

HOME CIRCLE COLUMN

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

TO-DAY AND THE NEW YEAR.

The best thing you have in this is to-day. Here it is, a wonderful treasure, a marvelous jewel. It's yours, all yours. It's in your hands. What are you going to do with it?

To-day is your saviour; it is often crucified between two thieves, yesterday and to-morrow.

To-day you can be happy, not yesterday nor to-morrow. There is no happiness except to-day's.

Most of our misery is left over from yesterday or borrowed from to-morrow. Keep to-day clean. Make up your mind to enjoy your food, your work, your play. To-day anyhow.

Time is not divided into three parts, past, present, and future. There is only one real time; it is now.

You can do anything, if you'll only go at it a day at a time.

If you're bereaved, betrayed, heart-broken, why, take a day off. One day will not matter. To-day put away your festering thoughts. To-day take some simple joys. To-day be a little happy in the sunshine. You can do it. It's the burden of the coming days, weeks, years, that crushes us. The present is always tolerable.

Whoever planned this life of ours did well in giving it to us one day at a time. We don't have to live it all at once, thanks be! We've only got to get through till bedtime.

And at the end of every day we are bathed in death. In sleep we go back to our original nothingness. Every morning we are born again.

Why let life oppress you? You don't have to live your life, only a day of it. Come, let's finish our small task manfully. It's not long.

Don't let life mass against you. Attack it in detail and you can easily triumph.

"Oh, but I can't help thinking of the Past. And one must plan for the future."

To be sure. Only forget not that it is not the past that determines the present; it is the present that determines the past.

The past is what we make of it. It is the temper of the Present that qualifies it. It all depends upon how you now consider it, whether it brings you despair or discouragement.

Suck out its wisdom, keep its lessons, utilize its experience, make of all those things elements of present power. But forget its spiteful qualities. Don't let the past unman you, benumb you with remorse, weaken you with self-contempt.

Some Peace Signs.

Bakers in Austria have been ordered to discontinue the making of rolls and to confine themselves to plain bread.

In Germany food riots and demonstrations in favor of peace continue to be reported.

An organization known as the German Humanity League has issued a manifesto calling upon German soldiers to abandon the trenches and depose the Kaiser. The manifesto says there can be no peace until the Kaiser has met his fate at the hands of the executioner.

Extravagance Bred by War.

With no unemployment, and with wages at the highest level on record, British wage earners are living on a scale such as had not been dreamed of before the war. As the London Daily News expresses it: "Everybody is 'coining money'; everybody is spending it like water. Furs, fashionable clothes, pianos, cheap jewellery, showy furniture, more expensive, though not necessarily more nourishing food—these are the channels into which the earnings of the Birmingham war-workers flow."

There will be a good many headaches when people wake up the "morning after."

Thankfulness.

Be thankful for life and its great and glorious opportunities.

Be thankful for work; blessed indeed is the man who has found his life's work.

Be thankful for play; it makes you fit to do your duties day by day.

Be thankful for rest, for the nights when kind slumber mothers you like a loved child.

Be thankful for love, that mystic power so pure and God-like.

Be thankful for the sunshine and rain, for the moonlit nights and the misty dawn, for the birds, trees and flowers, and all the wonders of nature.

Be thankful for all those who strive to make this land safe, fruitful, clean and prosperous.

The Montenegrins have repulsed the Austrians with heavy losses and are pursuing the enemy.

The Pope, in order to maintain his neutrality, has decided to postpone the canonization of Joan of Arc.

Russian forces have defeated a strong army of Persians and also have repulsed all German attacks on the Riga front.

Henry Ford has given \$10,000 to the 'Christianity Students' Society because he believes the students have done so much to promote world peace.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought
Bears the Signature of Dr. J. C. Ayer & Co.

The poet says we rise by stepping on our dead selves. And as for the future, the best preparations for it is an unafraid to-day.

Whatever hills you have to climb, whatever bridges you have to cross, whatever enemies are lying in wait for you, whatever crises are to be met, you can be no better equipped for them than by living this day soundly, cheerfully, and free from fear.

Apprehensions, premonitions, worries, these are the poison gases of our foe, the future.

