Life has its disappointments its dreary days, its black hours and darkening clouds for all of us; yet the cares, the difficulties, the burdens of our life are the raw materials God puts into our hands out of which we are to weave bife's shining raiment, and crown of glory.

CONDUCTED

HORTENSE

The Ministry of a Smile.

In the vestibule of a certain In the vestibule of a certain hos-pital visitors see a card bearing this advice: "Never utter a discouraging word while you are in the hospital. You should come here only for the purpose of helping. Keep your hin-dering, sad looks for other places, and if you can't smile, don't go in!" "If you can't smile, don't go in." It is good advice for other than hos-pital visitors. Who is beyond the ministry of a kindly smile? It is a tonic to the discouraged. It helps the little child for whom the world holds so much that makes afraid.

the fittle child for whom the world holds so much that makes afraid, and it cheers the aged who find life unspeakably lonesome. As King Arthur's court was built by music, so the happier life we all hunger for here upon earth is built in large part by the cheerful faces we see as we bear the load appointed for us.

Smiles are as indispensable to tru success in life as money, mind and might. As long as a man can smile he is not beaten. Not in lospitals only, then, but in the home and on the street there is call for the kindly and sheet there is call for the kindly summy smile. The way to have it is to get the heart right with God, and then turn their eyes to the light for the smile that helps is the smile of heaven, kindled joy and hope East and West.

Hold Your Head High.

"I like a woman who holds her head high," said a man the other day. "And Heaven knows all women have reason to carry they high. They wheedle us, boss us, pull us around here, there and everywhere, accord-ing to their most freakish whim. 'I uses we're aphodes. anyhow-the ng to their most freakish whim. I guess we're nobodies, anyhow-the men. Women are the grand high moguls, rulers, dictators, superinten-dents, treasurers, presidents and se-cretaries of the whole works. If I were a woman I'd have my nose so high in the air that my hat wouldn't stay on a tall." on at all.

it of course he doesn't know anything about it.

anything about it. The very first lesson taught to a little princess of the blood is that she shall carry her head high. The drooping chin, the hang-down head, is significant of cowardice, lack of self-respect, smallness, mean-ness. The man or woman who faces the world with courage, who fears nothing, carries his or her head high The result is an insurance against ugliness and old age. To carry the chin high costs nothing. The re-wards brought by the habit are ma-nifold. They are greater than those which may be given you by the beau-uty doctor or imparted by the powd-er puff. ty doct er puff.

To Encourage Thrift.

Schoenberg, one of the municipal tities of Greater Berlin, has passed an ordinance requiring its municipal savings bank to issue to each new born baby a pass-book showing a deposit of one mark, or about 24 Gents, presented by the city, not as a partial compensation for being re-quired to enter this cold world, nor yet regaring the parents, but as an encouragement to thrift on the part

shown for the benefit of the home builder, and Kate V. Saint-Maur speaks with common sense and af-fection upon certain house pets which are often neglected. Summer reading and summer entertainment and summer cooking form no small part of this great number. There is an unusually delicate and humorous collection of stories and verse on the Postscript page, and this number also contains a charm-ing song entitled "Return Again."

Putting Away Woolens.

When putting furs and woolens away for the summer brush tho-roughly and air them, and sprinkle liberally with ordinary black papper to preserve from moths. This has been used in rugs, feathers, furs, and woollens for 20 years with ex-cellent success.

Early Summer Salada

Water Cress and Radish Salad.— Arrange water cress lightly in a salad bowl or on individual salad plates. Slice radishes and place on water cress, garnish with radish-es cut in rosebud or tulip form. and pour over the whole French dressing. Fruit Salad.—First cut celery into matches and throw into jee water

Fruit Salad.—First cut celery into matches and throw into ice water to chill. Peel a pineapple and shred it with a silver fork. Chop a green to thil. Feel a pineapple and shred it with a silver fork. Chep a green pepper and a few pimentoes and put in the ice. Dry the celery in a napkin and mix it with the pappers. Combine with the pineapple, and serve with mayonnaise mixed with whipped cream. Cheese and Olive Salad.—Mash a cream cheese, moisten with cream

cream cheese, moisten with cream, add salt, and pepper, olives and let-tuce cut fine and pimento cut in strips. Press in shape of cheese, al-low to stand till firm, cut in cubes with and serve on lettuce leaves mayonnaise.

