## HOME CIRCLE ere ere ere ere ere

SYMPTOMS OF EYE STRAIN.

One of the symptoms of eye strain in watering of the eyes. It is because the eyes are weak or it may come from some obstruction of the tear duct. Twitching of the eyelids is another symptom of strain and sick headache another. Dark spots dancing before the eyes sometimes indicate an internal derangement or possibly the result of extreme nervouspess. If rest and care do not improve them, it is best to consult an oculist. Going to bed early is said to make the eyes darker in hue, and the wearing of gowns the color of the eyes is known to intensify their color and brightness. For inflammation of the eyes nothing better than boracic acid. In a saucer of warm water put a teaspoonful of borax, and after letting it stand a few minutes, bathe the eyes

### THE MISFIT MUGWUMPS.

From the tendency of men to break away from old associations when conscience or political conviction a course,-a most praiseworthy tendency, which is the best safeguard against political corruption and dry rot,-it results that there is a each of the great parties a large contingent of men who are misfits. They differ from the great mass of their fellow members in habits of thought and in political aspirations. Naturally they belong in the other camp; but whether it be that the original cause of their desertion has not been removed, or that pride has not been removed, or that pride or perversity forbid their re-turn, or that they hope to reform the party with which they have allied themselves, they rarely do return. They remain where they are to the end, or become, as they may be termed with their willing and proud consent, mugwumps.-Edward Stanwood in the February Altantic.

### HOUSEWORKERS GET THE BEST WAGES.

In the matter of wages the houseworker has the advantage of the outside worker in respect of net returns for the services performed. A good general housemaid in Alameda. suburb of San Francisco, gets twenty-five dollars a month. She does all he washing but the shirts and collars. In Chicago a girl for general housework receives as high as five dollars a week, with neither washing nor ironing; while in New York a general housemaid at four and a half dollars a week is expected, as a rule, to do the laundry work, excepting shirts and collars. A man attends to the porches, brasses, and furnace. In Boston a general housemaid averages four and a half or five dollars a week, usually doing the laundry work. There is no recognized union, but the tacit agreement among domestic employees as to the rate of wages is strong, and they are rather overpaid than underhald, and these wages are clear to those who receive them, no part being expended, as in the case of other wage-earners, for house-rent and food.

## A NEWSPAPER WOMAN'S LIFE.

I was a good reporter, and soon found work enough on the daily papers at space rates to take care of my-Some weeks I earned from fiftto eighty dollars; oftener I did not earn ten. I have attended an all-day convention, and far into the night. writing reports of speeches for messenger boys to take in sections "redhot" to the presses, so that the first part of the article would be in type before the last was written. And I have kept this up for many hours at a time. I have gone forth after breakfast to see a whole page of the morning paper given up to my report of such all-day meetings, at which I had worked for fourteen consecutive hours the day before, lunching on bananas and a sandwich and supping on a similar meal. I have had the printer's "devil" stand at my elbow to seize every fresh sheet that flew out from under my pencil, almost before it was done, the hot presses upstairs crying, with the horseleech's daughters, "Give, give." I have crawled from my bed in the morning only to fall back across it in a dead faint, and then gotten up and gone out to another regular day's work. And I have beaten the men on rival papers in "scoons" which occupied columns, and told no lies. spite of the fascination in this sort of thing-and it is a wonderful fascination - I could not keep up. And when, after a few years, there came a chance to edit an obscure monthly at a fair salary, I took it. Then I added a dramatic department for a weekly paper to my regular duties. doing the work evenings. Later went to the weekly paper editor of took on a regular denartment in the Saturday edition of the most highly respected journal in my city.-Helen Winslow in the February Atlantic.

