

HOME CIRCLE COLUMN

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

Temper are queer things anyway. We snap and growl, and scold, and fume, and fret for no cause under the sun that we know of, and when trouble really comes we smile and take it as unaccountably as though it was the most commonplace affair. We will sulk for a week over a slight that was all in our imagination and grow all the madder because we know that the whole matter is an invention of our own. The fact is, when we feel good, a eyelone can't spoil our equanimity, but if we chance to be out of sorts and have the blues, we are going to get mad and stay mad and if we don't find any provocation we will make one. The man who gets the blues—and who is there who doesn't get them—is a most unfortunate person. Ten minutes after the attack begins he has concluded that he is the most abused man in the face of the earth. Every person in the town is working against him—he knows it and it is no use to deny the fact. If the unfortunate man is married, he wreaks disgust upon his wife and boy and cow.

"The sanctity of the marriage relation must not be broken by divorce," says every sentiment, no matter though the ever-present spectre of bruises, wounds, perhaps of a fearful death, may hang over the head of the victim, she should walk unswervingly by the side of the despicable brute whose brawny hand, nerved by rum or reasonless passion, may at any time strike down her frail form. The man who lays his hand upon a woman, save in way of kindness, deserves no companion but eternal banishment from her very presence.

No matter how small a sin is, examine its tracks and you will find that they point straight toward the pit.

The foundation of society rests on its home. The success of the home rests on the wives. Therefore, first of all teach our girls how to be successful wives. Teach them that jealousy is an immorality and gossip a vice. Train them to keep the smallest promise sacredly and to speak to people only as they would speak to you. Teach them to look for the best qualities in everyone they meet, and to notice other people's faults only to avoid them. Train them to do small things well and to delight in helping others, that sacrifice made for other's pleasures is a means of soul development. Once give a firm foundation of character like this, which the poorest as well as the richest parents can give to their girls, and no matter what necessity arises they will be able to meet it.

Make a home; beautify and adorn it; cultivate all heavenly charms within it; sing sweeter songs of love in it; bear your portion of toil, and pain, and sorrow in it; con daily lessons of strength and patience there; shine like a star on the face of the darkest night over it. High on the pinnacle above all

HARVESTING NUTS AS A PATRIOTIC PASTIME

Throughout Canada there is a generous supply of nut-bearing trees which yield an abundance of edible nuts rich in food value, as the butternut, black walnut, the hickories, hazelnuts and beech nuts. Nuts are more nutritious than milk, eggs, bread and meat, one ounce of nut kernels being equal in food value to a pint of milk. Nuts are ready to eat without the labor and cost of cooking. They may be served in the form of delicious sandwiches, in salads, in fruit jellies and cakes, or a handful may be kneaded into a loaf of bread before it goes into the oven. A few kernels put through the meat chopper and scattered over the breakfast cereal adequately supply the place of bacon.

This important food crop is waiting in the woods to be gathered in. A few afternoons spent nutting in the woods during the bright autumn days will supply the home with nuts for the winter and will save the meat supply for our country's defense. After gathering, the nuts should be spread on a dry place to allow the surface moisture to escape. They may be cracked at leisure by the boys and girls in dull weather and stored in air tight glass jars.

A few of the finest nuts should be saved for planting nearer home. Nothing will give the children greater pleasure than to choose and plant their own nut trees. If space allows, a future nut orchard might be planned or young trees transplanted as shade trees. The beech is a very beautiful tree, both in winter and summer, and the butternut, walnut and hickory make good garden shade trees and their wood is very valuable.

The butternut occurs from New Brunswick to Ontario, while the black walnut is found in the southern part of Ontario. The shagbark hickory ranges from Quebec to the north shore of Lake Huron, the mockernut hickory occurring in Ontario only. The hazel nut extends from the Maritime Provinces to Saskatchewan; the beaked hazel nut has an even greater range extending into British Columbia. The beech ranges from Nova Scotia to Ontario.

The Revere House, Brockville, has been closed.

Adolph Gorr, accused of shooting and killing John Bohn at Golden Lake, has given himself up to Pembroke authorities. He says he knows nothing about the shooting.

earthly grandeur, all gaudy glitter, all fancied ambitions, set the home interests. Feed the mind in it; feed the soul in it; strengthen the love and charity, and truth, and all holy and good things within it.

Every man's life is a failure who does not try to do something to leave the world richer than he found it.

There is no work so humble that faithfulness in it will not be noticed and rewarded.

