

The HOME CIRCLE

PEERLESS WOMANHOOD. "May the Lord God bless the noble women of the Catholic church. Their constant work for good is evident at all times and in every place. They are barred in our church from officiating in the service, but that does not in the least trammel their grand achievements. They are apostles in the broadest sense by their prayers, good example and sacrificing works. The work of the church succeeds by being watered by their tears and fostered by their thought and prayer."

CHRISTIAN PATRIOTISM. Our fathers to their graves have gone; Their strife is past, their triumph won. But sterner trials wait the race Which rises in their honored place— A moral warfare with the crime And folly of an evil time.

So let it be. In God's own might We gird us for the coming light; And strong in Him whose cause is ours. In conflict with unholy powers, We grasp the weapons He has given— The light and truth and love in heaven.—Whittier.

WOMAN'S LOVE. Ah! woman—in this world of ours What gift can be compared to thee? How slow would drag life's weary hours Though man's proud brow were bound with flowers, And his the wealth of land and sea. If destined to exist alone, And ne'er call woman's heart his own?

Yes, woman's love is free from guile, And pure as bright Aurora's ray. The heart will melt before its smile, And earthly objects fade away. We're I the monarch of the earth, I would not estimate their worth, Dear woman, half the price of thee.

"MAN'S BEST FRIEND." Colonel Sanger's hounds, when they found three-year-old Raymond Dowd in Nine-Mile swamp, near Sangerfield, Oswego county, gathered around the boy and licked his face. The child wandered away some days before while his father was picking hops. An all-night search by three hundred men was fruitless. Lanterns were carried and fires built to attract the lad's attention, but he gave no sign. The next morning the four hounds arrived. After smelling of a jacket belonging to the lost boy they began searching for his tracks and soon found them. Following a circuitous course, estimated to be ten miles long, they came upon the child lying at the foot of a tree, exhausted from hunger and exposure. There was a tremendous demonstration when one of the hosen men took the boy home perched on the pommel of a saddle, and the dogs came in for their share of the ovation.—Rochester Democrat and Chronicle.

EMPTY STOCKINGS. Oh, mothers in homes that are happy, Where Christmas comes laden with cheer, Where the children are dreaming already Of the merriest day in the year. As you gather your darlings around you, And tell them the "story of old," Remember the homes that are dreary! Remember the hearts that are cold! And, thanking the love that has dowered you, With all that is dearest and best, Give freely, that from your abundance Some bare little life may be blessed.

Oh, go where the stockings hang empty, Where Christmas is naught but a name, And give—for the love of the Christ-child! 'Twas to seek such as these that he came. —Ellen Manly, in Ladies' Home Journal.

THE AVERAGE MAN. "The average man when he is a boy," a trifle involuntarily ruminated the old codger, "decides that when he grows up he will be a drum major or a bandit, triumphantly survive battles, shipwrecks and holocausts and gallantly protect innocents and beauty in distress. But the average boy when he becomes a man finds so busy satisfying the appetite of the always hungry mortgage, endeavoring to achieve but never attaining the eminence of being the head of his own household, chasing at the earnest solicitation of his many friends the political prominence which forever eludes him, selecting the particular brand of bean fodder that will injure him the least, running after or away from something or other, getting off a few well chosen words, trying to collect or evade that which is justly coming to him, placating his wife's relatives, accumulating baldness, pointing with pride or viewing with alarm, and so on and so forth, that before he has time to be anything more protuberant than one of the ciphers of the millions that inhabit this land of the free his men friends are walking slow behind him and saying that Bill was a pretty good feller, but—and his women friends are chastenedly wondering how soon the widow will marry again. That's all there is to the average man."—Puck.

