

## HOME CIRCLE COLUMN

Pleasant Evening Reveries dedicated to tired Mothers as they Join the Home Circle at Evening Tide.

A great deal has been written about home, the many ways of decorating and beautifying this home, which every woman ought to do, as far as her health and income will allow, but the sweetest and the most beautiful ornament that ever adorned the home of a man, is patient, tender-hearted, godly woman, one that is so full of God's love and his goodness that she will be able to turn a log cabin into a palace. It is not always the wealthy and those that live in fine houses that are the happiest.

### SUCCESS.

There are infinitely higher achievements than money making. Indeed, achievement in any line, is not always success while reputed failure often is. The most successful men are not necessarily the ones noisily attracting public attention. The best and most useful women are not the bright butterflies of fashion or the stage, whose press agents incessantly flaunt their pictures and their little nothings before the public.

The millions of unlabeled men and women who are quietly attending to their own little tasks, every day contributing something substantial to industry, prosperity and progress, rearing children in habits of honest labor and right living and supply example that elevates the moral and intellectual level of their little communities—these are the men and women of real influence and power. Success is theirs in fullest measure.

It is not given all to success as gorgeous as the rainbow. But no matter. Success consists in doing one's best. The real success is more in trying than in the achievement. We may achieve by accident, by chance help of others, or of forces that are not ours. But our ideals and our efforts are all our own. It is our purposes and our efforts that are a part of ourselves.

How shrunken and pitiful a thing, how hollow a delusion is the shining so-called success of self-absorbed money-seeking men and women. They are like that soldier under Galerius who in looting found a shining leather bag filled with pearls, and threw away the pearls but carefully kept the shining bag.

There is not a man in our city, however indifferent to the claims of Christianity, who would want to rear his family here if there were no churches or church influence, for he at once recognizes them as the guardians of the morals of the community.

It is her own fault if a woman is unloved and neglected. That is a harsh

### Athens Boy Fatally Shot.

A distressing incident occurred at Athens a week ago. While some boys were playing in the adjacent woods with a rifle, the weapon was accidentally discharged the bullet entering the body of one of the boys, Rupert Johnston, aged about twelve years, son of D. L. Johnston, merchant, of Athens. The injured lad was hurriedly taken to his home and medical assistance summoned. He was attended by Dr. C. M. B. Cornell, of Brockville, as well as local medical men, but his life could not be saved, death resulting two days later. He was a bright and clever boy with many friends.

### London Times Overseas Tobacco Fund.

The Union Bank of Canada, Carleton Place, begs to acknowledge the following subscriptions to the London Times Overseas Tobacco Fund:

Miss Winifred Foster,  
Dr. J. M. Sinclair,  
Dr. D. H. McIntosh,  
Mrs. D. H. McIntosh,  
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W. M. McNeely,  
25c each;  
Fred Cram,  
R. T. Pierce,  
Geo. Montgomery,  
50c each.  
Total \$5.75.  
Previously acknowledged, \$67.50.

### SURPRISES MANY IN CARLETON PLACE.

The Quick action of simple buckthorn bark, glycerine, etc., as mixed in Adler-Ika, the remedy which became famous by curing appendicitis, is surprising Carleton Place people. Many have found that this simple remedy drains so much foul matter from the system that a SINGLE DOSE relieves constipation, sour stomach and gas on the stomach almost IMMEDIATELY. Adler-Ika is the most thorough bowel cleanser ever sold. W. J. Hughes, druggist.

New Ontario as a home for settlers is to be widely advertised.

Children Cry  
FOR FLETCHER'S  
CASTORIA

statement to make, but it is a fact. Mortal man is a weakling who can no more resist kindness than a rose can resist the sun. It is a weak, helpless woman's duty to make herself attractive and pretty in the very face of discouragement. Call it hypocrisy, tact, finesse, or by any other term, but she must turn in the edges and make allies instead of antagonists of the people about her. Spotless neatness, becoming feminine attire, truth, kindness, cheerfulness, love, and the loyalty that restrains her from speaking ill of her neighbors will make a woman lovely, even though she lacks beauty.

No true man can stand to see the woman he loves in tears, and when your kind words, your prayers and your tears fail to touch him he is past all human help.

