#### HOME CIRCLE eeeeeeeeeeee

THE COST OF WAR. Give as the gold that war has cost, We'll clothe each shivering wretch on earth

In needful, nav. in brave attire; We'll build asylums for the poor, By age or ailment made forlorn; We'll link each alien hemisphere. Help honest men to conquer wrong; Art, Science, Labor nerve and cheer, Reward the Poet for his song.

In every free and peopled clime, A vast Walhalla hall shall stand; A marble edifice sublime. For the illustrious of the land; A Pantheon for the truly great, The wise, beneficient and just: place of wide and lofty state To honor or to hold their dust. -The Progressive Thinker.

HOUSEHOLD HINTS. A dull or smouldering fire may be cleared for broiling by throwing over a handful of salt. If salt is thrown any burning substance it checks the blaze, but if sprinkled over coal,

pakes it burn brighter, last longer,

and there are fewer clinkers. Add salt to the water in which ack cotton goods are washed to revent fading and turning brown. tub rough flatirons over paper prinkled thickly with sait. Lemon pice and salt will remove stains from he hands. Do not use soap immediately thereafter.

Fresh ink stains on carpets or tablecloths can be removed by repeated applications of dry salt. Carpets are freshened and colors brightened if wiped with clean cloths wrung from salt water. Coarse salt sprinkled occasionally around the edge of carpets is a moth destroyer.

Ribbons and other silks should be put away for preservation in brown paper, as the chloride of lime used in the manufacturing of white paper frequently produces discoloration.

They may be cleaned and made to look like new by sponging them with equal parts of strong tea and vinegar. Iron with a not too hot iron.

Baby flarnels or white flannels of any sort are shrunk by having boiling water poured over them and leaving them in the water until it is cold. In drying, they should not be wrung out, but-squeezed and pressed and shaker to free from water, and then hung out till partly dry. Roll up smoothly while still damp, and iron with cool iron after they have lain rolled for twenty minutes.

If sheets and tablecloths are so folded that the selvedge edges will pass through the wringer first, they will be less likely to curl and will be smoother. Never hang articles singly on a windy day; if doubled or quad rupled even, they will dry, and frayed and otherwise dilapidated corners will be less frequent. Use a small whisk broom to dampen clothes preparatory to ironing. Fold napkins and handkerchiefs once, place one upon another and roll. To prevent upon another and roll. the fringe of towels from breaking and wearing off, snap the towels when the fringe is damp.

A few touches of real worth such as tapestries and soft cushions make Oriental corners bright and attractive, and their brilliant reds and vel lows are calculated to drive away the

Cabsorption; in fact, it is sometimes

foring," and a lesson in its practice hould be taken from the family phy-

'er and some pure white coap, take a tooth or hand brush and scrub the parasol, or an easier method is to wet the parasol, then soap it, then scrub it with the brush. After it has been scrubbed all over rinse it thoroughly by throwing first luke-warm water over it, rubbing suds out with the hand, and finish rinsing with cold water, then stand out in the sun and it will dry in thirty minutes. Do not close parasol until perfectly dry.

There are occupations which cause disease and occupations that may be prescribed as cures for certain dis-

In selecting an occupation for life it is as important to consider its effect on any physical disorder as to count on its wages. As an example, take hay fever. This complaint is considered a rich man's disease, .svociated with frequent ocean trips. The occupations which a hay-fever patient will find most healthful are those that tend to keep the body at a low temperature. The iceman or helper in an ice-house or refrigerating or coldstorage plant is practically immune from hav fever. A New York artist, suffering from hay fever, recently shut himself up in a cold-storage room for hours at a time to find relief. The smell of salt water also tends to cure hay fever. A sufferer who would live the life of a saitor or lighthousekeeper would be pretty certain of being cured. \* \* \*

SULPHUR A PREVENTIVE OF

MOSQUITO BITES. One of our readers informs us that, having seen a statement in some English medical journal to the effect that sulphur, taken internally, would protect it as a preventive of mosquito bites. Accordingly he began taking effervescing tablets of tartar-lithine sulphur, four daily. He provided himself with several lively mosqu'toes, and having them put into a wide-mouthed bottle inverted the bottle and pressed its mouth upon his bare The mosquitoes settled on his skin but showed no inclination to bite him. If this gentleman's experience should be borne out by further trials, it might be well for persons who are particularly sensitive to mosquito bites to take a course of sulphur during the mosquito season, especially in view of the growing opinion that the mosquito is the comnon vehicle of malaria.-N. Y. Medi-

#### CANADA AT THE FAIR.

cal Journal.

The Dominion of Canada has erected at the Pan-American Exposition what is in many respects the finest and best furnished of the foreign buildings at that great assemblage of the achivements of Pan-America. The dedication of this building on July 1st, Dominion Day, was a notable event and will do much to draw closer the relations between Canada and the United States and other portions of the three Americas.

