

The HOME CIRCLE

LEARN TO LET GO.

The person who wants to be healthy, morally, mentally, physically, must learn to let go, writes Evelyn Pickens in Medical Talk.

That little difference that exists between yourself and your neighbor, that you argue and bicker every time you meet, drop it, let it go.

That little hurt that you got from a friend, perhaps it wasn't intended, perhaps it was, but no matter, let it go. Refuse to think about it.

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But the big troubles, the bitter disappointments, the deep wrongs, the heart-breaking sorrows, the tragedies of life, what about them? Why—just let them go, too.

It is not so hard after you once get in the habit of doing it—letting go of these things. You will find it such an easy way to get rid of the things that mar and embitter life that you will enjoy letting them go.

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SIT AND SET.

Two little words have been a source of great mortification and trouble to many well-meaning persons.

A man, or woman either, can set a hen, although they cannot sit her, neither can they set on her, although the hen might sit on them by the hour, if they would allow it.

A man cannot set on the wash-bench, but he could set a basin on it, and neither the basin nor the grammarians would object.

He could sit on a dog's tail, if the dog were willing, or he might set his foot on it. But if he should set on the aforesaid tail, or sit his foot there would howl—metaphorically at least.

And yet, the man might set the tail aside and sit down, and be assailed neither by the dog nor by the grammarians.—Golden Days.

Why Don't Men Praise Their Wives?

I simply won't stand it any longer; he is always finding fault with me, and nothing I do finds favor in his eyes.

The speaker was a hard-working little woman, discouraged because her husband never praised her, or never seemed pleased with her efforts to give him pleasure.

Why cannot a man show his wife that he appreciates her efforts to please him? Why cannot he praise the pudding of his wife as well as the cooking of Mrs. Jones, next door?

Why cannot he speak kindly to her mince-pie, and charitably of her sponge cake? Why cannot he tell her that her new hat is becoming and that she looks sweet and pretty in it, and prove it by kissing her, like he used to do, long ago?

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CHILDREN'S CORNER

THE WEDDING.

I'm invited to the wedding. And have to make a dress; I want a lot of lusion—A hundred yards, I guess.

It's Rosa Burdock's wedding. To-morrow, just at three. In Mamie Tut-bull's garden. Under the apple-tree.

We made some sugar-water. And Mamie's got a cake; I never saw such good ones. As her mamma can make.

We've got to pick some dandelions. To make a chain and ring—Louise will play the jew's-harp.

Games and Tricks. A good game for boys is one that comes from the French and is called "Frere, on be bat," which translated means "Brother, some one strikes me."

HER CHRISTMAS PRAYER. Mary, Mother, be good to Him, be kind to him that day—'Twill be the only Christmas time that he has been away!

THE CHRISTMAS TREE WOOD. Ho, little fellow, if you will be good Some day you may go to the Christmas Tree Wood.

THE LEGEND OF ST. NICHOLAS. (By Julia R. Doyle.) It seems a far cry from a stately Archbishop in episcopal robes to the jolly, rotund gentleman who visits our homes each Christmas eve.

THE ART OF STORY TELLING. The art of story-telling is simple. At the same time it is the most delusive of all creative arts, the most liable to be obscured by the scruples of its servants and votaries.

WHAT IS TO BE COUNTED. It is not time to call a halt in this mad career of materialism and practicality, and once more ask if there is anything in life but the building of houses, the acquisition of money.

THE DANGER THAT LURKS IN COLDS. There is one way in which the ravages of consumption can be very materially lessened and that is by the prompt and thorough cure of coughs and colds.

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USED MEN AT THE OFFICE UP AND TIRED OUT

Every day in the week and every week in the year men, women and children feel all used up and tired out.

The strain of business, the cares of home and social life and the task of study cause terrible suffering from heart and nerve troubles.

Milburn's Heart and Nerve Pills are indicated for all diseases arising from a weak and debilitated condition of the heart or of the nerve centres.

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 your Benedictine Salve.

John O'Connor, Esq., Toronto. DEAR SIR,—I have great pleasure in recommending the Benedictine Salve as a cure for lumbago.

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.

John O'Connor, Esq., Toronto. DEAR SIR,—Please send me three more boxes of Benedictine Salve, as soon as possible.

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 Piles.

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.

John O'Connor, Esq., Toronto. DEAR SIR,—Herewith enclose you the sum of two dollars to pay for a couple of boxes of your Benedictine Salve.

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THE RHEUMATIC WONDER OF THE AGE Benedictine Salve

This Salve Cures RHEUMATISM, PILES, FELONS 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

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