

HOUSE AND HOME

CONDUCTED BY HORTENSE



One mother of manly boys was asked how she made them so. "By the rule of three," she said smilingly. "From their babyhood I demanded just three things—truthfulness, obedience, unselfishness. Accompanied by that trio, a boy or girl cannot go astray."

THE BENEFIT OF WALKING.

Notwithstanding the attention we are giving to diet, sanitation, etc., we can scarcely deny the fact that we are not as robust as were our ancestors, and some one has said, with truth, that we must swing back to the old-time precedent and walk, walk, walk, if we would have old-time health, strength, and powers of endurance and shake off the listless, lethargic condition that sooner or later overtakes one who does not make a practice of taking a daily walk.

In this day of steam, motor cars, automobiles, etc., when riding is made so cheap and easy, we are almost forgetting the art of walking, and it is doubtful if any other form of physical exercise can quite take the place of it. If the tired, fretful, nervous woman who does not believe in the benefit of walking, will get out and try it for half an hour a day, she will soon be converted, and if she will persevere in it for a few months she will find that her step has grown quicker and more elastic, her appetite keener, her eyes less hollow and that she has a firmer grasp on life.

An old woman used to say that whenever she felt inclined to be cross and disagreeable, she would put on her bonnet and go out in the woods for a walk, and that the smell of the fresh earth always soothed her and put her in a happier frame of mind.

Few of us are free to stay out in the fresh air as much as we would like, but if we are engaged in some sedentary occupation, there is all the more reason why we should not miss an opportunity to walk. The business woman who is in walking distance of her work will find that she has greater energy and that she will escape many a headache if she will give herself ample time and walk leisurely instead of rushing to catch a car.

If you are a poor walker, commence and walk a little every day, and you will be surprised to find how easy it will become and how rich the gain will be in health and good spirits.

THE SILENT PARTNER.

A novel kitchen shower for the bride-to-be is contained in Woman's Home Companion for June: "The invitations were obliged to be verbal, as they suggested contributions for the necessary articles required for the Silent Partner, whose needs must be definitely considered. The result proves no end of fun.

"The skeleton of the Silent Partner was found to be a new broom. The head, made of paper, was tied to the top of the handle, with a natural-looking face drawn upon it with pen and ink. Below the head in the place where the shoulders are expected to appear, a piece of lath about one and a half feet long had been nailed to the broom handle.

"Then with newspapers and twine a fairly well-shaped body was made. To each shoulder was fastened a pancake shovel and fire shovel, tin spoons for arms, and these were covered with tea towels pinned on in the form of bell sleeves. The Silent Partner wore a long gingham apron made with a bib, and upon her head was a sweeping cap. A cheese cloth duster covered her shoulders as a fichu, and fastened in front with a cookie cutter for a 'sunburst.'

"Tea and coffee strainers were hung from each side of the head and earrings. The dusting bag hung from one arm, while in the pocket of the apron was a bar of soap and a dishcloth. The apron strings were brought around in front and tied, while on the ends were fastened an egg beater, paring knife and nutmeg grater.

"Above her head and pinned to the wall was a card bearing her name. No article for kitchen use was forgotten, all those not in sight being cunningly bestowed on the person of the Silent Partner."

"If shelled nuts are bought, it is wiser to scald them than to eat them as they are. It is said that some of the work of shelling nuts is done in tenements by children. Whether this is true or not, the possibility of it remains, therefore pouring boiling water over them and then draining, will make them far more tempting to the average appetite.

A HOT WEATHER DESSERT.

For a Manhattan pudding sprinkle a quart of raspberries with a cup of sugar, cover, and let stand two hours. Mash, squeeze through cheese cloth, and add one cupful of cold water, and lemon juice to taste. Turn the mixture into a brick mold. Whip one pint of heavy cream, using a Dover egg-beater, and add one-half cupful of powdered sugar, one-half

tablespoonful of vanilla, a few grains of salt and two-thirds of a cupful of walnut meats cut in small pieces. Pour the cream mixture over the fruit mixture to overflow the mold. Cover with buttered paper, buttered side up, fit on the cover, pack in finely crushed ice and rock salt, and let stand three and one-half hours.—Woman's Home Companion for June.

COLOGNE FOR TIRED FEET.

The girl who suffers with her feet as soon as summer comes will often find relief by bathing them frequently with cologne or alcohol. Do not begrudge the time spent in removing shoes and stockings to bathe the feet whenever especially tired. To suffer with the feet is a greater strain on the nervous system than to mention one's temper, than most women realize, nothing should be counted too much trouble that will give even temporary relief.

