HOME CIRCLE

APPEAR AT YOUR BEST.

To be well and becomingly dressed uoes not necessarily mean a large outlay of either time or money; neither does it call for the latest "creation" of style or material. Often, the simplest and most inexpensive materials, made up with regard to the suitableness of style, color and fabric, adaptation to the figure and to the age, are the most becoming and effective. A simple five-cent calico or lawn can be made into a very dressy and becoming garment, while a bit of lace or linen about the neck, and a touch of color at the throat, combined with dainty personal cleanliness, will make the plainest of women attractive. Do not be in too big a hurry to "dress according to your age" for one will grow old fast enough, and it is just as well to hang on to a remnant of youth as long as one can, even if one has to resort to simple artificial means to accomplish it. Personal cleanliness is an adjunct to good looks above everything else, and a woman should give proper attention to this feature. It is all nonsense for a woman to claim that she is "too old," or too poor, or too overworked to care for her personal appearance. She should resolve not to grow old, not to be too poor to use soap and water and a wash rag, or an emollient for the cleansing of the face, neck and hands, or for the ary dried fruits when required. proper dressing of her hair. She should take as her right, a few minutes every day in which to properly attend to her toilet, and learn to re- brings into play nearly every muscle Polite and open he smiles and says, gard a pleasing personal appearance in proper harmonious relationship to as much of a necessity as the getting every other. up of the family meals. This duty she owes to herself.

COMPLIMENTS TO IRELAND.

Ireland is rejoiced at Princess Ena's promise that part of her wedding trousseau shall be supplied by the Royal Irish Industries association.

The future Queen of Spain has shown excellent taste, for although the sunny country in whose ruling left, at the same time rising to the she is about to share is famous for its tips of the toes. III. sink, still on A jolly fellow to entertain all, lace, Ireland yields place to none in

this particular industry. It is well known that the future queen of Spain has excellent taste in dress, and there are many conjectures III. arms at side. Without doubt this as to what dainty novelties will distinguish the royal outfit.

adoption of having her wedding gown spent in its practice. of cloth of silver made in Spain, but the remainder of the trousseau, outside that made in Ireland, will be designed and executed by Mme. Lambert of Hanover square.

yesterday.

"She realizes that her costumes will awaken a vast amount of criticism, dear," he responded, wearily. and for England's sake she wishes Spain to be impressed.

es since she was a little girl, and she midnight walking match. has always delighted in the daintiest

"It is impossible so early in the day to describe the designs for the trous- "Here lies a poor woman who always seau. I can only say that everything will be made by hand, and trimmed She lived in a house where help was

with real lace. dresses, day dresses, and handker-

sortment of lovely tea gowns and morning robes.' Princess Ena has a girl's natural love for "frills and furbelows," and For where they don't eat, there's no Mme. Lambert understands her taste to a nicety.

FACTS ABOUT FRUIT.

moderate quantities by people of nervous temperament and those inclined I'm going to do nothing forever and Isle of Rhodes. to skin eruptions.

In illness accompanied by heat and fever no solid food should be taken, but juicy fruits are beneficial. Fresh fruit, if used when thirst

Purity of the Blood

THE BEST PROTECTION AGAINST DISEASE-OBTAINED BY USING Dr. Chase's

Kidney - Liver Pills sickness, pain and suffering, you will shoulder blades almost touch, then find that fully nine-tenths of it re- rotating the arms in very small cir-

kidneys and bowels.

pation soon entirely disappear.

ful working order, the purity of the gainly posture. Throw out the arms blood is ensured and you are protect- and swing them in large circles, ed against colds, fevers and conta- around, while the chest is held well gious and infectious diseases.

cure the most common ills of life the lead. Round shoulders and flat there is no preparation that can be chest make not only an ungainly figcompared with Dr. Chase's Kidney- ure, but such a position cramps the Liver Pills. In every neighborhood lungs and depresses them and robs there are people who have proven the them of the pure air that is so necesmerit of this great medicine. Ask sary to health. Go outdoors. Exthem.

pill a dose, 25 cents a box, at all Swing the arms, limber up the musdealers, or Edmanson, Bates & Co., cles, exercise the body, and by bring-Toronto, Pain cannot exist where ing it back to a normal shape, health, \$1.25 at all dealers, or sent direct on re-Dr. Chase's Backache Plaster is ap-strength, vigor and energy are sure ceipt of price. The Doen Kidney Pill Co., plied.

arises, takes away the desire for alcohol.

