

## HOME CIRCLE COLUMN

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

Let us see, Father, I notice that you pounce upon Jack and scold him soundly whenever Mother reports that he has brought home a school-grade card with a low mark or a failure on it. Very well. Perhaps the boy needs your jawing, perhaps not. But when you get through with him, please call him and Mother in and have them fill out a card for you on the following points:

1. Number of nights per week home with the family.
2. Take family to the movies with reasonable frequency.
3. Attendance at church services.
4. Take the boy on an occasional hike.
5. Abstinence from liquor and tobacco.
6. Attention to the boy's schooling and lesson preparation.
7. Teach your son respect for the integrity of good people.
8. Teach your son saving and thrift.
9. Parental example of patriotism.
10. Grade each point on a scale of 100 and figure the average. Below 70 is a failure.

This score card for fathers is prepared with a view to testing their efficiency merely as guides and examples for their growing sons, and not in any more general way.

In marking number one allow Father Sunday night for church if he goes, and one night out at the club or lodge, but hold him for the other five.

Grade well upon number two if he tries faithfully to see that his boy enjoys about one good, clean motion picture entertainment per week.

One faithful regular church attendance per week should constitute a passing grade, while two such would be perfect.

Father may not be in a position personally to go on many outings with his son, but give him about 85 per cent if he seriously plans for the boy to receive the benefits of the hikes under competent leadership.

If father requires his boy to abstain faithfully from liquor and tobacco, then grade him down on these points with cold-hearted justice, if he indulges in them.

Every boy has a right to a hobby of his own and should be helped by father in the enjoyment of it.

A little timely assistance with the boy's most difficult school lessons and a frequent admonition as to how to get along with the teacher and the fellow pupils is a reasonable standard for point seven.

Through casual remarks, occasional admonitions and his own personal attitude regarding the matter, the busy father may teach his boy the habit of

respect for the virtues of ordinary men and women. It pays in every sense of the word for us parents to hold a favorable opinion of the common run of citizens about us, and it is our obligation to teach this same optimism to our children.

Not so much the amount of money Father earns but his manner of using it will be emphasized here. Is he merely slogging his boy for being a spendthrift and prodigal, or has he a working plan of thrift which he both exemplifies in his own life and makes applicable to the training of his son.

If you want cheerfulness in your home, you must have sunshine and genial hearts. Plan to live in the sunshine; if there is a pleasant room in your dwelling, live there; if there is a dark room, shut it up; keep the children out of it; if you have troubles shut them up there—never take them into the family circle—give home the sunniest thought and plans of your whole life, and fill it with love, joy, peace, gladness—sunshine.

True riches do not consist altogether of money. A man may be rich and not have a dime in his pocket, or even a pocket in which to carry a dime if he had it. A happy disposition and a sound body is worth more than pure gold, and a clear head and good parentage more than any amount of money that can be named. The magnitude of one's bank account is an exceedingly poor means by which to determine the genuineness and value of one's possessions.

From the morning when the Creator first called into being woman to be man's helpmate on down through the centuries until this eventful period in which we live, in all the hopes and aspirations which have stirred men's souls in all the struggles and crises of the great drama called life, struggles with self and sin, with passion and pride, woman has ever stood by man's side, his noblest, his truest, purest, most disinterested friend, pleading, praying, whispering words of encouragement, lifting him in strong arms of love toward heaven; and 'tis not her fault if he enters not its golden portals.

Take the trouble to get well acquainted with your children, and to interest yourself in their pastime, etc. By this means they will learn to trust and confide in you, and are not easily led away by outside influence.

### WINTER EGG PRODUCTION

(Experimental Farms Note.)