If you want to keep your children away from sin you can only do so by making their home attractive. You can preach sermons, advocate reforms and denounce wickedness and yet your children will be captivated by the glittering saloons of sin, unless you make your home brighter than any other place on earth to them.

Plan out your life on a big scale, whether you are a farmer's daughter, or a shepherdess among the hills, or the flattered pet of a drawing-room filled with statuary and pictures and bric-a-brac. Stop where you are and make a plan for your lifetime. You cannot be satisfied with a life of frivolity and giggle and indiscretion. Trust the world and it will cheat you if it does not destroy you. The Redoubtable was the name of an enemy's ship that Lord Nelson spared twice from demolition, but the same ship afterward sent a ball that killed him, and the world on which you smile may aim at you its deadliest weapon.

A word fitly spoken is like apples of gold in pictures of silver. Why, then, are we so chary of kind words, for we know a word in kindness spoken may heal a heart that's broken and make a friend sincere. Could we but realize the full import of our every word and act, would it not lead us to weigh them more carefully?

Try to give your children the memory of a sweet and joyous childhood. It will make your memory tender and precious to them long after you have passed from earth and it will make better men and women. The childhood of their own children will be made happier by it. There is no more sorrowful memory than that of an unhappy, uncared for childhood.

### IMMIGRATION, FINANCE AND DEFENCE.

To the Editor of the Carleton Place Herald.

SIR,—Two facts connected with the much discussed but all too little practised question of Immigration are generally overlooked. Firstly, that God does not give His blessing on the land until men have done their part in its cultivation. No corn, meat, fruit or dairy produce were exported from Canada a hundred years ago, and none is raised on three-fourths of its cultivatable acres at present. Secondly, labour is capital in its raw state. In the creation of products labour is the predominant factor, although in the destruction capital is foremost. Much of the capital spent on the development of the country was first tiller from its soil by toil and labour.

We do not want the great Dominion to remain comparatively empty with 1.9 to the square mile (or 5.7, if only one-third of Canada is regarded as cultivatable) while England has 618.0 and the United States 30.9 on the same area respectively.

The only way to avoid a war in the Pacific is to cease inviting other nations to occupy the empty areas of Canada by leaving them enticingly unpeopled. They must be settled; if with men who are trained soldiers the defence scheme will be greater. This is the only way to preserve a white population in the Dominion.

Not one-fourth of Canada's possible farming areas are yet occupied. There are two million quarter sections of land unproducing, and tempting alien invasion by their rich but undeveloped fertility.

The time required and cost involved in placing troops on the battle-ground of Europe has shown what would be the case were troops to be sent to defend Canada from alien peoples. It is, however, very doubtful whether the working classes at home would agree to be taxed to keep large areas unpeopled by aliens which Canada might have filled up with British people if she had liked. Their earnings are not sufficient to provide themselves and their families with what should be the national minimum of food, air, clothes, house-room and recreation, and they argue that the money might better be spent on housing reform, wider roads and other forms of social relief at home.

The people of Canada should also remember that the cost of each trained soldier would be \$1,000. Troops also produce nothing, are not taxpayers, and have to be fed. On the other hand, settlers produce several times as much

as they consume, and are the principal taxpayers. It is quite possible that any nation invading the country, whether martially or with peacefully long intent, would not wait sufficiently long to enable such troops to arrive before they finished their business and had settled down to people the country.

Canada is a country of immigrants and their descendants, and it is incumbent on them not to withhold the same opportunities from others of their kith and kin.

People at home recognize that it is due to Canada and the other Dominions that we shall be in any way successful in the war. Without such outlets for some of our home population we should now be so overcrowded that we should have sunk to the level of a second-rate power. Without the trade of the Empire we could not have afforded to pay for the war. Without the food supplies of the Empire we should have greatly deteriorated in physique. Without the aid of the overseas troops—well, imagination fails at the contemplation of such horrors as would have ensued.

At the same time we realize how much improved would have been our position had the immigration policy of Canada been more general, more sustained, and more comprehensive. Then both the food supplies and troops of the Dominion would have been larger, our Imperial wealth would have been greater, and our poverty at home would have been less. Most of those who are now supported on the poor rates at home would have made good settlers in their younger days. In Canada they would be no unemployment in the towns if the Governments of the past twenty years had settled more people on the land.