Canned fruits, such as apricots, eaches, etc., are much improved in havor if, after being taken from the can, they are placed in a saucepan and allowed to boil for two minutes without stirring.

The contents of a fruit can which shows a bulge should never be used. Fruit salads should not be allowed to stand long before being served, as many fruits quickly become discolored after being cut.

When making jam pour a small quantity of the syrup in the bottom of the jar in which it is to be kept before putting in the jam. It will prevent air-bubbles forming.

Before sealing the jar, stir the fruit carefully to allow the air to escape. Uncooked figs, although alone not a cure for constipation, are a good aperient.

Apples are particularly wholesome for "gouty" people and those with a sluggish liver.

The juice of a lemon, without sugar, in a tumbler of water, night and morning, is an excellent remedy for biliousness.

Rhubarb should not be eaten by 'gouty" or rheumatic people. Pears will keep for a long time if cut in halves and dried slowly in the oven. They can be stewed like ordin-

PHYSICAL CULTURE.

Here is a little dance drill which

It is taken to waltz time. Start with good standing position, hands on A jingling crowd-the sixty-four Pints shoulders and elbows in a line with To shelter them, no fun! them, chest well up and out, head Mr. Bushel laughs, "I'm empty now, held easily with eyes looking straight ahead.

gonally to the right, bending the left knee. II. slide it back in a straight line till the heel of the right foot is directly in front of the toe of the the toes, bending the knees as far as possible, which positions requires self- He takes them only one group at a that she is well clad, and allows no how much should be taken in indivi- of the most varied nature. Thus, on control and poise. I. rise to full height on toes. II, sink to position. is one of the best exercises in the whole category, and although it is a Princess Ena has paid the pretty bit difficult and awkward to master, compliment to the country of her its results amply justify the time

AN EXAMPLE IN ADDITION.

asked Reginald's wife, as she saw him lowing list of questions, withholding He loves his mother? Of course he is well to form the habit of slowly al bugle-call and motto. "Needless to say, Princess Ena is lay down the two-year-old and take the answers until after the contest: very particular," said Mme. Lambert up the twin babies, who were crying What islands are always to be had his filial regard? Is he not continlike good ones. "Only an example in addition, my

"I don't understand." "I put down one and am carrying "I have made Princess Ena's dress- two, that's all," and he began the

> THE EPITAPH OF SARAH DEMP-STER.

was tired;

not hired; "We are designing and making ball Her last words on earth were 'Dear but does not inebriate? Hayti. friends, I am going

> ing, nor sewing; But everything there is exact to my

> wishes, washing up dishes. I'll be where loud anthems will al-

ways be ringing, But having no voice I'll get clear of the singing.

Fruit should only be eaten very Don't mourn for me now, don't mourn for me ever.

ever.

GET RID OF ROUND SHOULDERS Round-shouldered, flat-chested people can become straight and symmetrical if they will go about it right. Standing upright and extending the arms on either side as far as possible and rotating them in large circles vigorously, at the same time breaththe shoulders. Raising the hands THE MAINSPRING OF ing deeply, will help to rengthen above the head as far as they can be stretched, and breathing a deep HER PHYSICAL breath of air, and still another breath and another, simply packing the lungs with air, will soon round out and expand the chest. Stretching the hands Liable to Cause Years of Terrible out on either side of the body as far If you enquire into the cause of as possible, and well back, till the sults from derangements of the liver, cles, will help very much to straighten the shoulders. What the round-The liver and kidneys are intimate- shouldered, flat-chested person, needs ly related as filters of the blood, and is to brace up, get some thought of the regularity of the bowels depends energy and animation into the body. on the healthful action of the liver. A stoop-shouldered, flat-chested per-Hence it happens that when the liv- son almost invariably indicates a Hence it happens that when the liver and kidneys are made healthy and vigorous by the influence of Dr. Chase's Kidney-Liver Pills such diseases as biliousness, liver complaint, kidney disease, indigestion and constitute pation soon entirely disappear.

