## HOUSE MO HOME

CONDUCTED BY HELENE.

A habit of mistrust is the torment of some people. It taints their love and their friendship. They take up mall causes of offense. They expect heir friends to show the same assect to them at all times, which is sore than human nature can do hey try experiments to ascertain the first they are at the first to ascertain the first they are at the first to ascertain and Australia. They try experiments to ascertain whether they are sufficiently loved; whether they are surficiently loved, they watch narrowly the effects of absence, and require their friends to prove to them that the intimacy is exactly upon the same footing it was before. Some persons acquire these republications were from a probability of the control of th suspicious ways from a natural dif-idence in themselves. With others, these habits arise from a selfishness which can not be satisfied. And their endeavors should be to uproot such a disposition, not to soothe it.

RESPECT FOR WOMEN When a man habitually speaks slightingly of any woman or women as a class, he betrays himself in at-

tempting to mure women.

It is said that at a dinner cently given in New Orleans, which no women were present. which no women were present, a man of this kind was called upon to re-spond to the toast, "Woman." He dwelt almost entirely upon the ess of the sex, claiming that

weakness of the sex, claiming that the best among them were little bet-ter than the worst, the difference being simply in the surroundings. At the conclusion of his speech, one of the guests rose and said: "I trust that the gentleman, in the ap-plication of his remarks, refers to his own mother and siders, and not is own mother and sisters, and not

This answer turned the weapons of

vengeance.
A celebrated author says: "The criterion of a man's character is the degree of respect he has for women degree of respect he has for women. I am more grateful to God for the sense that came to me, through my mother and sisters, of the substantial integrity, purity and nobility of womanhood than for almost enything else in the world."

Such golden memories cover the book of life with the beauty of God.

\* \* \* A CURE FOR "THAT TIRED FEEL-ING."

By way of alleviating the mental and physical discomfort following a trying day one is surprised by the effectiveness of taking a bath and changing all the clothing. This treatment, in fact, almost offers a sure cure, but the person who would be most benefited thereby is the person so observed to be supported by the person so observed by the person so observ son so obsessed to pursue the miserable tenor of his way that he scouts the suggestion that he thus bestirs time suggestion that he thus bestra himself, instead of sinking into an easy chair. He may, however, ac-cept the suggestion that simply changing the shoes and stockings is extremely restful when reminded that if he had worn kid gloves all day would be relieved to free nds from the incubus, and, his hands from the incubus, and, i gloves must still be worn, to put or

indirectly to mental, comfort if one learn to wear low shoes and underwear the year round; the former is almost a pa-nacea for fidgets; the latter lessens the perspiration which increases the susceptibility to drafts and to even moderate lowering of temperature The prevailing belief that this procedure is dangerous is disproved by the experience of the many who have given it a thorough trial.—George Lincoln Walton, M.D., in Lip-

\* \* \*

APRIL.

What time the prairie still lay bleak and frore, I. sauntered forth; like some old palimpest

That waits new writing for the old suppressed,
Such seemed the dreary fields I wandered o'er—
A worn, age-yellowed parchment,
little mere,

Fragments of words whose thought

could not be guessed; And not a single spear of grass to

That here would yet be lavished a new lore,

To-day upon the selfsame fields, I

selfsame! Nay; the mighty

veiltum hath been
Hluminated with its summer green.
As long as spring is spring and soul is soul.
I ask not why earth, sky, and all

between,
Have not been tossed aside, a crumpled screll.

SACRED HEART SISTERS. The Archbishop of Tokyo, Japan

IF YOU ARE "ALWAYS TAKING COLD". Bole's Preparation of Friar's Cough Balsam

of the Sacred Heart nuns, who have arrived simultaneously from Europe and Australia. Their first duty under the Archbishop's direction has been to visit the leading educational centres, including a ladies' college which was founded by the Mikado's wife for daughters of Japanese nobles. The nuns were received with great courtesy, and write that they were quite struck with their sight of the well-bred ease of the pupils, who happened to be studying English when the Sisters' visit of inspection was announced. be rubbed over the fiest, letting the juice remain on. This can be done in the morning as well as at night. Another preparation, a cream suited to the removal of freckles and tan, is based on honey.

