

HELPFUL HINTS.

If one uses a wet chamois skin for dusting furniture, a furniture polish will not be needed. Take a soft chamois skin, from ten to sixteen inches squr.e, wet in warm water-do use hot-wring out as dry as possible. Use same as duster. will remove dust and finger marks and leave furniture bright.

Thick milk will polish silver without the trouble of rubbing. Put the silver into a pan, cover with the sour milk and let stand for half an hour. Wash and rinse as usual. Every little crevice will be found bright and

Casters on all heavy kitchen furniture will save strength and aid in

seeping the kitchen clean. Two pads the size and shape of two kettle holders and sewed to a piece of ape, are useful for lifting hot dishes out of an oven.

If a little ammonia is used every lew days on brass faucets and tubes they will be kept bright and shining and with much less trouble than if polished only occasionally.

A saucepan in which rice, oatmeal or anything sticky has been cooked may be very easily cleaned by putting in a cupful of ashes when you take it off the fire and then fill with

A satisfactory way of preventing ash from tainting a refrigerator or any of the contents is to wrap the ash closely in a cloth wrung out of cold water. This will also prevent it from becoming hard and dry.

The difficulty is frying fish can be quickly overcome if you use plenty of perfect boiling fat. Dry the fish horoughly and have sufficient fat for t to swim in. Let the fat throw off a blue smoke before using. Drop in only one piece at a time and cook till light brown. Drain on thick paper beore the fire for a few moments be-

Varnish paint can be kept looking as bright as though freshly painted by soaking in water some time a bag illed with flax-seed and then using it as a cloth to clean the paint.

Engravings are often better framed without a mat. The mat often detracts from the beauty of a picture, astead of bringing out its beauties as it does with water colors. Landcapes with a great deal of detail in them require an exceedingly narrow frame and as simple as it is possible o find, while, on the other hand, nold, broadly treated subjects require frames that are wide and plain, and large single heads are at their best an frames of either Florentine or rococo moulding, unless they are broady treated, when a deep, flat frame of either gold or stained wood will serve as the best background and ng out the artistic treatment the subject.

DON'T WHINE!

Take what comes to you and do your best with it. Make the brav- fate for forcing her to do it. est fight you can; train yourself to see the cheerful side of things, even the funny side of the mishaps you annot help. Strange complaints with a laugh-a cheery laugh is good for heart and brain, and clears mists from the eyes of faith. Endure what must needs be endured, go forward bravely. Try to do some little act of kindness. A day is not day well spent unless you have ried to send a ray of sunshine into ome clouded life. What will you do to-day? You may be busy here and there with your household cares or the vexatious details of your business, but you should take time to make some one happy.

A SONG OF STRENGTH. Be strong-

not airaid, for sun and moon and

Lean down from Heaven where the heart's hopes are.

It is their light that make shadows appear How foolish, then, to waste the pre-

cious tear! He strong. For gentle peace will come at even-

When little heartaches bring their joy along!

Be strong! It matters not how long the gloomy

How dark the night thas calls loud

for the day, For far beyond white morning's crim-

son skies

The little road winds on and glad re-Be strong

And I will lead you safe through end-

I led the Master to His land of rest.'

Be strong! This self-same stony path we all must tread,

And all must fight and taste life's crust of bread;

Roses there'll be for some, for others God flung them on the way for me

and you. Be strong And consecrate with love life's holy

hours And let them blossom into snow-

white flow'rs! Be strong! Shoulder the trials of thy busy day!

Fight on! Push manly on into the And fight the fight that God means

you to fight and set thy foot upon the path of

right! Be strong And gentle peace will come at even-

Be strong, poor heart of man,

strong-be strong!

-William J. Fischer. Waterloo, Ont.

MY HEART AND I.

Enough! we're tired, my heart and I. We sit beside the headstone thus, And wish that name were carved for us.

The moss reprints more tenderly The hard types of the mason's knife As heaven's sweet life renews

earth's life With which we're tired, my heart

And in our own blood drenched the As if such colors could not fly.

We walked too straight for fortune's

We loved too true to keep a friend; At last we're tired, my heart and I.

So tired, so tired, my heart and I! It was not thus in that old time When Ralph sat with me 'neath the lime

To watch the sunset from the sky. "Dear love, you're looking tired," he said:

I, smiling at him, shook my head: 'Tis now we're tired, my heart and I.

So tired, so tired, my heart and I! Though now none takes me on his

To fold me close and kiss me warm Till each quick breath ends in a sigh Of happy languor. Now, alone, We lean upon this graveyard stone.

Uncheered, unkissed, my heart and I. Yet who complains? My heart and I? er was asleep upstairs, she said In this abundant earth, no doubt, Is little room for things worn out;

And if, before the days grew rough We once were loved, used- well

I think we've fared, my heart and I.

