Conducted by HELENE.

Kind hearts are more plentiful than bed will cure a cold on the lungs. ersistently kind and gentle voices, and yet love loses much of its power. therefore most earnestly to acquire the right tone in speaking, and guand from falling into areless and bad habits of voice. Often a sharp voice shows far more ill taken before breakfast will prevent will than the heart feels, but people and cure a bilious attack. will than the heart feels, but people do not know that the speaker's 'bark lieve her to be ill-tempered and disagreeable. So watch the tone in ich you speak, and take care that it is centle and sweet. A kind voice is like music in the home.

TO CATHOLIC GIRLS WITH PRO-

"In the depths of his heart," says the Catholic Forum, "no man respects a woman who has sacrificed the sun should fade your carpets, and your hearts, lest a hearty laugh to the Supreme Being—will she be true to a mere creature? The rebuke of her own conscience will rise, constant barrier between her and the man she has wedded, and both will know the pain and sorrow an unsanctified marriage, 'Oh, weak the most pitiable of all weaknesses, when she who holds in her possession sought at other less profitable places, the vast inherited gift of faith will Therefore let the fire burn brightly

CONVENIENT DISH DRAINER. Dishwashing is one of the greatest trials of the housekeeper, and any convenience that will expedite this tri-daily task and make it easier is eagerly sought. The particular can take with them into the world rinsing of the dishes after they have mestic sanctum. been washed, and for this purpose two dishpans are usually employed, thus necessitating a double thrusting of the hands into hot water, one the most disagreeable features of the whole operation. A St. Louis housetrivance consisting of a supporting frame for the kitchen sink. It is a wire framework, with transverse strands to give rigidity and strength of which members are bent or turned downward to form supports ing legs. When the dishes have been joy fresh and instead of being placed in a second pan and so rehandled they are

* * + CURES TIGHT DOORS.

spigot or by being drenched by means

of a dipper.-St. Louis Post-Dispatch

"Patrons come to me every day and say that the drawers of dressers and other furniture stick fast and cannot be opened or shut without great difficulty," said the "complaint man" in a downtown furniture store. "Thi is a trouble with much furniture, esially that which is new, and is especially common in the spring.
"What do we do in such cases? We

simply tell the customers to wet the surface of a bar of common laundry soap and rub it firmly over the parts of the wood that stick. the surface smooth and slippery, and in nearly all cases the drawer will slip easily, especially after it has been opened and shut a few times. "This is also valuable with door

which, in new flats, are likely to set tle or are apt to scrape at the top as the building settles. Just use soap ing in a carpenter, who will plane the

"China cabinet doors, with curved glass, cause us a lot of trouble, but most of the tightness can be remedied by the use of soap and a few applications of sandpaper."

The furniture man gave another "helpful hint."

"If mission furniture, with the dull finish, loses its smooth surface and characteristic waxy appearance." h said, "do not despair and send it to the renovator. Take a pound cale of common floor wax and rub it over the surface until the finish is restored. If you have no floor wax, us beeswax, and if you prefer some pose, you can buy liquid preparation of which will remove the object ready for the application of the other substance, which wil, dupli-cate the original finish."

THE VALUABLE LEMON. on juice and salt will rem

Gargle a bad sore throat with strong solution of lemon juice, and water

A cloth saturated in lemon juic and bound about a cut or wound will stop its bleeding.
A strong unsweetened lemonade

Lemon juice added to milk untlif the parts swollen from rheumatism

Lemon juice added to fruit juice that do not jell readily, such as cherry, strawberry, etc., will cause them to jell.

MAKE HOME A FUN CENTER. Don't be afraid of a little fun at home. Don't shut your house lest cobwebs there. If you want to ruin your sons, let them think that all mirth and social enjoyment must be last on the threshold without when they come home at night. Young people must have fun and relaxation somewhere. If they do not find it at their own hearthstones, it will be sought at other less profitable places it for a transient human at night, and make the homestead delightful with all those little arts that parents so perfectly understand. Don't repress the buoyant spirits of your children; half an hour's merriment round the lamp and fireside of nome blots out the remembrance of many a care and annoyance during the day, and the best safeguard they insists upon a thorough is the influence of a bright little do

CHILDREN NEED IDEALS.

Children need the nurture of ideals A mother without ideals can never have noble sons. To teach growing boys and girls to see the world as it really is, is to utterly unfit them for making the world any better their lives. It is also to cruelly diminish their chances of happiness "With thought with the ideal, mortal hilarity, the rose of foy, says Emerson. To keep the rose o unfading, to scatter continually its fragrance to others placed on this wire frame and rinsed, can possess.—Harper's Barar. is the most enduring charm a woman

. . . RECIPES

German Dishes.