If you are to die to-morrow, the best way to be ready is to discharge faithfully to-day's duties, and to enjoy heartily to-day's simple pleasures.

To-day is yours. God has given it to you. All your yesterdays He has taken back. All your to-morrows are still in His hands.

To-day is yours. Take its pleasures and be glad. Take its pains and play the man.

To-day is yours, just a little strip of light between two darknesses, just a bit of life between two sleep-deaths.

To-day is yours. Use it so that at its close you can say:

"I have lived, and loved, to-day!"

Dr. Frank Crane in Pictorial Review.

THE NEW YEAR.

A friend stood at the door;
In either tight-closed hand
Hiding rich gifts, three hundred and three
Score;

Waiting to strew them daily o'er the land,
Each drop he treasured in it, and passes by;
Even as the sower.

It cannot be made fruitful till it die,
Friend, come thou like a friend,
And whether bright thy face,
Or dim with clouds we cannot comprehend,
We'll hold our patient hands, each in his place.

And trust thee to the end;
Knowing thou ledest onward to those spheres
Where there are neither days, nor months,
Nor years.

Miss Mullock, in this beautiful poem, gives our ideas better than we can express them. The idea of each day being a gift, hidden from us until its hour comes, is a pretty thought. So many gifts, so much time to use for either profit or loss, and so many hands are held out eagerly for the coming days, looking for them to bring happiness, or gain of some kind. The spirit sometimes grows faint before the unknown future, consequently it is enough to take one day at a time and try to make that good. It is hard enough even then and sometimes it is best to go hour by hour.

SUMMARY OF NEWS.

The Russians are making determined attacks on the Austrian lines in Bukovina.

Russian troops have occupied another important Persian town and are still advancing.

Alex. S. Cross, K.C., a leading member of the Montreal Bar, died after a few days' illness.

M. Venizelos, former Premier of Greece, was accorded a remarkable ovation in Athens.

It is possible that the overseas Dominions may be called into consultation on the peace terms.

An order for 2,000 freight cars has been placed by France with the Canada Car & Foundry Company.

Automobile license fees are to be increased and the revenue from them in Ontario will then approximate \$500,000.

The big Japanese liner Yashakaka Maru was sunk without warning in the Mediterranean Sea by an enemy submarine.

Conductor Michael J. Murray, forty years in the employ of the Grand Trunk, dropped dead of heart failure at Belleville Station.

A new schedule of motor fees comes into effect the first of the year and licences must be taken out before the end of January.

Assistance has been sent to the Greek liner Thessaloniki, which, with three hundred persons on board, is in distress on the Atlantic.

The German Chancellor is reported as having a full draft of peace terms to be submitted to the Allies on being approved by Austria.

A party of British fish merchants is on its way to Canada to study the question of obtaining a supply for the Old Country market.

A hungry mob attacked the palace of Archduke Stephen of Austria as a protest against the squandering of food in elaborate entertainment.

The Ontario License Board will not likely render its decision as to what licences will be cut off in Ontario until about the end of February.

Canadian soldiers to the total of 121,993 have been carried over seas and 225,000 by railways in Canada, with only one fatality in the latter number.

King Constantine of Greece told General Castelnau that he believed the Central Empires would be forced to yield to the economic pressure of the Allies.

George E. Minns, of Port Hope, Inspector of the Children's Aid Society in Durham and Northumberland dropped dead while wrapping up presents for the children.

Children Cry
FOR FLETCHER'S

A BEAUTIFUL FROCK.

Deep Shades of Dahlia Are Used to Fashion This Gown.



FOR DRESS OCCASIONS.

This artistic afternoon frock is made of dahlia colored crepe-banded with a deeper shade of taffeta. The long tunic dips at the back and is also banded. The simple bodice has touches of hand embroidery and shadow lace to enliven it, and taffeta buttons are extended down an inset tab. The soft felt hat completing this pretty costume is trimmed with a band of six big velvet dahlias.

AN ULTRA HAT.

This Chapeau is Both Smart and Serviceable For Winter Wear.

Black velvet, a beaded bird and an ostrich tip are the materials that fashion this beautiful hat. Over a narrow, tilting brim mount folds of the velvet.



FOR MATINEES.