The interests of labour would be advanced if, after local workers had all been placed, a number well within the balance of the remaining permanent situations were introduced. Otherwise goods have to be imported which could be made locally, and in many cases they are made under sweating conditions of labour at home. The purchasers are therefore employing sweated labour, however indirectly, whilst they themselves enjoy all the benefit of an advanced labour legislation and regulations. Moreover, the spending capacity of the workers is thus lost to the Dominion.

Every worker is also an employer. His necessities make work for others. If a thousand more workers are permanently needed in the clothing factories, e.g. than are available, and seven hundred only are introduced, these will each spend two hundred dollars a head (\$200) each year on food, housing and clothes for themselves, and to supply such will require other workers and, so on, until we find that the introduction, or exclusion, of the first party means the annual increase in the country's wealth or otherwise, to a figure which seven figures will scarcely represent.

It is Canada and the Empire at large which will have suffered most in population from the effects of the war, as the Old Country's losses in numbers are made good by the reduction in imperial migration during the period of the war.

Most students of labour supply and employment questions at home are agreed that unemployment will be rampant after peace has been signed. Some are, however, doubtful as to this; but all are agreed that the numbers of ex-soldiers who will be anxious to come out and settle in the Empire as producers and defenders will be numbered in tens of thousands. They have lived in the fresh air and have eaten of the corn and farm produce of Canada, and

"Rough on Rats" clears out Rats, Mice, etc. Don't Die in the House. 15c and 25c at Drug and Country Stores. 46-26

## SHE RECOMMENDS "FRUIT-A-TIVES"

Mrs. Corbett Read the Advertisement and Tried It

Avon, May 14th, 1914.

"I have used 'Fruit-a-tives' for Indigestion and Constipation with most excellent results, and they continue to be my only medicine. I saw 'Fruit-a-tives' advertised with a letter in which some one recommended them very highly, so I tried them. The results were more than satisfactory, and I have no hesitation in recommending 'Fruit-a-tives'."

ANNIE A. CORBETT.

Time is proving that 'Fruit-a-tives' can always be depended upon to give prompt relief in all cases of Constipation and Stomach Trouble.

50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

do not wish to return to their former methods of existence. It is therefore the duty of the people of Canada to arrange for their reception and distribution, as they will have risked their lives to defend the Dominion.

Yours faithfully,

THOS. E. SEDGEWICK,  
33, Oriental Street,  
Poplar, London, E.  
July, 1915.

### A Bank Map.

A striking illustration of the financial progress throughout the two older provinces of the Dominion during recent years, with respect to banking facilities, is graphically shown in a new edition of a Bank Map of Ontario and Quebec which has recently been issued by the Department of the Interior at Ottawa. According to the information which has been incorporated in the publication the number of branches in operation in 1910, the first year for which statistics of this nature are given, totalled approximately 500, in comparison with 2,000 at the present time. This interesting compilation of current banking information is valuable also as a Railway Map showing as it does the location, on the various main and branch lines, of all towns and cities. This together with other general information, makes the publication very useful for reference purposes. A copy may be procured free of charge upon application to F. C. C. Lynch, Superintendent of the Railway Lands Branch, Department of the Interior, Ottawa.

George T. Holloway, chairman of the Ontario Nickel Commission, has arrived from England.

## PROTECT YOUR PROPERTY

Have you an Insurance on your Dwelling, and have you protection from fire upon your Personal Effects?

A number of Standard Fire Insurance Companies are represented by

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Will be pleased to quote you rates at any time.



IN the evening at camp when all hands are "bushed" after a day's tramp, canoe trip, fishing and swimming, this

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Graphophone "Eclipse" for \$32.50, on easy terms, will make welcome entertainment

Small, light easy to tote and needing little bunk room, the "Eclipse" is a musical instrument that will make your camp complete this summer.

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## Care of the Baby In Summer

Food For the "Runabout" Baby. For the first nine months or more of a baby's life, when he is growing at a very rapid rate, nature has provided a perfect food in mother's milk. With such babies a healthy development usually goes steadily forward with little trouble. But after being weaned all too many babies seem to suffer from a setback, while accommodating themselves to digest a new food.

A list of the foods suitable to this period of the baby's life is given in greater detail in a bulletin called "Infant Care," published by the children's bureau of the department of labor, Washington. This publication is sent free to all who care to ask for it, sending their name and address to the bureau.

