

The HOME CIRCLE

"FATHER'S HERE!" "Don't lock the door, my father's here!"

And why cannot we, with that faith sublime, Reaching far out o'er the sea of time, Arching our lives like the rainbow's span,

IF YOU HAVE LOST YOUR GRIP. Most of the people whom I have met who are down in the world, or talented people who are doing mediocre work, have lost their grip.

The grip and confidence of most people follow their moods. If their courage is up, if they feel well, their grip is firmer; but the moment they get a little discouraged, or have a fit of the "blues," they lose their grip, and are soon "way down."

People who are victims of their moods never amount to much, because they are never masters of themselves. They never know when they start out in the morning whether they are going to do a day's work or not.

People who are victims of their moods are weaklings. They simply go along the line of least resistance. I know a writer who says he never knows in the morning whether he is going to do any effective work that day or not, because he can do good work only when the Muse says the word, and he never knows when it will come to him.

That is a confession of weakness, a confession that a man is not his own master, but that he is subject to some mysterious force or passion which comes and goes without any regularity, which is governed by no principle. Moody people ought to be very careful about their living habits. They should be regular about everything—their meals, their sleep, their exercise and their work.

SUFFERED FROM HEART and NERVE TROUBLES FOR the LAST TEN YEARS. If there be nerve derangement of any kind, it is bound to produce all the various phenomena of heart derangement. In

MILBURN'S HEART AND NERVE PILLS is combined treatment that will cure all forms of nervous disorders, as well as act upon the heart itself. Mrs. John Riley, Douro, Ont., writes: "I have been a great sufferer from heart and nerve troubles for the past ten years. After trying many remedies, and doctoring for two years without the least benefit, I decided to give Milburn's Heart and Nerve Pills a trial. I am thankful to say that, after using nine boxes I am entirely cured and would recommend them to all sufferers."

while the many do all the work and bear all the burdens. Young men idle away their lives, waiting for something to turn up, for somebody to boost them; while other boys with half their chance, educate and lift themselves out of poverty.

The mainspring of your watch is not outside of your cases. No power or influence outside of the watch can make it keep good time. Its mainspring is inside. The power which will carry you to your goal is not in somebody else. It is in yourself, or nowhere.

HOME, SWEET HOME.

This famous song was first sung at the burial of an Indian, who, while temporarily insane with grief at the loss of his wife and child, committed suicide upon their grave. The poet, John Howard Payne, suspected of inciting the Indians to riot over the state boundary disputes, had been arrested. From his place of imprisonment in the council house he witnessed the burial of the poor Indian, and it was then that he began to sing softly to himself the first lines of his now famous lyric.

"I wrote that song myself," replied Payne. "And where did you get that tune?" "I composed that also." "Would you let me have a copy of it?" "Certainly, I will."

"Well, a man who can sing and write like this is no incendiary. Appearances may be against you, but I am going to set you free. I shall write out your discharge immediately and a pass to carry you anywhere you choose through the nation."

They Are a Powerful Nerve.

Dyspepsia causes derangement of the nervous system, and nervous debility once engendered is difficult to deal with. There are many testimonials as to the efficacy of Parnee's Vegetable Pills in treating this disorder, showing that they never fail to produce good results. By giving proper tone to the digestive organs, they restore equilibrium to the nerve centers.

KNOWLEDGE BOX.

Warm borax water applied to the scalp will remove dandruff. Cold water makes the eyes look bright and keeps them strong. Boil a half ounce of camphor gum in a pint of water, add a half teaspoonful of tincture of benzoin, and apply for tan.

A fever patient can be made cool and comfortable by frequent sponging with water in which a little soda has been dissolved.

Very much diluted acetic acid is good for tan, freckles and mirth patches. Use this at night, and after the skin is dry rub in zinc ointment.

The odor of the sweet pea is so offensive to flies that it will drive them out of a sick room, and it is generally most agreeable to the patient besides.

Never eat while you are worried or angry; only when you can calm. Waiting for a calm mood will bring a good appetite; without it there is poor digestion.

Hot water taken freely half an hour before bedtime is an excellent cathartic in case of constipation, while it has a soothing effect upon the stomach and bowels.

A fresh egg beaten and thickened with sugar, freely eaten, will relieve hoarseness, and the skin of a boiled egg, wet and applied to a boil, will draw out soreness.

Hop pillows are frequently of great comfort to a nervous person, and will often soothe a headache. It is well to have one or two of these pillows at hand in case of need.

The juice of the red onion is a perfect antidote for the sting of bees, wasps, hornets, etc. The sting of the honey bee, which is always left in the flesh, should be first removed.

To take castor oil without tasting it, put first the juice of a lemon in a wine glass; then put in the castor oil, which will form one large globule; then squeeze in the remainder of the lemon on top of the oil; drink contents of glass hastily, and you will not taste the oil.

Sip all liquids that have taste, including soups, sodas, lemonades, etc., until all the taste is out of them. It is well worth while. Pure water for quenching thirst has no taste, and may be swallowed immediately.

If the sunburn comes while in reach of a creamery, speak for buttermilk. Frequent applications of it will be soothing, healing and whitening. If buttermilk cannot be procured, sour milk will have the same effect.

An excellent remedy for a cough is made by slicing two lemons thin and adding to them 10 cents' worth of licorice root, one gill of water and a little sugar. Boil until quite thick and strain.

Nervous people should eat fat food. Every irritable and exhausted nerve should, if possible, be coated with fat. With the fat should be combined grain foods and vegetables for strength and fruits to keep up a healthful consistency of the blood.

