

HOME CIRCLE effettettettet

FRUIT FOR BREAKFAST.

Fruit should never be omitted from the breakfast table. It may be served first or last as desired. While fresh fruit is usually preferred, stewed fruit, jams and marmalades, have each their place and welcome. Baked apples with whipped cream are delicious. California prunes are especially popular.

WALK, DON'T RIDE.

Doctors, who have closely studied the matter, unhesitatingly assert that walking is the best exercise a woman can engage in for the development of her physical charms. The woman who is in the habit of taking a car ride every time she wishes to travel a few hundred yards is the one who has a bad complexion and complains of growing She will tell you that her spine troubles her and that her feet are rheumatic, that she cannot walk -positively must not do so. If you are among the number, take a walk every day, give up the car habit unless you have some real riding to do or time is an object, and every day walk a little further, says Woman's Life. An excellent thing is exercise, and if you do not find walking agrees with you, then take to the gymnasium. After you have tried all the indoor physical exercises try the oven-air ones.

GRACE OF WOMEN.

Grace in women has more effect than beauty. We sometimes see a certain fine self-possession, an habitual voluptuousness of character, which reposes on its own sensations and derives pleasure from all around it, that is more irresistible than any other attraction. There is an air of languid enjoyment in such persons "in their eyes, in their arms and their hands and their faces," which robs us of ourselves and draws us by a secret sympathy toward them. Their minds are a shrine where pleasure reposes. Their smile diffuses a sensation like the breath of spring. Petrarch's description of Laura answers to this character, which is, indeed, the Italian character. Titian's pictures are full of it; they seem sus- I saw Him not in the mendicant, tained by sentiment or as if the persons whom he painted sat to music.

CULINARY HINTS.

Rub cold butter over boiled fish to improve its appearance.

Potted meat will keep longer if eovered with mutton fat than if butier which has been melted is used. In flavoring cakes do not use le-mon juice if a light cake is desired. Yes, while the ros

ince the acid sets free the carbon dioxide before baking. Roll jelly cake can be more easily rolled if the edges of the cake are The nightingale carefully trimmed off, as they, being

stiffer, cause the cake to break on To prevent tomato soup from curd- But what is their avail? ling, add the tomato before the milk is put in and strain the tomato Love, you are late.

nice before turning it over the flour

and butter. The South Americans revel in the old-fashioned "boiled dinner," bably with fresh meat instead of corned beef, and they add at last a few bananas. This is said to make the dish very appetizing. It is certainly worth a trial.

TREATMENT OF CHILBLAINS.

Chilblains are most comfortably treated with the following mixture Melted lanoline, one ounce; sweet al-mond oil, three ounces. Mix this All consecrate. while the lanoline is still warm. It will take a cream form when cold, and can be easily rubbed on the feet. If the chilblains are only slightly broken, ten grains of menthol can be added to every ounce of the mixed fats. It must, of course, be added while they are warm. Later, after the skin has healed, the surface may be brushed over with the tincture of capsicum, one dram; and glycerine of tannic acid, enough to make one ounce. Use this daily unless the skin is tender. It is a strong stimulant and astringent. A badly-inflamed chilblain, where the skin is not broken, can be much soothed with a mixture of belladonna and cocaine ointment spread on a cloth. Camphorated oil will sometimes stop the development of one altogether, if used

