

.....The HOME CIRCLE

THE LITTLE EMPTY SOCKS.

The little socks are empty All these weary, weary years— Oh, how often have I wet them, Wet them with my tears!

They've been dead this many a year, Gone from her who gave them birth; Now the winter cold and sore Flings its snow drifts o'er the earth.

I will fill their stockings all With their soldier's made of tin, With their railway train so small, I will crowd their candy in;

On their empty little bed In the silent corner there I will lay my weary head, And my heart will say in prayer,

RECIPES.

Spiced Rhubarb.—Peel and cut the rhubarb into inch pieces, then weigh. For five pounds add one pint of vinegar, four pounds of sugar and two tablespoons each of whole cloves and broken stick cinnamon loosely tied in a piece of thin muslin; if preferred ground spices may be used, but they will darken the marmalade.

Little Coconut Puddings.—Beat well together two eggs, add one-half of a cupful of milk, two tablespoons of sugar, one-quarter of a teaspoonful of salt, one cupful of grated cocoanut and one pint of flour; with sufficient milk, if the first quantity is not enough, to make a drop batter.

Soup with Parmesan Paste.—Any clear soup can be used for this, two quarts being sufficient. For the paste, take a small cup of grated Parmesan cheese, one of flour, a salt-spoonful of salt and a pinch of cayenne. Beat four eggs and add the flour, etc., slowly, with half a cup of cream of rich milk.

Veal Chops a la Princesse.—Mince very fine one small onion, one tablespoonful of parsley, two ounces of lean ham and twelve fresh mushrooms. Put in a saucepan with two tablespoonfuls of butter and cook slowly for ten minutes, being careful not to allow the butter to color.

Cucumbers and melons are "forbidden fruit" to many persons so constituted that the least indulgence is followed by attacks of cholera, dysentery, griping, etc. These persons are not aware that they can indulge to their heart's content if they have on hand a bottle of Dr. J. D. Kellogg's Dysentery, Cholera, and Melancholia, that will give immediate relief, and is a sure cure for all summer complaints.

SHOW YOURSELF A MAN. "Trust thyself; every heart vibrates to that iron string." I know people who have been hunting for months for a situation; but they go into an office with a confession of weakness in their very manner; they show their lack of self-confidence. Their prophecy of failure is in their face, in their bearing. They surrender before the battle begins. They are living witnesses against themselves.

When you ask a man to give you a position, and he reads this language in your face and manner. "Please give me a position, do not kick me out; fate is against me; I am unlucky dog; I am disheartened; I have lost confidence in myself," he will only have contempt for you; he will say to himself that you are not a man to start with, and he will get rid of you as soon as he can. If you expect to get a position, you must go into an office with the air of a conqueror; you must fling out confidence from yourself before you can convince an employer that you are the man he is looking for. You must

show by your very presence that you are a man of force, a man who can do things; with vigor, cheerfulness and enthusiasm.

A man does not want to hire a weakling or a dyspeptic, bilious, long-faced person, who has no faith in himself. He wants force, efficiency, cheerfulness, self-confidence. He does not want to hire depression, discouragement; he probably has more than enough of these in his employ already. He wants energy, life, animal spirits; people who are bubbling over with enthusiasm, who can enter his service with a zest that freshens and invigorates.

Your very manner and bearing must carry the evidence of power and ability. You must impress your prospective employer with your fitness and peculiar ability to perform the work you apply for. He does not want to take on a man who is full of doubts, who hesitates, vacillates, apologizes, and sneaks. He wants a real man, a man who will hold up his head and move firmly and swiftly toward his goal. If you make the impression of a weakling, a nobody, you may either wander until doomsday without a job, or if you do get one you will not be able to hold it. Show yourself a man. Stand erect and show that you have a backbone as well as a wishbone, that there is reserve in you, grit and stamina equal to any emergency.

If you carry with you evidence of your power, the badge of superiority, then you will not wander the streets looking for a situation very long. Everywhere employers are looking for men who can do things, who can conquer by inherent force and indomitable energy.