Kaffee-Kuchen-One pint of brea one teacup of sugar, one teacup seeded raisins, one half teaspoonful of soda; one egg, butter the size of an nake as stiff as pound cake. Mix

"Run Down System"

are continually wasting away, and require to be repaired by medical substances, that restore the lost vitality. There are only two down system. You can consult the physician, or commence treat-ment with Dr. Slocum's famous remedy, "PSYCHINE." In all pro-bability "PSYCHINE" will be the best doctor, and the cheapest in the end. Scores of medical men advise its use in the worst cases of decline and weakness. It is an invaluable tonic, pleasant to the stomach, builds up the run down system, strengthens the nerves, sets the liver right, cures dizziness and headache, creates appetite, and is an all round family medi-cine, used by thousands of men, women and children in every part of the Dominion. Ask druggist

GREATEST OF ALL TONICS

(PRONOUNCED SI-KEEN)

tul of unground codes in a pan and brown it; it already roasted, heat un-til hot, stirring all the time; turn at once into one pint of rich cold cream with two tablespoons of fine sugar and stir a minute. Let it be-

whip to a stiff froth.

German Love Knots.—One cupiu each of eggs and rich, sweet cream Bout the eggs well, add the cream and pour on the flour, working as stiff as you can; roll thin. Invert over the dough a large coffee cup and out around it with a jagging from, leage straw, cutting nearly across but leaving an edge. Pass two knitting needles under every other stript, spread the needles as far apart as ossible, then with them on the eedles hold in the fat until fried to a light brown; sprinkle with fine su gar. But one can be made at a time

Cornucopias.-Cream half cup butter and one cup of powdered sugar and add half a cup of milk, drop by drop; add one and seven-eighths cups of flour and extracts. Spread mixture on bottom of buttered pan, mark in three-inch squares, and bake in moderate oven. Roll immediately or being taken out; when cold fill with sweetened and flavored whipped cream.

yolks of eight eggs and one pound of pulverized sugar continuously in one way for thirty minutes: add the well-beaten' whites and stir fifteen minutes longer. Add one-half cup tablespoonsful of corn starch, the juice and grated rind of one lemon. Bake in a moderate over

+ + +

TIMELY HINTS.

If the starch is thoroughly mixed with soapy water and a tablespoonful of sugar added the iron will no stick, and the goods will stay stiff longer, since sugar will not absorb moisture so readily as salt, which

In washing kid gloves, the kine that car be washed in soap and water, don't make your rinsing thorough enough to get out every particle of It is a good plan to wash them carefully and then to rinse them in clean but soapy water, so that little of the soap is left in to keep the kid soft.

washed with soap. Instead dissolve a large lump of Spanish whiting and a teaspoonful of washing soda mough water to moisten the whiting and form a paste. Rub this into the marcle with a flandel cloth and after an hour wash it off with warm water, dry well and polish.

A simple remedy for cold feet is to drink slowly two glasses of very hot water just before going to bed. It will warm and relax the system and

Year-old matting gains new life by being wiped up with salt and water Do not wash the wooden bread-plate egg. Spice to suit taste. Flour to in hot water and it will not turn black. Wash with soap and warm water, and rinse in clean cold water. ...

THE WHOLESOME WOMAN.

Find me a wholesome woman, and I'll find in her a truth-lover-one of clean heart, and a mind that think-eth no evil, and back of her will be parents whose loving kindness re-

Normal women crave nothing that is hurtful. The wasted curiosity ofttimes inflames itself into a fever, and Africa ""-Tit-Bits. so becomes abnormal. To see all things in this wicked world is not Professor John Dewey, head of the three months, when every so that are evil often results in a purg-

God made refinement in woman a complement to man's sense of honor, and both are saving graces.

Where nothing is forbidden, there is no mystery, true there is less enthusiasm, also there is less sin and

The man who ignores trivialities for example, the rouge-pot and the powder-puff, is a philosopher. Protes in these things suffices not, whereas ift voluntary reform.

It's born in woman, bred in her, and she ever will be wilful; therefore the side ever will be wilful; therefore the wider permitted paths are this side of moral quicksands. The more fully she is trusted, the less thrall, as years go on, will the forbidden have or her, the more dovely will the right technic in her eyes, the more in-possible will wrong seem.—Exchange.

LAUGHING WOMEN.

omanhes no natural grace n ching than a sweet laugh, the sound of flutes on the

Every four Delayed IN CURING A COLD IS DANGEROUS.