As freckles are caused by a pigment underneath the skin, to really remove them you would have to remove the skin itself. The best plan, therefore, is to make up your mind to wear a veil and carry a parasol.

CHILDREN'S VOICES.

A friend who has spent many years abroad remarks: "It does seem too bad that American children should have such disagreeable voices. They are acknowledged to be bright and attractive, yet because of their high-pitched, disagreeable voices they are shunned," says Good Housekeeping. "Travellers avoid a car or a hotel in

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which there are young Americans. Why is this? Largely because our children are imitative, and as our voices are not well modulated, neither are theirs. Is the unmusical voice a necessary American trait? Through specialists tell us that, although our climate is inclined to sharpen the tone, a certain sweetness and a low pitch may be maintained with proper care. A child is soothed by gentle speech and irritated by harsh tones. Of course, you read aloud to your child; every mother does. Let this be done with constant watching of articulation and tone. This is good exercise for the reader and a means of culture, in more than one respect, for the child. Never rebuke in anger; keep quiet until you can speak sweetly and firmly. One point which cultivated foreigners notice is that our young people call their messages from a distance, instead of going to the person and quietly waiting for an opportunity to speak. Shouting through the house is unpleasant and uncultured. A child should understand that it is not to break in upon conversation. This last performance is considered "very American" abroad.

In Ireland

(Read at the Eucharistic Congress.) In the case of a Catholic nation that through centuries of persecution has held on to the Catholic Faith, the practice of her children regarding the Mystery of Faith, the Blessed Eucharist, must have a very special interest and significance. Sharing with the Holy Mass of the Irish priest in its illegality, the Holy Communion of the Irish layman was made for many generations in the face of penalties and under circumstances of difficulty and danger that naturally reduced its frequency to the minimum required by the ecclesiastical law. Through her centuries of trial, Ire-

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land held on to the Catholic Faith with the maximum of tenacity and the minimum of sacramental aids. Her children were sadly used to hunger for their bodily food; they became more sadly accustomed to hunger for the food of the soul. The fasting that St. Patrick handed down to them as a characteristic observance of his childhood was supplemented by the involuntary fastings of poverty and famine, and by the yet more mysterious dispensation that deprived them, save at rare and uncertain intervals, of the Eucharist. Thanks be to God, those days are past, but the customs that had taken root in the hearts of the people during them were not so easily eradicated. It was natural that a conservative race should be slow to change religious observances that had stood the brunt of those dark and evil days, and this may be held to be the chief reason why, up to comparatively recent years, we find that the frequent reception of the Sacraments did not, as a rule, prevail in Catholic Ireland. Under the happier circumstances, however, of later times the Irish have not been slow in responding to the Eucharistic invitations of the Holy See. Throughout the land the lamps of the sanctuaries have been relighted, and the Communion rails are thronged.

The ecclesiastical ordinance, ancient in its spirit, new in its definite instructions, that in the early spring of 1906 came as a happy surprise to the Catholic world, found in Ireland customs and traditions which had rooted and grown up in times of adversity, but it also found amongst the faithful people a keen and delicate love for the Most Blessed Eucharist, and a loyal devotion to the Holy See. Half a century ago the Sacramental opportunities of which the pious laity of Ireland largely and to a very great extent exclusively availed, were the Christmas and Easter "Stations." Outside those "Stations" there were of course many Communion, and in the larger towns even frequent Communion, but for the majority—the large majority—the Christmas and Easter Communion were the Sacraments of the year. They were received under conditions so impressive and unique that it is necessary to enter into some detail.

The "station house" may be said to be the "domestic ecclesia" of which St. Paul speaks. Twice a year, at Christmas time and at Easter time, the country home is prepared for the coming of the Divine Visitor. Within and without it is cleansed and reverently set in order for this greatest of honors and of blessings. The priest is always the father of his flock, but it would be hard to imagine circumstances more calculated to bring home to him and to his spiritual children the sweet realities of his sacerdotal fatherhood. The roomy "kitchen," as the larger chamber of the simple home is generally called, has been prepared for Holy

When sodalities and confraternities arose the number of Communion at once increased. A younger generation grew up happy in their inheritance of the old Faith and in the new opportunities that made its practice easy and its profession free. And though year by year the population decreased, year by year the number of Communion grew, though it was the younger men and women who emigrated, leaving behind them those who had grown up under the old tradition.

Statistics were here quoted, prominent among which were: Marlborough street parish in Dublin, where in the three principal churches the total Communion of each month average 42,000, an increase of more than 21 per cent. since the Decree; Limerick Diocese with a Catholic population of 123,000 and a total last year of 818,000 Communion; Cork City with a monthly average in the five parish churches of 20,000. Belfast, Armagh, the religious churches in every part of the country, Galway, Thurles, Carlow, Waterford, Tuam, Nenagh, Maryboro, and many others, all showing a steady, and many a very rapid, increase in the number of frequent Communion. Daily Communion is the rule in all the religious Communities, and the young of both sexes are being encouraged to move in the same direction. The future lies with them, and we may without presumption hope that in those lives advancing now to manhood and to womanhood we may see our Holy Father's wish realized, and the Catholic population of Ireland "renewed in Christ."

Biliousness, Liver Complaint. If your tongue is coated, your eyes yellow, your complexion sallow; if you have sick headaches, variable appetite, poor circulation, a pain under the right shoulder, or alternate constiveness and diarrhoea, floating specks before the eyes, Your Liver Is Not In Order

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