## HOME CIRCLE eeeeeeeeeee

#### A REVERIE. (J. William Fischer.)

The moonbeams are creeping around

the green trees,
The grass in the meadow is wet
with the dew;
The leaves of the maple are kissed by the breeze,
They rustle and whisper the starry
night through.

And lo, I am droaming. Ah, sweet evining dream! You bring me the gladness, the peace

of those days, That sparkled so brightly when youth was a-gleam
With love-lights, soft kindled by
Hope's tender ravs.

Ah, glad thoughts so golden breathed from the dead years
To me you are sacred; stay, linger
a while!

paint on the shadowy vista of

Bright memory's pictures sweet framed in a smile.

O paint me the faces, the throbbing

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O paint me the faces, the throuning hearts free,
Life's gay obling morning—the lovebeams that glowed—
The fields and the mountains, the sapphire-green sea,
That heard oft the ripples of childhood that flowed!

O pictures of childhood-the dearest of

They set me a-singing sweet joysonge of glee, And when I am longing and weary of

strifo
Dream-thoughts are the artists that
paint them for me.

—The Rosary.

#### A WONDERFUL NUT.

A native of the western territories of Africa, the Kola Nut is not likely to remain much longer in obscurity if the properties which, on good authority, it is said to possess, are found to be as stated. From information communicated to the Fiji Agricultural Association by Sir Thomas B. Thurston the cultivation of this nut should form an important industry of the future in tropical countries. Its qualities at as varied as they are extraordinary, some of these qualities have only lately been discovered, one of the most active investigators being Mr. Thomas Christy, F. I. S., who has proven that Kola feeds the muscular system and prevents a rapid waste of tissues. The British Government have been making experiments with the pure paste of the Kola Nut in order to as-Fertain how far it would meet the difficulty of transporting provisions in time of war as a concentrated sustainer of human life. Mr. Christy strongly advises planters in the colonies who have low damp lands, to devote their attention to the cultivaition of Kola, which is sure to rise into importance when its properties become better known. The usefulness of Kola in hot climates, when water frequently contains the germs of various diseases, should be great, as a small quantity added purifies and changes foul water that would be danrerous to drink, unless it were first

Dr. Nachtigall who writes from perconal experience gives some interest-in information regarding Kola in his ook on the Soudan. It has a murin system, it is agreeable, stimuting and nourishing. In some places here Kola happens to be scarce, such lice is set upon it that for the dry wder of the nut an equal weight in old dust is given in exchange.

It the West Indies and Fiji where

iarrhoea is so prevelant, Kola bas onderful nut has risen into such re-est as a medicine, that for the pub-good the authorities are investigatits many properties, and there is tisfaction in knowing that the d elsewhere. Whatever may be the timate outcome of these experiats sufficient evidence has been aldy collected to prove that Kola an extraordinary influence in interacting the effects of alcohol, I it acts as a powerful tonic in where the digestive organs are ective, that it purifies foul water, that it sustains hard workers very little food. The Kola tree The Cola Acuminata) grows to a ght of twenty or thirty feet, it has re leaves, and begins to yield about blossom the flowering is almost tinuous, a bearing tree having, it and flower at the same time. o crops are obtained in the year, in and November. When ripe the are gathered with great care and ht by merchants who ship them

me and obrome it may be stated, are largely made up of mtrogen, which forms four-fifths of our atmospheric air so essential to animal life. As a medicine Kola will undoubtedly take an important place in the future, it seems admirably suited to the case of invalids who require something strengthening, without having an appetite to taste food, for a person partaking of a nut weighing only of quarter of an ounce feels his frame

braced up even by that small quan-

Kola Tonic Wine is manufactured from Kola, Celery and Pepsin. In this combination we have accomplished a scientific triumph because it has been proven that not only must disease of almost every kind give way to its health-giving properties, but it puts the system into such a condition of perfect healthfulness, that it is a practical proof against all disease. Indigestion, Dyspepsia, Asthma, Rheumatism and all nervous troubles can be cured by using Kola Tonic Wine. Beyond the peradventure of a doubt, the Hygiene Kola Company has one of the finest remedies or this continent and of which might be truly said, 'Tis a wonderful product of the 20th Century.

Samples of Kola Nut can be seen in the window of the Hygiene Kola Company. 84 Church street, Toronto. \*\*\*

### ETHICS OF DRESS.

A certain married woman who "glories in her sex" confesses that there are times when she envies her husband. With a business suit and a dress suit, she says, he is "prepared for any occasion" and to choose such conventional clothing costs him hardly a moment's thought, whereas with every changing season she must completely rearrange her wardrobe, not the gowns alone, but the "gewgaws to ratch."

