

.....The

HOME CIRCLE

THE VALUE OF LIME.

When you have picked up a lump of ordinary lime, dropped, possibly, by the mason when he mixed his plaster, have you considered the importance of the role played by this common substance? An English scientist, Sir Robert Ball, has said that without calcium, the essential constituent of lime, the earth would not be habitable, for it is found everywhere, playing divers parts. Under its various forms—carbonate of lime, phosphate of lime, which should be called calcium carbonate, calcium phosphate—it is absolutely necessary to various forms of life. Look at the shell of the bird's egg, which protects the young, and permits its development within the shelter of a warm home; it is calcium which furnishes this home by forming the shell, as it is the ingredient constituting the shell of the crustacean the turtle, the oyster, just as we may add, it is the stainless marble of the Greek statue from which Phidias carved his immortal creations.

And, being on the theme of its beauty, it is worth mentioning that it combines with certain substances, often metallic salts, which color it in delightful tints. It is found everywhere, it is essentially common, which is why no one thinks much about it, yet we should be profoundly grateful to it for all the services it renders so modestly. It is rarely found in its pure form, because of its strong tendency to combine with the oxygen in the air to form lime, and it is thus that it is most frequently presented to us, and brought out of the earth in thousands and thousands of tons. This calcium, so precious although so common—precious because it is common, in fact—is found in all lands, and in the sweet waters of the springs, and in the saline depths of the sea; it is the base of all bones, of the human skeleton as well as those of animals.

HOW TO BEGIN LIFE.

The true way to begin life is not to look out upon it to see what it offers, but to take a good look at self. Find out what you are, how you are made up—your capacities and lacks—and then determine to get the most out of yourself possible. Your faculties are avenues between the end of the world and yourself; the larger and more open they are, the more of it you will get. Your object should be to get all the richness and sweetness of life into yourself; the method is through trained faculties. You find in yourself a mind; teach it to think, to work broadly and steadily, to serve your needs pliantly and faithfully. You find in yourself social capacities; make yourself the best citizen, the best friend and neighbor, the kindest son and brother, the truest husband and father. Whatever you are capable of in these directions that be and do. Let nothing within you go to waste. You also find in your-

self moral and religious faculties. Beware lest you suffer them to lie dormant, or but summon them to a brief periodic activity. No man can make the most of himself who fails to train this side of his nature. Deepen and clarify your sense of God. Gratitude by perpetual use the harbored desire for communion with Him. Listen more ever to conscience. Keep the heart soft and responsive to all sorrow. Love with all love's divine capacity and quality. And above all let your nature stretch itself towards that sense of infinity that comes with the thought of God. There is nothing that so deepens and amplifies the nature as the use of it in moral and spiritual ways. One cannot make the most of oneself who leaves it out.

If these general purposes are resolutely followed, they are sure to yield as much of success as is possible in each given case.

Find fault with others, it will make them faultier.

Worry about your work, it will make you less capable.

Anticipate evils, you will be sure to bring them upon you.

Imagine you are disliked, it will make you less likable.

Talk about your ill health, it will make you less healthy.

Sit bemoaning the past, you will never get on in the future.

Talk much of what you are going to do, you will never do it.

Complain of lack of opportunities, you'll miss what you have.

Wail bitterly that it is an unjust world and life not worth living, you will find it come true for sure, in your own case at least.

WHY HAIR TURNS GRAY.

The color of the hair depends on little granules, which can be seen if the hair be examined under a powerful microscope. Sometimes the hair may become white in a night. Brown-Sequard tells us that when he was forty-five years old his beard turned white in two days. This took place when he was perfectly well and without any especial cause. Sometimes, however, sorrow or illness produces the change earlier in life than it would usually take place. As to the cause, some have said that the hair becomes filled with small air-particles which make it look gray; others have said that the outer part of the hair becomes altered so that it is like ground glass and you cannot see the color. But a man by the name of Metchnikoff tells us that the real reason is because small mobile bodies in the hair devour the grains of coloring matter and move them to the root of the hair. Sometimes poisons, in disease, or some results of sorrow, bring about an effect upon these small migrating bodies (cells), causing them to become active in the above fashion. That is said to be the reason why the hair grows gray.

CHILDREN'S CORNER

A TALE OF A TEA TABLE.

(Ellen Manly in March St. Nicholas.) Betsy Bobby baked a bun—A beautiful, big, bewitching one, So light that it fairly shone with pride, With currants a-plenty safe inside.

Patsy Poppity peeled a peach, A pear, and a plum, and put them each In a tiny pie with a frosted top, As fine as those in the baker's shop.

