

HOME CIRCLE COLUMN

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

BE CAREFUL OF WHAT YOU SAY.
In speaking of a person's faults,
Pray don't forget your own;
Remember those with homes of glass,
Should seldom throw a stone.
If you have nothing else to do
But talk of those who sin,
"Tis better we commence at home,
And from that point begin.
I'll tell you of a better plan,
And find it works full well,
To try my own defects to cure,
Before of others tell;
And though I sometimes hope to be
No worse than some I know,
My own short comings bid me let
The faults of others go.
Then let us all when we commence
To slander friend or foe,
Think of the harm one word will do
To those who little know.
Remember curses, sometimes, like
Our chicks, "roost at home."
Don't speak of others' faults until
We have none of our own.

The difference between good and bad mothers is so vast and so far-reaching that it is no exaggeration to say that the good mothers of this generation are building the homes of the next generation, and the bad mothers are building the prisons. Far out of families nations are made; and if the father be the head and the hands of a family, the mother is the heart. No office in the world is so honorable as hers, no priesthood so holy, no influence so sweet and strong and lasting.

The busy man must have some pleasure, some recreation, some relaxation. He ought not to have it on the street with gossiping chatters, or at the gambling table with the dissolution or wanton. He ought to find it at home. He ought to do something in which his family could have a part. It ought to be pure, elevating, stimulating. The man that is so considerate and equivoque, that will make this matter no secondary affair, but give it the best thought of his life, will make a better man, a moral citizen, more considerate husband, more loving father. He will find his children less strengthened, so that as his children grow to manhood and womanhood, no place will be so attractive to them as the fireside at home.

There are too many fathers who will tie up the dog at night and let the boy run loose.

This world is but the stepping stone of an immortal life. Every action of our life touches on some chord that will vibrate in eternity.

The woman who has a home and keeps it well, has no narrow sphere in life.

WITH THE 38TH IN BERMUDA.

The following letter from Frank Carr to his mother explains itself:—
Bermuda,
Prospect Barracks,
Aug. 13, 1915.

Dear Mother and all,
Just a few lines to let you know that I arrived safe and am in barracks here. We were eleven days in coming, leaving Ottawa about an hour after I left you and arrived here the following Thursday week. The trip, by rail also by water, both along the St. Lawrence and the Atlantic, was worth having. This is a fine place, but every warm. My side is not bothering me much at all. Guess the operation finished the appendicitis alright. I was sick one day on the boat coming down, but nothing to worry about.

There is some fine scenery down here, everything green, and fruit is very plentiful. You can buy any and all kinds of fruit from the colored people, who are 95% of the population.

We got a great reception on our arrival here, everybody apparently turning out to welcome us. It is comical to see the negro women carrying trays of fruit, bundles of washing, etc., on their heads. They do our washing here, which I must say, is very satisfactory. I am stationed at head quarters here, with Sergt. Major Price, who is a fine fellow. We are about 2 miles from Hamilton, the principal city in Bermuda.

We are getting new light uniforms and helmets to-day. We have fine barracks, cot beds, and large airy rooms, good food and all conveniences, so I think I will like it. I have met some nice people here one man especially, I took a great liking to. He is a jeweller and originally came from Ottawa. He has also some Canadian employees.

I will write every week as the mail goes out but once a week, and don't forget to write often, and send some Carleton papers. Remember me to everybody around the town and tell them I was asking for them. Must close for this time with love to all.
I am your loving son,
FRANK.

Conflicting Evidence.

"Why don't you go in?" asked one tramp to the other as they stood before the gate. "Dat dog's all right. Don't you see him waggin' his tail?"
"Sure I do," said the second tramp, "but he's a growlin', too, and I don't know which end to believe."—Advance.

Forty French airmen bombed Saarbrücken; thus avenging the German raid on the open town of Lunenburg.

Children Cry
FOR FLETCHER'S
CASTORIA

life. In the home is the hope of the nation and the church.

We often see farmers who lose no chance of securing machinery for saving labor on the farm, but who don't think of anything about the machines that save labor in the house. That is out of their province and they don't seem to care enough about it to give the matter any attention whatever.