Besides cologne rubbing the woman of sensitive feet should be particular about her shoes and stockings. Counting cost with footgear is the greatest mistake she can make. Probably she can find moderate-priced ready-made shoes that will fit her but if she cannot, hunt someone who can combine comfort with style, and have shoes made if they are three times as expensive as she is accustomed to pay.

If darts hurt her feet it is not economy to darn. Buy cheaper stockings and throw them away as soon as holes appear or turn them over to some member of the family who knows not the meaning of sensitive feet.

A clever little gingle: "What shall I do with last year's sleeves?" tells of some of the troubles which beset women this year. It is not all hats. For the elaborate sleeves with their insets and frills, which were so bewitching last year, are all of the past now. Now the close sleeve of tucked net or plain material like the gown or of lace like the gaiter is the staple which tells whether that garment is a left-over or not. Valiant work has to be done this year, but if there is a will there is a way and the puffed top can be cut down and a cuff joined on under a tuck which will fool anybody but a woman experienced in left-overs.

TO PRESERVE SILK STOCKINGS.

The durable cotton or lisle soles which are now placed in many of the fine thread silk stockings keep the feet from wearing out, but most women find that the chief trouble is with the tops—where broken threads cause the hose to unravel in unsightly "run-aways" all the way down the side. This is especially provoking in the case of silk stockings to be worn with bathing suits. To prevent this breaking of the silk threads, the garters should be attached, not to the top of the stocking, but to short tape loops sewed to the edge. Black tape half an inch wide should be used and the garter may be hooked through the loop.

FATAL VACILLATION.

Cultivate firmness of purpose. Without it, though your talents are high and your opportunities wide, your life record will be "nothing done." Who is the one among your friends who has succeeded? Is it the show-girl of school-days, the girl who could do many things well, but rarely knew what she wanted to do? The successful one is the girl of whom you can remember nothing save her pertinacity.

No girl succeeds who does not set her mind along a certain line and stick to it, though difficulties mount and temptations to turn aside are strong.

The one who vacillates burdens herself and is the torment of those who must live with her. What is more maddening than to go shopping with one who does not know her own mind? Hours are wasted, clerks tried to the breaking point, and in the end the buyer is never satisfied.

How many girls have vacillated in choosing a livelihood until they have earned an unsavory reputation for instability and have missed opportunities that will not return?

Determination of purpose can be cultivated. It will not be easy, but it will be worth while. Make up your mind what you can do—then do it. If you are fighting vacillation of will do not stop to reason whether something else will be better.

Do not decide too hastily, but, having decided, stand by your point, though you know yourself to be wrong. Better be thought stubborn than know yourself weak-willed. When through effort your will-of-the-wisp mind has gained antlike pertinacity, you can then afford to back water on decisions; while vacillation is still a habit, determine on a certain course and stick to it, though every friend you have calls you pie-headed.

The pie-headed girl has done things—the girl with the shifty mind never has.

What is Worn in Paris.

Bolero Jacket Again in Favor. Collarless Bodice and Knockabout Shirt Waist Useful Additions to Wardrobe.

Speaking of feather hat trimmings one comes naturally to the fad for immense plumed chapeaux. These picture hats, fairly drooping under their weight of expensive willow feathers and "lobster" plumes, make one speculate whether some of the otherwise inadequately dressed wearers have not sacrificed everything to purchase them.

The collarless bodices are not becoming to everybody, but we are all, in spite of double chins, collar-bones and wrinkles under the ears, yielding to the temptation of the cool, picturesque and comfortable low collar. Very young girls dispense with even the collar and wear their white blouses cut out in shallow squares or in rounded Dutch style, the little lace or embroidered collar being placed outside the coat to soften the otherwise harsh lines of dark fabric against the skin. Older women, however, are reserving the very low collar for house and mid-summer wear, sticking to the neat and dignified stock for street and dressy occasions.

A serviceable and useful addition to a girl's summer wardrobe is a knockabout shirtwaist well cut and simply made. Such a shirtwaist was made of white linen, with perfectly plain fronts—cut to give the necessary fullness at the waist. The back was also plain, and had a slightly pointed yoke. The sleeves were long and narrow, and were put in at the shoulders with very little fullness. They were finished with three inch open cuffs. The blouse fastened down the front under a wide plait, double stitched on the edges, with flat pearl buttons that buttoned through. There was a smart little pocket at the left front just above the bust, with a pointed flap that buttoned over. Either a standing or turn-down collar may be worn with this shirtwaist, with a four-in-hand or a bow tie.

