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HOME CIRCLE COLUMN

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

WHAT BOYS THINK THEY SHOULD LEARN

According to the idea of many of the rising generation a young man should learn to lie, to flit, to cheat, to swear, to drink, to play billiards, to swagger in the streets, to live without work, to ogle every pretty girl he meets, to treat his elders with disrespect, to talk loud in the presence of others, to put on style whether he can afford it or not, to boast of the feminine conquests he has made, to have every slang term on his tongue's end, to gossip with his chums about his lady acquaintances, to attract all the attention to himself that he possibly can, to talk like a loafer and a fop instead of a quiet, sensible man, to call his father "the old man" and his mother "the old lady," to think ill of every woman he sees, and to speak ill of her every chance he gets, to turn up his nose at those quiet, sober, industrious young men who do not train in his crowd, to treat his sister without any sort of regard, to treat her like an ill-bred loafer instead of like a gentleman. Here is your picture, fast young man, true to life. Look at it! How do you like it? What have these characteristics made of you? What will they do for you? What has the future in store for you? Unless you change your course most radically—Rein.

SPOILING CHILDREN.

The president of the Chicago Board of Education is severe in his criticism of parents, of whom there seems to be a legion in that city who manifest no discretion in the training of their sons. The high schools are full, according to this official, of pampered boys who wear wrist watches, think only of society life, its joys and pleasures, and are carried to and from their homes in limousines with liveried chauffeurs at the wheel.

Only boys of exceptional qualities can survive much of this sort of thing, as many of parents have realized bitterly and too late. Over indulgence spoils many a man and a woman in the making, who might if thrown entirely on their own resources have made worthy human products of themselves.

The fact is not generally realized, but it requires the co-operation of two wise and loving parents to train a child up and bring out his latent possibilities. Now and then an unusual father and mother can do it, if the child is somewhat above the average. But ordinarily if the father is too occupied with his own business or the mother is too busy with her woman's interests or too neglectful, or if either one of them is defective in head or heart, the vain and silly girl, the selfish

The Ottawa Winter Fair.

Each year some new feature of importance to the farmers of Eastern Ontario and Quebec is brought out or emphasized at the Ottawa Winter Fair and the 1917 Show, which will be held from January 16th to 19th, will be no exception. Each year also finds this great Winter Fair larger than ever before in one or more departments. Sheep and poultry were special features at the last Show, both these departments having the largest and best display in the history of the Show. Ottawa is situated in one of the greatest dairy sections in Canada, and should have the best three day Dairy Test of any show in Canada. The dairy classes will be a special feature in connection with the coming show. The dairy buildings are unequalled by any other show in Canada, and the conditions are ideal for making high records as the animals are stabled in the most modern, well lighted, heated and ventilated stables. Arrangements are being made for the installation of equipment that will make it possible to test the milk after each milking and to have the results tabulated and posted in the stables, so that the exhibitors will know after each milking just exactly what their animals are doing. Arrangements are also being made for having the stables specially superintended so that the ventilation and sanitary conditions will be as near ideal as possible. In connection with special privileges to the members of the Farmers' Institutes and County Boards of Agriculture. In lieu of passes a special admission rate has been adopted by the use of trial tickets at the rate of eight for One Dollar, and these may be obtained through Secretaries of County Boards of Agriculture.

Children Cry
FOR FLETCHER'S
CASTORIA

THANKFUL MOTHERS

Thousands of thankful mothers throughout Canada—many of them your own neighbors—speak with the greatest praise of that splendid medicine, Baby's Own Tablets. Many mothers would have no other medicine for their little ones. Among these is Mrs. Albert Nie, St. Brieux, Sask., who says: "I have been using Baby's Own Tablets for the past seven years and they have done my four children a world of good. I would not be without them." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Refrigeration by Electricity.

Refrigeration is among the conveniences now supplied by electricity for the model home. Two white-enamelled electric refrigerators shown at the Grand Central Palace, New York, were somewhat larger than the average household ice-box, each weighing 150 pounds, but they received no aid from the ice-man, and, on being connected to an electric-light socket, gave the effects of 100 pounds of ice from 2½ kilowatts of current. A thermostat control—a strip of metal making and breaking the circuit by expansion and contraction—could automatically keep the temperature for weeks at any desired point down to much below freezing. The apparatus has on top a small electric motor, with a tank of compressed air and ethyl chloride, and the chamber usually given up to ice is fitted with vacuum tubes. The liquid ethyl chloride, passed at high pressure through a minute aperture into the vacuum tubes, vaporizes, with great expansion and absorption of heat, thus cooling the surrounding air.