It is made from two ounces each

+ + + FASHION ACCESSORIES.

(Harper's Bazar.)

Brown shoes are to be worn with Cuban or high heel and slightly pointed toe; also shoes with contrasting tops and especially fancy shaped tips on the toes. conservative woman will prefer, conservative woman will prefer, for the present, dull black calf walking boots, or those of mat kid, but those who insist upon novelty will ask for the fancy-tipped boot. New silk parasols show a lavish use of lace among Dresden embroideries. Pure white needle work is seen on the lines parasols. All are finished the linen parasols. All are finished with ruchings of Valenciennes. The "coachings" with rich colored bor-ders, are among the handsomest seer in years for practical purposes. As leeves are to be generally three-quarter length, the sixteen button quarter glove will be most used. The nev est dress collars are extremely high and have shaped tops, rising behind the ears. They require plentiful bon-ing to keep them in position.

+ + +

WOMEN AND LETTERS.

"There is a good deal of talk," said a local lawyer, "about this be said a local lawyer, "about this being an age of business women. I
don't doubtin the least that the average woman of to-day knows a lot
more about business than the woman of, say, even a decade ago, but there is one thing in the matter of there is one thing in the matter of business that doesn't seem as yet to have penetrated the feminine con-sciousness. Maybe it will in time: I have hopes. However, the signs of improvement are not generally mani-fect.

fest. "What is the lack? Well, it's the lack of ability to answer categorically questions propounded in letters. The difference between the sexes in this regard is apparently deep-seated. A man, when he has to reply to a letter, goes through the communication he has received and notes its points methodically. notes its points methodically. On there are different degrees of being methodical. I'll admit, but the gene ral rule holds.

ral rule holds.

"A woman, on the other hand, skims through a letter, if, indeed, she thinks it worth while to have it before her when replying to it, and seizes and elaborates on the and seizes and elaborates on the points that she considers the most important. Quite likely she forgets most, if not all of the other points, and it's barely possible that some of these omitted things may be considered of consequence by the party of the second part. You write again; it's entirely within the range of possibilities that you will get the same sort of reply. With the third letter, you're measurably sure of obtaining the required information."

taining the required information."
"Why don't you put your really assential matter into a postscript o your first letter?" the lawyer was asked. "Surely that would receive attention.

"Good idea," said the lawyer "Blessed if I don't try it."

\* \* \*

FRECKLES REMOVED AT HOME.

Freckled faces are so common during other seasons than summer-when they flourish particularly—than when they flourish particularly—that it would be a wise plan to begin the warm weather with the skin free from these blemishes. If this result can be accomplished in the early spring, and the complexion moderately protected from winds "and the sun afterward it may be possible to go through the summer without freckles.

To remove these "spots" bleaches

out freckles.

To remove these "spots" bleaches should be applied, for freckles are distinctly a discoloration. Unfortunately they are beneath the surface of the flesh, and so only very strong caustics can work quickly. These, however, make the epidermis so sensitive that it is more liable 'than before treatment to effects from the

The safest remedy, therefore, is to use simple bleaches whose action will be gentle and slow, but not harmful. Even by constantly put-

tried until that skin is found.
For instance, when the spots are light yellow a saturated solution of borax in rose water may be all that is needed. This is made by adding is needed. powdered borax to rose water until the liquid will dissolve no more. The wash is then put on five or six times a day. It should dry on the flesh. Another simple application is freshly cut lemon, but it is well to soften the skin before applying it. To open the pores so they will absorb this juice cloths wet in hot water should be held on the face will absorb the skin is soft and pliable.