Good appearances may be pleasant but solid realities are safer and more comfortable.

OLD AGE

We wish to say a few words for the old folks, believing that the infirmities of advanced years are often treated with an indifference that is hard to bear. Not by all, of course, for there are many, we will hope the majority, that are thoughtful of the aged and kind to them. Then again, there are others who, to put it mildly, are harsh and cold. It is very natural to smile at what is lovely and strong, and frown on the reverse without even observing that we do so; add it often follows, with the young especially, that as they look on the furrowed face, the dim eyes and trembling hands, the tottering, uncertain steps of an old man or woman, they seem to forget that in that worn and homely prison house are a heart and soul which yearn for recognition, for kindness in word and deed, and for a little love, with an intensity that youth in its fullness does not know. They must forget, or one would not so often hear such remarks as, "Oh grandma, don't bother; grandpa forgets everything; grandma, what do you want to go for? Old folks ought to be contented at home!"

In our words to others, in all our dealings with them, it is our duty to stop and think; and with the old it is positive cruelty not to do so. It is down hill, remember; a hill with steep stony paths, and at its foot there is only a grave. Don't by impatient words and looks push them along its precipitous ways; don't bruise their weary feet with rocks of ridicule and uncalled-for jest; don't glaze that downward slope with the ice of indifference; and above all, don't hang on every bush and boulder plaques of their own deterioration. It is not necessary to remind them that they have left their prime and strength behind. They know it; none to well.

Parents are land marks and little ones compass them.

Our achievements are less than our intentions usually. Let us aim high.

Keep a close eye on the man whose wife is afraid to ask him for money.

The plant of happiness cannot thrive without an air of cheerfulness.

THANKFUL MOTHERS

Mrs. Willie Theriault, Paquetville, N. B., says:—"I am extremely thankful that I tried Baby's Own Tablets for my baby. Through their use my baby thrived wonderfully and I feel as if I cannot recommend them too highly." Baby's Own Tablets break up colds and simple fevers; cure constipation, colic indigestion and make teething easy. In fact they cure all the minor ills of little ones. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Valuable Patent

An old colored minister announced that he had invented an automatic collection basket, which would be passed around by the deacons of his church. "It is so arranged," my brethren, said he, "that if you drop in a quattron or half dollar it falls noiselessly on a red plush cushion; if you drop in a nickel it will ring a bell that can be distinctly heard by the entire congregation; but if you let fall a suspender button, my brethren, it will fall off a pistol."

Presence of Mind

A man entered a clothing store, ostensibly to purchase a suit. He tried on a coat, and while the proprietor's back was momentarily turned he made a dash for the door, and gaining the street, started to run away with the stolen garment.

The proprietor rushed out, yelling "Stop thief!" and took up the chase.

A policeman soon joined in and ordered the fleeing man to halt. As how-over, the thief kept on running the policeman drew his pistol, whereupon the clothing dealer grabbed the officer's arm and said: "Mr. Policeman, if you shoot, for God's sake shoot him in the pants; the coat belongs to me."

Mr. J. A. Stewart, of Perth, M.P. for this county, has gone to Massachusetts and the Eastern States on a quiet holiday trip and expects to be gone for a month or more.

Gray Hair
use
Hair's Health
A preparation for restoring natural color to gray or faded hair, for removing dandruff and as a hair-dressing. Is not a dye. Generous sized bottles at all dealers, ready to use. Philo Ray Co., Newark, N. J.

DAY OF WAISTCOAT

Paris Sketches Predict Advance
of the Long Garment.

Promises to Be Dominant Feature of
New Autumn Clothes Which Will
Be Introduced in August.

Last January, the women in Paris wore waistcoats of fur, velvet, knitted wool and dyed homespun that reached from the collar bone to the knees. The heads of dressmaking houses, who are carefully watched wherever they go, contributed to the fashion for these accessories by placing them in their own suits.

America introduced few of them, and she did not find even the short waistcoat of last February, a success, declares a writer on fashion topics. It was worn by a few segments of smart women, fashionable and unfashionable, rich and poor, but the long waistcoat was treated as an outcast. It was not even recognized. But France persisted and the dressmakers in New York are putting it into suits and frocks for summer resorts. The prophecy runs that it will be a dominant feature of new autumn clothes.