-Elizabeth Barrett Browning. THE GIRL WHO DOESN'T SUC-

CEED. The girl who takes up work as a

temporary occupation with her mind on the state of matrimony. The girl who expects to begin at the top instead of slowly cumbing

come to his aid and help him to overcome the difficulty which she tries to

The girl who airs her grievances to others until she makes a nuisance of

The girl who thinks she is entitled to privileges not granted to her bro-

The girl who is not thorough and

conscientious about her work. The girl who keeps her eye on the clock, fearful that she may give her employer a moment or two overtime. The girl who spends her nights at parties and arrives at the office in

the morning weary and out of humor. The girl who is always doleful and down on her luck. The girl who expects to carry on a

flirtation or two coincidentally with

ing it to make extra pocket money.

The girl who talks over her employdid Alice mean by saying that "pigs ly things. But someone has, you er's business outside of the office, The girl who criticises everything

and everybody. The girl who looks upon work as drudgery and has a grudge against

The girl who fails to remain womanly and affects mannish qualities. The girl who spends her money upon clothes instead of good health-

bringing food. The girl who is never on time. The girl who depends on favoritism to advance her instead of good, hon-

est endeavor The girl who constantly "soldiers" and plays sick. The girl who is indifferent and list-

less and cannot even assume an interest in her occupation. The girl who lacks courage and self-

The girl who feels herself above her position and does not even condescend

to fill it adequately The girl who tells you all the wonderful things she can do, but never

gets right down to doing anything at all.-New York World.

A NATURAL ERROR.

Horrified Stranger-You say that four men were carried away unconscious, three were badly crushed, and back. the doctors were busy for an hour setting broken limbs! On what railway did the accident occur, sir? Animated Narrafor-Railway? Acci-It was the biggest football

Keep Your Grip On Health

game of the season!

WHEN PHYSICAL BANKRUPTCY THREATENS BUILD UP WITH

Dr.Chase's **NERVE FOOD**

Gloomy forebodings, fear of the fuapprehension of something dreadful to befall you, worry over little things, restlessness, insomnia, irritability-these are the indications of an exhausted nervous system.

They tell more plainly than words, more plainly than pains and aches, that, gradually but certainly, the nerve force of the body is being consumed more rapidly than it is being created. They point to physical bankruptcy-to helplessness of mind and body-to prostration, paralysis

or locomotor ataxia. There are certain elements of nature which go to form new blood and new nerve cells-to create new nerve force, the foundation of life, energy and vitality. These elements are so combined in Dr. Chase's Nerve Food

as to be easily assimilated by the most weakened human body. Being composed of such ingredients, Dr. Chase's Nerve Food cannot possibly fail to be of benefit to you, and its regular and persistent use will build up and revitalize the most ex-

hausted and discouraged sufferer. You cannot compare Dr. Chase's Nerve Food with any medicine you ever used, for it cures by the build- of the wonderful pellets which are ing-up process, whereas most nerve known as Parmelee's Vegetable Pills, treatments merely soothe and deaden administered at the proper time and the nerves. Test this treatment by with the directions adhered to often

noting your increase in weight. Dr. Chase's Nerve Food, 50 cents a box, at all dealers, or Edmanson, the doctor. In all irregularities You see we're tired, my heart and I. signature of Dr. A. W. Chase, the valuable corrective and by cleansing We dealt with books, we trusted famous receipt book author, are on the blood they clear the skin of im-

CHILDREN'S BLOOD CORRER HUMORS

PIGS MIGHT FLY.

Dot was only a little girl of seven, but she had a big sister who was eighteen, and wasn't she proud of her? Just now Dot was very lonely, for her big sister, whose name was Alice, was always so busy and so sad that she hardly ever seemed to have time to come and play ball or skipping-rope as she used to do; and mother was very ill in bed, so that Dot sometimes felt very miserable. For a long time now, Dot and Alice and mother had lived in a pretty cottage in the country. It was only a tiny place, but mother and Alice had

tage in the country. It was only a tiny place, but mother and Alice had set to work when they first came defects, it is, there, and made it look quite delightful with some of the beautiful things they had brought from the big house that Dot could just remember, where she used to have beautiful big nursery all to herself, and a nurse to look after her. Dot didn't know why they had left the beautiful house, so one day, when Alice was sewing in the little sitting-room in the cottage while moth-

her big sister: Alice, why don't we live in the Disdain them, break them, throw big house now?" What big house, Dot dear?"

"The one we used to live in." "Do you really remember it, dear?" she asked, taking her little sister on

'Yes, I think I do, though-well-I don't remember it very well," said Dot thoughtfully. "But wasn't it ever such a nice big place, Alice?"

