

HOME INTERESTS.

Conducted by HELENE.

A LADY'S COMPANION.

Of all the odd jobs that women turn to in desperation, that of "companion" affords the longest list of horrible possibilities, says The World Today.

A SIMPLE BEAUTIFIER.

The skin of the face can be strengthened and whitened with this lotion, said to be favored by a noted actress: Two ounces each of spirits of ammonia and camphor, five ounces of sea salt, and half a pint of alcohol added to sufficient boiling water to make a quart.

NURSERY NOTES.

Make sure that the children have plenty of sleep. Potatoes are not good for young children because they contain more starch than nutriment.

THE CHILDREN'S SCRAPBOOK.

The scrapbook is a pleasant and educative fad to indulge the children. The future years are likely to be the outcome of the child's life in his scrapbook.

BE A POSITIVE PERSON.

Don't be a negative person. Don't permit yourself to fall into negative ways of thinking and talking about yourself and your abilities, says the Denver Times.

the actual wrong they do themselves in failing to take an aggressive mental attitude. Success in this life consists in sharply, clearly, decisively determining what one intends to do and definitely starting out to do it, meanwhile thinking, talking and acting consistently.

Have you not frequently found yourself telling someone very earnestly about the things you could not do, the desirable traits you lacked, the unfortunate tendencies you possessed? Dwelling on your deficiencies enlarges them, establishes them more firmly in your mind, and robs you of the force you need to draw desirable conditions and to cultivate admirable qualities.

The great mirror you call your life reflects with wonderful accuracy the picture of yourself as it exists in your mind and shows with unerring distinctness the real beliefs you hold about your abilities and powers.

ABOUT APRONS.

Why do many girls dislike to wear aprons? A gingham apron made with a band to fit the waist with bib and shoulder straps is pretty and becoming when nicely fitted, and somehow every boy and man seems to have a weakness for seeing a woman or girl in an apron, perhaps because it suggests cooking, and we all know "the surest way to a man's heart," etc.

Tomato Rabbit.—Tomato rabbit is a change from the ordinary Welsh rabbit if one is fond of the flavor of tomatoes. Stew one cupful of tomatoes and when they have simmered

hams, with a big pocket, for the housework and great, grown-like ones for covering the whole dress, to be slipped on over one's costume, while getting tea ready for serving when entertaining.

TIMELY HINTS.

A piece of butter the size of a pea dropped into the oatmeal pot will keep it from boiling over.

It is a mistake to cook any meat in cold water unless soup is to be made. Cold water and slow boiling draw out all the juices.

When adding cream to a thick soup let the former be quite boiling; the result is far better than when it is added cold.

A dash of vinegar and a clove of garlic in the water is a great improvement to boiled meat or fish.

A pudding, whether steamed in a mold or boiled in a bag, must not cease boiling not even for a minute, or it will certainly be sticky. Keep the water boiling, and if more is needed as it boils away see that what is used to replenish it is boiling.

The woman who is awakened by the first streak of dawn will do well to drink a hot cup of cocoa if many hours are to elapse before breakfast is served. Cocoa furnishes both food and drink and is easily digested by most people. It will relieve any faint feeling and give one the necessary strength to dress. The cocoa may be made the night before and can be heated in three minutes over an alcohol lamp. If the cocoa is made with fresh milk it will keep perfectly overnight.

THE COIFFURE CURIOUS.

The custom of powdering the hair dates back as far as the sixteenth century, and was first, we are told, introduced by the nuns in French convents. Those who had occasion to leave the cloisters for any reason were wont to powder their hair so as to give them a venerable look.

for ten minutes add one teaspoonful of finely chopped onion; let this cook for five minutes and then add one cupful of cheese that has been cut into coarse pieces. Let the mixture cook until the cheese softens, then pour over hot slices of buttered toast.

TOASTED SHRIMPS.—Toasted shrimps will also be relished when the ordinary fish diet grows monotonous. Procure a can of the largest and finest shrimps obtainable, remove from the liquor, drain and place on a fine wire netting over the fire and toast a nice brown on both sides. Have ready some thin slices of toasted bread, lay the shrimps over them in a deep dish and cover with a rather thick tomato sauce.