FOR GOOD HEALTH. Air is a life preserver; it is the particular friend of man, and he who barricades the doors and windows against this life-saving friend gives a cordial invitation to disease, and windows and let the sunshine in, and let wind blow through the rooms every morning, for they are disinfectants performing labor of a sanitary nature. Breathe long and deep; fill the lungs to their utmost capacity with pure air, several times each day. Keep the home well ventilated at night and day, and remember that when night comes on all the air you have in or out of the house till the

next morning is "night air," and you cannot bottle day air enough within the sleeping room—to last through the night, so by all means let the air circulate through the room and thus keep a fresh supply of this life-giving element constantly with you. More fresh air is required during sleep than when awake for increased quantities of poisonous products are given off from the lungs and skin at this time, so each respiration renders the air in an unventilated room more unfit to be breathed again. Keep the windows sufficiently open so the fresh "night air" can come in and the impure air can go out. Always remove the fur and loosen the coat when entering a house or shop, if only for a few minutes; dress warmly for outdoors and lighten the clothing considerably when in the house.

THE HOLIEST SPOT ON EARTH. We have been in many holy places and mixed in many holy companies, but we can truthfully say that, to our mind, the holiest spot on earth is an ecclesiastical seminary, and the holiest people in the Church of God are young men studying in a seminary to prepare themselves for the sacred ministry. They are, generally speaking, a superior class of young men, animated with the loftiest motives and seeking the noblest ends men can propose to themselves on this earth. They have the holiest priests for their teachers, guides and companions, and their studies and thoughts and meditations are all ennobling and elevating. The purest atmosphere we ever breathed is the atmosphere of an ecclesiastical seminary, and we never enter such a place without feeling a sense of hushed awe for the sanctity of the surroundings. We have known many men engaged in teaching young men studying for the priesthood, and we knew them, one and all, to be men of holy and supernatural lives. All the young men we have known in our seminary days have been earnest, honest students of human and divine science. An ecclesiastical seminary is, before all things, a home of purity, modesty and self-abnegation.—Western Watchman.

NOVEL CHEESE DISHES. Cheese Relish.—Cut one-quarter lb. cheese into slices, put into a frying-pan, pour over it one large cup of milk into which has been mixed one-half teaspoonful of dry mustard and a pinch of salt; add a piece of butter the size of a butternut; stir all the time; have ready three Boston crackers, chopped fine; sprinkle them into the mixture; when thoroughly mixed turn into a warm dish and serve.

Cheese Rice.—Boil a cupful of rice in two quarts of water. When tender turn into a colander, drain, shake hard and stand at the side of the range ten minutes to dry. Now stir into the rice, first a tablespoonful of melted butter, then four tablespoonfuls of Parmesan cheese and a dash of cayenne pepper. Serve hot.

Tomatoes and Cheese.—Cut the stem end from large tomatoes and with a small spoon scoop out the insides. To two tablespoonfuls of tomato pulp add a teaspoonful of bread crumbs and the same quantity of cheese crumbled into bits. Season to taste and return this mixture to the tomatoes. Replace the stem ends and bake the tomatoes for twenty minutes in a roasting pan. Transfer to a hot platter and serve.

Out of School Because of Colds THOUSANDS OF CHILDREN WILL ACQUIRE LUNG TROUBLES, WHICH COULD BE AVOIDED BY USING DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE

The records of attendance at the Toronto Public Schools show that ten thousand children were absent on account of colds during a single month. "The worst enemy of all to the child, so far as keeping him from school is concerned, apparently is the common, every-day cold," said Dr. Goodchild in his report to the Ontario School Association. "Not only does the cold prove an enemy in this way," he continued, "but it is well known that many of the more serious diseases follow from the simple cold. As a result of the patient becoming weakened down in his resistance against disease, the germs of various infectious diseases, the more easily find a place to multiply somewhere in the organism." Parents who make practice of keeping Dr. Chase's Syrup of Linseed and Turpentine in the house have at hand the most certain means of curing coughs, colds, croup and bronchitis, and positively preventing more serious disease. It is sometimes forgotten that few ailments possess more possibilities of danger than a common cold.

