

.....The HOME CIRCLE

CULINARY SECRETS.

Contrary to preconceived ideas, French cookery is generally delicate in its seasoning and free from grease; it is rich in nutritive qualities, easy of digestion and agreeable to the taste.

Cooking schools and chafing-dish suppers prepared from valued recipes are reducing American cooking to a fine art. The secret of good cooking, of course, excepting roasting and broiling, consists in a judicious use of butter, flour and herbs and a very slow fire.

Good roasting can only be achieved by long practice, and the perfection lies in cooking the whole joint thoroughly without drying the pieces any part of it in the process.

So it is with boiling. A good joint under the process of boiling should be allowed to boil slowly.

HISTORIC BABY BOTTLES.

Bottles for babies date back to remote antiquity. Most people are of the opinion that feeding bottles for babies must be an invention of modern times. According to Professor Mosby, however, this was not the case. This gentleman, who was lecturing recently before an antiquarian society, stated that it was the custom among the Greeks for the nurses to carry a sponge full of honey in a small pot to stop children from crying. The Professor went on to say that there are two Greek vases in the British Museum, dating from 700 B.C., which closely resemble the feeding bottles used subsequently by the Romans. In the old Roman cemetery of St. Sepulchre, Canterbury, a feeding bottle of bright red polished ware was dug up in 1861, and Professor Mosby came to the conclusion that this bottle must have been buried with the little Roman child to whose wants it had ministered during the child's lifetime.

TO PREVENT CHAPPING.

A few drops of alcohol in the water tends to harden the skin and to preserve it in cold weather, and to cleanse the face before going out again it is an excellent thing to rub it with a little good cold cream or olive oil before regularly bathing it. The amount of oil that comes off when the cream is removed is amazing, and then the application of hot water removes the grease that is apt to remain after wiping with a soft cloth, as few creams should be allowed to remain on the face for more than a few minutes, for fear of unpleasant results, and a good druggist's preparation for cold cream is the safest to use.

If the face is very florid the diet is at fault, and is too stimulating; in this case eat plenty of fruit and green things and let tea and coffee severely alone.

Plenty of water taken before meals and at bedtime is also conducive to a good complexion, and distilled water to bathe in is another aid to beauty. Mary Stuart was a firm believer in a bath of May dew, but as this is scarcely obtainable by the city girl, clove or less romantic aids to a good complexion is less romantic aids to a good complexion.

THE NURSERY.

In many homes all the odds and ends of furniture and carpets from the rest of the house are banished to the nursery until it resembles a junk shop. The excuse is that children are destructive and so do not appreciate pretty things sufficiently to take care of them. If children are allowed to deface their nursery possessions, how can they be made to respect the other parts of the house, and because they can carve initials on the nursery table, how can they learn the difference between the pine table of the playroom and the mahogany in the drawing room? Children should, however, always have pretty surroundings. The first seven years of a child's life constitute its impressionable age, and during these years it is important for it to learn to appreciate its home and also how to behave in it.

The most angelic little ones will give furniture wear and tear, and it is a problem how to combine beauty and durability. One mother insists that white enameled furniture and woodwork can be most easily cleaned and kept fresh and bright. A matting with a few bright rugs, which may be lifted and shaken readily or cleaned after accidents, should cover the floor. There are many delightful wall papers with the most wonderful fairy tales, fables and other scenes depicted that will occupy the child's mind for hours and pass the time on many a rainy day.

A charming nursery has a green-blue ground paper across which birds were floating, with a border of trees and flowers. The set of enamel furniture was complete—small single beds, wardrobe, washstand—and all small enough to suit the size of the little occupants. The toilet set was of blue and white china, and the bed coverings and window draperies were also blue and white. The curtains only came to the window sill, and everything was sweet, simple and clean.

Such pleasant quarters for the children are not always within the means of the parents, but they can still strive to make the nursery as bright and attractive as though they were to inhabit it themselves.

USEFUL HINTS FOR THE HOUSE-KEEPER.

Some pretty things have been seen in the way of simple little frocks, aprons and coats for little folks, and among them was a dress of blue mohair, intended for a girl of 10 or 12 years. This was trimmed with blue and white shepherd's check mohair on skirt, blouse front and collar, and the belt and deep cuffs were also of the check. The skirt of this little frock was circular and had a deep fold of the check at the bottom, finished at the top with narrow blue velvet ribbon. The waist had a plain long-shouldered yoke with a plait of the check down the front on which were blue velvet buttons in groups of three.

