

The HOME CIRCLE

NO TIME TO LOSE. Young friend, you're fond of sport and play...

An early start in honor's race—O that's the way to win! A late set out, a lazy pace...

And don't forget, as on you go, However high you rise, The goal is set, not here below...

MEDICINAL VEGETABLES. Cranberries correct the liver. Carrots are excellent for gout.

Celery contains sulphur and helps to ward off rheumatism. Bananas are beneficial to sufferers from chest complaints.

Potatoes are good for torpid liver, but should be avoided by gouty people. Lettuce has a soothing effect on the nerves...

FATS DISAGREE WITH DELICATE STOMACHS. Lean meats are stomach-digested foods. Fats, after they have been cooked...

HELPFUL HINTS. Camphor put in drawers or trunks will keep away mice. Rub hinges with a feather dipped in oil...

Do you know that there is absolutely nothing that will help you to bear the ills of life so well as a good laugh?

Be wise and have a glass of iced "Salada" Tea when you feel warm. A small piece of lemon will add to its flavor.

THE "RESTS" OF LIFE. In our whole life melody, the music is broken off here and there by "rests," and we foolishly think we have come to the end of time.

SOME HELPS IN TRAVELING. The ideal traveling bag contains few necessary toilet articles, all light and small.

brush or washcloth, soap and tooth brush. This is the only sanitary way to carry these things.

Blarney Castle. Blarney Castle, as everybody knows, is one of the best preserved and most beautiful of the many ruins of Ireland.

THE CASTLE. The castle stands on the banks of a flashing stream called the Comane, full of trout and well protected.

THE FAMOUS BLARNEY STONE. The famous Blarney stone is as well known as the King of England, and the superstition is that whoever kisses it becomes instantly endowed with wonderful persuasion of speech.

THE UBIQUITOUS YOUNG MAN. The ubiquitous young man, ever on the move, passed through, and was at a loss to account for the frowns of everybody.

QUESTS FOR THE GUIDE BOOKS. The I.C.R. Publications are appreciated. Some idea of the manner in which the attractions of the Intercolonial Railway have been exploited during the past few years may be gathered from the increasing number of re-

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Loures Latest Wonder. The world is used to miracles at Loures, says "The Messenger," but it is now raving with more than ordinary amazement about the latest wonder that occurred at the grotto.

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