

HOME CIRCLE COLUMN

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

LOOKING AHEAD.

In little things we must look ahead and think of the future. Perhaps the little deed of kindness, the loving word, the sweet smile, or the wrong act, little word or angry frown, may not affect our lives nor the lives of anyone else today. Let us not only think of the present, but looking into the hereafter, see what the influence will be there.

It is in those subtle, and so to speak, higher affairs than these that the wisdom of looking ahead asserts itself.

When Esau, coming in weary and spent from the hunting field, sold to crafty Jacob, for a mess of pottage, the birthright which belonged to the elder brother, he simply did what hosts of men have been doing ever since. He did not look ahead but acted on the moment's impulse. For a temporary pleasure, an apparent present advantage, he bartered his heaven bestowed right to dignity, consideration and manhood. And yet to-day, many of us, to gratify ourselves for the present, indulge in some pleasure which perhaps may be our ruin. It is done without thought for the future.

It is a fine thing to stand in the midst of busy belts and whirling pulleys, with the knowledge of their governing laws in your brain, and the quick control of them in your right hand; but it is finer and grander to stand where any mother may stand, if she will, among the living spirits which are to dominate the wheels; pondering the laws of human agency, directing the development of human activity, bearing the supreme weight of human responsibility; doing it all in utter unconsciousness of self or of sacrifice, strong in the wondrous love which alone of earthly emotions is all pervasive and all powerful against the grind and wear and worry of the world.

A love of home and home life should be planted in every girl and boy, and there is no way so sure of giving this lesson than in making the home attractive and pleasant. Now, to make it attractive is not for the mother to do all the rough work and the daughter to do the trimming, but it is to have your boys and girls share the cares, experience and labors of the home. Teach them every detail, give them a personal interest. Lay a foundation early, for it will be slow work, requiring patience through oft multiplied failures.

Parents, we would say to you when God has blessed you with good girls, appreciate them. To-day is the time to love them while they are loved beneath your wings. Do not wait till they are gone, perhaps forever, from the home nest. If you love them, let them know it. If you have an interest in their welfare, let them know it. If your girls are ambitious and want to gain for

themselves a position in life, help them, for it is your duty to do so. If your girls want an education, give them all the chance that lies in your power to acquire one.

Melancholy cannot hold its own with perennial good nature. Sunshine is contagious. Smiles are epidemic. One joyous nature will fill an auditorium with good cheer. Despondency is a poor debater. It can bring no argument that sunbeams will not penetrate.

Among all elevating influences, that of a happy home is the most permanent. Every clean home is an influence for good in the community. Every ideal home must possess beauty as well as cleanliness and kindness. Every happy home should shed its refining influences abroad. Every good home is an educator and adds immeasurably to the sum of human happiness. Every home should be a faithful guardian of public morality, the surest safeguard of the public's future.

Homes are training schools for citizens, and only as they teach patriotism in the fullest sense of the word are they doing their duty by the country in unstinted measure. The family table is the family rallying place, and it is well therefore, that meals should neither be taken in silence, nor occupied with idle gossip; they afford the parent and the children a meeting around where they may come into close sympathy, and where they may receive stores of knowledge while the bodily needs are attended to.

When we see boys on the streets and public places we often wonder if they know the business men are watching them. In every bank, store and office there will soon be a place for a boy to fill. Those who have the management of affairs of business will select one of the boys; they will not select him for ability to swear, smoke cigarettes or tap a beer keg.

The true home—our never failing fountain of happiness—should be kept pure. As an intelligent, progressive people we cannot afford to let anything lower our standard of civilization. Most of us have an ideal mental and physical perfection, and we owe that condition to posterity. The child, like plants and flowers, needs to be carefully and thoroughly cultivated. That culture should begin early—yes, in the germ—to attain the end sought.

The thief who steals your peace of mind is meaner than the one who steals your property.

Teach your girl how to cook and if she does not thank you somebody's son will thank you for her.



THE DANCING LE ROYS
with "The Million Dollar Doll." Opera House
Thursday, April 12th.

Useful Inventions.