The average healthy baby of one year of age should be taking five meals a day at four hour intervals. At this period he should have about one quart of milk daily. In addition, he may have well cooked cereal twice a day, squeezed beef juice or broth once a day, some fruit juice once or twice a day, unless the bowels are loose, and dry bread or toast to chew.

As the baby grows and thrives various things may be added to his diet. The following are sample meals for a day for a healthy child from eighteen months to two years old (an ounce is two tablespoonfuls):

7 a. m.—Milk, 8 to 10 ounces, piece of zwieback, toast or dried bread.  
9 a. m.—Orange juice, 2 ounces.  
10 a. m.—Cereal, 2 tablespoonfuls; cupful of milk, toast or dry bread.  
2 p. m.—Broth, 6 ounces; meat, 1 tablespoonful; vegetable (spinach), 1 tablespoonful; stale bread, 1 piece; baked apple, 1 tablespoonful.  
6 p. m.—Cereal, 1½ tablespoonfuls; milk, 6 to 8 ounces; toast or bread.

10 a. m.—Milk, 8 ounces in cup. (May be omitted).  
The following rules for cooking and preparing certain of these articles may be helpful to mothers:

Toast.—Bread one day old, cut in very thin slices; slices placed on edge in a toast rack in an oven to dry. Leave oven door partly open.  
Broth.—Of round steak, one pound; of water, one pint. Put the meat on in cold water and allow it to come to a boil; then lower the flame so that it barely simmers for three or four hours. Remove the meat and add enough water to make up the original amount of liquid; strain through a wire sieve and set aside to cool. When cold the fat is removed in a solid piece, leaving a clear liquid or jelly. Heat a small portion when it is time to feed the baby. Keep the jelly covered and on ice.

Meat.—One tablespoonful. Take meat, round or sirloin steak, scraped with a silver spoon. When you have the desired amount shape into a patty and broil on a hot, dry spider. When done add a little salt. Or a piece of rife round or sirloin steak, the outer part having been cut away, is scraped or shredded with a knife.

Spinach.—Cook spinach in salted water until tender. Pour cold water over it and drain. Then rub through a fine sieve.  
Baked Apple.—Apple baked three-quarters of an hour; skin and core removed; two tablespoonfuls of pulp strained through a fine sieve.

Cereal (flour preparations).—Cereal preparation three-quarters of a cupful cooked with one quart of water for three-quarters of an hour in a double boiler. Add enough water to keep moist.

Oatmeal.—Have a pint of water boiling in the top of the double boiler; add one-half teaspoonful of salt and drop in gradually one-half cupful of oatmeal flakes, stirring all the while. Cook for three hours and strain through a wire sieve. Pour on it one or two ounces of milk.

The following are some of the things a baby should not have: Candy, cakes, doughnuts, pastry, fresh bread, griddle cakes, sirup or molasses, porridge or tough meat of any kind, bananas, overripe fruits, pickles, tea, coffee, soda water or beer nor tastes of foods from the family table.

### CHILDREN'S TEETH.

Take Them to a Dentist Regularly and Insist Upon Use of Toothbrush.

It is most important to get young children into the habit of regularly cleaning their teeth. This should be done after every meal, but sometimes that is not possible. At least the children should scrub the teeth as a matter of routine after breakfast and the last thing at night.

Dentists are advising that the gums as well as the teeth should be scrubbed carefully. First, because it is just at the place where the gum and tooth meet that decay begins and, second, because friction of the gum brings a good supply of the blood to the part, and that, of course, nourishes the teeth and preserves them. Any simple tooth powder can be used, and after scrubbing the children should rinse the mouth out with clean cold water.

The mother should remember how important it is to preserve the first teeth. Any spot of decay should be stopped immediately. The wise mother takes her children regularly to the dentist, perhaps once in six months, to have the teeth inspected. This is a real economy in the end.

## SUNDAY SCHOOL

Lesson XI.—Third Quarter, For Sept. 12, 1915.

### THE INTERNATIONAL SERIES.

Text of the Lesson, 1 Kings xix, 8-18, Memory Verses, 9, 10—Golden Text, Ps. xlii, 10—Commentary Prepared by Rev. D. M. Stearns.

