

## THE PANGS OF SCIATICA

Can be cured by the Fair Use of Dr. Williams' Pink Pills.

Fierce darting pains. Pains like red hot needles being driven through the flesh—in the thigh, perhaps down the legs to the ankles—that's sciatica. None but the victim can realize the torture of this trouble. But the sufferer need not grow discouraged for there is a cure in Dr. Williams' Pink Pills. These Pills enrich the blood, feed the starved sciatic nerve and thus drive out the pain. Mrs. Joseph L. Brown, Wilmet, N.S., was a victim of sciatica and found a cure in Dr. Williams' Pink Pills. She says:—"For a year I was laid up with sciatica from my side to my foot. What I suffered at times was awful. I could not touch my foot to the floor and had to hobble about with a cane. My right leg was drawn up, and I never expected to have the use of it again. I was attended by our family doctor, and tried several other remedies, but with no benefit, and I felt very much discouraged. One day I read of the cure of a similar sufferer through Dr. Williams' Pink Pills, and I decided to try them. I got six boxes, and by the time I had taken them I was completely cured, and have not had the slightest twinge of the trouble since. I am, therefore, a very enthusiastic friend of Dr. Williams' Pink Pills, and recommend them to all who are similarly troubled."

There is no mystery about the cures Dr. Williams' Pink Pills make. They act upon the blood, enriching and purifying it, and in this way feed the nerves and reach the root of the disease. That is why they cure such common ailments as anaemia, pimples, and eczema, indigestion, rheumatism, neuralgia, St. Vitus dance, paralysis, and the irregularities in health of growing girls and women. Sold by all medicine dealers, or by mail at 50 cents a box, or six boxes for \$2.50, from the Dr. Williams' Medicine Co., Brockville, Ont.

describing a storm on the lake he wrote that the ship had a difficult time "pulling out of the teeth of the gale."

## Sphere of t Catholic

Distinguished Auth Knights of

Before our a h members of Cana- of Columbus, at t Mountain street, last, Rev. Father former Provincial der from New Yo- the auspices of the Society, on "The tholic Layman."

The members of mittee of the Cat- city who are arr- lectures on subject Catholic laymen, son, Messrs. F. J. Ward, are to be- having secured au- lecturer, author of tholic subjects for Dr. Harrison Oct- and Father Camp- completed by Re- S.J., and Rev. Fa- vance, S.J., of- man even among- body and habitat- city of Jesus.

At the outset th- to the changes in- the Catholic peop- States and Canad- Catholics especial- when he and thos- were young. At t- ish priest assumed- billy," and was c- times to answer f- under his charge- men have come to- and they are exp- pastors, not only i- ters, but also in- ting the knowledg- as taught by Holy-

Fifty years ago States especially, regarded with susp- to be used when e- garded as the equal- mented that made u- of distrust had giv- of toleration at lea- districts to one- This very change of- ever, imposes new- tholic laymen.

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