The older she grows, the woman says, the more heavily does this bur-den weigh upon her spirit. Although she is not a society woman, she meets many people; it seems a duty to array herself in the manner that the general judgment of her sex approves, and to do this demands time, money and auxious meditation. She admits that she likes to feel welldressed. Yet what a relief it would be, she adds, if, like the Sisters belonging to religious orders, women would put on uniforms and make no change except, say, from thick garments to thinner!

At first thought this seems a reasonable proposition. It would be so if applied to the other sex, for man already pays an aesthetic penalty for his efforts to save himself trouble in choosing his clothing. Members of secret societies evade the penalty for an hour or two when they decorate themselves with sushes and swords and feathers; but every other assemblage of men is necessarily a sombre and cheerless spectacle. The members of any such gathering are clad so uniformly that one might logically demand they put on uniforms.

Hapvily woman's instinct prompts her to be more original. Probably the only reason why one particular wopenurious man has charged that she and her sisters simply waste their time and money on dress. But this is not true of many American women. For one family broken up by the wife's extravagance, a hundred are ruined by the husband's folly. Moreover, the woman who takes pains to show herself at her best does a good deed, since she adds just so much more to the charm of lite. - Youth's Companion. 000

## RULER OR SLAVE?

It is the easiest thing in the world for a mother to slip into the attitude of humble self-abnegation towards her children, and when she has once done it, it takes a moral backhone as big as a telephone post for her to gather her fighting forces together and make a stand against them and assert her own rights, but it pays. Just look about you. Who are the mothers whose children defer to them, who are always quoting mother as an authority and who give her that admiration and love and respect that is a crown of glory to any wo man? Is it the self-sacrificing mother who spent her evenings holding children's hands while other women went to the theatre and the opera and the lectures? Is it the shabby little woman who turned her own from is in

comes a belated appreciation of here but there is small comfort to a hungry heart in post-mortem affection, What we want is love and appreciation right now and here, and mothers will do well to remember that it is part of the spoils of victory they will surely win in resisting the tyranny of their children .- The Picayune.

### $\diamond$ $\diamond$ $\diamond$

MAGNESIA A SUMMER FRIEND. A cake of magnesia is a good friend to the economical woman in these days of many light frocks; and the mother finds it quite as indispensable for cleaning the baby's dainty white cloaks and caps as does the summer girl for her numerous costumes and accessories. An expensive laundry bill may often be avoided by this small cake of magnesia when a dress or cloak or some dainty neck-fixing is fresh and white except for a spot or stain that renders it unsightly. Rub the soiled spots on both sides of the goods and after airing hang away with the magnesia still there. When the dress is wanted again dust the magnesia off lightly and it will be found to have carried away part of the soil and to hide the rest, keeping it mmaculate for several wearings.

THOUGHTS FOR MOTHERS. . The "happy woman"-you will recognize her presence the moment she crosses your path. Not by her extreme liveliness-lively people are rarely either happy or able to diffuse happiness; but by a sense of brightness and cheerfulness that enters with her. She may be neither handsome nor entertaining, yet somehow she makes you feel comfortable, because she is so comfortable herself. She shames you out of your complaining, for she makes none. She may have even less than the medium lot of earthly blessings, yet all she has she enjoys to the full; and at is so pleasant to see anyone enjoy! So; her sorrows - she simply bears them .- Miss Mulock.

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#### \* \* \* HOW TOMATOES SHOULD BE EATEN.

From now on tomatoes are best eaten raw. If it is liked to stew the vegetable occasionally, as a way of using what may be left over from this service, tomato croquettes can be made. To a pint of stewed tomatoes add a thin slice of onion, two or three clover and a good seasoning of salt and pepper, and uniess objected to, and pepper, and uniess objected to, about a tablespoonful of sugar. Heat through in a saucepan and thicken with two t-blespoonfuls of corn starch rubbed smooth in a bit of out-ter. Stir this in, adding an egg just before taking off the stove. When the mixture has cooled, mould in croquette form and fry.

### Few People Escape Piles

And Dr. Chase's Ointment is the Only Positive and Guaranteed Cure for This Terturing Disease.

There is u ually very little satisfaction in consulting a physician regarding a case of piles. In nine cases out of ten he will recommend a surgicul operation, forgetting, it may be, the risk, suffering and physical as well as financial expense which this treatment entails. For this reason very many people are going about in unsery with piles, believing that they cannot be cured except by means of the surgeon's knife.

It is to such persons that this ad-

the surgeon's knife. It is to such persons that this advertisement will bring good news of great value. Br. Chase's Ointment has grown in popularity until to-day it is recognized the world over as the standard ointment for the cure of itching, burning skin diseases, and as absolutely the only preparation that can be relied upon to cure every form of piles.

want anything like br. chases officient.

"After the third application I obtained relief, and was completely cured by using one box."