Home is a magic word, and we seldom try to analyze it. A little Polish girl in a public school was asked recently to write a definition of home. "A home," she wrote, "is where people live, and where a man or somebody comes home and finds people there, and then eats." To how many thousands of men that is the end and aim of coming home! To how many thousands of women the preparation of the food to be eaten is the chief business of home-making.

With the exercise of much patience, the model parent will gain the love and obedience of the child without harshness, or what some one has designated "physical persuasion," and instead of trying to beat goodness into children will make their natural tendencies and possibilities the subject of earnest study; then by kindness and gentleness, so train these as to secure harmonious development, physical, mental and moral, the normal activities will be directed into laudable channels and a desire created to do what is required.

Better appreciate your mother before your appreciation of her will be no kindness to her, and the post mortem regrets will be more and more of an agony as the years pass on. Big headstones of polished Aberdeen and the epitaphs which the family put together could compose and a garland of whitest roses from the conservatory are often the attempt to atone for the thanks we ought to have uttered in living ears and the kind words that would have done more good than all the calla lilies ever piled up on the silent mounds of the cemeteries.

Unkind words do as much harm as unkind deeds. Many a heart has been wounded beyond care, many a reputation has been stabbed to death by a few little words.

The past is fixed. No tears can wash away its facts. We should waste no regrets upon it; but, from the wisdom of its very sins have taught us, we should start afresh on the race.

LOCAL DRUGGIST MAKES MANY FRIENDS.

W. J. Hughes reports they are making many friends through the QUICK benefit which Carleton Place people receive from the simple mixture of buckthorn bark, glycerine, etc., known as Adler-ika. This remedy became famous by curing appendicitis and it is the most thorough bowel cleanser known, acting on BOTH the lower and upper bowel. Just ONE Dose of Adler-ika relieves constipation and gas on the stomach almost IMMEDIATELY.

An Apple "Stunt."

When you wish to mystify and amuse one of your friends, try the trick of cutting an apple into quarters without apparently breaking the skin. It is so old a trick that it will probably be quite new to many of the people you know.

Select a large red apple. Thread a long, slender darning needle with about a yard of strong white linen thread, and, beginning near the stem of the apple, take a shallow stitch, an inch or so in length, toward the blow end.

Draw about two-thirds of the thread through, and be careful to make the break in the skin as small as possible, and when you take the second stitch, set the needle exactly in the place out of which it came. Sew entirely round the apple to the opposite side of the stem from which you started.

Now, hold the apple firmly between your knees, and crossing the ends of the thread, take one in each hand and give a good strong, steady pull. The thread will cut its way through the fruit and come free in your hand. Repeat the process, beginning again at the stem, but going at right angles to the first cut.

When your friend peels the fruit she will find it neatly quartered. The small punctures that your needle makes in the skin will pass unnoticed, unless the apple is very closely examined.

Trade in War Time.

Soon after the war broke out, says the London Telegraph, a friend called on an English merchant, who did a large Continental business.

"This war must have hit you hard," he ventured.

"Very hard," said the merchant. "I've over \$10,000 owing me in Germany, and it's touch-and-go whether I ever get a penny of it. Still, we've got to put up with something for the country."

"I'm glad you take it so cheerfully," said the friend.

"Well, of course there's profit and loss in war time. I owe \$18,000 in Germany."

Children Cry
FOR FLETCHER'S
CASTORIA

Housewife's Timely Tips

A Meatless Diet.

Often for dietary reasons as well as expense the meat allowance must be cut down.

Substitutes which lend variety and possess the same energy producing qualities are the following: Whole wheat flour, dried beans, peas, lentils, peanuts, walnuts, pecans, peanut butter, oatmeal, cracked wheat, whole wheat, cheese, eggs, butter, cream, olive oil, milk, macaroni and rice. These are a few of the many foods which, singly or in combination, make a wholesome diet.

Dried fruits and nuts are valuable foods as well as the fresh fruits, which are indispensable in a well balanced diet.

Whole wheat, if soaked overnight, then cooked long and slowly, makes, with thin cream or rich milk, a meal of itself. Beans, peas and lentils should be soaked, then cooked in water and softened by a pinch of soda.

Rice Croquettes With Grated Cheese.—Cook a cupful of rice in two and a half cupfuls of milk, with a teaspoonful of salt, until tender, adding more milk if needed. Season with two tablespoonsful of butter, a dash of paprika and mix with two beaten egg yolks, then chill. When cold add stiffened mold into cones, balls or cylinder forms, dip in crumbs, then in egg white and in crumbs again. Brown in hot fat and serve with grated cheese.