SWEETBREAD SALAD.—Clean and parboil two pairs of sweetbreads, throw into cold water for one-half hour; remove the fat and skin and cover with fresh boiling water; add one teaspoon salt, and simmer gently for twenty minutes. When done stand away to cool. When cool cut into thin slices. Wash and dry the tender leaves from one head of lettuce. Rub a dish with onion and make in it a half pint of mayonnaise. Place a thin slice of onion in the centre of your salad dish, arrange the lettuce leaves around it; mix the sweetbreads carefully with the mayonnaise and put in the centre of the dish.

MARSHMALLOW CANDY COMBINATIONS.—Marshmallow fudge is made with two cups of granulated sugar, two squares of chocolate, or four rounded tablespoonsful of cocoa, and one cup of milk or cream, and two even tablespoonsful of butter. Cook until the candy begins to string, then add twenty marshmallows and a half pound of hazel nuts. Stir in a teaspoonful of vanilla flavoring and stir hard. Pour into buttered tins to cool. The flavor of the hazelnuts and the marshmallows is said to be an especially good combination.

F UNNYSAYINGS.

This little story comes from the South: The first slice of goose had been cut and the negro minister, who had been invited to dine, looked at it with as keen anticipation as was displayed in the faces around him.

"Dat's as fine a goose as I ever saw, Brudder Williams," he said, to his host. "Where did you get such a fine one?"

HE GOT AWAY.

An exchange tells a funny story of a motoring doctor who ran into and capsized a pedestrian. He looked behind him, and, seeing the man still prone, made a circuit and ran back, intending to stop beside and help him. But the motor shot a yard or two beyond the mark and hit the man again just as he was getting up. The doctor turned his car once more and was cautiously stealing near to the prostrate sufferer when an excited spectator rushed from the sidewalk, and, shaking the victim, exclaimed: "Look out! He's coming at you again!" Whereupon the man scrambled up and started to run.

A NEW USE FOR A SERMON.

One of the most convincing sermons in the world was never preached; it was devoted to another use. Archbishop Tait was driving to Enfield, poring over the manuscript of his sermon as he rode. His attention was attracted by a roar and a clatter behind, and, turning round, he saw a horse attached to a huge lorry careering down Holloway Hill at a gallop.

The animal was quite beyond the control of its driver, and was making straight for the back of the dogcart in which the archbishop was riding. The runaway drew rapidly nearer, but Tait waited calmly, and, as it thundered up to the light trap, he selected the right moment, then, with all his force, flung the many-leaved sermon full in its face. It must have appealed to the horse's sense; at any rate, the runaway stopped short to think it over, and as he did so his driver got him to hand again, and the situation was saved. "The poor beast never had such a 'blatter' of theology before," was the Archbishop's comment.

The Bad Cold of To-Day MAY BE PNEUMONIA TO-MORROW.

The sore throat or tickling cough that, to the casual, seems but a trivial annoyance, may develop into Pneumonia, Bronchitis, or some Throat or Lung trouble.

DR. WOODS NORWAY PINE SYRUP

contains all the lung-healing virtues of the pine tree, and is a sure cure for Coughs, Colds and all Throat or Lung troubles. Mrs. E. Hutchinson, 189 Argyle Street, Toronto, writes: "I have been a sufferer from Chronic Bronchitis for years and have found Dr. Wood's Norway Pine Syrup far better than any of the hundreds of remedies I have used. Our whole family use it in cases of Coughs or Colds. We would not be without it."

POPE PIUS X. AND THE WID OW'S MITE

Touching Incident Connected with the Calabrian Relief Fund. Writes the Roman correspondent of the London Tablet under date of December 3:

"Last Monday Father Brandi, editor of the Civiltà Cattolica, made his fifth Calabrian visit to the Holy Father with over eighty thousand francs in his inside pocket—a sum which brought the Civiltà subscription to over 550,000 francs. The Pope was agreeably surprised, and as he took the printed list from the Jesuit to look it over he remarked: "There must be some large offerings here to make such a fine total. 'Yes, Holy Father,' replied the editor, 'but you will find that the largest offering is from a poor woman,' and he pointed at the foot of the page to the only letter which has been printed in connection with this very successful subscription—just a few lines from a parish priest to explain that the five pence enclosed reached him too late to be sent with the offering from his parish. It was from a poor woman who had been present in the church when the appeal was made, but who had not even a penny to give. A couple of days later, however, she managed to earn half a franc, and at once hastened with it to the Parroco, begging him to send it to the poor sufferers in Calabria. Thus her five pence came to figure in the Civiltà list, wedged in between sums of thousands and hundreds of francs. The Pope read the letter. 'Yes, father,' he said, deeply touched, 'you are right; that is the greatest offering you have received, for it is the widow's mite over again.' Then he pulled down a drawer of his desk and took out a big silver medal struck in commemoration of the second year of his pontificate, one of those usually presented every year to the Cardinals and the high officers of the Papal court, and handed it to Father Brandi. 'Send this to her from me,' he said; 'and tell her that the Pope thanks her for her great generosity and sends her a warm blessing.'"