You have often heard people say: "Its onl a cold, a trilling cough," but many a life histor would read different if, on the first appearant of a cough, it had been remedied with

DR. WOOD'S NOR-WAY PINE SYRUP.

that hears it feels as if bathed in the leesings arising reasy from a semi-ciol exhibitating spring. How much tiveness which is undisguised self-we owe to that, sweet laugh ! It turns conceit—on account of such despic-the prose of our life into poetry. It able trifles as those solid and lasting flings showers of sunshine over the darksome wood in which we are traveiling. It touches with light our for our clergy, at least let us give sleep, which is no more the image of them our daily prayers. The death, but gemmed with dreams that for me' that we hear as we are the shadow of immortality.

A PRAYER.

O God, who holdeth all within Thy

Living and dead,-Father, who Lean to our loved ones in the silent ly for the multiplication and

And give them rest t We ask for them the sunshine of Thy

The peace and comfort of Thy shel-

tering breast Lift them from darkness to the light

Eternal rest Sylvia Hunting.

FUNNY SAYINGS.

are asleep?" asked the teacher, try ing to get the class to spell "burg-

"The gas meter," shouted the boys in unison.

"Lawd, we wants a blessin"

ever' one, 'cept-one; and dat one is a get right down to the root and cause of the trouble in the blood—and no road train an' runned off with the medicine in the world can do this so whole collection what was took ter pay my salary wif.'

An East Side kindergartner was sweeps the kidneys clean, drives ou An hast side kindergartner was about to give her class a lesson, with "the kitten" as the subject. She began by saying: "Our lesson this only way to rid yourself of your morning will be all about the kitten." Now, can any little boy or girl tell kidneys. Mrs. Paul St. Onge, wife of me which grows on the kitten-fur or a well known contractor at St. Alexis des Monts, Que., says: "I suffered for a minute, when one little boy for upwards of six years from kid-said, in a loud voic? "G-o-o-d Lawdd ney trouble. I had dull, aching pains Hain't you never seen a kitten?"

A DESIRABLE PLACE.

Bishop Goodman (impressively)—
"Only think, children! In Africa there are 10,000,000 square males of territory without a single Sunday, regaining my health, and was territory without a single Sunday, coming a burden to my family. School where little boys and girls coming a burden to my family. frained from heavy chalk-lines and can spend their Sundays. Now, what the eternal "Dont's." money and do?"
Class (in ecstatic union)—"Go to

ent of Psychology at Colum-University, believes children should be taught to call their parents by their Christian names.

Professor Dewey was formerly a member of the faculty of the Univer-sity of Michigan, where they fell this

story: The professor was working in his study one day when water began to trickle through the ceiling. He ran upstairs to see what was the matters and found his young hopeful in the hath room with the floor flooded. Professor Dewey was about to exess his feelings, when the young

"Don't say a word, John, but get a

... RETRIBUTION.

THE PARISH PRIEST.

how petty, how mean, how ungener-ous, are the grievances of some peo-ple who pretend to be devout! How pitifully selfish and how deplorably snabbish are the complaints that they pour into ears already aching with vial misunderstandings, wounder feelings arising really from a sense tiveness which is undisguised selfthe confessional is no mere formula, often enough it comes from the very depths of a heart that is both sad and weary. Let no day pass without begging God's help for upon whom is laid the terrible burden of the souls of men. And during the present month pray very specialsanctification of priests."

BAD KIDNEYS

Can Only be Cured Through the Blood.

Balt backs-aching backs-come from Lonely? And what of that? bad kidneys. Bad kidneys come from bad blood. Bad blood clogs the kidneys with poisonous impurities that breed deadly diseases. And the first sign of that fatal trouble is a dull, dragging pain in the back. Neglect it, and you will soon have the coated tongue, the pasty skirt, the pervish temper, the swollen ankles, the dark-rimmed eyes, and the other signs of deadly kidney ease. Plasters and liniments never cure you. Kidney pills backache pills only touch the symp-toms—they do not cure. You must surely as Dr. Williams' Pink Pills, because they actually make new blood. This strong, rich, new blood across the loins, and at times could hardly go about. I lost flesh, had dark rims below my eyes, and grew treated by different doctors, but with one of my friends advised me to try Dr. Williams' Pink Pills. I began taking them, and after using three or four boxes I began to feel better. I continued the treatment for nearly Of w of the trouble had vanished and I we again a well woman. I feel justified in saying I believe Dr. Williams' Pink Pills saved my life." New blood-strong, pure, rich blood

which Dr. Williams' Pine Pills make cures not only kidney trouble but a host of other aliments, such as anno mia, indigestion, rheumatism, cryst pelas, St. Vitus dance, locomoto health and strength, and these have the full name, "Dr. Williams" Pink Pflls for Pale People" printed on the wrapper around each box. If your dealer does not keep the genuine pills you can get them by mail at 50 cents a hox. or six boxes for \$2.50, by writing the Dr. Williams Medicine Co., Brockville, Ont.