In a large bunch of Paris photographs that have come over, this long waistcoat is repeated in many fabrics on women who are snapped as they go about their new and active life. The sketches that come over from the big designers as heralds of what will be advanced in August, show the long waistcoat also. It is made in a different color from the gown; it is used for protection or for beauty, and although it is probably taken from the reign of Louis XIV, it has none of the elegance or jauntiness of its predecessor. It merely looks warm and comfortable, or gay and colorful.

It is the longest waistcoat that has ever been worn by woman. It was matched in length by those worn at the court of the Grand Monarque. Looking at it in its most essential feature, it is merely another way to straighten the figure. It, therefore, can be adopted by those to whom middle age has brought an undesired roundness.

DARK BLUE HELMET TURBAN



Charming enough would be this dainty helmet turban alone, but its designers were not satisfied, so they added the charming summer veil. The hat is dark blue, covered with a multitude of summer flowers. The same flower motif is carried out in the dark blue veil.

RIBBON FOR DRESS TRIMMING

Many Beautiful Designs Being Effectively Used; Never More Beautiful Than This Year.

Ribbon plays an important part in dress trimmings, accessories, etc., and never have they been more beautiful than they are this year. Many are interwoven with gold and silver and some are formed almost entirely of dull gold or silver tissue.

There are ribbons of satin with pale blue spots in old-fashioned tints, and pale taffeta ribbons in rose, mauve and natter blue, over which are sprinkled at intervals "lucky" lady birds brocaded in dull gold or silver.

Striped or checked faille ribbons are extremely fashionable, and among the novelties are ribbons with long weaved fringe at the ends.

Various are the ways in which these ribbons are utilized for frock trimmings. They are introduced in the form of inset bands, plaited, shirred or plain, and sometimes as frillings or ruckings.

Hats Off for Hair.

Keep your hat off as much as possible. Hair cannot lie too easily or loosely for its own health, and that of the nerves and head. Anything like pressure, heat or strain about the head will injure the brain and the finest parts of the nervous system. Pulling the hair up too tightly from the back of the head and ears will cause the glands of the neck to swell. Notice what a relief it is to take all your hairpins out of the hair and let it hang loose for a few hours.

If you adopt an easy, artistic and natural hair dressing, nervousness will disappear and headaches will be unknown. It is not only beneficial to the growth of the hair, but to the nerves of the head to wear it tied with a ribbon at the nape of the neck, free of hairpins, whenever possible.

MANUFACTURE OF CIDER

Winter Rhubarb Can be Produced
Cheaply and Conveniently.

Turnips Grown on Dairy Farm Best
Fed to Dry Cows, Young Stock
and Pigs.

(Contributed by Ontario Department of
Agriculture, Toronto.)

SWEET cider is unfashioned apple juice, and hard cider is fermented apple juice. To get the juice the apples are either crushed or ground in a cider mill and the juice expressed from the pulp.

The fermentation of apple juice, or any other fruit juice, is brought about by the development in it of yeast. Yeast cells are microscopic plants invisible to the naked eye and are always present on the surface of fruit. When the fruit is crushed to get the juice many of these yeast cells get into the juice and if these are not destroyed they will induce fermentation.

Consequently, in the manufacture of sweet cider we must destroy the yeast cells that are present and prevent others from getting in. The surest way of doing this is to pasteurize the juice immediately after it is obtained from the fruit and store away in well-sealed containers. In the case of cider the pasteurization process means heating the juice to 170°F. for ten minutes and then filling into containers that have been sealed and can be tightly corked. Care should be taken not to let the temperature get above 170°F. during pasteurization or the character of the juice will be injured. The juice is then stored away at a low temperature to allow it to clear.

Hard cider is produced by allowing the fresh apple juice to ferment in the cask. The fermentation is naturally induced by the activities of the yeast cells that get into the juice from the surface of the apples. As, however, there are various kinds of yeast cells, and also many mold spores liable to be on the fruit which may injure the quality of the cider, spoiling the flavor, it is a good plan to control the fermentation either by pasteurizing the juice and then adding a good yeast, or simply by adding a good yeast to the raw juice as soon as obtained from the apples. —Prof. D. H. Jones, O. A. College, Guelph.

How Winter Rhubarb is Produced.