ting on these washes it is by no means certain that all will be effica-cious, but one after another can be tried until that which best suits the

until the skin is soft and pliable, then a small quantity of cold cream may be rubbed in. After this pre-paration a freshly cut lemon should be rubbed over the flesh, letting the

of spermaceti and sweet oil of nds, an eventeaspoonful of strainand a few drops of let essence. The spermacete be placed in a basin, set in hot water, and as soon as it tens the honey should be evenly The almond oil is next added then the basin is removed from the heat, the scent is put in last and the whole is beaten until it begins to harden. If the first two ingredients become hot the cream will never har-

at night and stays on until morning. Its effect is softening and whitening. When the freekles are dark or of long duration a home-made burning plaster may be used, if one wishes. To prepare it a tablespoonful of the best English dry mustard is made smooth with lemon juice. To this is added a teaspoonful of oil of almonds. This paste is then over the skin in a thin layer and is allowed to stay on until smarting begins. A similar application is made in the morning. After several days of this treatment the upper skin will peel and the freekles come out with it. Then the rose water and borax recipe already given should be used frequently, every day, for the skin will require nourishment to bring it back to normal con-When the freckles are dark or

Bill Smith was in a railroad wreck

ches— And when the surgeons got to him Bill Smith was mostly patches; But soon with a pair of rabbit's ears; Bill Smith was keenly harking.

Bill Smith was keenly harking, elungs from out a setter dog had set Bill Smith a-barking. doctors solved most capably the missing stomach question: stomachs from a muley cow built up Bill Smith's digestion;

built up Bill Smith's digestion;
And when a horse contributed (with
no thanks to the giver)
Bill Smith would not have taken
back his ancient faulty liver.
A pair of cat's eyes tickled Bill and

fixed him up completely. he could see in blackest night, and dodged his light bills neatly; when folks asked if he was

Bill Smith would just throw back his head and give an old hen's cackle

-The Denver Republican.

A SUDDEN UPRISING.

It is hard, sometimes, for the old and the young to arrive at a com-mon point of comprehension. The old lady and the Sunday-school boy in the following story, "Answers," did finally arrive at an understanding, but not until the boy had suffered damages to his feelings, if not to his possessions. A picnic was in progress, and the benevolent and elderly lady took much enjoyment in seeing the delight of children who were disporting them selves in her grounds.
She went from

selves in her grounds.
She went from one to another, saying a few kind words to each.
Presently she seated herself on the grass beside Tommy, a little boy with golden curls and an angelic exression. But as soon as he ob-erved her sitting beside him, Tommy set up an ear-pieroing howl.

"Have you the stomach ache?"
she asked anxiously.

"No, I ain't!" snapped Tommy.
"Perhaps you would like some
more cake?"
"No!" roared the angelic child.

"No!" roared the angelic child.
"Wot I want is my frog wot I catched!"

TOWN.

To MRS.

only the utmost care will prevent their return, and always when going out of doors it will be necessary to wear a thick veil for protection from the wind and sun. In warm weather a parasol must be carried.

> \* \* T FUNNY SAYINGS.

SPOKE FROM EXPERIENCE.

Jeweler—You say you want some name engraved on this ring?
Young Man—Yes; I want the words "George, to his dearest Alice," engraved on the inside of the ring.
"Is the young lady your sister?"
"No, she is the young lady to whom I am engaged."
"Well, if I were you, I would not have 'George, to his dearest Alice, engraved on the iring. If Alice changes her mind you can't "use the ring socially elect; but finding at the

"What would you suggest?"
"I would suggest that the words
be, 'George to his first and only
love.' You see, with that inscription

you can use the ring half a dozen times. I have had experience in such matters myself."

learn to read so that he could study the Bible.

A friend taught him. Some time afterwards the former visited the Negro's cabin and asked his wife how he was getting on.

"Laws, Miss Fanny," said this person: "he jes' suttingly kin read fine. He's done got outen de Bible an' into de newspapers."

The youngster in the art gallery looked long and earnestly at the painting. Then he read the inscrip-"Do you like it?" asked the moth-

er. "Oh, I like it well enough," he ans wered, "but I don't understand it." "Why, it says: "Wild Horses—After Ross Bonheur." "I see the horses all right, but where's the girl they're after?"

"Yes, my frog! You're sitting on

A Brooklyn Sunday school teacher had occasion to catechise a new pu-pil, whose ignorance of his Testaent would have been amusing ha many commandments there were.

