

Solution:

As indicated by the title, though the definitions are normal, the subsidiary part of the clues ignore the H's in the answers. (10 across has no subsidiary indication at all, since the whole solution is an "H".) The "hint" is a heteronym of "H in the answers 22 times".

Across

1. HAPHTARAH (anag. of APART A)
6. RHINO (anag. of IRON)
7. SHT (abbr., ST hidden)
8. HITCHHIKE (charade: IT C IKE)
10. ETA (abbr.)
11. CHARD (other def.: CARD)
13. SHERE KHAN (anag. of ASK around ERE, N)

Down

1. HARSHNESS (anag. of NASSER'S)
2. PHI (other def.: PI)
3. TOOTHACHE (charade: TOO T ACE)
4. ROSHI (ROSI hidden)
5. HIT HEAD ON (anag. of NOT AIDE)
9. THANE (TANE hidden)
12. ASH (other def.: AS)