The production of rhubarb in winter has become of considerable value among gardeners. It is easy to do if certain methods are followed. If one is making a permanent business of rhubarb forcing, it is necessary, each year, to set out a new bed as plants once forced are of no further value. In the spring large roots should be dug, split in one bud second and replaced in rich moist ground. During the growing season they are kept free of weeds and from weeds. In the fall they are covered with manure. Next spring a second bed is planted as before. That fall a large part of the first bed is taken up leaving sufficient to replant another bed the next spring. The roots are taken up the last thing in the fall before the hard freezing weather comes and are placed in plastic in a shed where they can easily be got at during the winter, but will remain frozen. About Dec. 1st take in a sufficient number of roots, place these bud side up on the floor of a warm cellar—about 68 to 70 degrees—and cover with an inch of sand. Be sure to fill in all interspaces. Keep this sand moist. About a week later the buds will begin to swell, and in from four to six weeks, depending upon the heat of the room, the cooler the slower growth starts—you should have rhubarb ready for market. After these roots are exhausted throw them away and put in more. If a constant supply is required make a new bed every two or three weeks during the winter. Be sure to keep all lights dimmed. Put burlap or brown paper over the windows to get the bright pink color so much desired. —A. H. MacLennan, B.S.A., Ontario Vegetable Specialist.

Should Cows Be Fed Turnips?

This is an old question about which considerable difference of opinion exists. If my reader is Scotch, he or she will likely answer the question by saying, "Yes," as Scotchmen, turnips, and good farming are three things usually found together on farms in Ontario.

There was a time when butter buyers were not so particular about the flavor of butter as they are at present. It is common to hear women purchasers on city markets, say to farm butter-makers, "You butter is turnip," which is sufficient to cause a loss of the sale. Creamery-men object very strongly to "turnip cream." While it is doubtless true that some careful feeders are able to feed quite large quantities of turnips to cows giving milk, without causing any serious trouble, there is always danger, which can best be avoided by not feeding these to milking cows. If they are grown on the dairy farm they are best fed to dry cows, fattening cattle, young stock, pigs, etc. However, if they are fed in the stable where cows are milking, and more especially where the root house opens into the stable and where the turnips are pulped in the stable or in a feed-room adjoining, the odor of the turnips fills the air, which is carried into the milk pail at the time of milking and thus the milk, cream, and butter become tainted from the stable air, even though the milk cows may not be fed any of the turnips.

The safest plan is not to grow turnips on a dairy farm. Grow mangels, or sugar beets, and corn for silage. These crops will give as good returns as turnips, are no more expensive to grow, and are much safer. "Safety first" is a good motto on a dairy farm.—Prof. H. H. Dean, Ontario Agricultural College, Guelph.

RAMSAY COUNCIL

The regular meeting of the Ramsay council was held in the town hall, Almonte, on Saturday, Sept. 28th, at 10 o'clock, a.m., all the members being present.

The minutes of last meeting were read and adopted.

A communication was read from Mr. Fred Forsythe, soliciting a grant for the Township School Fair.

A communication from Dr. A. A. Metcalfe was read notifying the council that he considered the salary voted the Medical Health Officer under By-law 720 inadequate for the services rendered.

Moved by J. R. James, seconded by W. H. Robertson, That the clerk be instructed to mail the tax notices requesting the ratepayers to pay their taxes either at Bank of Montreal, Almonte, or the Bank of Ottawa, Carleton Place. Carried.

W. A. Snedden made application for a bonus for wire fence on the north-west side of his property in the ninth concession.

On motion of Messrs. Young and Allan, Mr. W. A. Snedden's application for bonus for wire fence was granted.

On motion of Messrs. James and Young, the sum of \$10 was granted to the Township School Fair.

Upon the communication of Dr. A. A. Metcalfe, re salary voted the Medical Health Officer, the council took no action.

J. H. Symington notified the council that he had valued at \$14 a sheep belonging to Charles Brydges that had been killed by unknown dogs.

The following accounts were ordered to be paid: D. Larone, Road Work, \$2.40; J. S. Paterson, do, \$5.70; M. Ryan, do, \$12; Gavin Hall, do, \$6; James Syme, do, \$25; W. J. Graham, do, \$2; Charles Brydges, sheep killed, \$14; J. H. Symington, valuing sheep, \$15.50; J. T. Kirkland, postage, \$5; Fred Forsythe, grant School Fair, \$10; Andrew Cochrane, road work, \$3; Rose Fenlon, witness fees, \$2; Kate McDougall, do, \$2; Edith Carr, do, \$2; Geo. Murphy, road work \$3.

On motion the council adjourned until Saturday, October 26th, 1918.—T. A. Thompson, Clerk.

A Foolish Question

Two army officers, while ballooning, lost trace of their whereabouts, and, wishing to ascertain what part of the country they were passing over, descended until they came within hailing distance of a couple of farmers. When nearly overhead one of the officers called out:

"Hi, there, Johnny, can you tell us where we are?"