The possibilities for making a good profit from winter eggs were never better than they are at the present time; although many poultrymen and farmers have reduced their poultry activities during the last year, thinking that at the present high price of feeds, profits from eggs would be impossible. However, the profit or loss from the poultry business does not depend upon feed alone. The successful poultryman must pay the strictest attention to all the essentials of care, feeding and management, if he is to make his work profitable. Even the slightest negligence on the part of the poultryman in any of these essentials may mean the loss of many eggs. A high producing hen is like a very delicate machine, easily put out of repair. Anything that interferes with the health of the flock for even a day may cause a high producing flock to become non-producers for a period of from two or three weeks or longer. Remember a hen lays an egg, or doesn't, never a half. All hens or pullets should be efficient transformers of raw materials into a finished product. This transformation, to be the most profitable, should take place when the price of the finished product (eggs) is at its maximum, which is during the winter months. All hens or pullets tend to consume a similar amount of food, regardless of whether they are good or poor winter layers. It is during the winter months of November, December, January, February and March, when the poultryman has to supply his flock with all of the following: grain, mash, vegetable and animal food, grit, shell and charcoal, that his expenses are the heaviest; therefore if, by careful and judicious feeding and management, he can have his flock producing eggs enough to defray expenses, or to give him a small profit, he is bound to be more successful than the poultryman who has to pay the winter's board of spring egg production.

During the months of November, December and January, the egg production at the Experimental Station, Charlottetown, from a pen of 50 White Leghorn pullets was November 159, December 623, January 762, making a total of 1544 eggs.

From these records it will be seen that the White Leghorn pullets averaged 3-18, 12-46 and 15-24 eggs for the months of November, December and January respectively.

The cost of feed consumed was—656 lbs whole grain \$21.84, 328 lbs mash \$24.47, 38 lbs shell 70c, 15 lbs grit, 27c, 22½ lbs beef scrap \$1.35, and 500 lbs mangels \$2.50, making a total cost for feed of \$36.13.

The value of the 1544 doz. eggs at 55c was \$70.77; deducting the cost of feed \$36.13 left a profit over cost of feed for the 50 pullets for 3 months of \$34.64.

It will be seen from the statement above that these pullets not only paid for their feed during the time specified, but yielded a net profit of 69c per bird.

### LEST WE FORGET

How Great Britain might have fared is pictured in the following comment: "There will be no such country as Great Britain in existence at the end of the war. In its place we shall have Little Britain, a narrow strip of island territory, peopled by loutish football kickers, living on the crumbs that Germany will design to throw to them." "Certain it is that the laughable and childish military system of Britain will shortly fall to pieces. Then the once mighty Empire, with her naval strength represented by the few old tubs, which Germany will have left her, will become the laughing stock of the nations, the scarecrow at which children will point their fingers in disdainful glee."—Cologne Gazette, Sept., 1914.

### Drainage Lessens Damage Caused by Heaving

The heaving of plant roots, which so disastrously affects clover and alfalfa crops, is caused by the presence of an excess of water in the soil. Freezing water inevitably expands. Its expansive power is almost infinite. It bursts the most solid rock asunder. If the soil is full of water it cannot expand either downwards or sideways; it can only work upwards. Soil, crops, everything "heaves" as a result, provided the soil is a close textured one and large pore spaces afford no safety valve. In the spring when the ice melts, the soil settles back faster than do the roots, so that the plants are left "heaved" out of the ground. This often breaks the roots and kills the plant. Now the water does not stand near the surface of a well drained piece, and consequently little or no heaving occurs. Its granular condition also gives the soil a springy, resistant power, enabling it to absorb, to take up as it were the expansion of the ice without itself actually rising to any marked extent. No soil heaving or root tearing can take place where drains work well and are laid deep enough to keep the water level down near the frost line.

The Quebec referendum will likely be taken on the 10th of April.

The Orange Grand Lodge of Eastern Ontario is meeting at Cornwall.

An agreement has been reached among the allies concerning the strength of the army of occupation.

Premier Lloyd George has been urged by the representatives of France, Italy and the United States to remain at Paris for another fortnight before returning to Britain.

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

### LAURIER'S GREAT MEMORY

The marvelous memory of Canada's Parliamentary Nestor and his grip upon the Parliamentary proceedings of over forty years was unexpectedly instanced in the House of Commons on September 7, 1917, Senate amendments to the income tax bill were before the House, and the point of order was raised that the Red Chamber could not amend a money bill.

Hon. Speaker Rhodes, after hurriedly consulting authorities, found a case in May, 1874, in which Hon. Alexander Mackenzie, then Premier, had moved to accept Senate amendments to an act respecting the appropriation of certain Dominion lands in Manitoba, stipulating that the action should not be accepted as a precedent.