Three little maids to the pantry flew To look for the dishes pink and blue, And a terrible tragedy happened next And my! but the three little maids were vexed!

Young Puppity Pup came racing by, And the little red table caught his eye; Then never a bit he cared—not he—That he hadn't been asked to the dainty tea;

But he ate up Betsy Bobby's bun, With all of the currants—every one, The three little pies at a single bite, And everything else there: was in sight!

Dora Doppity cried, "Dear me! What a capital time to give a tea!" And she put the little red table out, With three little chairs set round about.

And Betsy Bobby's Baby Blue, And Patsy Poppity's Precious Prue, And Dora Doppity's Daisy Dee, Were asked to come to a charming tea.

But never a word the three guests said, As they gazed with a smile right straight ahead; And never they showed the least surprise, Although, right under their very eyes The rude and ravenous Puppity P. Ate all that they were to have had for tea!

Which shows us plainly that Baby Blue, And Daisy Dee, and the Precious Prue Were well brought up, and clearly knew

That the proper, ladylike thing to do Was never to make remarks at tea, Whatever they chanced to hear or see!

THE ORDER OF THE SMILING FACE. We've formed a new society—"The Order of the Smiling Face"; An honored member you may be, For everyone may have a place.

The rules say you must never let The corners of your mouth droop down, For by this method you may get The habit of a sulky frown.

If playmates tease you, let your eyes A brave and merry twinkle show; For if the angry tears arise, They're very apt to overflow.

If you must practise for an hour, And if it seems a long, long while, Remember not to pout and glower, But wear a bright and cheerful smile.

The rules are simple, as you see; Make up your mind to join to-day. Put on a smile—and you will be An active member right away.

When does a man sneeze three times? When he can't help it. Which is the largest room in the world? The room for improvement.

GAME OF MAGIC BRIDGE. In the first place, all the children join hands and form a ring. If the number is large, there should be four bridges at the quarter points of the ring, these being numbered one, two, three and four—one opposite three and two opposite four. The bridges are formed by two children, who raise their joined hands for the others to pass under.

Perhaps mamma or a friend will play some bright, familiar tune on the piano, which all the children must follow, singing, "Tra-la-la, tra-la-la" as they skip along, keeping step to the music. They go one or more times around in a circle, then the leader indicates where a "bridge" is to be made. The children raise their joined hands, and the two children standing opposite in the ring cross the centre of the circle. All the others following after pass under the bridge.

Then, turning to the right and left, respectively, the two lines follow the path of the circle as first formed, meet, join hands again, and a new circle is formed. Another "bridge" appears as if by magic, and the children opposite it lead again through it, while keeping merry with song and step. This is a very pretty game.—Unidentified.

TOO BUSY TO GROW. A small office boy, who had worked in the same position for two years on a salary of \$3 a week, finally plucked up enough courage to ask for an increase in wages.

"How much more would you like to have?" inquired his employer.

"Well," answered the lad, "I don't think \$2 a week more would be too much."

"Well, you seem to me a rather small boy to be earning \$5 a week," remarked his employer.

"I suppose I do. I know I'm small for my age," the boy explained, "but to tell you the truth, since I've been here I haven't had time to grow."

He got the raise.

A WOMAN'S BACK IS THE MAINSPRING OF HER PHYSICAL SYSTEM.

The slightest rheumatism, if neglected, is liable to cause years of terrible suffering.

No woman can be strong and healthy unless the kidneys are well, and regular in their action. When the kidneys are ill, the whole body is ill, for the poisons which the kidneys ought to have filtered out of the blood are left in the system.

The female constitution is naturally more subject to kidney disease than a man's; and what is more, a woman's work is never done—her whole life is one continuous strain.

How many women have you heard say, "My, how my back aches!" Do you know that backache is one of the first signs of kidney trouble? It is, and should be attended to immediately. Other symptoms are frequent thirst, scanty, thick, cloudy or highly colored urine, burning sensation when urinating, frequent urination, puffing under the eyes, swelling of the feet and ankles, floating specks before the eyes, etc.

These symptoms if not taken in time and cured at once, will cause years of terrible kidney suffering. All these symptoms, and in fact, these diseases may be cured by the use of

DOAN'S KIDNEY PILLS

They act directly on the kidneys, and make them strong and healthy. Mrs. Mary Galley, Auburn, N.S., writes: "For over four months I was troubled with a lame back and was unable to turn in bed without help. I was induced by a friend to try Doan's Kidney Pills. After using two-thirds of a box my back was as well as ever."

Price 50 cents per box or three boxes for \$1.25 at all dealers, or sent direct on receipt of price. The Doan Kidney Pill Co., Toronto, Ont.