Son almost invariably indicates a purposeless life, lacking in ambition and void of energy. Brace up. Put the shoulders where they belong, expand the chest by breathing deeply and the chest by breathing deeply and fully of fresh air all the time. Get out of the lazy, slouchy habit of when winating frequent thirst, scanty, thick, cloudy or highly colored urine, burning sensation when winating frequent urination, puff-Get out of the lazy, slouchy habit of With the liver and kidneys in health- letting your shoulders drop in an unup. A normal position of the body As a family medicine to promptly means always that the chest is in pand the chest. Breathe in great, Dr. Chase's Kidney-Liver Pills, one deep draughts of pure, fresh air.

THE MISCHIEVOUS CRICKETS. Three little crickets, sleek and black,

Whose eyes with mischief glistened, Climbed up on one another's back And at a key-hole listened. Fir-t Heard of Them.

The topmost one cried out, "Oho! I hear two people speaking! I can't quite see them yet, and so-I'll just continue peeking."

Soon Dot and Grandma he could see Tea party they were playing; And as he listened closely, he Distinctly heard Dot saying:

This pretty little table here Will do to spread the treat on; And I will get a cricket, dear, For you to put your feet on."

The cricket tumbled down with fright; "Run for your life, my brothers! Fly, fly!" | He scudded out of sight; And so did both the others. -Carolyn Wells in St. Nicholas.

MR. BUSHEL'S HOSPITALITY. Four brothers by the name of Peck, (All Mr. Bushel's kin), As often as one desires it,

Eight sisters, the Misses Gallon, When the four Pe a brothers are out, In Mr. Bushel's quarters,

Are taken by him in.

Have room to move about. Thirty-two cousins, the Quarts- ah,

What will Mr. Bushel do? "I'm alone, so there's room for

Walk in, come every one! Now on I. slide the right foot dia- Two hundred and fifty-six baby Gills. The tiniest friends and shy-

> "Can we all come in?" Mr. Bushel replies. "I can hold you and not half try.

This Mr. Bushel must be!

time-And each group makes him, ye see!

A GUESSING CONTEST. (Western Watchman).

Sandwich Islands. What island is always verdant? Greenland.

What island is a bright English coin? New Guinea. What island is recently discovered?

Newfoundland. What island offers plenty of frozen refreshments? Iceland. What island is always wrathful! Ire-

What island offers a very poor beverage in place of the cup that cheers,

What island has in its name a very chiefs, and there will be a large as- Where washing ain't done, nor sweep- inhospitable greeting for ships that come into its ports? Ceylon (Sailon). What island is rough and unrefined? Corsica.

What island should contain plenty of small canned fish? Sardinia. What island is a pine tree? Cypress.

What island should maiden ladies visit? The Isle of Man. present? Philippines.

What islands take the form of small cried out: birds? Canary.

What island is six-sided? Cuba What island has the greatest length? Long Island.

What island in former times receiv-

SYSTEM. The Slightest Back-ache, if Neglected, is

Suffering.

Ne worm can be strong and healthy unless the kidneys are well, and regular in their action. When the kidneys are ill,

their sotice. When the kidneys are in, the whole body is ill, for the poisons which the kidneys ought to have filtered out of the blood are left in the system.

The female constitution is naturally more subject to kidney disease than a man's; and what is more, a women's work is never done—her whole life is one constitutions strain.

when urinating, frequent urination, puff-ing under the eyes, swelling of the feet and ankles, floating specks before the eyes, etc. These symptoms if not taken in time and cured at once, will cause years of terrible kidney suffering. All these symptoms, and in fact, these diseases may be cured by the

DOAN'S KIDNEY PILLS

They act directly on the kidneys, and make them strong and healthy.

Mrs. Mary Galley, Auburn, N.S., writes:

"For over four months I was troubled with a lame back and was unable to turn in bed without help. I was induced by a friend to try Doan's Kidney Pills. After using two-thirds of a box my back was as well as ever."

SHOULD READ THIS

SHE WAS CURED OF FEMALE TROUBLES BY DODD'S KIDNEY PILLS.

They Made a New Woman of Her have hurt them. Why did they want and she Blesses the Day She to hide from me?"