SEATS OF THE MIGHTY.

Of all the chairs of church or state—Bench, woolsack, throne, or what you will—'Tis written in the book of fate, The high-chair is the highest still.

BABY'S HEALTH.

When a child is well, give it no medicine," is a wholesome adage. But at the first sign of trouble the careful mother will give Baby's Own Tablets, which promptly cure indigestion, colic, constipation, diarrhoea, simple fevers and teething troubles. They contain not one particle of opiate or poisonous "soothing" stuff, yet they give refreshing sleep because they remove the cause of sleeplessness and the child awakens bright and well. Mrs. F. McIntosh, Wabigoon, Ont., says: "Baby's Own Tablets wrought a wonderful change in my little one. When he was two months old he began to fall and cried almost night and day. But after giving him the Tablets he grew well and is now a bright, laughing baby, who scarcely ever gives any trouble. The Tablets are surely a blessing to both mother and child." All druggists sell these Tablets, or you can get them by mail at 25 cents a box by writing the Dr. Williams Medicine Co., Brockville, Ont.

GREATNESS.

The world looks up at him with envious awe Who rules where millions yield obedience, Whose word is final, and whose will is law. Who in his purple apes Omnipotence The world looks up at him with flattering eyes, And lauds him for the vastness of his state; And for his heaps of treasure calls him wise, And for his army's triumphs calls him great.

OUR

Dear Girls and Boys: You surely could not forget your New Year sheet of writing to the editor, I know school is the ant subject for little composition is one of the class list, and I would practice writing to you would all stand a prize for letter writing of the term. I hope you well, enjoying the lovely weather, and not studying am always glad to hear my little friends, so write you can. Your loving

THE FAIRIES' F

Once upon a time a s down under a chestnut tree He was a very little fe He that the fairies still him their choicest secrets you know, would much r children than to grow n a boy starts to say these ries, you can be very s begun to grow up, and ple will have nothing n with him. But the boy under tree was still on their He had many callers from at the most unexpected they were always welcom Oh! how he loved the When the small boy w would cry to his father his face beaming with jo twick, come twick; my fa Don't o see dem? Do dem?" Then his mother would will be a great poet. "A poet? There ar more," his father would needs to play with other knock the nonsense out. But, oh! how disappo small boy was that his p not see his friends. It p very much, till he remem the eyes of the aged ar So, of course, his father could not be expected to one as tiny and transpar fairy. Since no one understoo boy stopped talking of I But his mother always they came; for, if mothe sometimes poor, mother see a great deal. When his big blue eyes p with a faraway look, the ther never disturbed him knew his fairies were wit The mischievous spirit's nod land were the most stors, but the water kept most as often. Indeed, stayed away, then the su bath was a very stupid a when they came, what and spluttering there there were the golden-ha who lived in the heart o or deep down in the white lilies, who used such a fragrant perfume, and dressed in rainbow color, on the small boy's soap the little black imps who the sunbeams. Strange to say, the sm never met the bad fair very glad of this, for the had many dreadful tales their naughty kinswoman To-day, as the small bo the chestnut tree, he wa heart. "Only that morning he his father say, "That boy like a bad weed." Then the father sighed, will soon lose my baby, ing up so fast." Now the small boy had intimate so long with th without knowing their grown people. He was terrible dread that he, t soon be placed on their t What could he do to i growing up? He thought and thought There were the hated cr nurse said made boys gro never eat another. But t also the good roast beef a that nurse called regul sprouters"—they were ha up. Could he do it? Just as he had decid everything to keep his fa he felt a sharp blow on A rich red chestnut fell