Mrs. R. D. Turner, Broadview, N.W.T., writes: "We have seven children and have used Dr. Chase's Syrup of Linseed and Turpentine for every one of them and with good results. We get four bottles at a time and find it a good remedy to break up cold on the lungs." Not only is Dr. Chase's Syrup of Linseed and Turpentine a positive cure for croup, bronchitis, whooping cough, asthma and severe chest colds, but it is also a preventive of all diseases of the lungs.

Dr. Chase's Syrup of Linseed and Turpentine, 25 cents a bottle, at all dealers, or Edmondson, Bates & Co., Toronto. The portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every bottle.

Cheerfulness increases earning capacity. This article is not intended for the honestly poor, for those who are doing their level best to improve their condition; but it is meant for the idle, the purposeless, for those who are bringing only a small part of themselves to the task, who are using only a small percentage of their ability, for those who think themselves down and who hold themselves down by their pessimistic, discouraging depressing thought, talk and actions. It is intended for those who could improve their conditions by turning about and facing the other way. A great many people think they are doing their level best to get away from poverty when they are not making one-half the effort possible to them.

You may think you are doing your best. Just take an inventory of yourself and see if you are bringing out the best in you, if you are doing all you can to make a place for yourself in the world. You may find that you are really using only a small part of your ability to gain independence. New hope, more optimism, a new life motive, a more hopeful, cheerful outlook would probably increase your earning capacity wonderfully. Your creative faculties will not give up their best unless you are facing the light, unless hope and confidence are leading you.

If it were possible for all the poor people in the world to turn their backs on the dark and discouraging environment and face the light and cheer, and if they would resolve that they are done with poverty, and a slipshod existence, this very resolution would, in a short time, revolutionize civilization.—Success.

The greater the irritation in the throat the more distressing the cough becomes. Coughing is the effort of Nature to expel this irritating substance from the air passages. Eickel's Anti-Consumptive Syrup will heal the inflamed parts, which exude mucus, and restore them to a healthy state; the cough disappearing under the curative effects of the medicine. It is pleasant to the taste, and the price, 25 cents, is within the reach of all.

FATHER KOENIG'S NERVE TONIC. Hea-breaking Expression. 5. My daughter enjoyed very good health until about two years ago, when she showed symptoms of depression. After some time she expressed a wish to try a medicine, and then had severe convulsions. Many so-called remedies were tried during the year, but of no avail. After she had taken the first spoonful of Pastor Koenig's Nerve Tonic the attacks disappeared, and she has had no more since. Prescribed by Rev. L. Strick, DUBLIN, ONT. My wife has taken six bottles of Pastor Koenig's Nerve Tonic. She has had no return of the fits, and I think this remedy has had the desired effect. I cheerfully recommend it to anyone suffering from that dreadful malady "Epilepsy," and may God aid you in your good work. JOHN GRANT.

FREE A Valuable Book on Nervous Diseases and a Sample Bottle to any address. Poor patients also get the medicine free. Prepared by the Rev. PASTOR KOENIG, of Fort Wayne, Ind., since 1870, and now by the KOENIG MED. CO., CHICAGO, ILL. Sold by Druggists at \$1.00 per bottle, 5 for \$5.00. Agents in Canada—THE WINGATE CHEMICAL CO., LTD., TORONTO; THE WINGATE CHEMICAL CO., LTD., MONTREAL.