Another frock for a girl of the same age was of red cashmere. The skirt has inverted plaits stitched halfway down. Two bands of black and red

plaid taffeta trimmed the skirt, and these were edged with narrow black velvet ribbon. The double-breasted sailor blouse had a tucked vest and a sailor collar, the last bordered by a band of taffeta. Belt and sleeve bands of the taffeta and a little lace collar finished the neck.

Another practical little dress was of army blue serge, with a full skirt, tucked at the top with a stitche' of the same. The blouse opens at the side under a shaped stitched piece of the serge, which continues around the low neck. The shirt sleeve is tucked at the top and gathered into a stitched band. A little gimp of batiste embroidery is worn with this dress, which is a good model for mohair. Pretty little aprons are made of white swiss, with insertions of swiss embroidery at the top of the waist and shoulder straps and belt of the same. A little empire apron of dotted swiss has a short waist and puffed sleeves and is trimmed with stitched bands of plain swiss.

An apron of twine-colored linen has a high neck, wide turndown collar and long sleeves, and is trimmed with stitched bands of plain swiss.

The coats for girls from 8 to 12 years are most attractive and are made with simple, graceful lines very becoming to the slim young figures. A pretty one in dark blue has plaits over the shoulder in front, an inverted plait at the back and draped sleeves. The collar, cuffs and revers are of white broadcloth, braided in straight lines, with dark-blue soutache. A dark maroon coat, box plaited, has full sleeves and a cape of cream cloth trimmed with stitching. A coat of cardinal broadcloth is trimmed with inserted bands of black velvet, a band of the same going over which the cloth is stitched. This coat has inverted plaits and is finished with small velvet buttons. The sleeve tops are cut in one with the coat, have a velvet band at the edge and below a large puff of the cloth with a velvet cuff.

A very dressy little coat is made of black velvet. It is of circular cut, has a long collar made of folds of white bengaline strapped with the velvet, the straps bordered with white fur. Pagoda sleeves trimmed with the folds and straps and an under puff and wristband of the bengaline completes this pretty garment. Fancy buttons will look well on this coat, and it may be developed in any material that will combine with white cloth or bengaline.

FOR SPRING DEBILITY YOU SHOULD RESTORE RICHNESS TO THE BLOOD BY USING

Dr. Chase's NERVE FOOD

Habit is one of the strongest forces of nature. It is like a rut into which it is easy to tun, but which too often leads to misfortune and calamity.

The habit of dosing with salts and sarsaparillas in the spring is doing much to undermine the health of the present generation.

In the spring the blood is thin, the system run down and the body weak and enervated. What you need is a tonic and restorative, such as Dr. Chase's Nerve Food.

If you have been a slave to the habit of dosing the system with salts or similar weakening purgatives you will appreciate Dr. Chase's Nerve Food, which acts on the principle of forming new blood, building up the system and creating new nerve force.

It is something to strengthen, rather than weaken, that you most need in the spring, and Dr. Chase's Nerve Food supplies this need as no other medicine was ever known to do.

By its use the action of the heart becomes strong and regular, the stomach is supplied with the nervous energy which is necessary to healthful digestion, and every organ of the body is enabled to carry out the duty imposed on it by nature.

Dr. Chase's Nerve Food, 50 cents a box, at all dealers, or Edmondson, Bates & Co., Toronto. Portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.

HOW IT WORKED OUT.

He had been gazing thoughtfully at his book of animal pictures, when suddenly he called out:

"Father, does it cost much to feed a lion?"

"Yes."

"How much?"

"Oh, a lot of money."

"A wolf would make a good meal for a lion, wouldn't it, father?"

"Yes, I expect so."

"And a fox would be enough for the wolf, wouldn't it?"

"Yes, yes."

"And a hawk could make a meal of a hawk?"

"I suppose so."

"And a hawk would be satisfied with a sparrow?"

"Of course."

"And a big spider would be a good meal for the sparrow, wouldn't it, father?"

"Yes, yes."

"And a fly would be enough for the spider?"

"Certainly."

"And a drop of treacle would be all the fly would want, wouldn't it?"

"Oh, stop your chatter!"

"But wouldn't it, father?"

"Yes."

"Well, couldn't a man keep a lion for more than a year on a pint of treacle?"

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A FEW TESTIMONIALS RHEUMATISM What S. PRICE, Esq., the well-known Dairyman, says 21- King street east. Toronto, Sept. 18, 1902.

John O'Connor, Toronto: 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. John O'Connor, Esq., Nealon House, Toronto, Ont. DEAR SIR,—I have great pleasure in recommending the Benedictine Salve as a sure cure for lumbago. When I was taken down with it I called in my doctor, and he told me it would be a long time before I would be cured again. My husband bought a box of the Benedictine Salve, and applied it according to directions. In three hours I got relief, and in four days was able to do my work. I would be pleased to recommend it to any one suffering from lumbago. I am, yours truly, (MRS.) JAS. COSGROVE.