PSYCHINE PRONOUNCED SI-KEEN. A SIGN FOR EVERY HOME. If every home in Canada had this sign there would be far less sickness and disease and home would be a happier and brighter place than it sometimes is. PSYCHINE can help every member of the household. Mother wren out with her daily toil and complaining of Lassitude, Weakness, No Appetite, Dyspepsia and Decline. Father with a bad Cold or Chill brought on by exposure at his daily work. The Children with their innumerable little ailments. All these can be cured by PSYCHINE; and when, through neglect some serious illness visits the home, such as Pneumonia, Pleurisy, Bronchitis, Consumption, La Grippe, etc. then is PSYCHINE just as valuable. Purchase a bottle of PSYCHINE this winter and you will be surprised to find how much suffering it will relieve and how much money it will save you. PSYCHINE (pronounced Si-keen) The Greatest of All Tonics. All Druggists One Dollar Free Trial SEEK SAFETY IN PSYCHINE DR. T. A. SLOCUM, L.L.C., 179 KING ST. WEST, TORONTO, CANADA

The True Witness and Catholic Chronicle

Printed and Published by The True Witness Printing & Publishing Co.

Subscription Price: Canada (city excepted), United States and Newfoundland, \$1.00; City and Foreign, \$1.50.

Change of Address: When ordering change of address it is necessary to send old as well as new address.

NOTICE.

Subscribers will please take notice that when their year is due, and should they wish to discontinue their paper, they are requested to notify this office.



THURSDAY, JANUARY 18, 1906.

THE BRITISH ELECTIONS.

The British general elections have already swept the wave of Liberal triumph so far over the face of the country that what was not only doubtful but regarded as improbable on the eve of the contest is a certainty at the present writing.

such an election issue as was within the power of the Liberal party to accomplish.

Whilst Mr. Balfour has fallen in his own tracks the ruin of Mr. Chamberlain in the rout of the Unionist-Protectionist allies is simply overwhelming and irretrievable.

There is another feature of the election returns that must not be lost sight of. The labor party has come back to Westminster so strong in numbers that its influence upon any Government programme of the future must be reckoned with.

In the next Parliament the Irish vote and the labor vote will be united, though by no written bond; and even though the Campbell-Bannerman Government might be disposed to ignore Home Rule—which is most unlikely—it could not ignore the vigilant and effective allegiance of two powerful parties associated in the House of Commons by every democratic principle.

OUR FORESTS.

That Canadians are paying more attention to the fast disappearing woods is evident from the convention held at Ottawa lately. The importance which this step has upon the natural resources and wealth of the country must be judged not by immediate results but by the bearing it has upon the timber supply, climatic changes and water ways in the future.

covered with timber was worth \$400,000 per acre—and that five acres, worth, therefore, two millions, had been replaced by potatoes. Even admitting changes of prices and the necessity which obliged the early settlers to provide for food, admitting also the difficulty they were under, their policy and want of system were undoubtedly extravagant and destructive.

MASEATH, OR MASS.

To the Editor of True Witness: Dear Sir:—The word Mass in its various forms is found in nearly all languages.

The etymology of this word has long been a mooted question. Many eminent theologians and philologists from St. Thomas Aquinas down have written on the subject, but not one of them, so far as the present writer is aware, has ever traced the word Mass to the Hebrew word Maseath which signifies the elevation or lifting up of the hands whilst offering sacrifice to God.

Now the first Apostles were Hebrews, and the Hebrew word for the elevation of the consecrated host in the Mass is "Maseath." This word is found in the second verse of the 140th psalm in the Hebrew Bible: "Let my prayer be directed as incense in Thy sight: the elevation of my hands (Maseath) as evening sacrifice."

The word Mass, therefore, was in all probability first applied to the daily sacrifice of the New Testament by the Christian Jews of the early ages, who were accustomed to witness the elevation of the priest's sanctified hands in sacrifice (Maseath) every day, immediately after the consecration, when the bread of earth became the living bread from heaven and the blood of the grape became the blood of the true Vine—Jesus Christ.

A bitter or unjust word irritates. Let it pass: he from whom it escapes will be only too happy to see that we have forgotten it.—Golden Sands.

EDITORIAL NOTE.

The Church of England in Australia having resolved to raise Melbourne to the rank of an archbishopric and to make it the capital of a new ecclesiastical province, trouble has arisen with the Catholic Archbishop of Melbourne, who has been there for thirty years.

MASEATH, OR MASS.

To the Editor of True Witness: Dear Sir:—The word Mass in its various forms is found in nearly all languages.

