

.....The HOME CIRCLE

APPEAR AT YOUR BEST.

To be well and becomingly dressed does not necessarily mean a large outlay of either time or money...

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.

FACTS ABOUT FRUIT.

Fruit should only be eaten very moderate quantities by people of nervous temperament and those inclined to skin eruptions.

Purity of the Blood THE BEST PROTECTION AGAINST DISEASE—OBTAINED BY USING Dr. Chase's Kidney-Liver Pills

If you enquire into the cause of sickness, pain and suffering, you will find that fully nine-tenths of it results from derangements of the liver, kidneys and bowels.

arises, takes away the desire for alcohol.

Canned fruits, such as apricots, peaches, etc., are much improved in flavor 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.

PHYSICAL CULTURE.

Here is a little dance drill which brings into play nearly every muscle in proper harmonious relationship to every other.

It is taken to waltz time. Start with good standing position, hands on shoulders and elbows in a line with them, chest well up and out, head held easily with eyes looking straight ahead.

AN EXAMPLE IN ADDITION.

"What are you doing, Reginald?" asked Reginald's wife, as she saw him lay down the two-year-old and take up the twin babies, who were crying like good ones.

"Only an example in addition, my dear," he responded, wearily. "I don't understand."

THE EPITAPH OF SARAH JEMPTER.

"Here lies a poor woman who always was tired, She lived in a house where help was not hired;

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, will help to strengthen the shoulders.

CHILDREN'S CORNER

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.

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

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, Are taken by him in.

Eight sisters, the Misses Gallon, When the four Peck brothers are out, In Mr. Bushel's quarters, Have room to move about.

Thirty-two cousins, the Quarts— ah, me! What will Mr. Bushel do? Politely and open he smiles and says, "I'm alone, so there's room for you."

A jingling crowd—the sixty-four Pints To shelter them, no fun! Mr. Bushel laughs, "I'm empty now, Walk in, come every one!"

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."

A jolly fellow to entertain all, This Mr. Bushel must be! He takes them only one group at a time— And each group makes him, ye see!

A GUESSING CONTEST.

(Western Watchman). Here is a new guessing contest that ought to please the younger readers of the department and make the older ones put on their thinking caps.

At the top of slips of paper write "The Islands We Visit" and give the following list of questions, withholding the answers until after the contest:

What islands are always to be had at picnics and quick lunch counters? 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? Ireland.

What island offers a very poor beverage in place of the cup that cheers, but does not inebriate? Hayti.

What island has in its name a very 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.

What island is named as a forfeit or present? Philippines.

What island has many driveways? Isle of Rhodes.

What islands take the form of small birds? Canary.

What island is six-sided? Cuba.

What island has the greatest length? Long Island.

What island in former times received many fabulous heads? Block Island.

WOMEN WHO SUFFER SHOULD READ THIS

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

They Made a New Woman of Her and she Blessed the Day She First Heard of Them.

Newmarket, Ont., April 23.—(Special.)—The case reported below is another of the many thousands of instances of Dodd's Kidney Pills coming to the rescue of weak, suffering women.

"For more than three years I suffered from weakness and female troubles brought on 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 round my loins.

ed many fabulous heads? Block Island. What island is a prey for hunters? Fox Island.

What group of islands have a pleasant breeze? Windward Islands.

What island is justly feared for its jumping and kicking? Kangaroo Island.

What island makes good things to eat? Cook Island.

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

What islands are not intended for week day use? Sunday Islands.

A miniature globe or a toy ship will make a suitable prize.

COURTESIES TO PARENTS.

Parents lean upon their children, and especially their sons, much earlier than either of them imagine. Their love is a constant inspiration, a perennial fountain of delight, from which other lips may quaff, and be comforted thereby.

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, Teddy?" he asked, as the horse was brought round to the door.

"Yes, sir!" Teddy answered, eagerly. "I just guess I would."

The sun was bright, and the country road was green and sweet with delightful odors, and Teddy trotted around in the fields like a young colt.

Uncle John was driving along home at a smart trot, when all of a sudden he stopped the horse quickly and cried out:

"Teddy, do you see that?" And there, right under the pony's feet almost, were a whole family of little plovers.

Teddy was so delighted that he could scarcely speak.

The tiny birds were just as quiet as could be, because their mother had taught them not to make a noise when any danger came near them.

"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.

The minute Teddy's feet touched the ground the old birds began to make a fuss. Probably they thought he was a cruel, bad boy that was coming to steal their birdies.

The mother "cheeped" and all her little family followed her into the grass at the roadside, but the father bird ran along in front of Teddy, back and forth, and seemed to want the little boy to play with him.

"Try to catch him, Teddy," he said.

Teddy tried, but found it was not an easy thing to do. It was queer, 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, 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 sudden, when the father plover thought the mother bird had had time to get their we family through the fence into the field and to hide them safely in the long grass, he rose straight up into the air, and away he flew back to them before Teddy had time to think.

"Wasn't it too bad to fool a boy

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 anywhere."

"Oh," said Teddy, "but I wouldn't have hurt them. Why did they want to hide from me?"

"Well, you see," said Uncle John, "they don't know you had an Aunt Anna, who has taught you to be kind to every living thing."

"That's so," said Teddy, soberly, and he wondered if he would ever know as much as Uncle John did.

The Need of Water-drinking

A well-known nerve specialist has said that "all neurosthenics (that is people with unhealthy nerves) have desiccated nerves and suffer from an insufficiency of fluid in the tissues of the body."

