

The HOME CIRCLE

FRUIT FOR BREAKFAST. Fruit should never be omitted from the breakfast table.

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.

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.

CULINARY HINTS. Rub cold butter over boiled fish to improve its appearance. Potted meat will keep longer if covered with mutton fat than if butter which has been melted is used.

TREATMENT OF CHILBLAINS. Chilblains are most comfortably treated with the following mixture: Melted lanoline, one ounce; sweet almond oil, three ounces. Mix this while the lanoline is still warm.

BEARING WITH ONE ANOTHER. 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.

SECRET OF FRIENDSHIP. Now and then we notice an intimate friendship existing between persons who apparently have nothing in common. Their tastes are different, the dispositions are opposite, and it may be, in education they are as far apart as one could well imagine, and yet they are friends.

They were associated for years while they regarded each other as little more than strangers. They perhaps have 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.

THE MENDICANT. I met Him to-day in the wintry street, The Christ on the Cross Who died, All hungered and cold in the wind and sleet,

Had He only come with the crown of thorns, Or the nail prints ruby-red, Had the palms that pleaded for aims but worn

I saw Him not in the mendicant, And I heeded not His cry: Now Christ, in His infinite mercy grant

AD ASTRA. Love, you are late. Yes, while the rose leaves fall In showers against the moonlit garden wall,

THE EVENING STAR. And coming of the moon! Ah, not too soon, my soul, ah, not too soon

Be Ready For Croup AND PROTECT YOUR CHILDREN BY KEEPING IN THE HOUSE Dr. Chase's Syrup of Linseed and Turpentine

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.

MRS. GEORGE BROWN, 71 Harbord street, Toronto, writes: "Our children have been very subject to croup, and we have found that Dr. Chase's Syrup of Linseed and Turpentine has always brought quick relief.

CHILDREN'S CORNER

PRACTICALLY SPEAKING.

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

A RESPONSIVE DOLL. The power to see the "light" it was never on land nor sea" is a possession to be prized, and fortunate is the child who is able to endow her doll with a soul.

THE PANCAKE WOMAN. One of the delights of the children in Japan is the pancake woman, who with her little brazier and its copper frying-pan, offers great attraction to the urchins who gather round her stall.

MOLLY AND BILLY. "It is a great mistake, in my opinion," remarked a young married woman, "for husbands and wives to call each other by any term of endearment.

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.

For inflammation of the Eyes.—Among the many good qualities which Parment's Vegetable Pills possess, besides regulating the digestive organs, is their efficacy in reducing inflammation of the eyes.

Parents make a great mistake in rearing a family without furnishing them with good reading. They are very careful about the food for their bodies; they get healthy, wholesome food, and avoid everything that is injurious.

Do Not Delay.—Do not let a cold or cough fasten upon you as it will if neglected. Dr. Thomas' Electric Oil will break up a cold and cure a cough, and should be resorted to at once when the first symptoms appear.

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.

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FATHER KENNEDY'S FREE BLOOD PURIFIER. A LITTLE BOOK ON Diseases of the Nervous System. Bottle to any address. Post get this medicine FREE. KENNEDY MED. CO. 109 Lake St. CHICAGO.

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 remedies for all the ailments under the sun; incidentally it contained some good rules on etiquette and general principles of good manners.

Now, when a little girl is conscious of often being taken to task about keeping her face and hands clean, smoothing her tousled locks, and climbing trees, it is small wonder if she reads such a statement as the above with some sense of discomfort.

It is a safe-guard to our self-respect. A mother was dressing her little daughter preparatory to going on a trip. The child was impatient of the delay for donning clean, fresh garments.

As to dress, some people have the 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."

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 proof of poor taste, with no ideas of their own, who follow the craze of popular style.

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THE RHEUMATIC WONDER OF THE AGE Benedictine Salve

This Salve Cures RHEUMATISM, PILES, FELLOWS or BLOOD POISONING. It is a Sure Remedy for any of these Diseases.

A FEW TESTIMONIALS RHEUMATISM

What S. PRICE, Esq., the well-known Dairyman, says 21 King Street East, Toronto, Sept. 18, 1902.

DEAR SIR,—I wish to testify to the merits of Benedictine Salve as a cure for rheumatism. I had been a sufferer from rheumatism for some time and after having used Benedictine Salve for a few days was completely cured.

475 Gerrard Street East, Toronto, Ont., Sept. 18, 1901. DEAR SIR,—I have great pleasure in recommending the Benedictine Salve as a sure cure for lumbago.

256 1/2 King Street East, Toronto, December 16th, 1901. DEAR SIR,—After trying several doctors and spending forty-five days in the General Hospital, without any benefit, I was induced to try your Benedictine Salve, and sincerely believe that this is the greatest remedy in the world for rheumatism.

198 King Street East, Toronto, Nov. 21, 1902. DEAR SIR,—I am deeply grateful to the friend that suggested to me when I was a cripple from Rheumatism, Benedictine Salve.

12 Bright Street, Toronto, Jan. 15, 1902. DEAR SIR,—It is with pleasure I write this word of testimony to the marvelous merits of Benedictine Salve as a certain cure for Rheumatism.

7 Laurier Avenue, Toronto, December 16, 1901. DEAR SIR,—After suffering for over ten years with both forms of Piles, I was asked to try Benedictine Salve.

241 Sackville street, Toronto, Aug. 15, 1902. DEAR SIR,—I write unsolicited to say that your Benedictine Salve has cured me of the worst form of Bleeding Itching Piles.

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.

Corner George and King Streets, Toronto, Sept. 8, 1904. DEAR SIR,—I wish to say to you that I can testify to the merits of "Your Benedictine Salve for Blood-Poisoning."

DEAR SIR,—Early last week I accidentally ran a rusty nail in my finger. The wound was very painful and the next morning there were symptoms of blood poisoning, and my arm was swollen nearly to the shoulder.

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