light and the orange juice. Now stir in the whites of four eggs beaten to a stiff froth and pour the mixture into pie plates lined with puff paste. Bake in a quick oven. When done spread with a meringue made of the whites of the other two eggs, two tablespoonful of juice, and stand them in the oven to brown. This quantity will make two pies. Celery Omelet.—Beat thoroughly, first the yolks and then the whites of the eggs; to the yolks add a tablespoonful of boiling water, a pinch of salt, a dash of pepper and a cup of chopped celery to five eggs; turn the stiff whites into the yolks and fold; that is, stir them in so the air bubbles will not be broken. Turn carefully into a frying pan in which has been melted a large piece of butter. Set where it will cook very slowly and when well browned on one side, set in the oven to brown on the other. Serve immediately. The omelet may be varied by dropping chopped meat into it. Graham Biscuit.—One cupful of sweet milk or milk and water, two teaspoonfuls of baking powder, two teaspoonfuls of sugar, one tablespoonful of lard and one-half teaspoonful of salt. Sift the baking powder with the Graham, add a cup of wheat flour, knead barely enough to roll out, cut with a biscuit cutter and put in a floured pan. Bake in a hot oven. One-half teaspoonful of soda and one teaspoonful of cream of tartar may be substituted for the baking powder.

Stewed Codfish.—Have three pounds of codfish cut into steaks and sprinkle each slice well with salt, pepper and lemon juice, brush them with melted butter, let stand for ten minutes, then arrange in a deep frying pan. Pour over one cupful of fish stock and cover with buttered paper, then with a closely fitting lid. Simmer gently for twenty minutes; take up carefully with a skimmer and arrange on a hot platter. Mask each steak with a spoonful of thick tomato sauce which has been slightly flavored with essence of anchovy and garnish with parsley and lemon.

Hamburg Cream.—Separate five eggs, beat the yolks until light, then add half a pound of powdered sugar, beat again until very light; add the grated yellow rinds and juice of two lemons. Put this mixture into a double boiler, stir constantly over the fire until it is smoking or steaming hot, then add hastily the whites of the eggs beaten to a stiff froth; take it off the fire, turn into small glasses and stand away to cool. If separation takes place, it has not been cooked sufficiently before the whites were added. The whites of the eggs should be beaten before the yolks go over the fire, so that the mixing may be done quickly.

To Those of Sedentary Occupation.—Men who follow sedentary occupations, which deprive them of fresh air and exercise, are more prone to disorders of the liver and kidneys than those who lead active, outdoor lives. The former will find in Parmelee's Vegetable Pills a restorative without question the most efficacious on the market. They are easily procurable, easily taken, act expeditiously, and they are surprisingly cheap considering their excellence.

"Bobbie," demanded Bobbie's mother, reproachfully, "why in the world didn't you give this letter to the postman, as I told you?" "Because," replied the youth, with dignity, "I didn't see him until he was out of sight."—Harper's Magazine.

THREE TRYING TIMES IN A WOMAN'S LIFE There are three periods of a woman's life when she is in need of the heart strengthening, nerve tonic, blood enriching action of MILBURN'S HEART AND NERVE PILLS. The first of these is when the young girl is entering the portals of womanhood. At this time she is very often pale, weak and nervous, and unless her health is built up and her system strengthened she may fall a prey to consumption or be a weak woman for life.

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The third period is "change of life" and this is the period when she is most liable to heart and nerve troubles. A tremendous change is taking place in the system, and it is at this time many chronic diseases manifest themselves. Fortify the heart and nerve system by the use of Milburn's Heart and Nerve Pills and thus tide over this dangerous period. Mrs. James King, Cornwall, Ont., writes: "I have been troubled very much with heart trouble—the cause being, to a great extent, due to 'change of life.' I have been taking Milburn's Heart and Nerve Pills for some time, and mean to continue doing so, for I can truthfully say they are the best remedy I have ever used for building up the system. You are at liberty to use this statement for the benefit of other sufferers." Price 50 cents per box, three boxes for \$1.50 at all dealers or The T. Milburn Co., Limited, Toronto, Ont.

Orange Pie.—Grate the yellow rind and squeeze the juice of two large, deep-colored oranges; mix well and save out a tablespoonful. Beat to a foam half a pound of butter and half a pound of powdered sugar. Add the yolks of six eggs beaten

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