Newmarket, Ont., April 23 .- (Special.)-The case reported below is an- Anna, who has taught you to be kind other of the many thousands of in- to every living thing. stances of Dodd's Kidney Pills com- "That's so," said Teddy, soberly, ing to the rescue of weak, suffering and he wondered if he would ever

"For more than three years I suffered from weakness and female trouble brought through my kidneys failing to act properly. I was bothered with a pain in the small of my back, headaches, dizzy spells, heart flutterings, depression, loss of sleep, poor appetite and a terrible dragging sensation as if a weight was fastened took all kinds of medicines, but nothing seemed to do me any good. Then a neighbor told me of Dodd's Kidney Pills and advised me to try them. I did so and after taking six boxes I am entirely cured."

ed many fabulous beads? Block Island.

What island is a prey for hunters? Fox Island.

What group of islands have a pleasant breeze? Windward Islands. jumping and kicking? Kangaroo Is- which is not washed away. land.

eat? Cook Island. What island should we look to for wisdom? Solomon Islands.

What islands are not intended for week day use? Sunday Islands. will make a suitable prize.

COURTESIES TO PARENTS.

and especially their sons, much earlier known symptoms, from a pimple to than either of them imagine. Their heart failure, and is really responsible love is a constant inspiration, a per- for most of the semi-invalids with ennial fountain of delight, from which whom the world is largely peopled. other lips may quaff, and be comforted thereby. It may be that the water-drinking certain rules should be mother has been left a widow, de- observed. People do not all need the pending on her only son for support. same amount, and it may take a lit-He gives her a comfortable home, sees the experimenting to find out just debts to accumulate, and that is all. dual cases. It has been stated by one appears the name of a colonel of It is considerable, more even than some physicians that five or six pints ought to please the younger readers of her look so much younger than her a greater mistake to wash food down of the Twenty-second Regiment of ones put on their thinking caps. At his pocket to gratify her slightest re- er. does! Are there not proofs enough of sipping, during the bath and while at picnics and quick lunch counters? ually making sacrifices for her benefit? -not ice-cold-water. Two or three What more could any reasonable wo- more may be sipped at bed-time, and man ask?

craves an occasional kiss, the sup- dinner. asperities and make the journey less digestion, temper and appearance.

THE LATE PLOVER.

It was a beautiful summer morning, and Uncle John was obliged to drive out to his farm.

"Would you like to come with me, brought round to the door.

ly. "I just guess I would." The sun was bright, and the coun-

try road was green and sweet with delightful odors, and Teddy trotted ces. They write: What island is named as a forfeit or around in the fields like a young colt. Uncle John was driving along home den he stopped the horse quickly and

"Teddy, do you see that?"

little plovers. Teddy was so delighted that he

ould scarcely speak. The tiny birds were just as quiet as ould be, because their mother had aught them not to make a noise when any danger came near them. But they were dreadfully frightened, for you see they had been nearly run

"You may get out, Teddy, and run along the road for a short distance, said Uncle John.

And then Teddy saw that the little plovers were not alone, but that their father and mother were with them. GIN PILLS WILL CURE IT made, he left the little Church. The minute Teddy's feet touched the ground the old birds began to make a fuss. Probably they thought be was other causes may have started it steal their birdies.

The mother "cheeped" and all her grass at the roadside, but the father bird ran along in front of Teddy, back of people, with swollen hands and little boy to play with him.

an easy thing to do. It was queer, cure the Kidneys. too, for the plover dragged one wing along in the dust, and seemed to be quite lame, but just as soon as the little boy would get near the bird

and think he could put his hand on it,

"Try to catch him, Teddy,"

said.

he would find it was a little ahead of him all the time. He followed it along the road for three or four minutes, Uncle John driving slowly after him, till all of a

time to think.

like that," Uncle John said, as Teddy climbed back into the buggy. "You see the father bird was only pretending he was lame, so you would think you could catch him, and then, while you were chasing him, he knew the mother plover would be hiding the little ones. If you were to go back now you couldn't find them any-

"Oh," said Teddy, "but I wouldn't

"Well, you see," said Uncle John, "they don't know you had an Aunt

women. Mrs. M Doner, of this place, know as much as Uncle John did.