The rustic gazed up at them in much amazement. Thinking he had not heard, one of the officers shouted again, louder than before:

"Where are we?"

"Why, you're in a balloon ain't ye?"

What the officers said when they heard this would probably spoil the story.

Rheumatism, Kidney or Stomach Trouble and Asthma Promptly Cured.

For Rheumatism, Kidney Trouble, Indigestion, Dyspepsia, Biliousness, Sick or Sour Stomach, Bitter taste in the mouth, Loss of Appetite, and Asthma, this medicine has no equal. Two to five doses will cure Sore Back or Sluggish Kidneys.

Corporal W. Lewis No. 305525, 1st D.A.C., at present residing in Eganville, Ont., writes:—"I was 18 months in France and went through the battles of the Somme, Vimy Ridge, Lens, Hill 70 and Passchendaele. On account of Kidney Trouble I was invalided to England. I was treated there for some months in the 5th and 11th Hospitals, and was finally invalided home to Ottawa, where I received treatment in the Convalescent Home. I was finally discharged as being medically unfit for further active service. Having heard of your Victory Rheumatic and Kidney Cure, I decided to try it, and after using four bottles I feel certain it has made me as well as ever, and I am gaining in weight every week. I can highly recommend it to any sufferer from Kidney Trouble as a sure and quick cure."

Mr. W. L. Payne, Renfrew, Ont., writes:—"I had Rheumatism in my arms, shoulders and legs for over four years. At times I was unable to get on my coat without assistance. My kidneys were also in bad shape. Three bottles of your Victory Rheumatic and Kidney Cure completely cured me."

For sale by W. P. Pattie, Carleton Place, M. R. McFarlane, Almonte; L. A. Wilson, Smiths Falls; J. L. Rochester Ltd., Rideau St., Ottawa; or direct from the manufacturer W. F. Ritchie, box 296, Renfrew, Ont.

Price, 75c per Bottle.

In remitting for mail orders add sufficient to cover postage.

DANGER LURKS IN EVERY ONE OF US

We Are As Full of Deadly
Poisons As A Germ
Laboratory.

AUTO-INTOXICATION OR SELF-POISONING

"FRUIT-A-TIVES" Absolutely Prevents This Dangerous Condition!

The chief cause of poor health is our neglect of the bowels. Waste matter, instead of passing from the lower intestine regularly every day, is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated, is poisoning himself. We know now that Auto-Intoxication, due to non-action of the bowels, is directly responsible for serious Kidney and Bladder Troubles; that it upsets the Stomach, causes Indigestion, Loss of Appetite and Sleeplessness; that chronic Rheumatism, Gout, Pain In The Back, are relieved as soon as the bowels become regular; and that Pimples, Rash, Eczema and other Skin Affections disappear when "Fruit-a-tives" are taken to correct Constipation.

"Fruit-a-tives" will protect you against Auto-intoxication because this wonderful fruit medicine acts directly on all the eliminating organs. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

Canadian Emphasis.

By the bye, don't be shocked by our damning and swearing. It doesn't mean the same in Canada as it does over here. It's natural to us. In Canada everyone swears. My little boy—he was six years of age at the time—was swearing one day in the kitchen and the cook told him if he was not careful his teeth would drop out. He looks up at her—only six years of age, mind you—and says, "Daddy's teeth haven't dropped out!" What do you think of that?—Gen. Alec McDougall, Canadian Forestry Corps, in London Chronicle interview.

Tommy Sized It Up.

Tom's kindergarten teacher took her class to see the chickens in the school yard. A homely brown hen was smothering a brood of tiny chickens hatched in an incubator. The aristocratic chicks had tufts of feathers on their heads. Tommy quickly noted the difference between hen and chicks and blurted out: "Fahaw, she can't be their mother." Then, after a moment's consideration, he added with an air of conviction: "Oh, I guess she's only the nursegirl."

Stunning.

"Oh, Effie, your new gown and hat are stunning!"

"Yes, Alfred hasn't recovered yet from the shock the 'bill' gave him."

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Thousands of Orchard Trees need replacing.

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Secure a paying Agency with liberal commissions; experience not necessary.

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Grain Feeds for your Horses, Cattle, Hogs and Poultry.

You can do the rest, and at the same time get good prices for what you dispose of.

Use SUNLIGHT Flour

It will please you.

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