Yes, dear." 'Then why didn't we stay there?' to pay the rent, dear-when daddy night," Dot said:

died Dot looked at her big sister just face like you were when the squire then, because her voice sounded so came home with me. hersell when a boy's pride would queer, and oh! Alice-grown-up Alice arms round her sister's neck and was going to marry the squire, and pressed her soft cheek against her then all sorts of wonderful things pretty curly hair.

I made you cry. "It's all right, Dot, I was silly.

And she gently kissed the anxious little face. "Oh, Dot," she said, as she held her little sister clasped in her arms, "I wish we had some more money, so she asked her something, and her

doctor says. "P'r'aps someone might bring us the money? Pigs can't fly, can some money," said little Dot, hope- they?"

fully The girl who tells everyone she doesn't have to work, but is only doed herself into a corner by an apple knew that no one would ever be

might fly? They couldn't," said Dot to her-

pigs that could fly.' Then Dot had a splendid idea. She jumped up, and hurried off as fast as her legs would carry her through the garden gate, across the meadow, to Squire Benton's farm. He was a very, very rich gentleman who lived in a big house a little way off, pretending to be a larmer,"

but he had this farm because he liked Alice said. Now, if anybody was likely to have pigs that could fly, it would be Squire Benton. Dot certainly managed to find the part of the farmyard where the pigs were kept, and she stood anxiously looking over the wall that went all round their house. She was going to watch those pigs to see if they ever did fly. She had been there rather a long time, and the only thing the pigs did

was to grunt and sniff about, when suddenly she heard someone say: "Well, little woman, how much longer are you going to stay there

watching those piggies?" Dot turned round, and felt rather frightened, for she knew that this gentleman was the squire, because she had often seen him on horse-

He walked up to her now, and, putting his hand under her chin, gently lifted her face, and looked kindly

down into her blue eyes. "Oh, please, I'm very sorry if I'm in the way, but-but pigs don't flyever-do they, Mr. Squire?" Dot was rather angry when "Mr.

Squire' laughed at her, but he stopped quickly, and, taking her hand very gently, he said: Come over into the garden, little girl, and tell me what you mean.' Dot trotted off with the squire to

the big, big garden in front of his house, and they sat down together en a comfortable garden seat.
"First of all," he said, "will you tell me your name?"

Dot told him. and mother live at Woodbine Cottage graduated doses and so used that don't you, Dot?"

"Yes.

" she said, "and mother's

very ill." "I'm so sorry, dear." And then, after a little while, he said: "Now tell me why you asked me about pigs

Then Dot told him all about it. As she went on, she felt his big, strong hand hold hers tighter and tighter, and when she had finished, his head was bent down so that she couldn't

Presently he got up, and said: "Well, dear, I think it must be past your tea-time. May I walk home with you?" So Dot and the squire appeared at

the cottage door together, and Alice must have been very frightened, Dot thought, for she went quite red in the face when she saw the squire used to go down to the garden gate

to see him off. and one night she

pent .- A little medicine in the shape prevent a serious attack of sickness and save money which would go to

PIMPLES BLOTCHES HUMORS

Many an otherwise beautiful and attractive face is sadly ERUPTIONS Blotches, Pimples,
FLESHWORMS Eruptions, Fleshworms
and Humors, and various other blood dis-

Their presence is a source of embarrassment to those afflicted, 's well as pain and

There is an effectual remedy for all these

BURDOCK **BLOOD BITTERS**

This remedy will drive out all the impurities from the blood and leave the com-

plexion healthy and clear. Miss Annie Tobin, Madoc, Ont., writes: "I take great pleasure in recommending your Burdock Blood Bitters to any one who may be troubled with pimples on the face. I paid out money to doctors, but could not get cured, and was almost discouraged, and despaired of ever getting rid of them. I thought I would give B.B.B. a trial, so got two bottles, and before I had taken them I was completely cured and have had no

sign of pimples since."
Burdock Blood Bitters has been manufactured by The T. Milburn Co., Limited, for over 30 years, and has cured thousands in that time. Do not accept a substitute which unscrupulous dealers say is "just as good." "It can't be."

"Because we hadn't enough money up to Dot's room to say "Good-Why, Alice, you're all red in the

But Alice only laughed. After that Dot was told that Alice happened. They all went to the sea-"Don't cry, Alice. I'm so sorry side together, and mother came back quite well.

One day Dot said to Alice: 'Have we got enough money to live in a big house again now, Alice? And Alice said "ves.