Any material that is more or less heavy and that launders well may be selected for such a shirtwaist, linen, wash, percale, and madras being particularly good. If preferred, the yoke at the back may be omitted, or it may be continued in one piece over the shoulders to form a corresponding yoke in front. The shirtwaist is filled into a band at the waist with fitted pieces over the hips to avoid bunching.

A shirtwaist made after this pattern of unglazed linen in pongee color, with front plait, cuffs and pocket piped with red or green linen, would be exceedingly good looking worn with a scarlet or vivid green bow tie.

A practical and new coat wrap in black satin had a wide facing of a contrasting colored satin, in this case a rich cerise shade, and the wide sleeves are so arranged as to be either long or short. Unbuttoned, they are deep cape sleeves just giving a glimpse of the color lining, and near the top of the sleeve is a series of four or five handsome black passementerie buttons. In the deep border at the bottom of the sleeves are buttonholes to correspond, outlined with soutache braid in black, so that the effect is of soutache loops. When this cape part is turned back and buttoned over the sleeves are half length, showing a fancy cuff of gorgeous satin, the upper parts being left as they were.

The neck is finished kimono fashion but a piece of the satin is cerise, set on an outlying square yoke, and the facing extends down the front, the latter closing with three buttons. The body is a regular kimono shape and is unlined, a deep facing, say ten inches deep, of red satin being its only trimming.

Such a coat done in fine serge, say a deep red, and faced with black satin, would make a serviceable wrap for country wear in the evening.

Among the new models for cloth street suits there is a development of the bolero jacket. It is quite skillfully worked out. The jacket is not a separate garment; it is merely a rever run around the figure in such a way as to give the lines of a bolero, which has always been a popular garment for slender women. One of the best gowns that shows it is of all-brown serge with a heringbone stripe. It is in one piece and fastens down the left side toward front of figure. The front is cut in two pieces with seam down the middle, there are seams down the sides, and one down the back. The back of the gown extends to the shoulders, but the front is cut off four inches above the waist.

Around the neck is a three-inch flat collar well outouched, which extends into revers that outline separate fronts, which form the bolero idea. These little fronts are put in

at the shoulder seam and armhole, and are curved over the side seams of the skirt. The edges are rounded at the bottom and trimmed with buttons.

There is an oblong chemisette of tucked muslin with high stock and jabot of lace. The sleeves are long, rather small, and are trimmed with soutache down the back seam. This model would serve in shanting, in striped flannel, and in French linen. It makes a one-piece tailor suit which is quite effective.

Very new in belts is a casing of white linen with a conventional border worked in colored mercerized cottons the same tone as a heavy ribbon belting which is run through it.

The casing is cut about an inch wider than the belting, and has an irregular viney edge and different shaped medallions embroidered on each edge, with vertical designs running through them. The edges of the casing and medallions are worked in narrow buttonhole stitch and then cut out. The latter thus make slides which come over the belting. The flowers are worked in satin stitch.

A clover design worked in green is effective for wearing with a green belt, white with a brown one a conventionalized motif of chestnuts and leaves should be embroidered and buttonholed in browns. The edges of the oval, oblong or square medallion slides are finished in straight buttonhole stitch about a sixteenth of an inch deep or less.

Some light wrap for evening wear will be absolutely essential, and this may be in the form of a military sash, falling to the knees or clear to the skirt hem, and made of chiffon weight broadcloth of some pretty shade or of satin. New reversible satin capes may be worn at both day and evening functions, for one side of the satin is black or in some pale rose, gold or yellow or a tint according with the darker shade. These reversible satins are rather high priced, but the capes made from them are so convenient that one does not hesitate at the extra cost. Of course, such a cape is made very simply, with a collarless neck finished with stitching and a fastening of buttons and the darker color is turned up on the lighter side.

Indigestion Cured Evidence in Plenty

Your Neighbors Can Tell You of Cures by Dr. Williams' Pink Pills.