If love is to flourish between two people they must each be slow to take offence and not only willing, but glad, to pardon at the first faintest sign of penitence; still more, to overlook entirely that which has been a blunder or an accident. Life and love are in a great part of the art of bearing with other people's shortcomings. Every offender, whatever the offence, is in the eyes the law entitled to a fair trial, and no one should be condemned unheard. The exercise of a modicum of common-sense and justice would nip most quarrels, whether between lovers or others, in the bud. Someone has wisely said that scarcely a novel was ever written which could have run to the end if the hero and heroine had been fully frank with one another. Most dissensions are upon misunderstandings. Much may be forgiven to those who love much by those who return such Nor is it sufficient to forgive without forgetting the offence. The slate should be wiped clean, and the transgression be

though it had never been. SECRET OF FRIENDSHIP

Now and then we notice an intithe dispositions are opposite, and, far apart as one could well imagine, and yet they are friends. They are unlike that the casual observer see no basis for their mutual sympathy, and naturally he asks, what can possibly be their bond of union, and in the last analysis what, after

were associated for years while they regarded each other as little more than strangers. They perhaps have trains? been living under the same roof, working side by side, but they were mere acquaintances, nothing more, business associates, whom chance had brought together, but one day they became friends. Examine the first step in one of these cases and you will learn the principle which is at the root of all friendship. In each instance you will find that at the beginning there was never on land nor sea" is a was an act of self-sacrifier, great or possession to be prized, and fortunsmall; it may have been only a ate is the child who is able to ention for another, but it served to ly isn't a plaything!" said a little break down the sparating wall and girl, indignantly. "She's real break down the sparating wall and girl, indignantly introduce the strager. They then folks!" The New became interested in each other, they of two children who planned to posexchanged confidences, they friends. Whatever psychological pro- alive. cess may have taken place in the course of their friendship, it began, at least, with an act of kindness.

THE MENDICANT.

Kindness is the secret of all.

met Him to-day in the wintry street,

The Christ on the Cross Who died, All hungered and cold in the wind and With bleeding forehead and hands and

And I blindly thrust Him aside

Had He only come with the crown of thorns,

Or the nail prints ruby-red, Had the palms that pleaded for alms but worn Their wounds I had not put by

scorn His piteous plea for bread.

But idly now, and all in vain I grieve for the grace gone by, And muse, "Might He only come I'd pity His plea and ease His pain,

And hearken unto His cry.' Nay, nay, for the blind distinguisheth The king in his robe and crown;

But only the humble eye of faith Beholdeth Jesus of Nazareth In the beggar's tattered gown

And I heeded not His cry; Now Christ, in His infinite mercy grant

That the prayer I say in my day of want, Be not in scorn put by.

-P. J. Coleman.

AD ASTRA.

Yes, while the rose leaves fall In showers against the moonlit gar den wall.

My firm hand shuts the gate.

Has worn himself with pleading; The fountain's silvered tears are interceding.

Long stood the postern wide With all my morning-glories twined

Bird called to bird for mate Noon and the sun,

The love of bees and flowers. With folded hands unclaimed marked the hours That saw my youth undone.

Then evening star And coming of the moon! Ah, not too soon, my soul, ah, not

too soon All consecrate, I chose my white path there

And took the withered roses from my hair. Love, you are late-too late. -Thomas Walsh, in the Atlantic.

Be Ready For Croup

BY KEEPING IN THE HOUSE

Dr. Chase's Syrup of Linseed

Turpontine

BEARING WITH ONE ANOTHER. THE THOROUGHLY TESTED AND RELIABLE FAMILY MEDICINE.

> To overcome croup you must act quickly.

There is usually no time allowed for sending for doctors or medicines. The hollow, croupy cough at mid-

night may be your first warning, and if you are not prepared to fight this disease. It may be of little use to know

that Dr. Chase's Syrup of Linseed and Turpentine is a positive cure for croup if it is not to be obtained at the critical time. Most persons who have tested this Right up to heaven to your Heart,

treatment for croup keep a bottle at hand, so that by prompt action they can prevent the disease from reaching a serious stage. Dr. Chase's Syrup of Linseed and To forward quick this little note

Turpentine is composed of simple ingredients of unquestioned curative power, is pleasant to the taste, well liked by children, and can be used with perfect safety by old and young, so long as directions are followed. MRS. GEORGE BROWN, 71 Harbord street, Toronto, writes:

"Our children have been very subject to croup, and we have found with this complaint and found a cure ner is as well ordered, she will be that Dr. Chase's Syrup of Linseed in the pills. They affect the nerve saved many of those petty, disagreemate friendship existing between per- and Turpentine has always brought centres and the blood in a surprising- able familiarities from fellow worksons who apparently have nothing in quick relief. By using it at the first ly active way, and the result is alcommon. Their tastes are different, sign of trouble the disease is checked at once. We always keep this it may be, in education they are as remedy in the house, and, in fact, feel that we could not do without We also use it for coughs and colds with excellent results, and re-

commend it to our friends. Dr. Chase's Syrup of Linseed and Turpentine, 25 cents a bottle; family injurious. If they would exercise will if neglected. Dr. Thomas' size, three times as much, 60 cents, the same care over the minds and

THILDREN'S FATHERKOEINGE FREE BOOK OF THE PROPERTY OF THE PROP

PRACTICALLY SPEAKING.

Teacher-What is the difference, Tommy, between local trains and express

Tommy (a bright boy who knows all about the Subway)- Local trains stop at the stations and express trains stop between stations.-New York Tribune.

A RESPONSIVE DOLL.

The power to see the "light that The New York Times tells were sess dolls that were just as much

The children have saved their own pennies to buy the desired dolls. They wanted them very much, and although they were only ten-cent china dolls, the directions given for the purchase were minute and particular.
"Now, papa," said one little girl,

"don't fust buy any doll you see. Take it up and look it right in the eves, and if it looks as if it loved you, then you can buy it."

THE PANCAKE WOMAN.

One of the delights of the children is a slouch is sure to become somein Japan is the pancake woman, who thing worse when a woman." with her little brazier and its copper frying-pan, offers great attraction to of often being taken to task about the urchins who gather round her keeping her face and hands clean,

of the streets nearest the schools, torn dresses, for foot-racing, and and when the boys and girls clatter climbing trees, it is small wonder if out with their wooden clogs and satchels of books, what more welcome above with some sense of discomsight than the pancake woman wait- fort. ing on the corner for them? With words haunted me. I wondered if

Her withered smile and wheedling And with maturer years came a sort tones draw a hungry crowd as well of gratitude toward the old book. as the crisp smell of a sample pancake on the griddle.

For a small coin worth one-tenth of a cent a blissful child may fry pinks of neatness, but I am sure all and turn his own cakes and eat them of us can be cleanly. As the great fresh from the griddle as he fries ones of the earth have rated cleanlithem. Happy is he who comes with ness so high, even next to godliness, a stringful of cash in his kimona meaning cleanliness of mind as well sleeve and who can fry and eat to as of body, we cannot value it too his heart's content.

MOLLY AND BILLY.

"It is a great mistake, in my opwoman, "for husbands and wives to feel it is rather nice to say 'dear' and 'my love,' etc., in public; it meaningless. They might just as well be Molly and Billy as far as As to dress, some people have tian name sounds, to my way of thinking, in better form. When especial names have been adopted, as t sometimes the case, they are obon become absurd. I know a man art of appearing well dressed. who began by calling his wife 'Baby.' They have been married now for several years, and he keeps it up through force of habit, but it does sound ridiculous. I was playing whist the other day with a quondam pair of turtledoves who have become quite peckish with a decade of married life behind them, and it was funny to hear the old names used with marital sharpness. They were playing together and were losing, which made them quite cross. 'You should never have taken that trick, Honey,' he said sharply. 'A baby could have played that hand better 'Ducky,' she retaliated, and Neither of them seemed aware of the incongruity of the epithets 'Honey' and 'Ducky' with their irate voices and expression."

A CHILD'S PETITION.

She stole into the church alone With shy and timid grace, A little child with wondrous eyes And smiling, dimpled face.

"I come to see you, dearest Lord, Sweet Jesus, are You here? Ah! yes, the light is burning bright, I know that You are near.