Intersected by beaded wings, while a jaunty white plume in the rear falls gracefully over the left side. This is the kind of hat that has both wear and style.

Simple Home Remedies.

For Chapped Hands.—Five tablespoonfuls of lemon juice, two tablespoonfuls of glycerin and two tablespoonfuls of alcohol.

For Sore Throat.—One teaspoonful each of salt, sugar and turpentine in a pint of water. Use as a gargle.

When giving a sick person an alcohol bath make a mitten for your hand out of an old bath towel. It will hold more moisture and be better for rubbing purposes.

A mustard plaster mixed with the white of an egg or vinegar instead of water will not leave a blister.

Velvet Blouses.

Among the dressier blouses those made of velvet are holding a very prominent place. As the material is very heavy, it is usually combined with chiffon, lace or georgette crepe. In some instances the velvet is used to form bib effects. Other blouses are all velvet except for the sleeves. Many chiffon blouses are trimmed with bands of velvet in harmonizing or contrasting color. At any rate, one's wardrobe will not be complete this season unless one has a blouse showing some signs of velvet about it some-

THE BITE OF A SNAKE.

How to Tell if it is Poisonous and the Way to Treat it.

If you should be so unfortunate as to be bitten by a snake and were not quite certain what sort of a snake it was, whether poisonous or of the so-called harmless variety, look at the injury. If there are four punctures or even three the chances are that it was not a venomous snake, but if there are only two punctures it is probable you have been bitten by an extremely poisonous snake. While this does not always hold good, as a nonpoisonous snake may have had opportunity to make only two incisions with his four biting teeth, it is best to take no chances at all.

The poisonous snake has but two deadly fangs, generally in the upper jaw. But, no matter what sort of a snake bites you, the head of that snake should wherever possible be kept for identification. If, as is generally the case, the bite is on an extremity, tie one or more ligatures—preferably of broad rubber bands—above the injury. Incise deeply, cutting across the puncture for at least one inch and well beyond the depth reached by the fang. Next wash in running water, manipulating the part to promote free bleeding. If running water is not available suck the wound; then rinse the mouth thoroughly with a solution of potassium permanganate. Now wash the wound well and use in and around it the potassium permanganate solution or inject a 1 to 100 solution of chromic acid, being careful to infiltrate completely not only the wound, but also the surrounding tissues.

Do not give ammonia. Stimulate with small doses of whisky if indicated, but do not overdose, as more persons have been killed by taking large quantities of whisky than by snake bite. When positively certain the poison has been removed from the wound loosen cautiously the ligatures, that nearest the heart first, but do not remove them so that they may be again tightened if symptoms recur. In all cases the victim must have the best surgical care. The wound should be packed with antiseptic gauze.—Chicago Tribune.

THE BETTER MAN.

Story of Two Aspirants For a Place on the Boat Crew.

A few seasons ago, says a prominent crew coach in Outing, two men were competing closely for a seat in the "varsity" boat. One day I called them together and said:

"Just now you two men are working equally well in the boat, but one has a better scholarship standing than the other, and to me that seems to indicate that one of you has a little more personal pride than the other."

As a matter of fact, the man who was not up to the scratch in his work was a bit the better of the two as far as smoothness in the boat was concerned. I thought the incident might cause him to pick up in his classes. It did not. When the time came to make a final selection of the eight I again called the pair in to see me.

"It's still hard to decide between you two. I would just as soon have you throw a coin to decide the winner," I said.

The man with the poor scholarship record was the first to speak. "That's all right with me," he said. The other man thought for a minute. I saw his mouth go tight. Then he said:

"No, sir; that doesn't suit me. One of us must be the best man. I want to know which and to know why I am not the best man."

Some people would probably have thought that fellow conceited, but not if they knew what it means for a youngster to put in months and months of hard training for a crew. The second man was of a quiet type, but after he spoke I knew the thing that every coach is most anxious to find out—that he was the kind who would be pulling hardest when his lungs were feeling like bursting in that last hard half mile. You can guess which man got the place. The man who did not was too easily satisfied.

Detecting Erasures.