Every case of indigestion, no matter how bad, can be cured by Dr. Williams' Pink Pills. Not only cured, but cured for good. That's a sweeping statement and you are quite right in demanding evidence to back it. And it is backed by evidence among your own neighbors, no matter in what part of Canada you live. Ask your neighbors and they will tell you of people in your own district who have been cured by Dr. Williams' Pink Pills of dizziness, palpitation, sour stomach, sick headaches, and the internal pains of indigestion. Dr. Williams' Pink Pills cure because they strike straight at the root of all stomach troubles. They make new, rich blood, and new blood is just what the stomach needs to set it right and give it strength for its work. Mrs. Geo. E. Whitteart, Hatfield, P.O., N.B., says: "I am glad to have an opportunity to speak in favor of Dr. Williams' Pink Pills, for they deserve all the praise that can be given them. I was a great sufferer from indigestion, which was often accompanied by nausea, sick headache and backache. As a result my complexion was very bad and I had black rings under my eyes. I took a great deal of doctor's medicine, but it never did more than give me the most temporary relief. About a year ago I was advised to give Dr. Williams' Pink Pills a trial. Before I had taken a couple of boxes I found relief, and by the time I had used a half-dozen boxes I found myself feeling like a new woman, with a good appetite, good digestion, and a clear complexion. I can strongly recommend Dr. Williams' Pink Pills for this trouble and advise similar sufferers to lose no time in taking them."

Dr. Williams' Pink Pills cure all the troubles which have their origin in bad blood. That is why they cure anaemia, indigestion, rheumatism, eczema, St. Vitus dance, partial paralysis, and the many ailments of girlhood and womanhood. Sold by all medicine dealers or sent by mail at 50 cents a box or two boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

G. I. R. Opens Palatial Offices.

The Grand Trunk Railway System with their new organization in Europe have opened a fine suite of offices at 17-19 Cockspur street, London, one of the best locations in the city. It is just opposite Pall Mall and the majority of the traffic from Westminster and the west end of London passes through this thoroughfare to Piccadilly, Oxford street and the commercial sections of the Metropolis. Canadians who visit London will find these offices com-

POET'S CORNER

"LOVEST THOU ME?"

"Lovest thou me?" "Ah, master, yes; Thou knowest that I love to do Thy will."  
"Then why hast thou No offering to give me to-day; No soul which thou Hast won for me from out the ways of death?  
Why hast thou not Surrendered thy whole self to do my will, Instead of following with the merry crowd Of pleasure seekers? Art thou quite sure Thou lovest me?"

"Lovest thou me?" "Ah, Master, Thou knowest that I love to think of Thee."  
"Then why hast thou Not also thought of those I left, that thou Shouldst help them upward in the way of life?  
Why hast thou not, When thou hast had such pleasant thoughts of me, Been mindful of the lonely hearts Which need the helpful greetings of a friend?  
O selfish one! Art thou quite sure Thou lovest me?"

"Lovest thou me?" "Ah, master, yes; Thou knowest I should love to dwell with Thee."  
"Then why has thou Not dwelt in love and sympathy With those Whom thou hast seen To live beside thee in the busy way?  
Why has thine heart Been hard and harsh to those who needed love, When thou instead, if thou hadst cared, Mightest have helped them, by a word, a smile, To know my love? Art thou quite sure Thou lovest me?"  
—Exchange.

New Litany of St. Joseph.

Pope Pius X., on recommendation of the Congregation of Sacred Rites and at the urgency of the Abbot General of the Reformed Cistercians, has cordially approved a new Litany of St. Joseph, has granted that it be inserted in the liturgical books after the other approved litanies and has enriched it with an indulgence of 300 days. Lord, have mercy on us. Christ, have mercy on us. Christ, hear us. Christ, graciously hear us. God the Father of heaven, have mercy on us. God the Son, Redeemer of the world, have mercy on us. God the Holy Ghost, have mercy on us. Holy Trinity, One God, have mercy on us. Holy Mary. Illustrious scion of David. Light of Patriarchs. Spouse of the Mother of God. Chaste Guardian of the Virgin Mary. Foster Father of the Son of God. Watchful defender of Christ. Head of the Holy Family. St. Joseph, most just, St. Joseph, most chaste, St. Joseph, most prudent, St. Joseph, most valiant, St. Joseph, most obedient, St. Joseph, most faithful, Mirror of patience, Lover of poverty, Model of workmen, Glory of the domestic life, Guardian of virgins, Protector of families, Consolation of the poor, Hope of the sick, Patron of the dying, Terror of demons, Protector of the Holy Church, Pray for us.

