

HOME CIRCLE COLUMN

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

BENEVOLENCE

Queen of virtues and lovely star in the crown of life, it is the bright and glorious image of Him who is love. How beautiful it is in a woman's heart. A woman without benevolence is not a woman, she is simply a deformed personality of womanhood. In every heart there are many tendencies to selfishness, but the spirit of benevolence counteracts them all. A hollow, cold, graceless, ungodly thing is a heart without benevolence. In a world like this where we are all so needy and dependent, where our interests are all so interlocked, where our lives and hearts overlap each other, and often grow together, we cannot live without a great deal of benevolence. Our true earth life is a benevolent one and our highest interests are in the path of benevolence. We do most for ourselves when we do most for others. "It is more blessed to give than to receive." Good deeds double in the doing, and the larger half comes back to the door. A large heart of charity is a noble thing. The most benevolent soul lives nearest to God. Selfishness is the root of evil, and benevolence is its cure. In no heart is benevolence more beautiful than in the heart of a youthful woman and in no heart is selfishness more ugly. To do good is noble, but to be good is nobler. This should be the aim of all young men. The poor and needy should occupy a large place in their hearts. The sick and suffering should move on their sympathies. The sinful and criminal should awaken their deepest pity. The oppressed and down-trodden should find a place in their compassion.

Real womanliness is a woman's greatest beauty and most winning grace.

A BRAWLING WOMAN

A brawling woman can make more contention than any other created thing unless it is a guinea hen or a peacock. A brutal word hurts more than a blow. You can heal a physical hurt, but there is no balm for a heart-bruise. A word is not like a kite. You can't draw it back with a string, once spoken it is like a bird let loose from a cage, it will never come back and be locked behind the bars of forgetfulness again. Would it not be a good idea, then, as much as possible, to forego idle gossip about troubles that can't be helped, and to resolve to be mute where we can't say pleasant things? Sympathy is necessary to us all; but sympathy carried to an excess is like an overdose of opium, it weakens the fibre and dulls the spirits. Too much chattering about troubles that must be endured rather than cured, will end in making weaklings of us. The way to get along in this world is to keep our breath and our strength for the battlefield, and not waste it in idle chat about the campfire. The man who talks is not the man who does. The time the gallant Sheridan put in riding down to Winchester would never have immortalized his name had he descended.

TEN REASONS

During the recent campaign in the north riding of Ontario county, the following "ten reasons" why every farmer should vote straight for his own man were prepared by Sergt. A. M. Hunter, who played his part in the great campaign:

- 1.—Because direct representation is necessary for the greatest interest in Canada—Agriculture.
- 2.—Because the farmer is not represented in the legislatures in accordance with his numerical strength or his importance to the community.
- 3.—Because rural Canada is being depopulated and community life is moribund.
- 4.—Because the farmer cannot determine the selling price of his own product.
- 5.—Because he bears the heaviest burden of the labor of producing food-stuffs.
- 6.—Because he can alter these bad conditions when he is directly represented in the legislature.
- 7.—Because it is necessary to progress in a democratic state for agriculture to sit at the Council table.
- 8.—Because stronger representation in the Ontario Assembly will later mean direct representation in the Dominion Cabinet.
- 9.—Because the general well-being of the country is a greater consideration than the interests of a small section.
- 10.—Because it is the only way to insure a square deal between producer and consumer.

Looks Like Economy

Montreal Gazette: The Government of Ontario has introduced in the Legislature a bill to limit the number of judges by abolishing the position of junior judge of the county courts elsewhere than in Toronto and Hamilton. The pay of the judges comes from the treasury of Canada, not from that of the province. The bill, if it becomes law, will reduce the number of appointments to be made, and lessen the outflow of federal money into the province. The Canadian public is not used to this sort of thing. It looks like economy.

Winnipeg is said to have so many home stills that the liquor situation is beyond control.

According to a bulletin on the subject of wood fuel issued by the Commission of Conservation, two pounds of seasoned wood have a fuel value equal to one pound of coal.

ed from his horse and talked the situation over with every straggler he met.

It's ten thousand times harder to be generous. It is enough to give a poor woman a dollar, but when it comes to following a straight line, being just in all things, just to God, to your family, to your children, to all men, it is a different thing. Some men are never just to their wives. They pay their cook \$5 very willingly Saturday night, but when the hard-working, economical, painstaking wife asks for a little money on Monday the brute will say, "Oh, wife, what do you want with money?"