To her surprise the lad answered glibly enough, "Ten, ma'am."

"And now, Sammy," pleasantly continued the teacher, "what would be the result if you should break one of them?"
"Then there'd be nine," triumph-

socially elect; but finding at the last moment, that only a few of these would be present, he followed a Biblical example and went out with cards into the highways and byways of his business acquaintances finally filling his house to over-flowing. flowing.

Later in the evening he met, in the

GRADUATED.

GRADUATED.

A certain aged Negro desired to learn to read so that he could study in the part of the states which the years had so unmistakably wrought.

"Yes," said the host, "this is a fine gathering ain't it? Brown to read the states which the years had so unmistakably wrought.

"Yes," said the host, "this is a fine gathering, ain't it? Representatives of every class of society here. I'm a broad-gauge fellow. I believe in true democracy, I do."

"Indeed?" replied the friend. "And by the way. where's your father?"

The liberal-minded multi-millionaire fiesitated. "Well," he at last confessed, "father's up in the nursery entertaining the ohildren. I—I was afraid he wouldn't mix well. The fact is, father's not just what you'd call ad fait with society."— a Saturday Evening Post.

The Twilight Gray and Dim.

His little eyes look into mine, Those blue blue eyes that softly

wered, "but I don't understand it."

"Why, it says: "Wild Horses—After Rose Bonheur."

"I see the horses all right, where's the girl they're after?"

THE NEW SURGERY.

In a short time, according to a prominent surgeon, it will be a common thing to transplant with success.

The short time, according to a prominent surgeon, it will be a common thing to transplant with success.

The short is shown, shubby arms I feel Around my neck caressing steal; Around my neck caressing ste

Free, ever free, from passion's ban His rosebud lips keep all secure From utterance of aught impure; Forbid his eyes to ever see, His ears too hear too willingly, In all his years a single thing That to my cheek the blush wo bring; God grant my boy a liberal mind, A noble heart, brave, true and kind

Were it Thy will I'd doubly bear Of care and pain, dear Lord, his share. These eyes of mine would burn and

ache, This heart of mine yearn, yearn

That his bright eyes might miss the tears,
His gentle heart escape the fears;
These hands of mine would lab

know, ese feet of mine all errands That his wee hands be

oil, tender feet from thorn and toil. Your own sweet Mother loved you

-Kathleen Kavanagh These Pills Cure Rheumatism.

These Pills Cure Rheumatism.—To the many who suffer from rheumatism a trial of Parmelee's Vegetable Pills is recommended. They have pronounced action upon the liver and kidneys, and by regulating the action of these organs act as an alterative in preventing the admixture of uric acid and blood that causes this painful disorder. They must be taken ful disorder. They must be taken according to directions and used steadily and they will speedily give evidence of their beneficial effects.

MY CRUCIFIX. "A little metal crucifix, As plain as it can be, But only God in Heaven knows How dear it is to me.

I have it always with me, In every step L take, At evening when I slumber, At morning when I wake.

In bright or cloudy weather, In sunshine or in rain, In happiness or in sorrow In pleasure or in pain.

It helps me in my struggles It reproves me when I sin Its look of gentle patience Rebukes the strife within.

In days of pain and anguish,
The greatest help I knew
Was to hold that little crucifix
Until I calmer grew. And looking on that Figure Which hung in patience the I saw the dreadful torture Which He in love did bear!

His feet are nailed together, His loving arms outspread
And blood is dropping slowly
Down from his thorn-crowned head.

And how could I then murmur Or bitterly complain, When love for me induced Him To undergo such pain?

So when the time approaches
That I will have to die,
I hope that little crucifix
Will close beside me lie;

That the Holy Name of Jesus May be the last I say; And kissing the dear crucifix, My soul may pass away."

## Neuralgia In the Face.

Long standing case com-pletely cured by Dr. A. W. Chase's Nerve Food.

in the only way these troubles ever be really cured—by resto the nervous system.