The Need of Water-drinking

A well-known nerve specialist has said that "all neurasthenics (that is take." people with unhealthy nerves) have desiccated nerves and suffer from an insufficiency of fluid in the tissues of the body." It is probable that we the body." It is probable that we round my loins. I tried doctors and all, in more or less degree, even when not conscious of any definite symptoms, are suffering in some part of our system for the lack of enough fluid, and especially of enough pure, cool water.

We know that so nicely is the hu- a condition, which, unless relieved, man body adjusted and adapted to its uses that one part cannot suffer without all suffering. If the nerves are desiccated, or dried through the lack the most severely afflicted. The usof fluid, then it is certain that other ual rice harvest here yields about 12,tissues are also suffering from the 000,000 yens (a yen is about fifty same lack, and that the wheels of cents). This year it yielded only the wonderful machinery are being twelve per cent. of this return. This What island is justly feared for its clogged by reason of waste matter

We see by this that water does for What island makes good things to us a three-fold service. It feeds, it washes, and it carries away the cinders of the body furnace, and through the want of it we are exposed to many and great dangers. The tissues become too dry, the blood is thick A miniature globe or a toy ship and its flow sluggish, and the retained waste of the body sets up a condition which the doctors call "autoin- the Propagation of the Faith, 627 toxication," or self-poisoning. This Lexington avenue, New York, N.Y. Parents lean upon their children, condition may give rise to almost any To obtain the best results from picture stamps. Each regiment

again two or three glasses an hour

port of your youthful arm, the little In a very short time the value of attentions and kindly courtesies of this habit will become apparent in life that smooth down so many of its the resultant general improvement in the Baron d'Este, is told:

Conditions in Famine-Stricken Japan

ly been received by the Society for the English golf ground and the vast the Propagation of the Faith, one plane of the Gave. To protest Teddy?" he asked, as the horse was from Father Marnas, dated from Sen- against the odious and sacrilegious day, in the heart of the famine dis- proceedings the faithful were assem-"Yes, sir!" Teddy answered, eager- trict, and the other from the Bishop bled in the Church-the Catholic genof Hakodate, who is now in Europe try, the peasantry and the working gathering alms and whose diocese people. The Government's agent purcomprises the three afflicted provin- sued his task while the faithful were

Iwate, Myaggi and Fukushima, com- top-boots, riding-whip in hand, rose What island has many driveways? at a smart trot, when all of a sud-837 inhabitants, have been made deso- 'Pardon me, sir, but may I ask to enced in the last sixty years.

"The calamity is such, especially in am a Catholic.' 'And I,' continued And there, right under the pony's Myaggi, that a local paper goes so the gentleman, 'I am a Protestant, feet almost, were a whole family of far as to say that the sentence of but I have come here to tell you that death has been passed on the people the act you are performing at this of the district, words strictly true moment is an act shameful for you as the writer says, 'on one-third of and for those who have ordered it.' the population.' In fact, out of a 'But who are you that you question population of 900,000, at least 280,- me thus?' 'I am the Baron d'Este.' 000 are reduced to the last straits, 'I shall insert in the official report

That pain in the Backiskidney Trouble you are committing is shameful."

A strain or severe cold, or a dozen a cruel, bad boy that was coming to but the Kidneys are at the bottom of it. Backache (especially in the 'small' of the back) means Kidney little family followed her into the Disease. Plasters and liniments give some relief, but they never cure. Lots and forth, and seemed to want the feet, are treating themselves for rheumatism, when, in fact, their sick kidneys' are causing the pain and swelling. GIN PILLS cure that pain in Teddy tried, but found it was not the Back every time, because they

> ST. JOSEPH'S HOME, St. Cloud, Minn June 29th, 1905. June 29th, 1905.
>
> I received the Gin Pills safely and am taking them every day. I have suffered intensely from kidney trouble for many years. Since I took your pills I have a very good appetite and sleep soundly. I feel no more pain, Enclosed please find money order for \$1.00 for which send me two boxes of Gin Pills,
>
> FATHER BONIFACE, Moll. O.S.B.