Is it right for us to complain so much of our hardships and our disappointments? Can we expect to hear a "Well done, thou good and faithful servant," when we are doing so little with the talents given us? Is it reasonable we should expect to be given a world that is full of beauty and of richness, if we spend our time here in lamenting the crosses of life? Must a fairer home than this be given if we close our eyes to all the pictures which Nature has drawn to please them, turn a deaf ear to the strains of music that are vibrating the air about us, and murmur of hunger when rare fruits but need the gathering? Can't we do our part a little better? Can't we help others about us to raise the thin curtain of ignorance, doubt or despondency, which is shutting out the light of joy which shines for all? "Thou has been faithful over one city. I will make thee ruler over many." It is not likely that you and I were made to rule cities, but we have been given our work to do. Will we be faithful to the trust?

The mother heart does not need soft satin and lace and embroidered linens and rose-hooded candles to make itself felt. It beats just as devotedly and happily under cheap cottons as under silken folds; it watches in the silence of the night by the lowly couch of some little sufferer as tenderly as it does by the side of some other little patient in the splendid mansion; it reaches out to the convict behind the prison doors with the same love that glories in the success of a renowned statesman. Mother love in its countless combination furnishes a theme as old as the hills perhaps, but one from which the noblest of inspirations are drawn. In nearly all relations of life, from those of blood to those of friendship, wonderful combinations can be made—combinations which illustrate to the world the great heights which a pure love can attain, combinations which act as gigantic reflectors, which not only send light into dark places, but which draw all within reach into the circle of their brightness.

Fill your soul with richness, then when sorrow comes to you, her black shadows will be parted into golden rifts by your gathered sunshine.

WELL SATISFIED WITH BABY'S OWN TABLETS

Mrs. Edmond Gagne, Tikuape, Que., writes:—"I am well satisfied with Baby's Own Tablets. They are absolutely necessary in homes where there are little children. They cured my baby of constipation and I would not be without them." Thousands of mothers always keep a box of Baby's Own Tablets on hand as a safeguard against constipation, colic, colds, simple fevers or any other of the minor ills of little ones. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

New York's Flying Police

Plan of the New York police department for a "cloud cop" section materialized when 26 American, British and French aviators were sworn in the office of Dep'y Police Commissioner Rodman Wanamaker as members of the police reserves. Col. Jefferson Demout Thompson, who will command the police aviation squadron, announced that uniforms for the aerial patrolmen had been ordered and that planes would be ordered in May at a meeting of airplane manufacturers in Atlantic City. The squadron probably will take the air by June he said. According to Col. Thompson, the squadron when completed will comprise 150 men including flyers, mechanics, supply officers, medical officers, a chaplain and cooks. Landing places will be at Governor's Island, Van Cortland and Sheepshead Bay. Later he said, landing places probably will be constructed at the tops of high buildings. Both land and sea planes will be used, he said.

One of the Dominion Government's new standard boats for the inland lake trade is to be built by the Kingston Shipbuilding Co. The keel has already been laid, and much progress has been made in assembling the various parts. The vessel is one of the largest ever built in this yard, being 260 feet long, 45 feet beam, and 30 feet in depth.

Gray Hair
Gray Hair 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.

TRETTURE OF CAFE AU LAIT



Cafe au lait forms this smart trette that should appeal to many women. The surplice waist has a large collar of beaver and the bell sleeves are edged with the same fur. Tassels of brown silk add an effective touch.

TO DETECT IMPURE MATERIAL

Silk, Linen, Leather, Among the Various Articles That Are Being Cleverly Counterfeited.

The "beware of imitations" line so common in advertisements is really a piece of good advice, observes a correspondent. An almost limitless amount of ingenuity is devoted to producing cheap substitutes for popular articles. In appearance they must rival the genuine, so it is well to know how their real quality must be tested. Nothing, for instance, is more satisfying to eye and touch than pure linen and most woman shoppers believe it has a distinctive "feel."

It has, but mixed with the linen of the next tablecloth you examine may be mercerized cotton, treated with magnesia so that it counterfeits this "feel." An easy test is to hold the fabric up to the light. Along the threads of good linen tiny knots will show. Cotton threads are smooth. An infallible method is to soak a corner of the napkin in glycerin. If it becomes translucent it is pure linen; if it remains opaque it is cotton.

Short skirts make stockings a distinctly conspicuous feature of woman's dress, so the demand was greatly increased for silk substitutes. Some are made of wood pulp, others of artificial silk. Cotton, of course, is mixed with good silk, and a poor quality product is given weight by treating it with oxide of tin. Small particles of the metal are scattered through the fabric, which cut tiny holes or cause the garment to crack along a folded edge.