Hosts of cases in which Dr. Chase's Ointment has actually cured serious and long-standing cases of piles have been reported in the Canadian press. Should you want to know more about it ask your druggist or your neighbor. There are few people in Canada who are not familiar with the record of this famous preparation. If your dealer does not have Dr. Chase's Ointment in stock it will be sent postpaid on receipt of price, to cents a box, by Edmanson, Bates & Co., Toronto.

woman was turned ner own irors in order to buy real lace for buby's clothes? Not on your life. Every time it is the mother who kept abreast of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the state of the times, who was always the pretical anxious about the times, the times, the times to be purpose they can be purpose they can be purpose they can be purposed the times. The times time, A RECOGNIZED REGULATOR.

### CHILDREN'S

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### CORNER

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TAMING A LION.

In Cleveland Mossett's series of papers on "Careers of Danger and Daring," the eighth article, "The Wildlas for August.

The wild-beast tamer as generally pictured is a mysterious person who stalks about sternly in high boots and possesses a remarkable power of the eye that makes lions and tigers quail at his look and shrink away. He rules by fear, and the cack of his whip is supposed to bring memories of torturing points and red-hot frons

Such is the story-book lion-tamer, and I may as well say at once that outside of story-books he has small exist nee. There is scarcely any truth in this theory of hate for hate and concuest by fear It is no more fear that makes a lion walk on a ball than it is habit. The lion is perfectly willing to walk on the ball, and he has reached that mind, not by cruel treatment, but by force of his trainer's patience and kindness and superior intelligence.

Of course, a wild-beast tamer should have a quick eye and delicate sense of hearing, so that he may be warned of a sudden spring at him or a rush from behind; and it is important that he be a sober man, for alcohol breaks the nerve or gives a false courage worse than folly: but the quality on which he must rely chiefly and which alone can make him a great tauter-not a second-rate bungler- is a 'enuine fondness for his animals. This does not mean that the animals will necessarily be fond of the tamer: some will be fond of him, some will be indifferent to him, some will fear and hate him. Nor will the trainer's fondness protect him from fang and claw. We shall see that there is langer always, accidents of , but without the fendness there would be greater danger and more frequent accident. A fondness for lions and tigers giver sympathy for them, sympathy gives uniderstanding of them, and understanding gives mastery of them, or as much mastery as is possible. What but this fondness would keep a tamer constantly with his unimals, not only in the public show (the easiest part) but in the dens, in the treacherous runaway, in the strange night hours, in the early morning romp, when no one is looking, when there is no rea-

I do not purpose now to present in detail the methods of taming wild beasts, rather what happens after they are tamed; but I may say that s lion-tamer always begins by spending weeks or months in gaining a new animal's confidence.

son for being with them except the

tamer's own joy in it?

Day after day he will stand for long time outside the cage, merely looking at the lior, talking to him, impressing upon the beast a general familiarity with his voice and person. And each time, as he goes away, he is careful to toss a piece of meat as a pleasant memento of his visit.

Later he ventures inside the bars, carrying some simple weapon-a whip, a rod, perhaps a broom, which is more formidable than might be supposed, through the jab of its sharp bristles. One tamer used a common chair with much success against unbroken lions. If the creature came at him, there were the four legs in his face; and soon the chair came to represent boundless power to that ignorant Ifon. He feared it and hated it, as was seen on one occasion when the tamer left it in the cage and the lion

can be relied upon to cure every form of piles.

It seems strange that anyone should suffer the wretched uneasiness and acute torture of burning, itching piles when it is so easy to procure Dr. Chase's Ointment. Nearly every dealed in medicine keeps Dr. Chase's Ointmeut, and you can apply it at home without any inconvenience. The first application is usually sufficient to put an end to the itching, and it is rarely that more than one box is required to make a thorough cure.

Mr. George Thompson, a leading merchant of Blemleim, Ont., states: "I was troubled with itching piles for lifteen years, and at times they were so bad I could scarcely walk. I tried a great many remedies, but never found anything like Dr. Chase's Ointment.

"After the third application I chelling the many sit there ease, and even read his news one man did."

Lastly begins the practice of the care of Days may pass before the lion will let his tamer do more than merely stay inside the cage at a distance. Very well; the tamer stays there. He waits hour after hour, week after week, until a time comes when the lion will let him move nearer; will permit the 'touch of his hand, will come forward for a piece of meat, und at last treat him like a friend, so that finally he may sit there quite at ease, and even read his newspaper, as

Lastly begins the practice of tricks, the lion must spring to a pedestal and be fed; he must jump from one pedestal to another and be fed, must keep a certain pose and be fed. A bit of meat is always the final argument, and the tamer wins (if he wins at all, for sometimes he fails) by patience and kindness.

"There is no use getting angry with a lion," said a well-known tamer to a nos," said a wei-nown tanks to me, "and there is no use in carrying a revolver. If you shoot a lion or in-jure him with any weapon, it is your loss, for you must buy another lion, and the chances are that he will kill you anyway, if he starts to do it. The thing is to keep him from start-ing."

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