If paper upon which erasures of writing have been made is exposed to the vapor of iodine the roughened surface takes a different tint from that portion which has not been tampered with. If the erasure has been lightly made, only the ink or pencil lead being rubbed away and the mark left in the fiber of the paper, iodine vapor causes the writing to reappear. This is because wherever the paper has been roughened more iodine is absorbed than by a smooth surface. This test is effective within three minutes after the making of the alteration.—Exchange.

A Veritable Scheme.

"How do you get your daughter's beau to go home so early, Bjoness?" "I have a trained phonograph, which plays 'Home, Sweet Home,' at 10, 'Tramp, Tramp, Tramp,' at 10:15 and 'Johnny, Get Your Gun,' at 10:30."—Seattle Star.

Man's Advantage.

One advantage a man has is that whenever he wants anything in the house he can always call to his wife and she'll tell him just where it is, but when a woman wants anything herself she has to hunt for it.—Detroit Free Press.

Its Class.

"So old Billings, supposed to be so rich, did not leave a cent to his pretty young widow." "No; her was indeed a dead loss."

DOING GREAT WORK.

Varsity Base Unit Will Become a Hut Hospital.

Surgeon-General Roberts, officer commanding the University of Toronto Base Hospital, has written the following letter to Dr. C. K. Clarke, Dean of the Varsity Medical Faculty:

"There is one bright aspect to the present conditions and that is this: the authorities have decided to make this a hut hospital. The Engineering Department has surveyed the grounds for the huts and are sending a working party out to put in the permanent foundation immediately; the huts themselves are being shipped here in sections, and I understand are due to arrive at any time. The Director of Works promised me two days ago, that he could have all the buildings erected within one month after the arrival of the parts, but I think that this is a promise which it will be pretty difficult for him to realize if I can judge from the speed with which a good many of their other enterprises are carried out. However, if they will put up the ones most immediately needed, according to our direction, we can worry along then without holding them to the time limit of a month. This state of affairs will be a great boon to all of us, and will make life worth living, especially for my nursing sisters."

"As soon as I knew that I could look after the nurses I asked the general to send them along. Sixteen of them arrived about ten days ago, and the remainder on Tuesday last. They are in excellent health, with the exception of one or two who are bad sailors, and show the effects of a rough passage which they had from Malta. They at once went on duty in the wards, and, believe me, it was a joy to have them. The men are all right in their place, but I am firmly convinced that their place is not in the wards looking after sick men. No one can do that like the nurses. We have them housed in big Indian pattern tents with double walls, each of which accommodates four very nicely, and they all seem to be very comfortable and contented. Everyone is pitching into the work as though their lives depended upon it, and they are certainly looking after all the men who come in in a way that I am sure would compare favorably with your standard in the T. G. H. At any rate we are doing everything under the sun that we can for everyone who comes in, and trying to send them out better if possible, and, if not happy, contented and satisfied that we have done everything that lies in our power for them."

"Our greatest need at the present time is an adequate water supply. At present everything is delivered in water-carts and has to be hauled from a well about three miles away. This means that the supply is always limited and sometimes we are decidedly short. We are chlorinating and boiling all that we use and, believe me, I do not know what the real taste of food is now. Everything is permeated with the flavor of chlorine, some days much worse than others, but it is surprising what you can get accustomed to when you have to."

"Do you promise to love, honor and cherish this woman?" "Yes," said the politician. "Whatever the platform is, I subscribe to it."—Louisville Courier-Journal.

THE JOY OF BEING ALIVE AND WELL

Restored To Health By "Fruit-a-tives" The Famous Fruit Medicine



MDE. ROCHON

Rochon, P.Q. March 2nd, 1915. "I have received the most wonderful benefit from taking 'Fruit-a-tives'. I suffered for years from Rheumatism and change of life, and I took every remedy obtainable, without any good results. I heard of 'Fruit-a-tives' and gave it a trial and it was the only medicine that really did me good. Now I am entirely well; the Rheumatism has disappeared and the terrible pains in my body are all gone. I am exceedingly grateful to 'Fruit-a-tives' for such relief, and I hope that others who suffer from such distressing diseases will try 'Fruit-a-tives' and get well."

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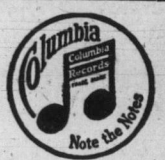
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Children Cry
FOR FLETCHER'S
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