"I'm glad that we are all alone, Because I want to bring A letter to your Sacred Heart To ask for everything.

"Now, if some older person saw Me write this little letter, They'd take it, maybe, from my hand

And try to make it better. this will strike terror to your heart "But no one saw me write it, Lord; dresser once advised women never to I think it's written right; And you won't mind if it's spelt

> Because it's clean and white "I'll drop it in your treasure box, And kiss it so 'twill speed

> To ask for all we need. And then, to make it very sure, I'll say a decade, too,

I wrote, dear Lord, to you." For Inflammation of the Eyes .-Parmelee's Vegetable Pills possess, besides regulating the digestive organs, is their efficacy in reducing ined forth many letters of recommenda-

them with good reading. They are their dealings with men very careful about the food for their bodies; they get healthy, wholesome food, and avoid everything that is

most immediately seen.



bottle to any address.
Poor get this medicine FREE:
KOENIG MED. CO.

Our Personal Appearance

(By Lydia Whitfield Wright.)

Whenever occasion demands the giving of thought to the subject of personal appearance, to cleanliness and neatness, my mind reverts insistently to a childhood lesson taught me by a certain old book.

It was a book of many pages, black-bound, full of recipes and

medies for all the ailments under the sun; incidentally it contained some slight effort to show a considera- dow her doll with a soul. "My dol- good rules on etiquette and general principles of good manners. A sort of all-around family guide-book. I occasionally saw the old book in my father's hands, and at times my sisters glanced it over, but with a child's natural antipathy for anything savoring of the advisory, I avoided it. But one day searching around for something rendable and finding nothing, I fell back for consoupon the usually tabooed lation book. Skipping recipes and remedies I turned over to the pages devoted to general principles of good breeding, After a little I came to a talk on the subject of personal neatness and cleanliness, and was mean-dering along complacently till I brought up suddenly and sharply against the words: "The girl who

> Now, when a little girl is conscious smoothing her tousled locks, of be-She is usually found on the corner ing scolded about soiled aprons and she reads such a statement as the It was so in my case. The a bowlful of delicious batter, a ladle and a cake turner, she is ready for the onslaught.
>
> Words nathred life. I wondered in a words nathred life. I wondered life. I wonder

> It is a fine thing to be cleanly and orderly in our habits. I do not believe it is possible for all of us to be highly. Surely cleanliness of the body is a moral obligation we owe to the spiritual nature within. Then, it is a safe-guard to our self-respect. A remarked a young married mother was dressing her little daughter preparatory to going on a trip. The child was impatient call each other by any term of en-dearment. It generally begins in the delay for donning clean, fresh first part of their married life. They garments. The mother drew for her a picture of a little girl who suffered the accident of a sprained ankle, emphasizes their sense of possession.
>
> Later on habit makes them continue the epithets, but they become The little girl grew into womanhood

> As to dress, some people have the sentiment goes, and the simple Chris- art of looking well in anything they wear. I once heard it said of a young woman, "she always seems to look well-dressed, and yet she has so little to dress with." "Air" noxious in the beginning and later and "figure" are potent forces in this may be mere clothes, or we can give character to them. If we depend solely upon our dresses to give us charm and individuality, we may count upon failure. We see people every day who look dowdy in silk, and others who impress us as simply imposing in cloth gowns.

> > It is a mistake to conclude that all we lack to be well-dressed is latest style. Do not think that extreme fashion means style. It is only people of poor taste, with no ideas of their own, who follow the craze of popular style. How much more sensible to study what is becoming to your face, or figure, and choose accordingly. To-day, so far as dress is concerned, the vagaries of fashion are so varied that there is no excuse for the short woman to make a guy of herself, or the tall woman to transform herself into a fright. But as for the mode of arranging the hair, fashionis eomewhat arbitrary, From the ten year old school girl to the mature woman, the pompadour, exaggerated in the extreme, has held its own for many a long day, without regard to fat faces, or thin; oval or square; round or long. But now the "classic part" is coming in, slowly and how charming to note the but surely. And what a relief it is, change. Take, for instance, the girl with the rather high forhead, the long features, and note the change from the three or four inch mass of hair rolled on her forehead, to the parted waves, and the tendrils clinging about the forehead, white and fair, one of the most attractive features of the face. A notable hairchange from a becoming mode of arranging the hair, no matter what

