

HOME CIRCLE

SUPPOSE YOU TRY SMILING. Your burden is heavy, I haven't a doubt, But others have loads they must carry about.

USEFUL BORROWED HINTS. Tooth brushes should be washed in strong salt water. Warm borax water applied to the scalp will remove the dandruff.

YOUR HUSBANDS. There are two ways of looking at a husband. One is to make up your mind that he has no faults and to consider him a piece of perfection.

No Disease is so Quiet and Stealthy in its Approach as Kidney Disease. That is why it is so dangerous. It may become deep-seated before you realize the danger.

It is therefore of great importance to recognize the early warning symptoms: pain or dull ache in the back, bladder pains, smarting sensation when urinating.

Doan's Kidney Pills are 50c. per box or 3 boxes for \$1.25, at all dealers, or mailed direct on receipt of price by The Doan Kidney Pill Co., Toronto, Ont.

you may murmur. Very probably not. But he does other things for you that he didn't do then. Think of those and look after your own transgressions in the way of forgetfulness and neglect, and think less of his. But above all, whatever his faults, don't nag.

WHY DO WE FEEL AFRAID? The mechanism of that sensation which we call fear is declared by Dr. Binet-Sangle of Paris, to be the explanation itself of the unpleasant feeling. He describes the mechanism as follows:

A sensation of horror is felt by the mind at the approach of any combination of circumstances which may limit one's action or energy in the world, even for the shortest space of time. On the sensation impressing itself upon the brain a physiological modification takes place in the organism, the normal status being upset in such a way as to cause the judgment to fail.

THE MAKING OF A BOOK. First write your book—and, in this case, by "book" is meant a regulation \$1.50 novel, says Arthur Steadman in the New York Sunday World.

whether their clothes are ironed on Tuesday or Wednesday, provided they are neatly laundered and mended, ready for them to don Sunday morning. But a day's unexpected pleasure will sink deeply into their memories, and, in after years, will form a part of the beautiful dream of childhood.

SUMMER BEVERAGES. Lemon Syrup.—Take the juice of twelve lemons, grate the rind of six in it, let it stand over night, then take six pounds of white sugar, and make a thick syrup.

Strawberry Syrup.—Take fine ripe strawberries, crush them in a cloth, and press the juice from them; to each pint of it put a pint of simple syrup, boil gently for one hour, then let it become cold, and bottle it, cork and seal it. When served reduce it to taste with water, set it on ice, and serve in small tumblers half filled.

Strawberry Sherbet.—Take fourteen ounces of picked strawberries, crush them in a mortar, then add to them a quart of water, pour this into a basin, with a lemon sliced, and a teaspoonful of orange flower water; let it stand for two or three hours. Put eighteen ounces of sugar into another basin, cover it with a cloth, through which pour the strawberry juice; after as much has run through as will gather up the cloth and squeeze out as much as possible from it; when the sugar is all dissolved, strain it again; set the vessel containing it on ice until ready to serve.

Raspberry Vinegar.—To four quarts of raspberries put enough vinegar to cover, and let them stand twenty-four hours; scald and strain it; add a pound of sugar to one pint of juice; let it stand twenty minutes and bottle; it is then ready for use, and will keep for years. To one glass of water, add a large spoonful. It is much relished by the sick.

Lemonade.—Take half a pound of loaf sugar and reduce it to a syrup with one pint of water. Add the rind of five lemons and let stand one hour; remove the rinds and add the strained juice of the lemons; put one bottle of carbonated water and a block of ice in center of bowl. Peel one lemon and cut it up into thin slices, divide each slice in two and put in lemonade. Serve with a piece of lemon in each glass.

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GOOD HOUSEKEEPING AND COMMON SENSE. The woman who boasts that she has a certain time for each household task and that she never allows any event, save the most serious illness, to cause her to deviate from the usual routine, may stand at the head of the list of good housekeepers in her town or neighborhood, but we doubt if her home could be called the happiest. Generally speaking, it is a bad thing for the comfort of a family when the housewife has too exalted a reputation to sustain along domestic lines for, what the neighbors will think and not what is for the best good of the loved ones whose opinion should be worth more than all the world to her, frequently influences her action.

Blue Ribbon Tea This coupon cut out and mailed to The Blue Ribbon Tea Co., P. O. Box 2554, Montreal, entitles the sender to a free package of our 40c. Blue Ribbon Tea. Fill in blank space whether you wish Black, Mixed or Green Tea. To MRS. TOWN.

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