The Poet's Corner.

A BYWAY.

The highway marches steadily, to and mill. market town and mill, But I would find a little road that

But I would find a little road that
loiters up a hill,—
A little vagrant woodland road,
gray-ribboned through the green,
Where berry brambles bur the way
and orchard elders lean.

The highway is the world's way, but The highway is the worm a way, but
I would drop behind
To follow little luring paths that
only laggerds find,
The challenge of the baridit weeds,

the tilt with startled bees-What can the dusty highways give for tourneyings like these ?

The highway is the sun's way and sollows east and west; But there are yellow, vagrant beams that love my road the best. That linger down the weedy ways, where lady's lace is spread,

Or slant through shady orchard paths and tint the tree trunks red. low where it calle

watched you through a leafy screen from crumbling orchard walls; I wait and smile among the green and know that by and by We'll lure you back through dust and

dew-my little road and I. -Margaret Lee Ashley, in Harper's.

+++ WHAT OF THAT?

Tired! Well, what of that? Didst fancy life was spent on beds of ease,
Fluttering the rose leaves scattered

by the breeze? Come, rouse thec !" Work while it is called to-day ! Coward, arise ! Go forth upon thy

Some must be lonely !! 'Tis not given to all

To blend another life into his own Work may be done in ioneliness. Work

Dark! Well, and what of that? Didst fondly dream the sun would

Dost fear to lose thy way? Take courage vet ! Learn thou to walk by faith and not by sight.

Thy steps will guided be, and guided right.

Hard! Well and what of that? Didst fancy life one summer holiday, With lessons none to learn, and nought but play?

Go, get thee to thy task. Conquer It must be learned ! Learn it then pa-

tiently.

No help! Nay, it's not so! Though human help be far, thy God is nigh,

Who feeds the ravens, hears His children's cry. He's near thee, wheresoe'er thy foot-

And He will guide thee, light thee,

LET SOMETHING GOOD BE SAID.

When over the fair name of friend or foe, The shadow of disgrace shall fall; instead

rds of blame, or proof of th and so, Let something good be said.

Forget not that no fellow-being yet May fall so low but love may lift his head; even the cheek of shame with tears

ething good be said.

No generous heart may vainly turn aside In ways of sympathy, no soul so dead

But may awaken strong and glorified If something good be said. And so I charge ye, by thy thorny

And by the Cross on which the Sand by your own soul's hope of fair

How are you all dull autumn days ? erally trouble little p to school, studying lessing with all the lighth your happy childhood. able weather will not most and then for th days, bringing with the snowball fights, sleigh ing, tobogganing, and I am sure you are all ing about Santa Clau snowflakes always bring him, the dear old fello getting his orders rea know I need not cauti

AUN

Your lovin

Dear Aunt Becky : We were so pleased to

and girls to be good so

not overlook them, for t naughty, but-be carefu

Oh, I just tove the costrange! We are now the fred D's. I thank Edna M. for their kind invi should love to go visit But as they are older t must come first: We m meet sometime. I am a know Winifred D's other will be pleased to answe Mary E's letters if they although I am not very write alone yet. 1 nope will write again. Her must be cute, and it seen Harold has a very large Prince, and he is very i Harold has a too evening and has gorfe to have a little snow since and we see so many little every evening after class send our love to all the life Harold hopes Johnnie M as soon as nedear Aunt Becky, WINIF

+++ CHIPS.

"Hallo, boy !" "Hallo, man!" the ar back as quick as a flash. "Stop a minute, will y The boy stopped and tu

Mr. Arthur Millman, s strolled beyond the vil is sketch book. Catching sight of a tett

swinging an empty basket as if he'd found something bill, or rather a page of The boy's face was keen, jolly good nature. What's your name, my

"Chips !" The word can "Humph," Mr. Milman "bright youngster." The "Baptized 'Chip?" 'Not 'xactly; but folks

that, 'count of my business Chips swung his basket pa ''Oh, I see.' Well, Chi want to earn a quarter carstand still a little while it are and let me make a p

Chips grinned in delighte ation, and the artist sketch Chips was really a not ter-he was a monopolist. who owned the large woo him have all the kindlings were willing to do it with in view of the fact that I mainstay of his mother, who feeble to do much. But C no beggar; he meant to do of business methods. The paid a small price for the and sold them out by be plying most houses in the erybody liked Ch industrious, so kind to so ready to give and take had a gay word for or servant maid; he cap and said "rough politeness, paid for the kine

It may be thoughther urchins did preserves. Indee or twice, but Ch well as work, an