The Canadian building is a handsome structure, 60x108 feet in dimensious, and two stories nigh. The style of architecture is Elizabethan, and staff work representing stone in the first and timber in the second The shingled roof is stained with case of amail children, or of any sick person where great masses is present or there is a weak, delicate strong, but is not case of white in the case of amail children, or of any sick person where great masses is present or there is a weak, delicate strong, but is not case of the strong, it is not possible in the strong it is not possi with creosote. There are two wings extending from the front at the sides

the Mall to the cast of the Agrucilture Building and near the great Stadium for athletic sports, The Grand Canal of the Exposition, with its avenue of poplar trees, runs along in front of it. It is convenient of access from the big live stock barns to the south of the Mall. The building resembles somewaht the British Building at the Chicago World's Fair, of 1893, although it is by no means a copy of this building. Flowers and fruits are used to brighten the appearance of the building. The interior presents a most effective appearance, arranged as it is with the exhibits of Canada in a most attractive manner. Although Canadian exhibits are seen

in the various exhibit buildings in greater extent and variety, the notable productions of the Dominion have been arranged so as to give on the whole a most interesting presentation of the products of this vast country. The cereal products of the Canadian farms are woven into figures and patterns suitable for the decoration of the walls of the building Conspicuous in the display are the specimens of game animals and birds. The New Brunswick Legislature has loaned to the Intercolonial Railway for exhibition in this building some of the most interesting articles in its collection. One of the features of the decoration of the building upon the interior is a splendid buffalo. This stuffed buffalo is one of the largest specimens to be seen. There are also fine specimens of the musk ox. The bison shown was the giant of a herd in the Canadian Northwest Territory and was killed by Warburton Pike, an American writer, who had it stuffed and mounted and presented to the Dominion Government. Other stuffed animals shown are moose, elk, caribou, beaver, links, wild cat. mink, seal, merten, fox, bear wolf and different varieties of birds and fish.

There is a splendid moose head with antlers spreading 68 inches, loaned by Col. Charles E. Turner, U. S. Consul-General at Ottawa, who shot it 150 miles north of the Dominion capital. It is said to be the most perfect specimen in existence.

The Canada Building has apartments for visitors and for the officers of the Commission, and these are handsomely furnished throughout. Just offthe main court is the office of Commissioner J. Hutchinson and his Secretary, Wm. A. Burns, and here there is a register where Canadian visitors are requested to inscribe their names.

The Canada Building is illuminated at night in harmony with the other Exposition buildings, so, that it is a beautiful sight in the evening as well as under the sunlight of the day. The Ontario Fruit exhibitors made

special graparation for Canadian Day in the way of a complete display of choice apples from their ample supply in cold storage. There is also a very complete and attractive exhibit of strawberries, gooseberries and cherries. In addition to this a large number of patriotic Canadians sent over for the embellishment of the exhibit a plentiful display of the finest cut flowers of the season, including roses, carnations, lilies, sweet peas, verbenas and a multitude of other va-

#### The Source Of Energy

Is the Brain, Says Sir Henry Thompson, the Great English Authority on Nervous Diseases-Dr. Chase's Nervo Food Creates New Nerve and Brain

+++++++++++++++++++++++++++++ CHILDREN'S

CORNER

\*\*\*\*\*\*\* THREE O'CLOCK IN THE MORN-

What do the robins whisper about From their homes in the elms and birches?

I've tried to study the riddle out; But still in my mind is many a coubt, In spite of deep researches.

While over the world is silence deep, In the twilight of early dawning, They begin to chirp and twitter and

peep,
As if they were talking in their sleep, At three o'clock in the morning.

Perhaps the little ones stir and complain

That it's time to be up and doing And the mother-bird sings a drowsy strain

To coax them back to their dreams again,
Though distant cocks are crowing.

Or do they tell secrets that should not be heard

By mortals listening and prying? Perhaps we might learn from some

whispering word

The best way to bring up a bird Or the wonderful art of flying.

It may be they speak of an autumn

day
When, with many a feathered roamer,
Under the clouds so cold and gray,
Over the hills they take their way
In search of the vanished summer.

It may be they gossip from nest to

nest, Hidden and leaf-enfolded; For do we not often hear it confessed When a long-kept secret at last is

That "a little hird has told it?"

Perhaps; but the question is wrapped in doubt,
They give me no hint or warning.
Listen, and tell me if you find out
What do the robins talk about
At three o'clock in the morning?

-R. S. Palfrey, in Every Other Sunday. . . .

A BROKEN THREAD.

It was one of the boy's duties to carry the mail from the summer hotel where he worked to the postoffice in the neighboring village. He was an honest boy, but apt to be careless at times.

One day on his return from the oflice he found that a letter had remained in the bag unnoticed when he took out the others. He took it now and looked, at it. It was directed to some town in France.

He could still mail it in time for the noon train if he ran all of the way back; but it was a scorching day. the road was dusty and he was tired Besides, there was a game of ball go ing on that he wanted to see. It did not look like an important letter. A thin, light thing, directed in a wo man's hand! Pshaw! Women were alwave scribbling!

He threw it into the bag and went whistling to the ball field.

The letter was mailed two hours later. It reached New York just an hour too late for the steamer, and was thus delayed four days.

Old Jeanne, the cook at the hotel, went about that summer crooning happily to herself, muttering and laughing when she was alone paring the potatoes When her mistress asked her one day why she laughed, she

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