256 1/2 King Street East, Toronto, December 16th, 1901. 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, and sincerely believe that this is the greatest remedy in the world for rheumatism. When I left the hospital I was just able to stand for a few seconds, but after using your Benedictine Salve for three days, I went out on the street again and now, after using it just over a week, I am able to go to work again. If anyone should doubt these facts send him to me and I will prove it to him. Yours for ever thankful, PETER AUSTEN

198 King street East, Toronto, Nov. 21, 1902. 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. I have at intervals during the last ten years been afflicted with muscular rheumatism. I have experimented with every available remedy and have consulted, I might say, every physician of repute, without perceivable benefit. When I was advised to use your Benedictine Salve I was a helpless cripple. In less than 48 hours I was in a position to resume my work, that of a tinsmith. A work that requires a certain amount of bodily activity. I am thankful to my friend who advised me and I am more than gratified to be able to furnish you with this testimonial as to the efficacy of Benedictine Salve. Yours truly, GEO. FOGG.

12 Bright Street, Toronto, Jan. 15, 1902. John O'Connor, Esq., Toronto: DEAR SIR,—It is with pleasure I write this word of testimony to the marvellous merits of Benedictine Salve as a certain cure for Rheumatism. There is such a multitude of alleged Rheumatic cures advertised that one is inclined to be skeptical of the merits of any new preparation. I was induced to give Benedictine Salve a trial and must say that after suffering for eight years from Rheumatism it has, I believe, effected an absolute and permanent cure. It is perhaps needless to say that in the last eight years I have consulted a number of doctors and have tried a large number of other medicines advertised, without receiving any benefit. Yours respectfully, MRS. SIMPSON.

7 Laurier Avenue, Toronto, December 16, 1901. John O'Connor, Esq., Toronto, Ont.: DEAR SIR,—After suffering for over ten years with both forms of Piles, I was asked to try Benedictine Salve. From the first application I got instant relief, and before using one box was thoroughly cured. I can strongly recommend Benedictine Salve to any one suffering with piles. Yours sincerely, JOS. WESTMAN.

241 Sackville street, Toronto, Aug. 15, 1902. 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. I have been a sufferer for thirty years, during which time I tried every advertised remedy I could get, but got no more than temporary relief. I suffered at times intense agony and lost all hope of a cure. Seeing your advertisement by chance, I thought I would try your Salve, and am proud to say it has made a complete cure. I can heartily recommend it to every sufferer. JAMES SHAW.

Toronto, Dec. 30th, 1901. 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. I suffered for nine months. I consulted a physician, one of the best, and he gave me a box of salve and said that if that did not cure me I would have to go under an operation. It failed, but a friend of mine learned by chance that I was suffering from Bleeding Piles. He told me he could get me a cure and he was true to his word. He got me a box of Benedictine Salve and it gave me relief at once and cured me in a few days. I am now completely cured. It is worth its weight in gold. I cannot but feel proud after suffering so long. It has given me a thorough cure and I am sure it will never return. I can strongly recommend it to anyone afflicted as I was. It will cure without fail. I can be called on for living proof. I am, Yours, etc., ALLAN J. ARTINGDALE, With the Boston Laundry.

Corner George and King Streets, Toronto, Sept. 8, 1904. John O'Connor, Esq., Toronto: DEAR SIR,—I wish to say to you that I can testify to the merits of your Benedictine Salve for Blood-Poisoning. I suffered with blood poisoning for about six months, the trouble starting from a callous or hardening of the skin on the under part of my foot and afterwards turning to blood-poisoning. Although I was treated for same in the General Hospital for two weeks without cure, the doctors were thinking of having my foot amputated. I left the hospital uncured and then I tried your salve, and with two boxes my foot healed up. I am now able to put on my boot and walk freely with same, the foot being entirely healed. I was also treated in the States prior to going to the hospital in Toronto, without relief. Your salve is a sure cure for blood-poisoning. MISS M. L. KEMP.

Toronto, April 16th, 1902. John O'Connor, Esq., City: DEAR SIR,—It gives me the greatest pleasure to be able to testify to the curative powers of your Benedictine Salve. For a month back my hand was so badly swollen that I was unable to work, and the pain was so intense as to be almost unbearable. Three days after using your Salve as directed, I am able to go to work, and I cannot thank you enough. Respectfully yours, J. J. CLARKE, 72 Wolsley street, Ont.

Toronto, July 21st, 1902. John O'Connor, Esq.: 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. I applied Benedictine Salve, and the next day I was all right and able to go to work. J. J. CLARKE, 84 Queen street East.

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