Tomato Salad a la Russe -Peal Tomato Salad a la Russe.-Peal six tomatoes, remove thin slice from top, remove pulp and seeds and drain. Mix one-third cup cucumbers cut in dice, one-third cup cold cook-ed peas, one-quarter cup pickles, chopped fine, one-third cup tomato pulp, two tablespoonfuls capers. Season with salt. pepper and vine-gar and drain, then add one-half cup of cold cooked chicken cut in small dice; mix with mayonnaise dress-ing, refill tomatoes and serve very cold on lettuce laces or corrected on lettuce leaves or garnished cold with water cress

Can ing Tomatoes Whole.

We have received several requests We have received several requests for a recipe for canning tomatoes whole for salad, which was printed two years ago, and reprinted last year. It proved so satisfactory to that all who tried it are loud in their praise, declaring that the to-matoes are just like those freshly gathered, when used in a salad. Se-lect perfect tomatoes of even size fully ripe, but not soft. Shin theme gathered, when used in a salad. Se-lect perfect tomatoes of even size fully ripe, but not soft. Skin them by scalding, then pack in wide-mouthed jars. Put them carefully in without squeezing, and do not fill the jars so full that the topmost fruit will press against the lid. Put in a little salt, than wrap a wet cloth around the jar, and fill it with boiling water. Put on the lid and seal it tight; then put the jar in a kettle of hot water, deep enough to come right over the top; leave it come right over the top; leave there, without any furth-

Keep Your Refrigerator Clean by Flushing With Hot Water.

A refrigerator is an important ob-iect in warm weather, for unless it can be taken care of constantly, the health of the family may be affected. A piece of tain '1 meat can hasten the destruction other food near it, and milk and butter become ac-tive agents for breeding fevers. At least twice a week everything should be removed from the box or stand, and all the inside carefully wiped with a cloth, wet in strong ammonia water. Yet to do this with the doors wide open, is to lose the chill the walls must have from ice, and a woman would be in a constant state of refrosting the receptacle. Therefore, only one portion is to be done at a time, and that quickly, though thorough-iy.

portion is to be done at a time, and that Quickly, though thorough-ly. The best time is before the arrival ef the ice, and the top chamber, where ice is stored, should first be cleaned. The lining should be wiped with a cloth wrung not dry, in strong, warm but not hot ammonia. Then there should be a tea kettle of boiling water in which washing soda has been dissolved. The spout is to be held directly over the whole through which the water drips and the stream poured down as swiftly as can be without flooding the ice chamber. The object of the hot wa-ter flushing is to remove any grease or tainted particles which may have gone into the pipe, and if the bath does not overflow into the ice cham-ber the place will not become heated After flushing the lid should remain up for two or three minutes, until up for two or three minutes, until up for two or three minutes, until

up for two or three minutes, until all steam escapes. In cleansing the lower sections one side at a time is to be done and all dishes taken out. Once a week is often enough to remove the shelves and if they are stone it is better not to take them out too often, for they lose their chill.

Quickness in cleansing does not mean that the work is not thorough and if the refrigerator receives even and it the reingerator receives even average care and attention to clean-liness of dishes set therein it will never be really dirty. As soon as one side has been washed food is se-placed and the other section cleaned. Done in this manner, little cold is

There should be special plates and dishes kept for the refrigerator, and tin and iron never used for the pur-pose. They will rust because of dampness and are not as clean look-ing. Moreover, most food keeps longer in china or stone.

Inexpensive Sachets.

"Sachets to impart a delicate and delicious fragrance to the lingerie are always a necessity to the dainty woman, and, while externally these may be made of very inexpensive ma-Making fittings for one's own room is a very agreeable task which may be made of very inexpensive ma-terials, it is absolutely necessary that the various odors used should be the best and purest it is possible to obtain,'' says Mary Foster Snider in the Woman's Home Companion for July. "The most convenient way will exactly cover in a size the

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To remove stains of long standing from marble mix one gill each of seapsudes and ox gall and half a gill of turpentine. Then add as much fal-ler's earth as will make a paste and rub it on the stains. Leave it on a few days and then wipe off. It may be necessary to repeat the operation. Every kitchen should be provided with a small brush to be used for scrubbing potatoes, carrots, par-embs and other ground vegetables. If when cooking bacon one is care-ful not to let the fat burn it may be kept for frying, and for fish it will answer as well as the bacon it-self.

Solit. To destroy coal dust, pile it car fully upon a piece of paper and he it on the fire. In this way it cr be burned without smothering th fire. can the

be burned without anothering fire. Rough hands are the bane of the sewer. To avoid this, first wash the hands carefully before beginning work. Rub away all roughness with pumice stone. Then bathe the hands with a good cider vinegar. This is said to make the skin soft and smooth.

This is said to make the skin soft and smooth. Dusting, sweeping and bedmaking bring into play a number of import-ant muscles and the muscle move-ments are exactly the same as the expensive physical culture exercise so fashionable of late years.