Children Cry
FOR FLETCHER'S
CASTORIA

FOOD THAT FEEDS

Why Do We Eat, Anyway, In Summer Time?

WHAT IS A GOOD MENU?

Most Housewives Don't Know Food Values to the Extent of Giving a Family, Especially Growing Children, the Proper Proportions of Protein.

One of the most important things that every housewife should know about food is its value as nourishment for the body. We must in fact have foods that feed. There are several kinds of values that all human bodies need in the food they eat and without which they cannot be healthy and well nourished. These are:

- Material to build the body and repair waste.
- Material to give heat and strength.
- Material to enrich and cleanse the blood.
- Material to form bone.
- Let us take them in order.
- It may be said of the body building material that, in a sense, it is the most important of all, because we cannot live without it, while we might go on living for some time without most of the others (though we could not long remain healthy). Cheese, lentils, haricot beans, split peas, meat, fish, oatmeal, eggs, nuts and, to a somewhat less extent, good bread, all have much body building material.

Fats of all kinds, such as butter, cream, suet, dripping, margarine and nut butter, give warmth and energy, strength and power to work. Sugar, molasses and golden syrup are also heat giving, and so are starchy foods, such as potatoes, rice and cornstarch. These foods, however, contain very little body building material.

Vegetables and fruit (other than peas, beans and lentils) contain scarcely any of the body building materials, but they give the body what no other foods give—that is, certain juices which purify and enrich the blood and without which no one can be healthy. It is these precious juices which are thrown away when vegetables are boiled in water and the water poured down the sink. If these juices were taken by people every day in properly cooked vegetables there would not be nearly so much money spent at the drug store, as they are the best possible form of natural medicine.

The bone forming materials are to be found principally in milk and cheese, good bread, oatmeal and in onions and many green vegetables. They are absolutely necessary for growing children. The result of children not getting enough of them is only too often to be seen in bad teeth and stunted growth.

Grape Juice Pudding.

One cupful of grape juice, one cupful of water, one cupful of sugar, one-fourth cupful of tapioca, the juice of one lemon, a pinch of salt and stiffly beaten whites of three eggs. Soak the tapioca for fifteen minutes in a cup of water; place in saucepan, add the sugar; when hot add the grape juice. Cook until the tapioca is transparent, then add the lemon juice and salt. Lastly fold in the beaten whites of the eggs.

WHAT'S COMING.

Fine Feathers Make Fine Birds This Fall, You See. Feather trimmings promise to take the place of beads, which are going on to handbags. This snug little shape



QUITE ADVANCED.
of black velvet with its chic brim is made more dashing by two tall, bright green birds that perch on the crown and turn tail to breezes.

SACRED TREE OF SPAIN.

And Its Connection With the Ancient Euskarian Language.

You all know about the Charter oak, that tree that figured in the fight for independence of the American colonies, and perhaps you have heard of other trees with national significance.

Did you ever hear of the sacred tree of Spain and the means by which it is perpetuated? It stands close to the town of Guernica, in Biscay, and under its spreading foliage the general juntas are inaugurated. Several centuries ago, when Spain was a loosely tied bundle of more or less independent states, the lords of Biscay took their oath under one of the parents of this same tree, where a stone bench was provided for their use, as symbolic of the enduring solidity of their reign. In some respects the tree shows a deeper symbolism than is to be found in the bench of hewn stone, for both the family dignity and the Euskarian language are handed from father to son.

In that isolated region a form of speech that is utterly different from both French and Spanish has been maintained since the beginnings of European civilization because each father made it his business to instill into his eldest son the idea that it was his duty to perpetuate his language and the peculiar institutions of his race.

The tree of the Basques is one of the hardest of all the hardy things to be found around the bay of Biscay and the Pyrenees mountains. The one that is now standing was taken from the parent tree in 1780 and had been growing for thirty years when its 300-year-old progenitor succumbed to age and a hard windstorm. Another shoot was started from this one forty years ago.

CHINESE LETTER CARRIERS.

Feats They Must Perform Would Tire a Hercules.

How many of our own postmen would care to transfer their services to the Chinese postoffice?

To get into the postal service in China is not an easy matter. In the first place an applicant must have strength and courage, and in order to gain these he must be prepared to undergo a very queer method of training. He must wander through mountains and valleys, forests and caves. The exact time to be occupied in a trip of this sort is fixed by the law, and a very heavy fine is imposed for any unnecessary delay.

The would-be postman must repeat these trips at night, and if he listens to the bad spirit, thereby failing to appear at the required time at a specified place he is sure to lose his chance of being a postman.