## VENTILATION.

Housekeepers are, as a rule, much more sensible in regard to fresh night air than they used to be. Especially is it necessary in winter to air out house as often as possible. There is always more or less gas in the air furnace heated rooms, as well as in those heated by stoves. People who live in overheated houses in ! By noting your increase in weight winter are much more liable to pneumonia and severe colds than those who endure rather chilly rooms great restorative. where the air is pure. Every room in the house should be thoroughly aired at least once a day and then heated up again and protected from So many people shiver and shake when the living room windows are thrown open wide for a few moments. They seem to dread pure. cold air. A robust person ought not to feel in this wav, and he who has this innate dread cannot be in the best of health. Where a small stove is used to heat a room it is a good nian to keen a nan of water on ton of it, especially if it is an oil stove. It is said that the steam escaping from the water will help to keep the air wholesome. An av-thority says: "Stoves in a room, unless it is constantly supplied with fresh air from without, dry its air portrait and signature of Dr. A. W. me busy to find work to keep there intruding hile, relieves to an unwholesome extent. If no Chase, the famous receipt book autor mischiel."—F. A. Myrick in the intruding hile, relieves to an unwholesome extent. If no Chase, the famous receipt book autor mischiel."—F. A. Myrick in the intruding hile, relieves to an unwholesome extent. If no Chase, the famous receipt book autor mischiel."—F. A. Myrick in the intruding hile, relieves which cause you have appliance for providing this supply thor, are on every box.

exists in a room, it can usually be the lower sash and shutting the window down on it. Fresh air then comes in by the opening between the sashes and in a current directed upwards, which gradually diffuses itself over the room without heins followed them. If there over the room without heins followed any lacking the room would look. over the room without being felt as a draught at any one point." It is difficult for a robust person to sleep without any degree of comfort without a window core considerable. without a window open considerably, go of again and search till the misseven in winter. Closed bedroom windows are generally to blame for bad dreams, headaches and all manof ills. Draughts should, of course, be avoided, and there should Selected. plenty of warm bed coverings. Transoms over bed-room doors are excellent, though not always appreci- Bursting in from school or play, ated. They should be kept open at That is what the children say; night to let in (in connection with Trooping, crowding, big and small, windows) a mild current of fresh air.

USE AND ABUSE OF THE MACHINE.

Not one woman in a thousand From the weary bed of pain knows that the most faithful of all This same question comes again; household appliances, the sewing From the boy with sparkling eyes machine, is really a sensitive if inani-mate creature. Were this fact het-From the bronzed and bearded son ter known, the average sewing wa- Perils past and honors wonchine would give better returns in the family circle. The up-to-date machine is vastly different from the Burdened with a lonely task, one our grandmothers used. Ready- One day we may vainly ask to-wear garments for pargain count- For the comfort of her face. ers are responsible for many of the For the rest of her embrace; new attachments. Manufacturers could not afford to put hand-work on garments at the price bargain seekers are willing to pay for ready-made dresses. Some of these attachments are worthy the investigation of households where much dressmaking is done at home, and where there is not time for deft fingers to place innumerable dainty stitches. But the woman who intends to use these up-to-date attachments should take a careful course of instruction, as they do either very good work or very bad. With the present rage for piping and cording, the corder is a most useful attachment. The hemstitcher is another useful tool in bella. the family circle, and the tucker is "But I think I wouldn't, dear. It these are not included in the ordin- to do. ary price of a new machine, but your hand. they can be purchased extra at a price which can soon be saved in maybetime and strength. A most important fact for a woman to remember almost every machine. Women think dress to wear on your birthday." that all oils are alike and they use almost anything in the way of a lubricant that happens to be in the busy over a fine new suit for Arahouse, often with the result of clog- bella. ging up the machine. Another little careless trick which results in poor white, covered with little pink dots, thread, in order to give a graceful line of stitching. A machine which is used every day should be oiled every day, and occasionally it should lubricated with the best quality of kerosene. After the kerosene has been used the machine should be run ordinary machine oil should be ap-

Happy indeed are they whose intercourse with the world has not I can do! Arabella won't get lost changed the tone of their holier feelings, or broken those musical cords of the heart, the vibrations of which are so melodious, so tender, and so touching in the evening of their went to the matinee, and next sum-

# New Vigor

NEW POWER AND STRENGTH

FOR EVERY ORGAN OF THE BODY IN THE USE OF

## Dr.Chase's **NERVE FOOD**

Good digestion, ruddy complexion, splendid circulation, clear brain their fists in settling the matter." steady nerves, sound, restful sleep, better health and greater strength c. often." Uncle Frank had a wor- did you mean when you said, 'My mind and is what you may expect from the use of Dr. Chase's Nerve

Not in any mysterious way, but from the hard fact that Dr. Chase's Nerve Food is composed of the elements of nature which go to form put them in a pile in the pasture. new, red corpuscles in the blood, or. in other words, make the blood rich eree their spirits fell. They obedientin the nutritive principle which creseveral departments, and still later ates nerve force—the power which runs the machinery of the body.