Cheese Sauce.—Take three tablespoonsful of butter, add four of flour when the butter is bubbling hot, mix well, add a half teaspoonful of salt, a few dashes of paprika, one and a half cupfuls of milk and a cupful of chopped cheese. Cook the sauce well before adding the cheese and serve as soon as it is melted.

Cheese Savory.—Prepare some thin slices of toast. Cover each slice with one-half inch pieces of good flavored cheese. Lay in a baking pan and place an egg carefully in the center of each piece. Bake in a hot oven until the eggs are set. Season with salt and a dash of paprika on each.

Parsnip Croquettes.—These are especially well liked by those who are fond of parsnips. Cut the parsnips in halves and cook until tender, remove the skins and any tough portion and mash until perfectly smooth, and butter, pepper, salt and set aside to cool. When cool enough to handle mold into balls, dip in crumbs and egg, then crumbs again and fry a deep brown. Use as a garnish for a roast.

Indian Loaf Cake.

Mix a teaspoonful of powdered white sugar with a quart of rich milk and cut up in the milk two ounces of butter, adding a saltspoonful of salt. Put this mixture into a covered pan or skillet and set it on the fire till it is scalding hot. Then take it off and scald with it as much yellow Indian meal (previously sifted) as will make it of the consistency of thick boiled mush. Beat the whole very hard for a quarter of an hour and then set it away to cool. While it is cooling beat three eggs very light and stir them gradually into the mixture when it is about as warm as new milk. Add a teaspoonful of good strong yeast or one compressed yeast cake dissolved in the liquid and beat the whole another quarter of an hour, for much of the goodness of this cake depends on its being long and well beaten. Then have ready a tin mold or pan with a pipe in the center. It must be well buttered, as Indian meal is apt to stick. Put in the mixture and set in a warm place to rise for about four hours. Then bake it two hours in a moderate oven. When done turn it out with the broad surface downward and send to the table hot and whole. Cut into slices and eat with butter.

Drop Hermits.

Cream one-half cupful of butter; add one and one-half cupfuls of brown sugar and cream; now add two eggs; beat in one at a time until very light; sift three and one-half cupfuls of bread flour with two heaping teaspoonfuls of baking powder and one-half teaspoonful of soda (sifted several times); alternate with one and one-half cupfuls of milk to first mixture. Flour two cupfuls of raisins (the seedless are best). Beat all together five minutes and drop on flat buttered biscuit tins and bake in hot oven until a nice brown. If butter is lightly salted put in a pinch of salt.

Russian Sauce.

Yolks of two eggs mixed with one teaspoonful of dry mustard, same amount of sugar and salt and a dash of cayenne pepper. When this is thoroughly mixed add one-half cupful of olive oil and either lemon juice or vinegar to taste. To this may be added one teaspoonful of chopped pimento and two of chili sauce. In making rub the inside of bowl with garlic or onion before making the dressing.

Eggs Virginia.

Butter a deep baking dish. Break in as many eggs as needed, allowing two for each person to be served. Season lightly with salt, cover with a thick layer of coarse breadcrumbs, dot thickly with tiny squares of bacon, sprinkle with a little finely minced parsley, add a light layer of the breadcrumbs, season very lightly with salt, dot with more bacon and bake in a moderate oven for ten minutes.

SUNDAY SCHOOL.

Lesson XII.—Third Quarter, For Sept. 19, 1915.

THE INTERNATIONAL SERIES.

Text of the Lesson, I Kings xx, 10-21. Memory Verses, 11, 12—Golden Text, Hos. iv, 11—Commentary Prepared by Rev. D. M. Stearns.

This is chosen as a lesson against intemperance because of the drunkenness of Ben-hadad and the thirty-two kings who are said to have helped him, all of whom were drinking themselves drunk in the pavilions (verses 12, 16), and were thus more easily overcome by the small army of Israel. In our own day railroad and other corporations are learning that men who are given to strong drink cannot be relied upon and that it is not the part of wisdom to employ them, no matter how efficient they may be. Not only does such sin and folly take away the heart or understanding, as in the golden text, but it is apt to become most filthy and beastly and has been known to affect even priests and prophets (Isa. xxviii, 7, 8). It is utterly selfish and sensual and turns the heart away from the Lord (Isa. v, 11, 12, 20-23). Neither drunkards nor any other unrighteous people can inherit the kingdom of God, but there is forgiveness and salvation for all sinners who truly turn to the Lord and honestly receive the Lord Jesus Christ (I Cor. vi, 9-11). The contrast to being drunk with wine is to be filled with the Spirit (Eph. v, 18), and this is the privilege of all believers.