Then Dot asked her not to laugh if that mother could go away to the sister promised that she wouldn't. seaside. Then she'd get better, the "Why did you say 'pigs might fly,' when I asked you before about

'No, dear. This is what I meant: P'r'aps pigs might fly," said Alice When you said then that someone with a laugh that sounded just like might give us enough money to live "There, Dot, I must run and in a big house, I thought it was just put the kettle on for mother's tea." about as unlikely for that to happen Dot went off into the garden very as it was for pigs to fly. I knew

"Although the pigs haven't begun "I'm sure no one ever had to fly yet, eh?" laughed the squire,

GOOD EXCUSES What is much needed for persons "in trouble," and especially for those in flagrante delicta, is a good excuse or an explanation on the spur of the moment for their each having, for example, three gold watches about them. An instance of this kind occurred only the other morning in London. A gentleman was stopped by a policeman at two a.m., and request ed to explain the fact of his carrying four umbrellas. It had been a fine day, so that even one umbrella seemed unnecessary. The best account he could give of himself was that his mistress had been out at a party and he was carrying her property home. The inefficiency of an excuse of this sort is really lamentable. In no society do ladies take four umbrellas to an evening party. It would have been better for the poor wretch to have announced himself as a "Japanese nobleman of the first class, who, in deference to Western customs, was wearing four umbrellas instead of four swords." This would, at least, have staggered the policeman as being something out of his beat. another case, three individuals are found, armed to the teeth, under the pantry table of a gentleman's house, who have no better explanation to give of their position than that they were getting out of the rain. These excuses are pitiful and almost

pathetic. A Tonic for the Debilitated .- Parmelee's Vegetable Pills by acting mildly but thoroughly on the secretions of the body are a valuable tonic, stimulating the lagging organs to healthful action and restoring them to 'Oh, yes, and you and your sister full vigor. They can be taken in they can be discontinued at any time without return of the ailments which they were used to allay.

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Well, after that the squire often JAS. J. O'HEARN

came back with such bright eyes, and has removed to 249 Queen St. W. and such a rosy face, that when she went is prepared to do Painting in all its Branches both Plain and Ornamental To Prevent is Better Than to Re- Cheap as the Cheapest Consistent with first class work. Solicit a trial

Sell Our Picture Post Cards

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

John O'Connor, Toronto:

212 King street east.

Toronto, Sept. 18, 1902. DEAR SIR,-I wish to testify to the merits of Benedictine Salve as a

time and after having used Benedictine Salve for a few days was completely cured.

cure for rheumatism. I had been a sufferer from rheumatism for some

475 Gerrard Street East, Toronto, Ont., Sept. 18, 1900. John O'Connor, Esq., Nealon House, Toronto, Ont .: DEAR SIR,-I have great pleasure in recommending the Benedictine Salve as a 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 around again. My husband bought a box of the Benedictine Salve, and applied it according to directions. In three hours I got relief, and in

to any one suffering from lumbago. I am, yours truly, (MRS.) JAS. COSGROVE.

2564 King Street East, Toronto, December 16th, 1901.

four days was able to do my work. would be pleased to recommend it

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. Peter Austin, writing from Des Moines, Iowa, under date of July 2nd, 1905, says: "Enclosed please find M.Q. for \$1.00, for which send me box of your Benedictine Salve. Rheumatism has never troubled me since your salve fixed me up in December, 1901."

198 King Street East, Toronto, Nov. 21, 1902. John O'Connor, Esq., Toronto: DEAR SIR,-I am deeply gratefu 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 rhan gratified to be able to furnish you with this testimonial as to the efficacy of Benedictine Salve.

Yours truly, St. James' Rectory, 428 N. 2nd street, Rockford, Ill.

Mr. John O'Connor: DEAR SIR.-Please send me three more boxes of Benedictine Salve, as soon as possible. Enclose please find cheque and oblige. Yours sincerely.

Mr. John O'Connor, 197 King street, Toronto:

recommend it to every sufferer.

(Signed) FRANCIS P. MURPHY. Cobourg, April 22nd, 1905.

PATRICK KEARNS.

DEAR SIR,-Enclosed please find one dollar (\$1), also postage, for which I wish you would mail to my address another box of Benedictine Salve. Hoping to receive same by return of mail, I am, sir,

Yours truly

PILES

241 Sackville street Toronto, August 15th, 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, Itching 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 in-

tense 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

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. 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 min 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. Rev. Father McDonald of Portsmouth, Ont., sent for a box of Benedic-

tine Salve on the 11th of April, 1905 and so well pleased was he with the result of its use that he sent for more as follows: Pertsmouth, 18th May, 1905. MY DEAR SIR,-Herewith enclose you the sum of two dollars to pay for a couple of boxes of your Benedictine Salve. I purpose giving one to an old cripple and the other to a person badly troubled with piles, in

order that they may be thereby benefitted by its use. Yours respectfully, (Signed) M. McDONALD.

Address Rev. Father McDonald, Portsmouth, Kingston, Ont.

BLOOD POISONING 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 upper 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 cure for blood-poisoning.

MISS M. L. KEMP Toronto, July 21st, 1902.

DEAR SIR,-Early this week I accidently 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 J. SHERIDAN, 34 Queen street East.

JOHNO'CONNOR 199 KINGSTREET

And by all Druggists

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