GROWING A GRANDMOTHER.

He was a wee little man, only three years old, but brave, courageous, and uncomplaining—more so than any one knew, for, though only a baby, he had his trials, says the New York Times. The family had gone to a new country in the far west. It was a very new country, very different from the city in the East, where they had left many friends, relatives, and, nearest of all, a dear old grandmother. The mamma was so busy in her new home that she had little time to devote to the babies, except to see that they were kept clean and well fed. So the little ones were lonesome sometimes, as mamma found out one day in a way that brought the tears to her eyes.

The little three-year-old had been very busy and quiet, making a big hole in the ground with such earnestness that, fearing the little fellow was planning mischief, she went to see. The hole was completed when she reached the spot, and in it had been placed something that she took out and examined with wondering curiosity. It was the strangest thing to go into a hole in the ground—an old daguerreotype, a picture of the dear grandmamma at home. "Why, baby," exclaimed mamma, "what are you doing with this?" "I fought," said the little man, with quivering lip and all the pent-up loneliness of homesickness in his voice as he tried to explain, "I fought, maybe, if I planted it, another grandmamma would grow."

A SONG OF SNOW-TIME.

Sing a song of snow-time, Now it's passing by, Million little fleecy flakes Falling from the sky; When the ground is covered, And the hedge and trees, There will be a gay time For the Chickadees.

Boys are in the school-house Drawing on their slates Pictures of the coasting-place, And thinking of their skates; Girls are nodding knowingly, Smilingly about, Thinking of a gay time, When the school is out.

Three o'clock, four o'clock, Bang! goes the bell; Get your hats and coats and wraps, Hurry off, pell-mell! Bring along the coasters all, If you want some fun; Up to the hill-top Jump and slide and run!

Steady now! Ready now! Each in his place! Here we go, there we go, Down on a race! Sing a song of snow-time, When the flakes fall; Coast-time, skate-time, Best time of all!

A FAITHFUL SHEEP DOG.

One night, the Denver Post says, the herder brought his flock and hurried to his cabin to cook himself some supper, for he was more than usually hungry. But he missed the dog which usually followed him to the cabin of an evening to have her supper. The herder thought it rather strange, but made no search for the dog that night. But when he went down to the corrals the next morning he found the gate opened and the faithful dog standing guard over the flocks. The herder in his haste the night before had forgotten to close the gate, and the dog, more faithful than her master, had remained at her post all night though suffering from hunger and thirst.

On another occasion this same dog was left to watch a flock of sheep near the herder's cabin while the herder got his supper. After he had eaten his supper he went out to where the sheep were and told the dog to put the sheep in the corral. This she refused to do, and, although she had no supper, she started off over the prairie as fast as she could go. The herder put the sheep in the corral and went to bed. About midnight he was awakened by the low barking of a dog down by the corrals and there found the dog with a band of about fifty sheep which had strayed off during the previous day without the herder's knowledge; but the poor dog knew it, and also knew

that they ought to be corraled, and she did it.

Another good story of this same dog. One day she was sent out with a new herder to an out-lying ranch, some fifteen miles distant. That night she came home and by her actions told us that there was something wrong on the ranch. Well, we mounted our broncos and went over to the ranch, and very soon found out what was the matter. The new herder was simply a tramp, who, as soon as he had got a good feed, had lit out and left the sheep uncared for save by his more faithful companion, the dog.—Indianapolis Farmer.

GOOD WORK OF THE CAN. MFPS ASSOCIATION.

Starting very small a few years ago, they are now a strong force in business. They advocate the production of local products, providing the quality equals any imported goods. When the local goods surpass any others, they need no endorsement. This is the case with the writing inks, mangle, typewriter ribbons and carbon papers, which are sold under the trademark "Japanese," and are entirely of Canadian manufacture.

GUESS, GUESS, WHO CAN GUESS

What relation is the scraper to the door-mat? It is a step-father. If your uncle's sister is not your aunt, what relation does she bear to you? She is your mother.

How do bees dispose of their honey? They eat it.

What four letters frighten a thief? O I C U (oh, I see you).

When a hen is sitting across a five-barred gate, why is she like a penny? Because she has a head on one side and a tail on the other.

Why does a sailor know there's a man in the moon? Because he has been to sea (see).

What is that, if you take away its eye, only leaves its nose? The word noise.

Why is a coal-miner like a canary? Because he is brought up in a cage, and has to peck for a living.

Which is the best sea for a sailor to be in when there is a gale? A-driatic.

Why is the human eye the strictest of all monitors? Because it keeps its pupils constantly under the lash, and gives them a hiding every night.