WITH THE VITALITY OF THE BODY THUS BROUGHT TO HIGH ture designated by their uncle. WATER MARK WEAKNESS AND DISEASE GIVE PLACE HEALTH AND HAPPINESS.

Impaired digestion, irregular action of the feminine organism, weakness of heart, lungs or other bodily organs, pains and aches and all the annoying consequences of weak nerves and blood disappear because the cause of their existence is removed.

you can prove that new, firm flesh and tissue are being added by this

Mrs. H. A. Loynes, nurse, Philiosburg, Que., writes: "I was all run fun? down and could not do my own work. Everything I ate made me sick. nursing others I had seen the good results of Dr. Chase's Nerve Food and resolved to try it. As a result of this treatment I have gained ten pounds, do my own work alone and feel like an entirely different person. I have received so much benefit from this medicine that I am glad to recopy of Dr. Chase's Receipt Book,

THERE'S ONE WANTING.

A Scottish shepherd had a very got without a draught by fixing a clever collie dog, who could drive board about four inches wide under the sheep back from the hills after

ing sheep were found.

At last the good dog died, and the shepherd put these words over his grave: "There's one wanting."-

WHERE'S MOTHER?

On the threshold, in the hall-Joining in the constant cry, Ever as the days go by,

"Where's mother?

"Where's mother?"

Let us love her while we may: Well for us that we can say: "Where's mother?"

-London Mail.

HOW JESSIE MANAGED. On Jessie's birthday her sister Anna invited her to go to the matinee. Jessie was happy, and ran to tell her mother.

"Oh, mother, only think! Anna's going to take me to see the 'Forty Thieves'!" Thieves'!" And then a shade came over her bright face. "I do wish, mother- Oh, I do wonder if-

"What is it, Jessie?" "I would so much like to take Ara-

absolutely indispensable. Some of would be rather a troublesome thing You couldn't carry her in

"No," said Jessie, regretfully, "but

"I don't think of any way you could take Arabella," said her mois the value of good machine oil. Men ther. "You had better leave her at know that there is a lubricant for home, but you can make her a new Mothers think of such nice, interesting things to do, and Jessie was soon

The dress she made for her

work is the use of the same needle and had a plaited ruffle on the skirt. for various sizes of thread. The She tried to make the sleeves like needle should be changed with the those of Anna's new dress. The hat was white, with pink trimming on I'll have to take-

It was very hard to make, especially the bow on the front, but it was becoming to Arabella, and at last it was sewed firmly in place. Just as Jessie was finishing the

rapidly for a few moments, then hat she thought of such a good way to carry Arabella to the matinee that she laughed out with delight, and ran to tell her mother.

"Oh, mother, I know, I know what and she won't get crushed or crumpled and she won't make anybody any trouble. I'll fasten her in the crown of my hat." So Arabella mer she is going in Anna's trunk to Europe, for, as Jessie says, "If you are a paper doll you can find a way to go to places."-Youth's Compan-

THE SMART TWINS.

"Well, there's one good thing about Lyal having a black eye and Earl scratched nose," said the boys' aunt Jo to their Uncle Frank. "I'll be able to tell them apart for a few battle wears off. What did they quarrel about this

time?" inquired Uncle Frank, who said you didn't be took a lively interest in the little any composition." twins who were visiting at the farm. brook, but Earl insisted it was more I didn't believe you would copy fun to fish in the pond, so they used