We know that so nicely is the human 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 of fluid, then it is certain that other tissues are also suffering from the same lack, and that the wheels of the wonderful machinery are being clogged by reason of waste matter which is not washed away.

We see by this that water does for 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 best time for water-drinking is at night and early in the morning. It is well to form the habit of slowly sipping, during the bath and while dressing, two or three glasses of cool—not ice-cold—water.

In a very short time the value of this habit will become apparent in the resultant general improvement in digestion, temper and appearance.

Conditions in Famine-Stricken Japan

Two letters from Japan have lately been received by the Society for the Propagation of the Faith, one from Father Marnas, dated from Sendai, in the heart of the famine district, and the other from the Bishop of Hakodate, who is now in Europe gathering alms and whose diocese comprises the three afflicted provinces. They write:

"Three districts in northern Japan, Iwate, Myagi and Fukushima, comprising in all a population of 2,821,837 inhabitants, have been made desolate by the most cruel famine experienced in the last sixty years.

"The calamity is such, especially in Myagi, that a local paper goes so far as to say that the sentence of death has been passed on the people of the district, words strictly true as the writer says, 'on one-third of the population. In fact, out of a population of 900,000, at least 280,000 are reduced to the last straits, and have no means of subsistence if

That pain in the Back is Kidney Trouble GIN PILLS WILL CURE IT

A strain or severe cold, or a dozen other causes may have started it—but the Kidneys are at the bottom of it. Backache (especially in the "small" of the back) means Kidney Disease. Plasters and liniments give some relief, but they never cure.

GIN PILLS cure that pain in the Back every time, because they cure the Kidneys.

ST. JOSEPH'S HOME, St. Cloud, Minn. 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 and doctors, save your money and try GIN PILLS, FREE. Write us your name and address, and in what paper you saw this offer, and we will send you a free sample box of GIN PILLS. These famous Pills for Sick Kidneys are sold by all druggists at 50c a box, or 6 boxes for \$2.50.

THE SOLE DRUG CO. Winifpeg W.

MILBURN'S LAXA-LIVER PILLS

are mild, pure and safe, and are a perfect regulator of the system.

They gently unlock the bowels, clear away all effete and waste matter from the system, and give tone and vitality to the whole intestinal tract, curing Constipation, Sick Headache, Biliousness, Dyspepsia, Costed Tongue, Water Brash, Jaundice, Heartburn, and Flat Breaks. Mrs. B. S. Ogden, Woodstock, N.B., writes: "My husband and myself have used Milburn's Laxa-Liver Pills for a number of years. We think we cannot do without them. They are the only pills we ever take."

Price 25 cents or five bottles for \$1.00, at all dealers or direct on receipt of price. The T. Milburn Co., Limited, Toronto, Ont.

help does not soon reach them. "The official returns will give some idea of the present misery to which hundreds of thousands are exposed—a condition, which, unless relieved, must continue through the spring and summer, until the new harvest.

"The district of Myaggi is by far the most severely afflicted. The usual rice harvest here yields about 12,000,000 yens (a yen is about fifty cents). This year it yielded only twelve per cent. of this return. This means a loss of more than 10,000,000 yens, and is indeed "the sentence of death hanging over the heads of a 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 the Propagation of the Faith, 627 Lexington avenue, New York, N.Y.

Latest in Stamps

The Italian Government is issuing what might be described as military picture stamps. Each regiment 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 of the most varied nature.

one appears the name of a colonel of the regiment, on another a design of rifles supporting the Royal arms. The military district of Ivrea has a stamp on which is a view of the town of Ivrea; on that of Milan is a representation of a military council; on that of the Twenty-second Regiment of Cavalry are the arms of Catania with the regimental motto. On the regimental stamp of the Sixth Bersaglieri are the notes of the regimental bugle-call and motto.

A Protestant Protests Against Infamous Inventory

In connection with the unwarranted and infamous inventory now taking place in the churches of France, the following story illustrative of the justice and nobility of a Protestant, the Baron d'Este, is told:

"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 of a smiling little hill, overlooking the English golf ground and the vast plane of the Gave. To protest against the odious and sacrilegious proceedings the faithful were assembled in the Church—the Catholic clergy, the peasantry and the working people. The Government's agent pursued his task while the faithful were engaged in prayer. Suddenly a tall gentleman, of military appearance, in top-boots, riding-whip in hand, rose quietly and approached the agent: "Pardon me, sir, but may I ask to what religion you belong?" "I," replied the police-agent confusedly, "I am a Catholic." "And I," continued the gentleman, "I am a Protestant, but I have come here to tell you that the act you are performing at this moment is an act shameful for you and for those who have ordered it."

"But who are you that you question me thus?" "I am the Baron d'Este." "I shall insert in the official report (procès-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 Baron d'Este said: 'The act you are committing is shameful.' 'Add 'and ignominious,'" said the Baron d'Este, and then, his protest made, he left the little Church."

FATHER KOENIG'S NERVE TONIC

A Burning Sensation. 6

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.

PERTH, Ont. I am taking great pleasure in informing you that I am having a good sale of Pastor Koenig's Nerve Tonic 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 early in January.

F. L. HALL, Druggist.

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. FATHER KOENIG, of Fort Wayne, Ind., since 1876, and now 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., TORONTO; THE WINGATE CHEMICAL CO., LTD., MONTREAL.