"Man is Filled With Misery."—This is not true of all men. The well-sound of lung, clear of eye, alert and buoyant with health, are not miserable, whatever may be their social condition. To be well is to be happy, and we can all be well by setting and keeping our bodies in a healthful state. Dr. Thomas' Electric Oil will help all to do this.

SOCIAL POWER OF WOMEN.

I wonder whether women are making the most of social opportunities. The elevating of social life is one of the greatest problems in our land today and this ennobling work is preeminently that of the average woman in every community who loves her fellow men and women enough to try to serve them in humble service in that little corner of the great world into which her lot has been cast.

Could women not do something in the time that they now take for whist-playing, which with many women has become a debauch, crowding out all noble inspirations and belittling life, usurping public spirit and civic duty. Might we not more wisely spend that time in providing entertainment for the people of moderate means who live in your community?

Could they not arrange to get the people together in some unused church or parlors in their own parlors and by friendly intercourse, led on by some invited speaker, develop a better citizenship in their community?

Social life is in the hands of women and the higher the social position and the larger the wealth the greater the need that something should be done to broaden culture and bring sunshine to the lives of those who have so little to amuse them.—Exchange.

HAPPINESS.

Knowledge is never the secret of happiness. It is often a source of misery. People usually miss this point in attempting to estimate the life of a man. A very discerning and revealing newspaper sketch of a young man who is just now in the public eye as having apparently accomplished a more daring and unprincipled piece of political "graft" than any other living man of his years, contains this closing statement: "And yet—his brains, if he had known how to balance his intense ambition, were really such as ought to have made him one of the happiest men in his profession."

If brains ever brought happiness, yes; but they do not. Happiness, or better still, joy, is the result only of well-doing. It never comes from what we get or from what we have, but from what we give out and in the line of duty. A half-witted child of God sharing a cup of cool water knows more real happiness in that instant than a brilliant-minded "grafter," or cynic, or atheist, knows in a lifetime. The will to do, not the brains to know, is the secret that is within the reach of all.

It is the tea grown on the hillsides of the world-famous Nuwara Elyya district in Ceylon, used in "Salada" Tea that gives it that rich, uniform, delicious flavor.

FUDGE.

To make a delicious white fudge boil two cupfuls of granulated sugar with one of milk until the syrup forms a soft ball when dropped in cold water. Then add a teaspoonful of butter and a cupful of mixed nuts, figs and raisins which have been run through the grinder. Take from the fire and beat until nearly cold, turn into buttered tins and mark off in squares.

Marshmallow fudge is made by boiling two cupfuls of granulated sugar, one of milk, two squares of chocolate, grated, a teaspoonful of butter. Drop one by one into the boiling syrup one-half pound of marshmallows and beat smooth with a spoon. A little vanilla flavor may be added. Cool in buttered tins and mark off in squares.

What is known as double fudge is made by using the recipe for chocolate fudge. Pour it into a pan to cool and over it pour another fudge made as follows: Boil two cupfuls of brown sugar and a cupful of milk. When it will make a soft ball by dropping it in water, add a tablespoonful of butter, a teaspoonful of vanilla and a cupful of nuts. Beat until it is creamy, then turn it over the other fudge and mark deeply in squares.

To make chocolate caramels, boil half a cupful of milk, half a cupful of sugar, a cupful of molasses, a heaping

Have You One of THE CROWN BANK OF CANADA'S POCKET BANKS ?

Don't put it where you can't see it. Put it where it will remind you of your Bank Account. Interest paid on Savings Deposits 4 times a year.

An Appreciation

New York's great daily, the New York Sun, which is a model of the London Times, devotes the following editorial consideration to the Canadian West, in a recent issue:

In an attractive pamphlet which it has recently issued the Toronto Globe asks this question: "Do the American business men comprehend the possible development of Canada and the consequent growth of Yankee trading opportunities?" To this we reply that we have reason to believe that outside of a comparatively small group of American business men there is as yet only a limited conception of the possibilities of the Canadian market.