If you have tried plasters, liniments sudden, when the father plover and doctors, save your money and thought the mother bird had had time try GIN PILLS, FREE. Write us to get their wee family through the your name and address, and in what fence into the field and to hide them paper you saw this offer, and we will safely in the long grass, he rose send you a free sample box of GIN straight up into the air, and away he PILLS. These famous Pills for Sick flew back to them before Teddy had Kidneys are sold by all druggists at

50c a box, or 6 boxes for \$2.50. "Wasn't it too bad to fool a boy "HE BOLE CRUC CO. Winnipeg M.

stinal tract, curing Com sie, Costed Tongue, Foul Breath, , Heartburn, and Water Brack. Mer R. S. Ogden, Woodstock, N.B., written "My husband and myself have used Mis-barn's Laza-Liver Pills for a number of years. We think we cannot do without them. They are the only pills we over

help does not soon reach them. 'The official returns will give some idea of the present misery to which hundreds of thousands are exposed -

must continue through the spring and summer, until the new harvest. "The district of Myaggi is by far means a loss of more than 10,000,000 yens, and is indeed "the sentence of death hanging over the heads of

quarter of a million people." The writer describes similar conditions in Iwate and Fukushima, giving statistics and adds:

The Society for the Propagation of the Faith urges Catholics to subscribe to the relief fund. Offerings may be forwarded to the general director of

Latest in Stamps

The Italian Government is issuing what might be described as military of the Italian army is provided with a special stamp for the use of the soldiers belonging to it. The designs are, of course, all different and the regiment, on another a design of many sons do, but there is a lack. should be taken during the twenty- rifles supporting the Royal arms. The He seldom thinks it worth while to four hours. Of this only a moderate military district of Ivre has a stamp give her a caress; he has forgotten all quantity should be taken with the on which is a view of the town of those affectionate ways that kept meals. It is a mistake to take no Ivrea; on that of Milan is a represen-Here is a new guessing contest that the Urinkles from her face, and made water with a meal, but it is perhaps tation of a military council; on that the department and make the older years; he is ready to put his hand in with water, especially with ice-wat- Cavalry are the arms of Catanea with the regimental motto. On the the top of slips of paper write "The quest, but to give of the abundance The best time for water-drinking is regimental stamp of the Sixth Per-"What are you doing, Reginald?" Islands We Visit" and give the fol- of his heart is another thing entirely. at night and early in the morning. It saglieri are the notes of the regiment-

A Protestant Protests Against Infamous Inventory

In connection with the unwarranted Ah, but it is the mother-heart that or two before luncheon and before and infamous inventory now taking place in the churches of France, the following story illustrative of the justice and nobility of a Protestant,

"The other day the inventory was

taken in the little village Church of Billere, almost a suburb of Pau, the Winter station in the Pyrenees so much frequented by the English. The Church and presbytery lie on the side Two letters from Japan have late- of a smiling little hill, overlooking engaged in prayer. Suddenly a tall "Three districts in northern Japan, gentleman, of military appearance, in late by the most cruel famine experi- what religion you belong?' 'I,' replied the police-agent confusedly, 'I and have no means of subsistence if (proces-verbal) the words you have just used.' 'Yes, sir, that is my wish, and not only do I wish it, but I insist upon it!' Thereupon the treasury agent dictated to his secretary : 'M. le Paron d'Este said: " 'The act 'Add "and ignominious," ' said the Baron d'Este, and then, his protest



A Burning Sensation.

JOHNSVILLE, New Brunswick. For over six months I could hardly sleep and had a burning sensation in my feet, that would go through my whole system. I took Pastor Koenig's Nerve Tonic. The burning sensation is entirely gone and I can sleep well. I will never be able to praise this remedy enough for what it did for me.

MRS. JOHN MALOY.

I take great pleasure in informing you that I am having a good sale of Pastor Koenig's Nerve Touic with good results in every case. I further beg to say that your Tonic has worked wonders, and is getting a great name in this locality. Ship me another lot of the Tonic cally in January. F. L. HALL Druggist

A Valuable Book on Nervous Diseases and a Sample bettle to any address.

Poor patients also get the medicine free. Prepared by the REV. FATHER ROW by the

KOENIG MED. CO., CHICAGO, ILL. Sold by Druggists at \$1.00 per bottle, 6 for \$5.00, Agents in Canada:—The Lyman Bros. & Co., LTD., TORONIO; THE WINGATE CHEMICAL CO., LTD., MONTREAL.