Below will be found a list of Canadian and American Patents recently secured through the agency of Messrs. Marion & Marion, Patent Attorneys, Montreal, and Washington: Canada—Joseph Bilodeau, St. Methode d'Astoc, Que. Bennett; S. R. Parkes, Stafford, England. Tubular Lugs; William R. Rioux, 80 Sir Georges Etienne Cartier Sq., Montreal, Screw cutting dies; Albert Fugere, 847 de Lorimer Ave., Montreal, Moisture absorbers tobacco pipes; Aime Cavillet, Tontes Aids, Manitoba, Automatic fire extinguishers and alarms.

United States—William R. Rioux, 80 Sir Georges Etienne Cartier Sq., Montreal, Screw cutting dies; J. A. Marenger, 2292 St. Hubert St., Montreal, Combination brakes and blocks for vehicles.

CASTORIA

For Infants and Children
In Use For Over 30 Years
Always bears the
Signature of *Chas. H. Fletcher*

PRACTICAL GARMENT.

Every Woman Needs One
Coat Something Like This.

This top coat comes in a green, brown and navy plaid, all dark toned and rich in effect. The skirt fullness



MOTOR NECESSITY.

is a good feature, inserted over the hips. Navy velours gives the cuffs, but the standing collar is beaver.

MORE SHELVES.

Convenient Places to Put Things Mean We Need a Carpenter.

Most of us accumulate things more rapidly than we accumulate places to put them. To those who live in bungalows or cottages the old time attic is a thing of the past; hence the endless quest for convenient places to put things.

One thing is certain, and that is that it is well nigh impossible to keep the house in order where things must be kept in close quarters and that unless there is a place to spare for everything it is impossible to keep everything in its place.

Here shelves come to the rescue.

If there is a man in your family with any sort of knowledge of carpenter work or if you are somewhat of a dabster at hammer and nails yourself, you need not pay more for your shelves than the bare cost of the boards and the braces, screws and paint used to finish them.

If you are cramped for room for towels and bed linen it is a good idea to put up shelves in the bathroom. These might be made from two foot boards, the lowest one some six feet from the floor and the one above it a foot and a half higher. These shelves should be given a double coat of white paint and, if you choose, may be fitted with a white lawn curtain to keep the dust from the linen and to give a more complete appearance. By placing the shelf above the head line it does not interfere with the spacing of the bathroom.

HELPS FOR THE COOK.

A One Time Royal Chef Gives These Hints About Ovens.

Tear up a sheet of kitchen paper into not too small pieces and try the oven by placing in it one of these every eight or ten minutes till you obtain the desired temperature.

If on being put into the oven the paper blazes up or burns at once the oven is manifestly too hot for anything.

If after a stay of two or three minutes the paper turns a dark, almost chocolate, brown the oven is a hot one, fit for patties and small pastry generally.

If after the same time the paper becomes a Havana or cigar brown the oven is "quick" and ready for tarts and such like.

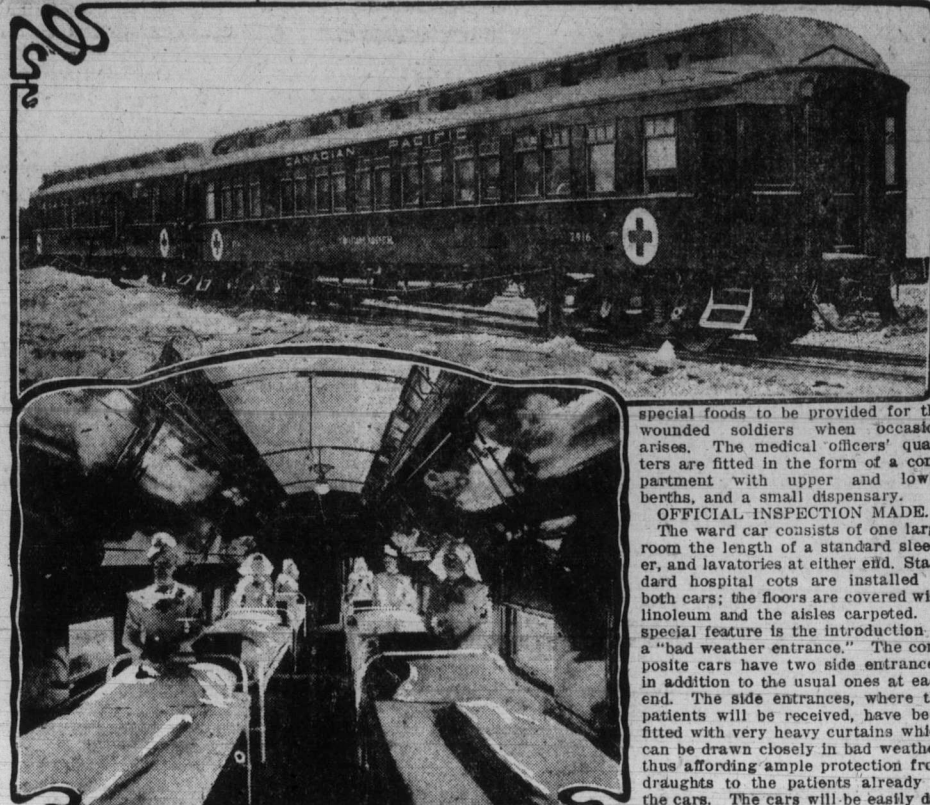
If the paper in the same time only turns a yellowish brown (the color of a good deal plank) the oven is a "moderately quick" or "soaking" oven, ready for bread, large meat or game pies, poundcake, etc.