Mrs. James Clancy, 714 Water St., Peterboro, Ont., states: "I was troubled more or less with headaches and neuralgia for mineneadaches and heutagas for teen years. Besides suffering useless as far as work was cerned. Dr. Chase's Nerve built up my system generally made a thorough cure of my trouble. It succeeded in my after a great many treatments had failed."

Neuralgia and nervous headaches are always an indication of exhausted nerves. Make the cure thorough by using Dr. A. W. Chase's Nerve Food, 50 cents at all dealers or Edmanson, Bates & Co., Toronto. Ont. Portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, on every box. Neuralgia

A Missionary's Reply.

A traveller among the mountains A traveller among the mountains of South America came upon a Catholic missionary living at a lonely mission station.

Seldom did this holy priest see a white man's face, rarely did a letter come to cheer his existence.

"Father," asked the wanderer, "are rou not very lonely bare? he wan

'Father," asked the wanderer, "are you not very lonely here? Do you not consider your life wasted in this remote and uncongenial place, among atives who are almost savage?"
"My son," replied the missionary, "to be able to hold the cruciffx before the falling eyes of one dying Intian repays me for my life's work."

## Ancient Glories of the Catholic Church.

William Winter, the noted drama-tic critic, pays this tribute to the Catholic Church in the New York Tribune, in connection with the cen-tennial of the New York archdiocese: "To think of the Roman Catholic Church is to think of the oldest, the most venerable, and the erful religious institution existing among men. I am not a churchman, of any kind; that, possibly is my misfortune; but I am conscious of a profound obligation of gratitude to that wise, august, austere, yet tenderly human ecclesterities. a prot derly human ecclesiastica which, self-centered amid the which, self-centered amid the vicissitudes of human affairs, and provident for men of learning, imagination and sensibility throughout the world, has preserved the literature and art of all the centuries, has made architecture the living symbol of celestial aspiration, and, in poetry and in music, has heard, and has transmitted the authentic voice of God.

God.

"I say I am not a churchman; but
I would also say that the best hours
of my life have been hours of meditation passed in the glorious cathedrals and among the sublime astical ruins of England. I worshipped in Canterbury and York, in Winchester and Salisbury: in Lincoln and Durham; in Ely and in Wells. I have stood in Tintern, when the green grass and the white daisies were waving in the summer wind and have bested the summer. wind, and have looked upon those gray and russet walls and upon the gray and russet waits and upon the lovely arched casements—among the most graceful ever devised by human art,—round which the sheeted ivy droops, and through which the winds of heaven sing a perpetual requirem.

riem.
"I have seen the shadows of even"I have seen the shadows of evenshadows of evenall, shadows of evennave seen the shadows of evening slowly gather and softly fall, over the gaunt tower, the roofless nave, the giant pillars, and the shattered arcades of Fountains abbey, in its sequestered and melancholy solitude, where ancient Ripon dreams, in the spacious and verdant valley of the Skell. I have dant valley of the Skell. dant valley of the Skell. I have mused upon Netley, and Kirkstall, and Newstead, and Bolton, and Mel-rose and Dryburgh; and at a mid-night hour, I have stood in the grim and gloomy chancel of St. Columba's cathedral, remote in the storm-swept Hebrides, and looked upward to the cold stars, and heard the voices of birds of night, mingled with the de-

order of migne, mingled with the desolate moaning of the sea.

"With awe and reverence, with many strange and wild thoughts, I have lingered and ponderèd in those haunted, holy places; but one remembrance was always present—the remembrance that it was the that created man Catholic Church man Catholic Church that created those forms of beauty, and breathed into them the breath of a divine life, and hallowed them forever; and thus thinking. I have felt the unspeakable pathos of her long exile from the temples that her passionate devotion prompted and her loving labor rais-

Nearly all children are subject to worms, and many are born with them. Spare them suffering by using Mother Graves' Worm Exterminator, the best remedy of the kind that can be had.