"Those boys fight altogether too ried look on his benign face. "I believe I'll give them something to do, you-?' for work's an excellent think to keep the punishment fit the offence. I'm not going to allow either of them to go fishing again until they pick up all those loose stones in the road and When Earl and Lyal heard the de-

ly put the fishing-rods away and began to pick up the stones from the road, put them in a stout basket and carried them to the spot in the pas-Before they had worked long their legs and backs began to ache, and the

twins sat down on a bank to rest. "I don't think it's polite of Uncle Frank to make us work when we're visiting him," said Lyal, with a

"Maybe it wasn't polite of us to fight," remarked Earl, pulling a field daisy to pieces. thought of something ! " I've

screamed his brother, dancing up and down in the middle of the road. 'We'll put up a target by the stone pile, and throw the stones at it instead of carrying them. Won't it he

The other twin assented eagerly. through the air towards the target at a lively rate.

"This is more fun than the bear Times. bars at Eagles Mere!" panted Lval. Uncle Frank and Aunt Jo were discussing the stone-throwing frolic in Well, those twins are even smarter



THE BLUE PIG WITH THE BLACK

cold enough for a fire in the grate

"It's just the kind of night for a story," said Tom, throwing some pine cone, on the blaze.

"So it is," agreed Helen and Janie. "Grandma, won't you please tell us one-one we have never heard be-

Helen perched on the arm of grandma's chair, and Tom and Janie settled themselves on the rug before the fire and waited for the story to be-"Let me see," said grandma, as if thinking. She closed her eyes for

a moment, but the knitting needles kept flashing in the firelight-for grandma could knit without looking at her work. "Once upon a time," she began.

"Oh! that's the right way to besaid Helen, clapping her hands, while Tom applauded softly with his

"Once upon a time there lived a heathen king who had an ambition to own a blue pig with a black tail. So he sent a messenger to another heathen king, who said, 'O king, live forever! My king says you are to send him a blue pig with a black

"The king thought this sounded like a threat, so he interrupted the messenger, saying, 'Tell your king that I haven't a blue pig with a black tail,

and, if I had-"The messenger didn't wait to hear any more. He went back to his own country and told his story, and immediately war was declared between the two nations. After both sides had suffered much loss, a truce was effected, and the two kings talked

"'What did you mean by telling me to send you a blue pig with a black tail, or-?' the second king demanded of the first.

'Why, I meant, or any other pig, if you didn't have a blue one with a black tail. But what did you mean by sending me word that you had none, and, if you had-?'

" 'I meant to add that I should be glad to send it to you, of course.' "Then the two kings shook hands and led home what was left of the armies, feeling very silly, no doubt." Grandma finished the story in her usual tone. Then to the surprise of the children she began talking in different voices—just like a phonograph, as Tom said afterwards.

'Helen, have you seen my composition? I left it on the desk last night. If you don't help me find it,

"I guess you won't take my composition. It's stealing copy, and don't believe you-' "'You don't believe I wrote any?

You are a nice sister.' "'I haven't touched your book. If you would keep your eyes open, you would-'

" 'I'm no more of a sleepy head than you are.' ' The children were very quiet for a moment, then Helen said:

"We didn't expect a story with a lesson, grandma. We're a little surprised. Grandma's eyes twinkled.

"If the shoe fits, put it on,"

"It fits me," said Helen, slowly "And me," added Janie.

"Our feet must be the same size, for the shoes fit me'-this from Tom. "We were scratchy this morning," said Helen, who was usually the first to confess. "Perhaps if I had waited to hear more, when Tom said he's have to take my composition-

"I didn't say so at all," broke in days, until the result of their last Tom. "I was going to say that, if you didn't help me to find it I would have to take a demerit. But you said you didn't believe I had written

"No, I didn't, nor I didn't mean "Lyal wanted to go fishing in the to say so, I was going to say that composition.

"Oh!" said Tom. "But, Helen," said Janie, " what new story-book is gone again, and

folks out of mischief, and I'll make it for me only last evening, if you had given me the chance to finish the sentence.

"Oh!" said Janie, looking rather foolish.