If, lastly, when left in for this time the paper is barely tinged with a yellowish shade, sponge cakes, meringues and such like may be safely put into it.

Hot Sauce.

Mix one-half cupful sugar, one-half tablespoonful cornstarch and a few grains salt. Add gradually, while stirring constantly, a cupful boiling water and boil five minutes. Remove from fire, add a tablespoonful lemon juice and two tablespoonfuls brandy; then color with fruit red.

Comforts for Returning Heroes



THE idea of providing hospital cars for invalid members of Canadian expeditionary forces originated with the Canadian Pacific Railway over two years ago, when floor plans and interior arrangements for hospital cars were submitted to the Director-General of Supplies and Transport. At that time it was considered that the time was not ripe for them. However, it was later found advisable to provide the greatest comfort possible in the transportation of returned invalided soldiers. The Military Hospitals Commission therefore agreed to the Canadian Pacific Railway building six new hospital cars, fitted up on the most up-to-date lines from the point of view of hygiene and medical efficiency. All the necessary points for comfort and easy transport have been considered, as well as the facilities for rendering every medical assistance to the men while in transit. The cars, which were inspected by the Hospitals Commission, were turned out on lines very similar to the original plans submitted to the Director-General of Supplies and Transport, with, however, certain innovations found valuable by the French and British railways in transporting men from the front. There are three units of two cars each, making six cars in all, and the direction of the cars rests with the Hospitals Commission. Each unit comprises what is known as a composite car and a ward car. The former contains six cots, in addition to the quarters for medical officers and nurses, while the latter car has accommodation for fourteen patients. Everything has been provided, not only for the comfort of the returned invalids, but for those in charge of the patients. The accommodation for the nurses is equivalent to that of a drawing-room on a standard sleeper, with a toilet room annex upholstered in leather, and all possible train comforts. Facilities have been provided for the storage of baggage, and there is also a kitchen attached, such as is contained in a tourist sleeper, to enable

special foods to be provided for the wounded soldiers when occasion arises. The medical officers' quarters are fitted in the form of a compartment with upper and lower berths, and a small dispensary. A special feature is the introduction of a "bad weather entrance." The composite cars have two side entrances, in addition to the usual ones at each end. The side entrances, where the patients will be received, have been fitted with very heavy curtains which can be drawn closely in bad weather, thus affording ample protection from draughts to the patients already in the cars. The cars will be easily distinguished by the large Red Cross, painted on either side of the words "Military Hospital."

Mr. Walter Maughan, representing the Canadian Pacific Railway Company, received Col. Dr. Alfred Thompson, Chief Medical Officer, of the Military Hospitals Commission; Col. J. J. Sharples, Officer Commanding the Military Hospitals Command; and Col. Emmott E. Clark, Assistant Director-General of Supplies and Transport, and conducted the party on a tour of thorough inspection through the composite cars and the ward car. The party came from Ottawa expressly to make the inspection, and subsequently expressed themselves delighted with the accommodation, which they said was so perfect in every detail that they could offer no suggestions for any alterations. Later Captain Symonds, Architect of the Military Hospitals Commission, and Mr. S. A. Armstrong, Assistant Director of the Military Hospitals Commission, made a similar tour of inspection. The cars go into operation immediately.