the prevailing styles might me. As a last few running remarks. It is our duty to be as well-dressed as we can afford. But it is moral iniquity to incur debt with unnecessary expenditures. As for the girl who earns her own money, she is foolish in the extreme if she waste her earnings on dress and jewelry. She has a right to pretty clothes and good, and she can have such without wasting her money if she is but careful. If she is sensible she knows that feathers and frills are not Among the many good qualities which for working hours. She adopts garments that are serviceable and plain. She does not affect any tendency toward a masculine stiffness of attire flammation of the eyes. It has call- but strives rather for neatness and simplicity. Such a style of dress attion from those who were afflicted tests her good sense, and if her manwomen, and employers, of which so many girls complain, but which they consistently entail upon themselves Parents make a great mistake in by bad taste in dress, and an equally rearing a family without furnishing had sense in conducting themselves in

Do Not Delay .- Do not let a cold or a cough fasten upon you as it lectric Oil will break up a cold and and in the last analysis what, alter all, underlies all friendship? Some all, underlies all friendship? Some have replied to this question by saving, "It is a blind instinct." This cannot be the true answer, for we know of instances where those who afterwards became the closest friends as much, 60 cents, all dealers or Edmanson, Bates & souls of their little ones, how much better would the world be. Feed imitations, the portrait and signature of Dr. A. W. Chase, the famous how of instances where those who afterwards became the closest friends box. 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

4. King street east.

Toronto, Sept. 18, 1909. 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 to to any one suffering from lumbago. I am, yours truly,

(MRS.) JAS. COSGROVE.

2561 King Street East, Toronto, December 16th, 1901. John O'Connor, Esq., Toronto:

DEAR SIR,-After trying several doctors and spending forty-five days 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 able to stand for a few seconds, but after using your Benedictine Salve for three days. I want out on the street again and now after using the street again. days, I went out on the street again and now, after using it just over week, I am able to go to work again. If anyone should doubt these factor send him to me and I will prove it to him.

Yours for ever thankful, PETER AUSTEN

198 King street East, Toronto, Nov. 21, 1902. 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, B might say, every physician of repute, 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 hodily acthat 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 testimental as to the encacy 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 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

7 Laurier Avenue, Toronto, December 16, 1901.

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 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 1 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 I would try your

Salve, and am proud to say it has made a complete cure. I can heartly recommend. it to every sufferer.

JAMES SHAW.

Toronto, Dec. 30th, 1901.

John O'Connor, Esq., Toronto: DEAR SIR,-It is with pleasure I write this unsolicited testimonial, 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 he 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 completery 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 will 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, Yours, etc., ALLAN J. ARTINGDALE, With the Boston Laundry

BLOOD POISONING

Corner George and King Streets, Toronto, Sept. 8, 1904.

John O'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. out relief. Your salve is a sure cure for blood-poisoning.

MISS M. L. KEMP. also treated in the States prior to going to the hospital in Toronto, with-

Toronto, April 16th, 1908. 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, 1902

John O'Connor, Esq.: DEAR SIR,-Early last week I accidently ran a rusty nail in my fin The wound was very painful and the next morning there were symptoms of blood poisoning, and my arm was swollen nearly to the shoulder I applied Benedictine Salve, and the next day I was all right and able to go to work.

31 Oneen street East.

JOHN O'CONNOR 100 KING STREET

WM. J. NICHOL, Druggist, 170 King St. E. J. A. JOHNSON CO., 171 King St. E

PRIOR OLGO PER BOX.