Water Aids Digestion.

Medical investigators have reached the conclusion that instead of being harmful to drink quantities of water with meals it is distinctly beneficial.

The centre of these quilts or com-forters is made of brocade, and in-stead of the large flower patterns which have been popular delicate small designs are now being used. One girl who had taken the wild rose for the design of her room had this as the motif for the embroidery on her white spread and bureau cover. which was all in white linen thread. The brocade quilt for her bed had also the wild rose design in a very dainty pattern, and quite small, but there was a touch of pink in the de-sign which set off very prettily the pure whiteness of the rest of the room. harmful to drink quantities of water with meals it is distinctly beneficial. Recent experiments along this line are described in the New York Me-dical Journal. The writer says: "Not long ago it was almost the rule for physicians to discourage the habit of drinking water except in minimum quantities with meals, on the ground that the gastric juice was thereby diluted and that diges-tion was impaired and delayed. This opinion is still held by many phy-sicians, and is the pet hobby of a great many diet cranks and cranks "On the other hand, there have "On the other hand, there have been many who believed that an ap-been many who believed that an ap-

been many who believed that an ap-petite as widely distributed as the desire to drink at the time of eating an appetite seen in so many animals as well as in man, was a perfectly safe guide to trust, and that it was obviously a provide the second "Comfort dresses, that is the new name the up-to-date girl calls her tub dresses this year and she plans them in every particular so that they will be a credit to their name," says Grace Margaret Gould, in the Woman's Home Companion for July. "They are smart in style, she wouldn't own them if they were not. They are most simple in design, yet obviously a provision of Nature supply water which was needed to this time.

"Recent experimental evidence seems to confirm the latter view The work of Foster and Lambert has The work of Foster and Lambert has shown that water is a distinct sti-mulant to the gastric mucosa, and that instead of the presence of wa-ter in the stomach resulting in a dilute gastric juice, it, on the other hand, occasions the secretion of a juice of higher concentration than under ordinary circumstances. "More recently Fowler and Hawk "More recently Fowler and Hawk

ost. There should be special plates and lishes kept for the refrigerator, and in and iron never used for the pur-lose. They will rust because of lampness and are not as clean look-rg. Moreover, most food keeps onger in china or stone. have made a study of the metabolis influences of copious water drinking with meals. A normal man, 22 vers of age, was studied for a pre-liminary period and then for a pe-riod of five days, during which he with his meals. The result showed an increase in weight of two pounds have made a study of the metabolis

Hand-Made Fittings for the Room.



be recommended, especially with the faint note of rose given by the lin-ing of the hat. Broderie Anglaise is rushing to the front with the increasing demand for white frocks; it has even climbed on to our hats, not only to cover the hat itself, but also as trimming. for many of the newest summer mo-dels are unadorned except for a huge bow of broderie Anglaise. Another novelty in hat decoration are the flowers in white batiste which have superseded those in trans-parent white muslin and net of last year, which, truth to tell, were far lighter and pretier than these opa-que ones in lawn. As regards sum-mer frocks the rage for crepon, both of silk and of cotton, seems to sweep everything before it. Foulard Shantung, tussore and linen are swept aside in favor of crepon which certainly has much to recommend it, and is newer in effect than its rivals I saw this week a very charming lit-tle frock in pale blue cotton crepon, embroidered a l'Anglaise round the skirt above a broad hem of pale blue lawn. The skirt and wide cor-selet were cut in one and drawn linto the figure by some lines of gauging round a rather high waist-line (which always makes the figure

First above a broad hem of pale bits fam in every particular so that them in every particular so that them in every particular so that them in every particular so that the just be accellated to be been in the them in the part of the board shares the figure by some lines of particular so that every and a transmit in the part of the part o

SURPRISE when this is done the embroidery on the bedspreads and on the dressing table cover are also of this design. For the country house it is always necessary to have a warm covering folded on the foot of the bed or otherwise at hand and this may be in all white satin or a touch of color otherwise absent from the room may be very prettily introduc-ed here. The centre of these quilts or com-forters is made of brocade, and inlor were desired, the dress could be made up over faintly colored satin instead of white; but for the woman or girl to whom all white is becom-ing, the pure colorlessness is most to be recommended, especially with the faint note of rose given by the lin-ing of the hat. Broderie Anglaise is rushing

A Yard of flannel is still a yard after washed with

Surprise



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Synopsis of Car

HOMESTEAL

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much as possible in order that she may enjoy the open air pleasures, and so store up health and strength for the comparatively shut-in winter days.

Comfort Dresses.