The insanity of drunkenness, with its insatiable selfishness and cruel appropriation of the prosperity of others, is seen in the demands of Ben-hadad upon Ahab for his silver and gold, wives and children and everything pleasant in his home and the homes of his servants (verses 1-6), and yet strong drink has done and is doing just that in numberless homes today. When the Lord is rejected and any other ruler installed it is always a matter of take, take, take all that one has (I Sam. viii, 10-18). How great the contrast to God, who giveth life and health and all things, who gave His only begotten Son, and in Him life eternal and glory and all things freely (Acts viii, 25; John iii, 16; x, 28; xvii, 22; Rom. viii, 32). How desperately wicked and cruel the devil must be to blind people to the love of God, who giveth all things, that they may take all they have for time and eternity (II Cor. iv, 3, 4).

There is something more and deeper and far-reaching in this lesson chapter than the story of drunken Ben-hadad, whom God had appointed to utter destruction (verse 42) because of his sins. Ahab, king of Israel, was about as bad as a man could be, under the influence of his wicked wife, Jezebel, and yet for Israel's sake, but chiefly for His own great name's sake, for Israel was His people, though in rebellion against Him, He gave Ahab victory over Ben-hadad and his associates twice, although Israel's forces were like two little flocks of kids, while the Syrians filled the country (verse 27). He did this that Ahab might know Him as the true God instead of Baal, whom he worshipped to please his wife (verses 13, 28). By this great goodness He would if possible lead Ahab to repentance, for He is not willing that any should perish (Rom. ii, 4; II Pet. iii, 9).

Three times in this lesson the Lord sent special messengers to Ahab, twice to encourage him and once to reprove him (verses 13, 28, 38). At the first victory Israel slew the Syrians with a great slaughter, but they came again, saying, "We were defeated because the gods of Israel are the gods of the hills; therefore we will fight against them in the plain and surely overcome them." Because they talked thus the Lord said by His second messenger that He would deliver this great multitude of Syrians into Ahab's hands, and so Israel slew 100,000 footmen of the Syrians in one day, and a wall fell upon 27,000 more and killed them, but Ben-hadad made his escape and hid in an inner chamber (verses 28-30).

The king of Syria's servants planned a scheme by which they might learn if Ahab was inclined to be merciful to him and spare him. Ahab called him "my brother" and said, "Go ye, bring him," so they met and made a covenant one with the other (verses 31-34). This led to the Lord's sending a third messenger with a reproof for Ahab because he had spared Ben-hadad, and "the king of Israel went to his house heavy and displeased" (verse 43). We are reminded of Saul sparing Agag and also the best of the sheep and oxen, and also of the Lord's message by Samuel, "Behold, to obey is better than sacrifice" (I Sam. xv, 9, 22).

In last week's lesson we saw Jezebel possessed by the devil, and now we see two men with the same trouble, Ben-hadad and Ahab, and yet the Lord would have used Ahab had he been willing, but he preferred a compromise with the king of Syria rather than faithfulness to the God of Israel who had given him two such wonderful victories. So it is still; the mighty God, the God of Jacob, is ready to hold strongly with all whose hearts are whole toward Him (II Chron. xvi, 9, margin), but many professed servants of the Lord prefer to be friendly with some Ben-hadad rather than be faithful to God and rebuke their sin. "Busy here and there" (verse 40) with many things that are not of God describes the life of many a preacher, and rather compromising with certain wrong things because of the standing of the persons who do them than rebuke the wrong.

WHEN MEN WORE MUFFS.

Likewise Silk Stockings and Plaid Shawls and Capes.

In the good old days about which so many men so dreamily read and profess to reverence, and when men were believed to be more bold and dashing and daring than they are now, the muff was the thing of winter wear for men. It was a regular part of a gentleman's cold weather toilet.