"I wanted to know why you said that about keeping my eyes open," Helen demanded. "You needn't have Helen demanded. twitted me about being a sleepy head, if you do get up first in the morn-

"I didn't twit you. I was going to say, 'If you would keep your eyes open you would see the book on the top of the bookcase, where you left

It was Helen's turn to say "Oh!"

then all three children laughed. "You see," said grandma, as she rolled up her knitting-work, "that people who haven't the excuse of beheathen jump at conclusions. Often half a sentence sounds very different from a whole one. You children haven't felt quite right towards each other all day because you did not wait to hear the end of some sentence this morning. I've noticed this f i'ine before, and thought it

time to call your attention to it." "We'll try to remember the blue pig soon the stones were flying with the black tail," said Tom, as he picked up grandma's ball and handed it to her with a courtly bow .- S. S.

A Sure Cure for Headache.-Bilious the farmhouse, and Uncle Frank said, beadache, to which women are more with a resounding slap on his kner, subject than men, becomes so acute in some subjects that they are utthan I thought they were. They have terly prostrated. The stomach reand would not part with it for \$50 if I could not get another."

Test the extraordinary upbuilding power of Dr. Chase's Nerve Food, 50 cents a box, at all dealers, or Edmanson, Bates & Co., Toronto. The portrait and signature of Dr. A. W.

Chase the famous board of Dr. A. W.

The stomach refuses food, and there is a coning them and thinking it's a privilence food, and there is a coning them and thinking it's a privilence food, and there is a coning them and thinking it's a privilence food, and there is a coning them and it needs to be stomach from hile which has become unduly secreted there. Particularly all the portrait and signature of Dr. A. W.

Chase the famous board of the stomach refuses food, and there is a coning them and thinking it's a privilence food is a coning them and thinking it's a privilence food is a THE RHEUMATIC WONDER OF THE AGE

# Benedictine Salve

This Saive Cures RHEUMATISM, PILES, FELONS or BLOOD POISUNING. It is a Sure Remedy for any of these Diseases.

## A FEW TESTIMONIALS

## RHEUMATISM

What S. PRICE, Esq., the well-known Dairyman. says

41 King street east.

Toronto, Sept. 18, 1908

John O'Connor, Toronto: DEAR SIR,—I wish to testify to the merits of Benedictine Salve as cure for rheumatism. I had been a sufferer from rheumatism for some time and after having used Benedictine Salve for a few days was complete.

475 Gerrard Street East, Toronto, Ont., Sept. 18, 1901. John O'Connor, Esq., Nealon House, Toronto, Ont.

DEAR SIR,—I have great pleasure in recommending the Benedictine Salve as a sure cure for lumbago. When I was taken down with it I called in my doctor, and he told me it would be a long time before I would be around again. My husband bought a box of the Benedictive Salve, and applied it according to directions. In three hours I got relief, and in four days was able to do my work. I would be pleased to recommend in to any one suffering from lumbago. I am, yours truly,

(MRS.) JAS. COSGROVE

S. PRICE

2561 King Street East, Toronto, December 18th, 1901. John O'Connor, Esq., Toronto:

DEAR SIR,—After trying several doctors and spending forty-five cape in the General Hospital, without any benefit, I was induced to try year Benedictine Salve, and sincerely believe that this is the greatest remedy in the world for rheumatism. When I left the hospital I was just about to stand for a few seconds, but after using your Benedictine Salve for three days, I went out on the street again and now, after using it just over a week. I am able to go to work again. If anyone should doubt these facts week, I am able to go to work again. If anyone should doubt these facts send him to me and I will prove it to him.

Yours for ever thankful, PETER AUSTEN

198 King street East, Toronto, Nov. 21, 1903. John O'Connor, Esq., Toronto:

DEAR SIR,—I am deeply grateful to the friend that suggested to me, when I was a cripple from Rheumatism, Benedictine Salve. I have at intervals during the last ten years been afflicted with muscular rheumatism. I have experimented with every available remedy and have consulted, I might say, every physician of regute, without perceivable benefit. When I was advised to use your Benedictine Salve I was a helpless cripple. In less than 48 hours I was in a position to resume my work, that of a tinsmith. A work that requires a certain amount of bodily activity. I am thankful to my friend who advised me and I am more than gratified to be able to furnish you with this testimonial as to the efficacy of Benedictine Salve. Yours truly,

GEO. FOGG.