The sure test for silk is to burn a bit of it. If pure scarcely a trace will remain, but a poor quality will leave one-third to one-half its weight in ashes. Beware of silk that has a hard feeling, or if it has a transparent look when held to the light. This means it is a mesh, filled in and weighted with metal.

Wool will disappear if boiled in a solution of caustic soda. If the fabric be mixed with cotton the latter will remain undissolved. This is a valuable test, for it is hard to tell what goes into some articles guaranteed as "all wool." Blankets offer a good field for the imitator, sheep furnishing but little of the fiber in some of those labeled "half wool." Specimens of such have been found to contain but 10 per cent wool. These are made of an air blast with scraps of waste wool. The result is a soft, fluffy covering, but little of it will remain after a first or second washing.

Shoe soles are made of ground leather scrap mixed with paper pulp and rubber. Cowhide is split into half a dozen layers and the source of many an expensive alligator handbag or pigskin leggings once wore horns—perhaps was the pride of some dairy.

Corduroy Kimonos.

Some new kimonos shown in some of the shops are a strange combination of style and fabric. They are Japanese kimonos made of corduroy. But when you come to think of it, wouldn't they be delightfully comfortable? Think of wrapping one of them around you some cold winter day when the necessary restrictions in coat make the thermometer lower than comfort calls for. That is probably what their makers thought of. And so although kimonos of blue and rose corduroy embroidered with silk chrysanthemums seem a bit of a strange combination and contrast still they are a delightful concession to the cold that is coming.

Logical Wish

On the outskirts of Philadelphia is an admirable stock farm. One day last Summer some poor children were permitted to go over this farm, and when their inspection was done to each of them was given a glass of milk. The milk was excellent.

"Well, boys, how did you like it?" the farmer said, when they had drained their glasses.

"Fine," said one little fellow. Then after a pause he added, "I wish our milkman kept a cow."

Where The Miracle Was

"What did your little ones say when you told them there is no Santa Claus?" They asked me if I was just finding it out."—Washington Star.

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. J. 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.

CANADIAN PACIFIC

DAYLIGHT SAVING

Sunday, Mar. 30th the Canadian Pacific Railway will advance their time one hour. Passengers will require to be at Railway Station one hour earlier than time advertised in Current Time Bills, until town takes up the Daylight Saving system.

For particulars apply to
J. F. WARREN,
Agent Carleton Place

Positive Definite Knowledge—

of its Matchless Quality and Value has been the forceful power that has created a sale of 25 million packets Annually.

"SALADA"

TRY IT - a Tea-Pot Test is better than a Volume of Arguments. 8549

NEW MEAT SHOP

Having leased the shop in the Kibbee building recently vacated by the C.P.R. Telegraph Co., and opened therein a First-class Meat Shop, I will carry at all times a full stock of

Fresh Meats of all kinds,
Fish, Fowl and Sausage,
Bacon, Ham and Smoked Meats

and would respectfully solicit a share of the public patronage.

Strict attention to all orders and prompt delivery guaranteed.

R. M. STANZEL

Telephone No. 80

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.

"The store that pleases."

W. H. MATTHEWS

FURNITURE AND UNDERTAKING - - LESLIE BLOCK
Store Phone 200. House Phone 142

The Invisible Conflict

From the moment of birth— and before—until the hour of death, there is going on within the body a constant conflict, unseen and usually unfeared, between forces that seek to defend, and others that strive to destroy.

Germs that enter from without are attacked and destroyed by the living guardians in the blood, the white blood cells or phagocytes. Poisons generated within seek entrance into the blood and are removed or destroyed by the functions of the intestines, liver and kidneys.

Food waste allowed to stagnate and remain in the intestines, unevacuated, poisons the blood and destroys its power to defend against outside or inside enemies. Such self-poisoning causes over 90% of human illness.

Constipation turns the tide of the invisible conflict against the body, in favor of the invaders. Nor does the taking of castor oil, pills, salts, mineral waters, etc., to force the bowels to move enable the

body to defend itself. Not only will the constipation grow worse with the continuance of such remedies but the dose must be constantly increased with an ever-weakening effect.

On the other hand Nujol overcomes constipation and 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 and protection of the defensive properties of the blood itself.

Get a bottle of Nujol from your druggist today and send coupon for free booklet—"Thirty Feet of Danger."

Warning: Nujol is sold only in the Nujol Trade Mark. Insist on Nujol. You may suffer from substitutes.

Nujol Laboratories
STANDARD OIL CO. (NEW JERSEY)
50 Broadway, New York



Nujol Laboratories, Standard Oil Co. (New Jersey), 50 Broadway, New York. Please send me free booklet "Thirty Feet of Danger"—constipation and auto-intoxication in adults.

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