"It so happens that I was a member of this House at the time," said Sir Wilfrid Laurier, rising. "I was of course, a very young member then, but I have a recollection of the debate that then took place." The veteran Liberal leader then recited in some detail the debate of more than 43 years ago, differentiating between the land act then under discussion and the money bill now before the House. Meantime, the Speaker had sent for the ancient Hansard, and subsequently placed the record before the House. It was in exact accordance with Sir Wilfrid's memories, and both sides of the House paid its senior member the tribute of hearty applause.

### One For the Cook

A Philadelphia woman did not approve of the dress of her cook. One day, as the cook, in a particularly stylish frock, showed up after a day off, the mistress said:

"Why, Mary, what elegance! It would be hard to distinguish the lady from the cook."

### For His Sake

A dentist strayed into town and one of his customers was Bronco Bill, a gunman. "Will you take gas to have that tooth pulled?" asked the dentist.

"Will it hurt if I don't?" demanded Bill. "Yes, without the gas it will be quite painful," admitted the dentist. "Then," said Bill, "for your sake, maybe I'd better take gas."

## THE GIFTS THAT LAST!

Home furnishings make the most delightful of all Gifts. They are not just for a day. They are for years, add even for a life-time so,—

Why not Furniture for the new year?

Our store is well-stocked with new, useful and reasonably priced gifts for the home.

Plan to call on us.

Open every evening and glad to see you.

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## HIRST'S PAIN EXTERMINATOR

STOPS THE PAIN—AND ACTS QUICKLY

Rheumatism, lumbago, neuralgia, sprains, lame back, toothache, earache, sore throat, swollen joints and all similar troubles are quickly relieved by Hirst's Pain Exterminator. It has been sold for 40 years, and should be in every household—has a hundred uses.

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## HELP INCREASE PRODUCTION

We can supply you with the best kinds of 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.

**H. BROWN & SONS**

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## 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, Rashes, 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.

The peace conference has decided that the navigation of the Rhine would be controlled by an Allied commission.

Charles O. Smith, a 14-year-old Browning, Sask., boy, walked 150 miles to Winnipeg because he was tired of living on the family farm.

## DR. HESS' STOCK FOOD

Sheep Dip,  
Louse Killer,  
Panacea,  
Royal Purple,  
Calf Meal

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**W. J. MUIRHEAD'S Hardware**

## CHOICE SEED CORN

This is especially cured for seeding purposes, and is the nicest Seed I have ever seen. Germination test from 95 to 100 p.c.

Be sure you get some of this before it is all gone.

**C. F. BURGESS,** Can. Food Board License No. 9-279

Headquarters for the Lake of the Woods Co. products



## The Hopper

of a concrete mixer has a good appetite and a great capacity at the top.

But all that goes into it must pass easily through the narrow outlet at the bottom. If the man on the job goes away and leaves the mixture to harden in the hopper—he gets fired—that's all.

And the machine is put out of working order for a time. It's easy for you to satisfy your appetite with food. But if you neglect yourself, and the food waste clogs out, hardens and stagnates in your lower bowel—if you become constipated—your body machinery will suffer; and if you try to get rid of the mass by taking castor oil, pills, salts, mineral waters, etc., to force the bowels to move, you will only make matters worse.

You can't fire yourself for neglect. And you can't cure constipation by forming the habit of taking medicine every time you want your bowels to move. But you can overcome the trouble by taking Nujol.

Nujol brings about the habit of easy, thorough bowel evacuation at regular intervals, because Nujol is not a drug, does not act like any drug. Nujol brings about a return to Nature's methods by supplying necessary lubrication of the bowel contents, by facilitating intestinal muscular action, by absorbing poisonous matter, and thus securing necessary cleansing of the intestinal canal.

Nujol makes you regular as clockwork—use it, and you'll not have to worry about the size of your appetite or the ability of your body machine to get rid of dangerous food waste. Get a bottle of Nujol from your druggist today, and send for free booklet "Thirty Feet of Danger."

**Warning:** Nujol is sold only in sealed bottles bearing the Nujol Trade Mark. At all druggists. Insist on Nujol. You may suffer from substitutes.

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