The etymology of this word has long been a mooted question. Many eminent theologians and philologists from St. Thomas Aquinas down have written on the subject, but not one of them, so far as the present writer is aware, has ever traced the word Mass to the Hebrew word Maseath which signifies the elevation or lifting up of the hands whilst offering sacrifice to God.

Now the first Apostles were Hebrews, and the Hebrew word for the elevation of the consecrated host in the Mass is "Maseath." This word is found in the second verse of the 140th psalm in the Hebrew Bible: "Let my prayer be directed as incense in Thy sight: the elevation of my hands (Maseath) as evening sacrifice."

The word Mass, therefore, was in all probability first applied to the daily sacrifice of the New Testament by the Christian Jews of the early ages, who were accustomed to witness the elevation of the priest's sanctified hands in sacrifice (Maseath) every day, immediately after the consecration, when the bread of earth became the living bread from heaven and the blood of the grape became the blood of the true Vine—Jesus Christ.

A bitter or unjust word irritates. Let it pass: he from whom it escapes will be only too happy to see that we have forgotten it.—Golden Sands.

Colonial House, PHILLIPS SQUARE.

Great Annual Discount Sale LIBERAL DISCOUNTS IN EVERY DEPARTMENT AND 5 PER CENT. EXTRA FOR CASH.

- Ostrich Feather Boas: \$26.50 Black Ostrich, round, 72-inch, for \$21.20. Ladies' Fur Jackets: Electric Seal Jackets from \$37.13. Furniture Dept.: 16-30 1 Golden Oak Fur Chest, Cedar lined. Price \$28.00. Less 25 per cent.

PICTURE DEPARTMENT

Water Colors At Great Reductions.

- Stationery Dept.: We are clearing out a number of lines AT 10c DOZEN, REGULAR 25c DOZEN. Ribbons, Ruchings, Handkerchiefs: Wide Duchess Satin Ribbons, assortment of shades, 25c yard, less 50 per cent.

Samples Sent Free to any Address when Possible, And Special Attention Given to Mail Orders. HENRY MORGAN & CO. - Montreal

ITEMS OF INTEREST.

DOMINICAN PREACHER TEN SERMONS. Rev. Father Plessis, preacher, will occupy the Notre Dame Church during the season. NEW VICE-CHANCELLOR. The Rev. Abbe Sylvestre appointed vice-chancellor Archbishop's Palace in St. Abbe Perrier, recently visitor to the Catholic...

SOLITARY ISLAND

A NOVEL.

By REV. JOHN TALBOT SMITH.

CHAPTER II.—(Continued.)

"I see—I understand," he said, "I wish to do everything honorably. You will not blame me if anything should occur contrary to your wishes."

pects to get beyond the village line all her life. "If he takes the one report is giving him," Linda began.

CHAPTER III.

Supper that evening in the Wallace dining-room was a dull and even threatening affair. The members of the family as they sat facing one another at the table presented an interesting appearance, since no one individual bore the slightest resemblance to any other. Mr. Wallace was a mite of a man, whose face was excessively wrinkled, whose hair had no special color, and who talked nervously, even spitefully, without beginning or finishing his sentences.

"Well, what of it? Is Mr. Buck less a gentleman because he is a minister?" "Excuse me if I do not argue that point," her brother interrupted. "I admit he is not, otherwise I would have knocked down the man who dared to mingle your names in my presence."

room, but he stood between her and the door, with so stern a face that she grew frightened again. "You must remember," he said, "that this is no child's play, and that until you satisfy me one way or another as to what you have done in this matter your life will be twice as unpleasant as you say it has been."

BLOOD HUMORS

PIMPLES Many an otherwise beautiful and attractive face is sadly marred by unsightly eruptions, blotches, freckles, and various other blood disorders.

BURDOCK BLOOD BITTERS

This remedy will drive out all the impurities from the blood and leave the complexion healthy and clear. Miss Annie Tobin, Madoc, Ont., writes: "I take great pleasure in recommending your Burdock Blood Bitters to any one who may be troubled with pimples on the face."

part, and can't. No one can. Her name is Sara, and she actually cries sometimes to think her name isn't Pearl or Gwendoline. She is as shallow as a mud-puddle; and as for her faith—well, she'll marry Rev. Mr. Buck and follow him through every shade of opinion to Mormonism.

Mrs. Sutherland thought she had Serious Heart Trouble

"Fruit-a-tives" cured her when Doctors failed.