Lamb of God, who takest away the sins of the world, hear us, O Lord. Lamb of God, who takest away the sins of the world, graciously hear us, O Lord. Lamb of God, who takest away the sins of the world, have mercy on us, O Lord. V. He made him lord over his household.

R. And the ruler of all his possessions. Let us pray: O God, who by Thine unspeakable providence didst vouchsafe to choose Blessed Joseph to be the Spouse of Thy most Holy Mother, mercifully grant that, as we venerate him for our Protector on earth, may be found worthy to be aided by his intercession in heaven. Who livest and reignest forever and ever. Amen.

The only litanies heretofore approved by the Church and permitted to be said in public devotions were the Litany of the Saints, the Litany of the Holy Name of Jesus, the Litany of the Sacred Heart and the Litany of the Blessed Virgin Mary. To these has now been added the Litany in honor of St. Joseph.

plete in every way, and the Company are desirous of having all visitors from the colonies make their headquarters in London their rendezvous, where they can have their mail addressed, make appointments and do their correspondence. This is an innovation of the transport lines of the Colonies, and no doubt will be taken advantage of by many overseas visitors to the Mother Country.

BRONCHITIS

Bronchitis is generally the result of a cold caused by exposure to wet and inclement weather, and is a very dangerous inflammatory affection of the bronchial tubes.

The symptoms are tightness across the chest, sharp pains and a difficulty in breathing, and a secretion of thick phlegm, at first white, but later of a greenish or yellowish color. Neglected Bronchitis is one of the most general causes of Consumption.

Cure it at once by the use of



Dr. Wood's Norway Pine Syrup

Mrs. D. D. Miller, Alton, Ont., writes: "My husband got a bottle of Dr. Wood's Norway Pine Syrup for my little girl who had Bronchitis. She coughed so badly you could hear her from one room to the other, but it was not long until we could see the effect your medicine had on her. That was the last winter when we lived in Toronto."

"She had a bad cold this winter, but instead of getting another bottle of Dr. Wood's Norway Pine Syrup, I tried some made receipt which I got from a neighbor but found that her cold lasted about twice as long. My husband highly praises Dr. Wood's, and says he will see that a bottle of it is always kept in the house."

The price of Dr. Wood's Norway Pine Syrup is 25 cents per bottle. It is put up in a yellow wrapper, three lines from the trade mark, no, be sure and accept none of the many substitutes of the original "New York Syrup."

Inspection of Convents.

Captain Craig's Attempt to Introduce Bill Was Defeated.

Captain Craig, an Ulster Conservative member of the House of Commons, was the central figure in a performance which he will scarcely look back upon with pleasure. By some curious process of reasoning this anti-Catholic member formed the conclusion that the second reading of Mr. W. Redmond's Bill a few days previously was a defeat for the opponents of the Catholic Church which he could reverse by introducing a bill for the inspection of monastic institutions. He openly avowed his object, which Mr. Corbett, another Ulster member, whose absence he regretted, was also, he said, desirous of attaining.

Both Mr. W. Redmond and Mr. McVeigh wished to know whether the hon. member was in order in discussing the Catholic Disabilities Removal Bill.

The Speaker, however, interpreted the Captain's purpose as an intention not to reverse that Bill, but to make provision against it by another. Captain Craig was therefore allowed to prefer his request to be allowed to introduce his bill.

Mr. T. P. O'Connor thereupon delivered a slashing speech, in which he urged the House to deal with this proposal of the Ulster member as it had been dealt with on previous occasions. Was the case brought forward stronger to-day than it was twenty or thirty years ago in the days of Mr. Newdigate and Mr. Horner? He had never in his whole experience known of a single instance of authenticated unfairness, or bad conduct, or wrong-doing, within the walls of convents, and he thought it was audacious for the hon. and gallant member to say in the presence of seventy or eighty Catholics in that House that they lent their countenance to those institutions as places of evil living. The nun were an example to the whole world of abnegation and unselfishness. They were the real Christian Communists and Socialists. He called upon the House not to be dragged at the tail of the bigoted Orange party (cheers).

On the motion that leave be given to bring in the Bill the House divided with the following result: For the motion, 90; against, 175. Majority 85.

The announcement of the figures was received with loud Nationalist cheers.

HEADACHE.

Burdock Blood Bitters

What Medical Skill Could Not Do Was Accomplished with Burdock Blood Bitters.

If you are troubled with Headache do not hesitate to use B.B.B. It is no new patent, of unknown value, but has an established reputation.

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