EVERY MONTH MANY WOMEN

Take ZUTOO Tablets and are free of the Gripping Pain and Sick Headaches.

Read what Mrs. Wright says: "I received your sample of Zutoo Tablets, and took them for severe pain (monthly) and headache. At the end of 30 minutes, I was entirely free of pain and experienced no more throughout the period. I suffer a great deal at these times and feel grateful that I have a remedy which affords quick relief. Every woman in the land should know about Zutoo Tablets and what they will do."

—MRS. ALLEN WRIGHT, Fulford, Que.

TAKE ZUTOO

Barbers Must Have their License.

Tonsorial artists, whether male or female, are to be licensed. Those who are engaged in the trade and do not have a license after July 1 of this year are liable to a fine of \$25. This is the text of "The Barbers' Act" which has been passed by the Ontario Legislature. A license will be given to duly qualified barbers on the payment of a fee of \$10. Apprentices are to be licensed but there are no fees asked of them. By duly qualified barbers the act means "barbers over the age of 18 years, who have studied the occupation for a period of three years under a duly qualified or practising barber, or studied for a like period at a properly appointed barber school." The act provides that none who are in an unhealthy condition can practice. Barbers are forbidden to practice on persons afflicted with contagious diseases. A board of examiners will be appointed and they will examine the candidates for licenses.

SCOTT'S EMULSION

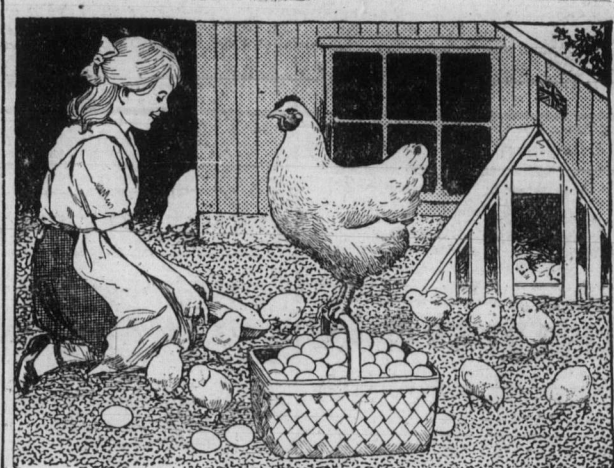
OF PUREST COD LIVER OIL

usually stops a stubborn cough or chest cold when ordinary specifics fail.

It helps strengthen the lungs and throat—adds energy to the blood—and gives the system the force to help resist disease.

Use SCOTT'S
Refuse Substitutes

Scott & Borne, Toronto, Ont.



To City, Town and Village Dwellers in Ontario.

Keep hens this year

EGG and poultry prices, the like of which have seldom or never been experienced, certainly make it worth anyone's while to start keeping hens. By doing so you have fresh eggs at the most trifling cost. At the same time you have the splendid satisfaction of knowing that you are doing something towards helping Britain, Canada and the Allies achieve victory this year.

Increased production of food helps not only to lower the high cost of living, but it helps to increase the urgently needed surplus of Canada's food for export. It saves money otherwise spent for eggs and poultry at high prices, and saves the labor of others whose effort is needed for more vital war work.

The Ontario Department of Agriculture will give every possible assistance by affording information about poultry keeping. Write for free bulletin which tells how to keep hens (address below).

"A vegetable garden for every home"

Nothing should be overlooked in this vital year of the war. The Department earnestly invites everyone to help increase production by growing vegetables. Even the smallest plot of ground, when properly cultivated, produces a surprising amount of vegetables. Experience is not essential.

On request the Department of Agriculture will send valuable literature, free of charge, giving complete directions for preparing soil, planting, cultivation, etc. A plan of a vegetable garden, indicating suitable crop to grow, best varieties and their arrangement in the garden, will be sent free to any address.

Address letters to "Vegetable Campaign," Department of Agriculture, Parliament Buildings, Toronto

Ontario Department of Agriculture
W. H. Hearst, Minister of Agriculture
Parliament Buildings Toronto 11