Among Horace Walpole's Christmas gifts to his friend George Montagu, in 1770, were "Anecdotes of Painting," a pamphlet on "Libels," the "Castle of Otranto" and a muff. That was the period of the muff for men. It had been an article of men's apparel for many years before, and men retained the muff for long years afterward, it being cast off when men forsook colored silks and satins, rare laces and jeweled shoe buckles.

It was not so far back in American history that men wore silk stockings—not merely silk socks—and knee garters and fancy garter buckles, and many men walking the streets of Washington today remember when their sex wore brilliant plaid shawls and when the cloth cape, called a "talma," was the height of masculine fashion. Now and then one sees a gentleman of the old school walking along with a gold headed cane and wearing a somewhat moth-eaten, frayed or shiny "talma."—Washington Star.

An Earthquake.

The horror of experiencing an earthquake has been set down by F. S. Lyman, who was in the Hawaiian Islands some years ago, when there began a series of earthquakes on the southern flanks of a so called "quiet volcano."

"First the earth swayed to and fro from north to south, then from east to west, then round and round, up and down, and finally in every imaginable direction, for several minutes, everything crashing around and the trees thrashing as if torn by a hurricane, and there was a sound as of a mighty wind. It was impossible to stand. We had to sit on the ground, bracing with hands and feet to keep from being rolled over. The villages on the shore were swept away by the great wave that rushed upon the land immediately after the earthquake."—Exchange.

Wonders of the World.

The seven wonders of the ancient world are: Pyramids of Egypt, the Pharos of Egypt, the Hanging Gardens of Babylon, the Temple of Diana at Ephesus, the Statue of Jupiter at Phidias, the Mausoleum of Artemisia and the Colossus of Rhodes.

The seven wonders of the middle ages are: The Coliseum of Rome, the Catacombs of Alexandria, the Great Wall of China, Stonehenge, the Leaning Tower of Pisa, the Porcelain Tower of Nanking and the Mosque of St. Sophia in Constantinople.

The seven new wonders of the world are: Wireless, Telephone, Aeroplane, Radium, Antiseptics and Antitoxins, Spectrum Analysis and X Rays.—Philadelphia Press.

Getting On.

"How are you getting on with your photography?"

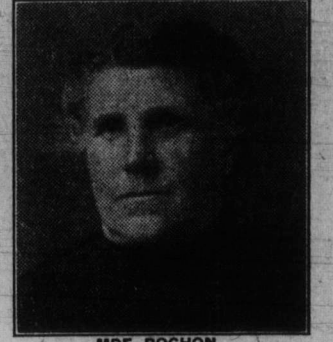
"Well," answered the young man with brown finger tips, "I'm doing better. The snapshot portrait I took of Mr. Curmudge must have been recognizable."

"You are sure of that?"

"Perfectly, for as soon as Curmudge saw it he said he could whip the man who made that picture."

THE JOY OF BEING ALIVE AND WELL

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



M. DE ROEHON

Roehon, P.Q. March 2nd, 1915.
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MADAME ISABEL ROEHON.
The marvellous work that 'Fruit-a-tives' is doing, in overcoming disease and healing the sick, is winning the admiration of thousands and thousands. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

Who Was the Joke on?

He was very fond of playing jokes on his wife, and this time he thought he had got a winner.

"My dear," he said, as they sat at supper, "I just heard such a sad story of a young girl to-day. They thought she was going blind, and so a surgeon operated on her, and found—"

"Yes!" gasped his wife, breathlessly. "That she'd got a young man in her eye!" ended the husband, with a chuckle.

For a moment there was silence. Then the lady remarked slowly:

"Well, it would depend on what sort of a man it was. Some of them she could have seen through easily enough."—Boston Post.

TOILET PAPER

IN ROLLS OR PACKAGES.

Now that the Water Works Service is beginning it is necessary to use the proper Paper to prevent clogging in the Sewer Pipes.

We carry this Paper in stock at all times.

THE HERALD OFFICE.



In the evening at camp when all hands are "bushed" after a day's tramp, canoe trip, fishing and swimming, this

COLUMBIA

Graphophone "Eclipse" for \$32.50, on easy terms, will make welcome entertainment

Small, light easy to tote and needing little bunk room, the "Eclipse" is a musical instrument that will make your camp complete this summer.

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