12 Bright Street, Toronto, Jan. 15, 1902. John O'Connor, Esq., Toronto: DEAR SIR,-It is with pleasure I write this word of testimony to the marvellous merits of Benedictine Salve as a certain cure for Rheumatism There is such a multitude of alleged Rheumatic cures advertised that one is inclined to be skeptical of the merits of any new preparation I was induced to give Benedictine Salve a trial and must say that after suffering for eight years from Rheumatism it has, I believe, effected an absolute and permanent cure. It is perhaps needless to say that in the last eight years I have consulted a number of doctors and have tried a large number of other medicines advertised, without receiving any benefit. Yours respectfully,

## **PILES**

John O'Connor, Esq., Toronto, Ont.: DEAR SIR,—After suffering for over ten years with both forms of Piles, I was asked to try Benedictine Salve. From the first application I got instant relief, and before using one box was thoroughly cured. I can strongly recommend Benedictine Salve to any one suffering with piles.

Yours sincerely, JOS. WESTMAN,

241 Sackville street, Toronto, Aug. 15, 1902.

John O'Connor, Esq., Toronto: DEAR SIR,—I write unsolicited to say that your Benedictine Salve has cured me of the worst form of Bleeding Itching Piles. I have been a sufferer for thirty years, during which time I tried every advertised remedy I could get, but got no more than temporary relief. I suffered at times intense agony and lost all hope of a cure.

Seeing your advertisement by chance, I thought 1 would try your Salve, and am proud to say it has made a complete cure. I can beartfly recommend, it to every sufferer.

JAMES SHAW.

With the Boston Laundry

Toronto, Dec. 30th, 1901.

Yours, etc., ALLAN J. ARTINGDALE.

John O'Connor, Esq., Toronto: DEAR SIR,-It is with pleasure I write this unsolicited testimontal and in doing so I can say to the world that your Benedictine Salve thoroughly cured me of Bleeding Piles. I suffered for nine months. I consulted a physician, one of the best, and he gave me a box of salve and said that if that did not cure me I would have to go under an operation. It failed, but a friend of mine learned by chance that I was suffering from Bleeding Piles. He told me he could get me a cure and be was true to his word. He got me a box of Benedictine Salve and it gave me relief at once and cured me in a few days. I am now completely cured. It is worth its weight in gold. I cannot but feel proud after suffering so long. It has given me a thorough cure and I am sure it with never return. I can strongly recommend it to anyone afflicted as I was It will cure without fail. I can be called on for living proof. I am,

## BLOOD POISONING

Corner George and King Streets, Toronto, Sept. 8, 1904. John C'Connor, Esq., Toronto:

Dear Sir,-I wish to say to you that I can testify to the merits "of your Benedictine Salve for Blood-Poisoning. I suffered with blood poisoning for about six months, the trouble starting from a callous or hardening of the skin on the under part of my foot and afterwards turning to blood-poisoning. Although I was treated for same in the General Hospital for two weeks without cure, the doctors were thinking of having my foot amputated. I left the hospital uncured and then I tried your salve, and with two boxes my foot healed up. I am now able to put on my boot and walk freely with same, the foot being entirely healed. I also treated in the States prior to going to the hospital in Toronto, without relief. Your salve is a sure cure for blood-poisoning.

Toronto, April 16th, 1902.

John O'Connor, Esq., City: DEAR SIR,—It gives me the greatest of pleasure to be able to testify to the curative powers of your Benedictine Salve. For a month back my hand was so badly swollen that I was unable to work, and the pain was so intense as to be almost unbearable. Three days after using your Salve as directed, I am able to go to work, and I cannot thank you enough.

Respectfully yours,

J. J. CLARKE.

Toronto, July 21st, 1906.

John O'Connor, Esq.: DEAR SIR,-Early last week I accidently ran a rusty nail in my finger

The wound was very painful and the next morning there were sympton of blood poisoning, and my arm was swollen nearly to the shoulder applied Benedictine Salve, and the next day I was all right and able I CHERIDAN, 34 Queen street East.

## JOHN O'CONNOR TO KING STON

WMF9-1'OHOL, Drugglet, 170 H

PROPERTY PARTY