## CANADIAN PLUCK.

That Canada is the land of energy of go-aheadedness, of indomitable pluck is fully sustained by the re-ports from the West that last year ports from the West that last year the farmers of the West iost about \$12,000,000 through the deplation of their cattle stocks by the extremely severe weather. Yet, despite the fact that they had to stand this loss and in addition the loss of millions of dollars lost through the poor growth of wheat, they simply smile growth of wheat, they simply smile when reminded of the fact and dig when reminded of the fact and as in again, believing that they will soon retrieve their losses, as they have unbounded fatth in the country, which nothing can shake.

Wheat growing is now a passion with the farmers of the west and they are gradually cutting down

with the farmers of the west and they are gradually cutting down their cattle interests to plant grain, for 'the reason that the latter offers by far the greater, and more profit-Think of it. Two million of people in Western Canada, standing in one season a loss of between \$25.000,000 and \$30,000,000 and yet it

our Ottawa politicians ample for who are continually cryin.

They are going ahead more determinedly and more hopefully than ever, and they are not mistaken.

It is doubtful if there is another section in the world where a similar state of affairs could exist with such indifference to so great a loss.

A country with such a population is bound to prosper, and it will.

What an

never phased them.

The "True Witness" can be had at the following Stands:

Stands:

J. Tucker, 41 McCord street.
Miss McLean, 182 Centre st., Pr. Se.
Charles.
Mrs. McNally, 845 St. Antoins st.
H. McMorrow, 278 Centrer st.
E. Wakkin Etches, 44 Bleury st.
Miss White, 680 St. Denis st.
C. J. Tierney, 149 Craig st, west.
M. Shaw, 739 St. Catherine st.
Mrs. Ryan, 1025 St. James st.
A. W. Mulcahey, 325 St. Antoins st.
Mrs. Levac, 1111 St Catherine st.
Mrs. Levac, 1111 St Catherine st.
Mrs. Coronn, 1551 St. Denis st.
Mrs. Coronn, 1551 St. Denis st.
Mrs. Coronn, 1551 St. Denis st.
Mrs. Choronn, 1581 St. James st.
Jas. Murray, 47 University st.
Mrs. Remond, 438 Notre Dame west
Milloy's Bookstore, 241 St Cather
Milloy's Bookstore, 241 St Cather

LITTLE You bad leetle care How busy you'r gran'pere Tryin' to stop y Chasin' de hen W'y don't you g lay? Leetle Off on de fiel' y Den w'en you're

THURSDAY, A

BOY.

An' you're only fall, Leetle J Too sleepy for anight?
Never min', I s'y
Say dem to-mor
Fas' asleep in a
An' he'll stay la crow, Leetle I

cow, Sickin' de dog t So de milk ain'

suite, Lookin' for some Makin' me t'ink Soon as dey swa I wonder you're no pain, Leetle I

Den Wake us up

But see heem no Look at de arm If he grow lak year I'll bet he'll be Cyr An' beat all de here, Leetle I

Jus' feel de mus Won't geev heen
carrying paol
On de long port Dere's not many do, Fore he's got de body, too, Leetle I

But leetle Batees get We rader you're yet, So chase de chic scare, An' do what yo

An' do what yo gran'pere, For w'en you're be dere— Leetle I —Dr. Drummon PRIZE It was hard to thing could spoi ly, yet that very Fair was as wo ly, yet that very
Fair was as wo
expected. There
people with tann
hands, arrayed i
joying their holi
There were crow
tamed cheeks anrayed in their be
holidays to the f
exhibit of fruits
ing delicious enc
mouth water, ar
the right were the right were and cattle, rett ence the admirin lookers. Venders corn lifted up the outcry the men toys and corpiers

toys and earpier afternoon there very assension. It was and yet Polly's f. When she had see the fair she had Everyone said Pogood bread for a teen. In her dree she saw the co which designated winning loaf. I thing she wanted came to the grou in the freshness of instead it was A the blue ribbon.

"And nobody of could make subread," grieved I her mother help of disappointmen

nto a sense of i

not only sorry s
not only sorry s
was angry at An
she followed her
looked like a litt
the wake of a bi
"Oh. Polly, hav nd smiling as if to share her elati

Jurpr