That some of our people are turning their attention in that direction is shown by the establishment of American owned enterprises across the border and by the large increase in trade between the two countries.

Canada's population is now about 6,500,000. It includes several hundred thousand who are or who have been American citizens or who have been for a longer or shorter time resident in the United States. It is even probable that at least 10 per cent. of Canada's total population would be included in the group. It is probable that there are a quarter of a million American citizens in the Dominion, people who have crossed the border to make homes in a new land of opportunity.

Statistics show that since the opening of the century more than 300,000 people have gone from this country to Canada. The movement this year has begun earlier than usual and has assumed unusual proportions. Many of these people are and will continue to be, by habit though not by employment, advertising agents for American goods. As the Globe's pamphlet expresses it, "Americans are located in every centre of Canada. This means that in every section of the Dominion there

Blue Ribbon Tea advertisement with coupon and address details.

and mental occupation; seventh, cultivation of placidity, cheerfulness and hopefulness of mind; eighth, employment of the great power of the mind in controlling passions and nervous fear; ninth, strengthening the will in carrying out whatever is useful and in checking the stimulants, anodynes and other injurious agencies.

THE INSTINCT OF GOODNESS.

The instinct of self-control, of gentleness, of consideration and forethought and quick sympathy, which go to make up what we call good breeding, the absence of noise and hurry, the thousand and one little ways by which we can please people, or avoid displeasing them—are all taught us by our own hearts. Good manners are the fine flowers of civilization. And everybody can have them. I always say that one of the best bred men of my acquaintance is Mr. Jarvis, the Mason. I have known him to come out of a cistern to speak to me, dressed in overalls and a flannel shirt; and his bow and his manner and the politeness of his address would have done credit to any gentleman in the world.—Susan Colledge.

PERSEVERE.

I have often heard people in mature life say, "If I had only kept on as I began, if I had only persisted in carrying out my ambition, I might have amounted to something and been infinitely happier." Multitudes of people have led miserable lives of regret, with thwarted ambitions constantly torturing them, simply because in a moment of weakness and discouragement they turned back. If there is any time a person needs nerve, grit and stamina it is when tempted to turn back, when the coward way within says: "Don't you see how foolish it is for you to try to do this thing? You have not the means nor the strength. How foolish to sacrifice years of comfort and pleasure at home among the people who love you for the sake of doing what you have undertaken! It is better to turn back and acknowledge your mistake than to go on and sacrifice so much." Whatever you do or how heavy the burden, do not lay it down at such a time. No matter how dark the way or how heavy the heart, wait until the "blue" depression or the discouragement has passed before taking any decided step.

The Flagging Energies Revived.—Constant application to business is a tax upon the energies, and if there be not relaxation, lassitude and depression are sure to intervene. These come from stomachic troubles. The want of exercise brings on nervous irregularities, and the stomach ceases to assimilate food properly. In this condition Parnelee's Vegetable Pills will be found a recuperative of rare power, restoring the organs to healthful action, dispelling depression, and reviving the flagging energies.

Legal and Educational notices including Loretto Abbey and St. Joseph's Academy.

St. Joseph's Academy advertisement detailing its curriculum and location.

Young Man or Woman Business School advertisement with Dominion College logo.

Marie C. Strong advertisement for tone production and singing.

Architects advertisement listing D. C. Mayhue and J. M. Cowan & Co.

BELLS advertisement for the C. S. Bell Co.

MCELROY BROS. advertisement for land surveying and building.

F. ROSAR UNDERTAKER advertisement for funeral services.

RYAN & SON Undertakers & Embalmers advertisement.

W. K. MURPHY advertisement for funeral services.

EMPRESS HOTEL advertisement for accommodations.

TREMONT HOTEL advertisement for accommodations.

Buy McConkey's Chocolates advertisement for dining at the restaurant.