Why is the letter "F" like a cow's tail? Because it's the end of beef, on fire?

What is the best thing out? A house When is coffee like the earth? When it is ground.

If I were in the sun, and you were out of it, what would the sun become? Sin.

Why is a map of Turkey like a dripping pan? Because there is Greece (grease) at the bottom.

FARM LABORERS Farmers Desiring Help for the coming season should apply at once to the Government Free Farm Labor Bureau Write for application form to THOS. SOUTHWORTH Director of Colonization TORONTO

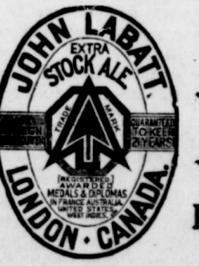
WORLD'S GREATEST BELL FOUNDRY Church Bell and China Bells Best Copper and Tin Only THE W. VAN DUZEN COMPANY Buckeye Bell Foundry Cincinnati, O. Established 1857

BELLS See Alley Church and School Bells for Catalogue. The C. S. BELL Co. Hillsboro, O.

BRITISH AMERICA ASSURANCE COMPANY.

Seventy-second Annual Statement, 31st December, 1905. Table with columns for ASSETS and LIABILITIES, listing various financial items and their values.

DIRECTORATE: Hon. Geo. A. Cox, President. J. J. Kenny, Vice-President and Managing Director. Augustus Myers, Hon. S. C. Wood, Thomas Long, Robert Jaffray, John Hoskin, K.C., L.L.D., Sir H. M. Pellatt, K. W. Cox. P. H. SIMS, Secretary.



PAN-AMERICAN EXPOSITION BUFFALO GOLD MEDAL AWARDED Labatt's Ale and Porter SURPASSING ALL COMPETITORS

THERE IS NO SUBSTITUTE FOR E. B. Eddy's FIBRE WARE Which can be had in TUBS, PAILS, etc., from any first-class dealer

JOSEPH E. SEAGRAM WATERLOO, ONT. DISTILLER OF FINE WHISKEYS BRANDS 83 WHITE WHEAT TORONTO OFFICE 30 WELLINGTON EAST C. T. MEAD, AGENT

WINNERS of PRIZES

In the Great Diary Contest in which \$200 in Gold was Awarded for the Best Record of Events kept during 1905 in

Dr. Chase's Almanac

A Similar Contest for 1906 is now going on.

Thousands of persons who are keeping a record of events in Dr. Chase's Almanac will read with interest the list of prize-winners in the 1905 competition. Though this contest was not announced until late in the year many people from all parts of this broad Dominion sent in their almanacs and the greatest enthusiasm has been manifested.

If there was ever any doubt as to the popularity of the diary feature of Dr. Chase's Almanac it can certainly no longer exist, and judging by the nature of the entries in these books they must prove of great value to persons keeping such records.

This is a copy of the report sent in by the committee of newspaper men who acted as judges:—

TORONTO, Feb. 10th, 1906.

Messrs. EDMANSON, BATES & Co. Toronto.

Dear Sirs,—We, the undersigned, have carefully examined the Dr. Chase's Calendar Almanacs submitted for the Diary Contest for 1905, and take pleasure in announcing that we have awarded the prizes as follows:—

- First, \$100 in gold, Mr. Henry Burton, Brooklin, Ont.
Second, \$50 " Mrs. James Bearsto, Miscouche, P.E.I.
Third, \$25 " Mrs. Robert Reddick, Winchester, Ont.
Fourth, \$5 " Mrs. Alf. Stevens, Burgessville, Ont.
Fifth, \$5 " Mrs. Richard Whyte, Lyons, Ont.
Sixth, \$5 " Mr. Wilford Van Wart, Hampstead, N.B.
Seventh, \$5 " Mr. Robert Robertson, N. Georgetown, Que.
Eighth, \$5 " Mr. James E. McLatchy, Windsor, N.S.
Ninth, \$5 " Mrs. Sarah Jane Burroughs, Shellmouth, Man.

While the work of selecting the prize-winners has been rather difficult, we have favored those who kept the most complete and most useful record of everyday events.

(Signed) J. F. MACKAY, Bus. Mgr. The Globe. CHAS. C. NORRIS, Mail and Empire. H. E. SMALLPIECE, Adv. Mgr. World.

The 1906 edition of Dr. Chase's Almanac has been placed in every home in Canada, so far as possible, and in it will be found full particulars about the Diary Contest for 1906. If the Almanac has not reached you we shall be pleased to send you a copy on receipt of your name and address, if you mention this paper. Address EDMANSON, BATES & Co.