"And Ahab told Jezebel all that Elijah had done." She was the ruling spirit in the house of Ahab, the leader in the worship of Baal, and had 400 prophets eat at her own table (xvi, 31; xviii, 19), and was one of the most devil controlled women that ever lived. Now she was indeed "angry" and swore to have the life of Elijah within twenty-four hours (xix, 1, 2), and he fled for his life from this angry woman and came to Beersheba, which means the well of the oath and should have made him think of the faithfulness of the everlasting God (Gen. xxi, 31-34). This does not look like the same old Mount Carmel, but it is another evidence of the utter failure of man apart from God, as the Lord Jesus said, "Severed from me ye can do nothing" (John xv, 5, margin).

It is truly pitiful to see this man of God in the wilderness, under this tree, wanting to die; but the secret of it seems to be that he had begun to think himself of some importance and necessary to God. Notice his three repeated, "I, even I only, am left; remain a prophet of the Lord" (xviii, 22; xix, 10, 14). He evidently thought that the hundred whom Obadiah saved were not worth mentioning, and he did not know that the Lord had 7,000 who would not worship Baal (xix, 18). Self in any form, even religious self, is very bad and a great hindrance. The only safe way is, "Not I, but Christ." "Not I, but the grace of God" (Gal. ii, 20; 1 Cor. xv, 10). Even the apostles failed by seeking greatness for themselves, so we all need Jer. xiv, 5. As for God, he is always gracious and full of compassion, for he knoweth our frame, he remembereth that we are dust (Ps. ciii, 8, 13, 14). Elijah had been through a great strain, physical and mental, and was simply worn out. The Lord pitied him and gave him sleep and sent an angel to prepare food for him and let him sleep and eat twice, and in the strength of that food he went forty days and forty nights to Horeb, the Mount of God (verses 5-8).

How wonderful is the food which God provides, either for soul or body. We think of the bread and fish by the sea of Galilee for the men who had toiled all night and caught nothing (John xxi, 9) and of the way He fed Israel for forty years in the wilderness. We shall see that this discouraged man who wanted to die never did die, and after some 900 years we see him alive and well, with the only other two forty day fasters in the Bible story, on the mount of transfiguration. Let all faint and discouraged ones look up and see Him who so tenderly careth for us, and pitiless us, and notices whether the way is long or short, and just how much strength we have, for He said to Elijah by the angel, "The journey is too great for thee" (verse 7). There are many things too heavy and too painful for us, but there is nothing too hard for the Lord (Ex. xviii, 18; Num. x, 14; Ps. lxxiii, 16; Jer. xxxv, 17, 27). It may not be easy for us to understand why Elijah took that long journey to Horeb, but when he reached there the word of the Lord came to him, saying, "What doest thou here, Elijah?" (Verses 9, 13). Twice the question was asked him, and twice he answered in the same way, that he was jealous for the Lord God of hosts, that Israel had forsaken His covenant, that he was the only prophet left, and that his life was being sought (verses 10, 14). That he was the only prophet, if it had been true, would seem to be a good reason why he should have remained, and not run away. Fear for his life does not sound well from Elijah. The poor man was evidently quite out of fellowship with God, and much occupied with himself.

The God who could rend the mountains with a mighty wind, make the earth to quake and send fire from heaven (verses 11, 12), was certainly capable of caring for His servant, and it seems to us as if Elijah might have relied upon Him. It is not always His way to do great and mighty things, and what Elijah needed now was quietness to hear the still small voice. The golden text for this lesson has been well chosen. Instead of special zeal and energy, which is often of the flesh, how often we need to be still, stand still, sit still, rest in the Lord and wait patiently for Him. The Lord's instructions to Elijah must have been very humiliating to him: "Go, return on thy way. . . . anoint Elisha to be prophet in thy room. . . . I have left me 7,000 in Israel who have not bowed unto Baal" (verses 15-18). That looks like a setting aside of the man who had been so grand for God.

There are certain people whom God cannot use—the fearful or the self-indulgent, as in the case of Gideon's army, or the self-important, as in the lesson. He looks for the weak and empty ones, the things that are nought with which to bring to nought the things that are. When he wants a man He knows where to find him, as when he found Saul and David, and Moses, and Amos, and now Elisha. And he called each from their ordinary occupations, as he did also some of the apostles. Gabriel probably found Mary busy in household duties.