Hundreds of people suffer with Irritated Heart. Pain comes over the heart, especially after eating. Palpitation or fluttering—headaches—belching gas—indigestion and constipation follow.

The heart is irritated by the stomach. The nerves of the heart and stomach are identical. When the stomach is distended by gas—when food sours or is not properly digested—the stomach nerves are irritated and this soreness extends to the heart.

"Heart disease and Dyspepsia cured by Fruit-a-tives."

OTTAWA, July 14th, 1905.

To Fruit-a-tives Limited.

Gentlemen—

I never gave a testimonial to any medicine before but I like "Fruit-a-tives" so much I will gladly do so.

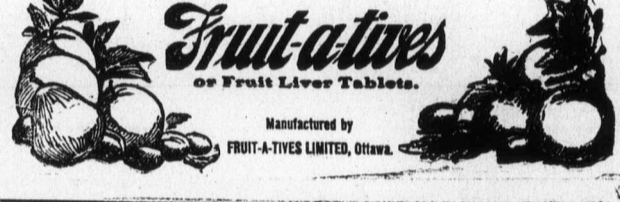


had and I suffered from long standing constipation and now I am quite well from these complaints. I wish to say also that my complexion was very bad, sallow and muddy in the extreme but now after taking "Fruit-a-tives" it is as fresh as ever.

"Fruit-a-tives" CURE IRRITATED HEART because they cure stomach, bowels, kidneys and skin. "Fruit-a-tives" set the gastric juices flowing—clean and sweeten the stomach—insure the perfect digestion of every meal.

"Fruit-a-tives" are concentrated fruit juices, combined by a wonderful process which increases their medicinal action many times.

at all druggists or sent postpaid on receipt of price—\$1.00 a box or 6 boxes for \$5.50.



often, and—well, the thought doesn't come to me, I mean wouldn't it hurt you a little to give her up?"

"If she didn't become a Catholic after all? Yes, it would hurt me." They walked along in silence for a time.

"Ruth is so Quakerish, so thoughtful, and so determined," said Belinda. "If she couldn't feel convinced she wouldn't become a Catholic—not for twenty Florians."

"Her highest praise that I would never have given my heart otherwise. If my wife is to be a Catholic she must be a good one."

"But just think, Florian, if she didn't believe!" "You are bound to think disagreeable things to-night," he said, laughing, "but let us work on the it."

"In that case Ruth and I would part and there would be an end of it." "A cool description of a hot affair," she said.

"Well, what more would you have? Do you know, the Pere gave me a fright on this very matter not more than two hours past. He thinks Ruth will not become a Catholic."

"It has often occurred to me," she replied with spirit; "nor would I, were I a Protestant, for the sake of getting a husband."

The next minute she laughed at his indignant face, and made an apology. "No, no, Flory, you may be sure I did not mean that. Ruth has too good a heart, too strong a principle, to do such a silly thing. She's in trouble over her poor father. You ought to go and comfort her."

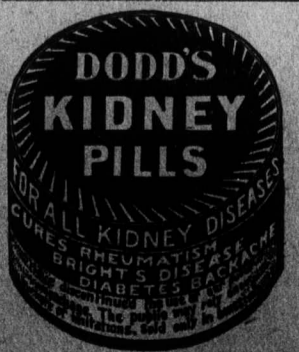
He was not very enthusiastic in taking the offer, but at all events he must know something definite about her change of religious convictions before that night had passed.

"I think I will go," he said. They were standing on the river shore, and his boat lay ready a few feet away. Linda pushed him into it.

"Try to make her promise to-night," she said, as he pushed off, "and here's good luck to you." With a sad heart she turned home.

CHAPTER IV.

Squire Pendleton's comfortable dwelling stood a mile from the vil-



"I wonder," she said, as they went down the hill to the bay, "that Sara did not think of throwing Ruth Pendleton at you in reproaching her for encouraging Mr. Buck."

"It is a wonder," replied Florian; "she is so—well, she knows I would not marry Ruth if there was not a prospect of her conversion."

"And wouldn't you?" "Why do you ask that question, Linda?" he said, looking down at her serious face.

"I thought, you know—that is, I heard you extol the power of love so often, and—well, the thought doesn't come to me, I mean wouldn't it hurt you a little to give her up?"

Man is truly rich when his mind is rich and life is full of joy when his heart is full of love.