But that is not all, for he is obliged to carry enormous weights for many miles and must return with his burden within a given time, though his road usually takes him through districts thick with bandits. In training, the postman eats very little—though he is used to this—and tries every training exercise. Then comes his real examination, under the direction of the government officials. He is taken into a large room, where, suspended from a high beam, are very heavy sacks filled with rocks. He must give a swinging motion to all these sacks, run to and fro between them, carefully guarding himself against a blow from the heavy weights.—London Globe.

Ancient Football.

Philip Stubbes wrote in 1583 in his book on "The Anatomie of Abuses:

"For as concerning football I protest unto you it may rather be called a friendly kind of fight than a play of recreation; a bloody and murdering practice than a felowly sports of pastyme. For dooth not every one lye in waight for his Adverserie, seeking to overthrow him and to picke him on his nose, though it be on hard stones, so that by this meanes sometimes their backs, sometimes their legs, sometimes their arms, sometimes one part thrust out of joynt, sometimes another; sometimes the noses gush out with blood, sometimes their eyes start out—fighting, brawling, contention, quarrell picking, murder, homicide and great effusion of blood, as experience dayly teacheth."

Beethoven's Fits of Rage.

Beethoven's behavior was often atrocious. In giving lessons to young ladies he would sometimes tear the music to pieces and scatter it about the floor or even smash the furniture. Once when playing in company there was some interruption. "I play no longer for such hogs!" he cried and left the piano. He once called Prince Lobkowitz an ass because a bassoon player happened to be absent.—Dole's "Famous Composers."

Horns of a Dilemma.

We apply the term "horns of a dilemma" to a situation in which a person is confronted by two opposite and conflicting lines of conduct, the advantages or disadvantages of which appear to balance; hence the analogy to the "horns" of an animal.

Humility Not All.

Humility is the part of wisdom and is most becoming in men. But let no one discourage self reliance. It is of all the greatest quality of true manliness.

Evidently She Did.

"Does your wife like pets?" "She must. I rarely go home without finding her in one."—Boston Transcript.

As small letters hurt the sight, so do small matters hurt him that is too much intent upon them.—Plutarch.

FATALITY IN A WORD.

Why France Changed the Name of the "Life Saving Belt."

A vivid illustration of the power of mere words over human beings was once brought to the attention of French people by Francisque Sarcey.

After the wreck of the Bourgogne many passengers were found floating drowned with life preservers on. These life preservers were fastened upon the bodies, but round the middle instead of under the arms, and the greater weight of the upper part of the body had tipped the head under water and the person of course was inevitably drowned.

Now it appears that the greater number of the persons so drowned were French. The French term for life preserver is ceinture de sauvetage, or "life saving belt." This word ceinture suggests to the mind in its moments of disorder and unreadiness, such as a great catastrophe brings, the idea of putting on a belt, and as a belt is put round the waist and nowhere else the frightened person instinctively adjusts the life preserver close about the hips.

The result is that as soon as the person so provided falls into the water his body tips over, with the heavier part downward, and the head is plunged beneath the surface. The word "belt," therefore, was the cause of the loss of many lives in the Bourgogne disaster. Sarcey accordingly proposed to counteract the fatal effect of the French word by renaming the article and calling it a brassiere, which is a kind of waist, and by bringing the word bras, or arm, to mind to teach people to put a life preserver on just underneath the arms.

ANCIENT POSTAL SERVICE.

The Old Persian and Roman System of Couriers on Horseback.

While the Roman postal service of ancient days was, of course, a crude system, yet the mails were forwarded with considerable speed. The system of couriers on horseback was borrowed from the Persians, who, according to Xenophon, had established it under Cyrus. The Roman adaptation of this was the best system of transmitting letters among the ancients.

All along the great Roman roads stations were erected at distances of five or six miles from one another. At each of these stations forty horses were constantly maintained, and by the help of relays it was easy to travel 100 miles in a day.

These services were intended for the state only, it being imperative to secure the rapid interchange of official communications. In the time of Julius Caesar the system was so well organized that of two letters the great soldier wrote from Britain to Cicero at Rome the one reached its destination in twenty-six and the other in twenty-eight days.

Private citizens were obliged to resort to the services of slaves, and it was not until the end of the third century that there was an establishment of a postal system for private persons by the Emperor Diocletian, but how long this system endured history does not inform us.

The supply of horses and their maintenance was compulsory, and only the emperor could grant exemption from it.

Sure to Grow.

"What you said about Jack isn't worth repeating."
"It's young yet, give it time."—Exchange.

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