

Marmalade
I made it with my same old recipe
but I used
Lantic Sugar
On account of its Fine granulation it
dissolves instantly making a clear jelly.
2 & 5 lb. cartons, 10, 20 & 100 lb. sacks



HOME CIRCLE COLUMN

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

Finish every day and be done with it.
For manners and for wise living it is a
vice to remember. You have done what
you could; some blunders and absurdities
no doubt crept in; forget them as soon
as you can. To-morrow is a new day;
you shall begin it well and serenely
and with too high a spirit to be cumbered
with your old nonsense. This day for all
that is good and fair. It is too dear
with all its hopes and invitations
to wait a moment on the rotten
yesterdays.

Any business man would be horrified
at the suggestion that he would ruin his
boy by neglect that his absorption in
business would result in the undoing of
his own son. But it is the easiest thing
in the world to forfeit a boy's confidence.
It will take only a little snubbing, a
little scolding, a little unkind criticism,
a little nagging and unreasonableness to
shut off forever any intimacy between
you and your boy.

Do we ever stop to think, we wonder,
how blest are the quiet days—the days
when nothing happens! There is no
illness to give anxiety, no business bur-
dens or other troubles to disturb, but
on the contrary, there is the delightful
consciousness that all is well in the
home and before us the promise of a
peaceful day. We know of no condition
of life that brings more pleasure than
this or that should fill the heart more
full of gratitude.

In the rush and hurry of modern life
do we think as much as we might of the
happiness of those who are growing old.
We have lost so much! Their youth,
often their health, most of all, their
companions who started with them on
a life's journey, and yet we often
grudge them the brightness and joy we
might so easily put into their lives. We
will not stay to hear the recollections
of old and happy days which they love
to tell us, we let them see so plainly
that their day is over, and ours has come!
That those who have borne the burden
and heat of the day, toiled and struggled
and worn themselves out for others,
should be left to feel lonely and neglect-
ed is sorrowful. We can and ought,
each and all, in our own place and way,
to do something to bring the glow of sum-
mer and the remembrance of the days of
recess and love into the lives fast nearing
their winter and their end.

It is one of the ironies of fate that
the poet from whose pen has come the
immortal lyric of the hearthstone was
himself a roving outcast—a homeless
wanderer. The world remembers the
pathetic story of John Howard Payne.
Broken in health and reduced in fortune,
the poor American exile found himself
in the throbbing heart of the great city
of London. Between his publishers—
who allowed him little—and his credit-
ors—who came to see him often—the
peniless poet was in sore straits. The
Atlantic ocean separated him from kith
and kin. He felt the acutest sense of
isolation—the bitterest pangs of loneli-
ness. Perhaps no solitude is more
oppressive than the solitude of great
cities—the solitude which broods in the
recedant looks of the unsympathetic
multitudes. It is, as Lucian Knight
has said, the heart's Sahara. Bereft of
all other consolation, Payne seized the
fear, and lightly he touched the strings.
But not in vain. For the fire of in-
spiration was in the poet's soul; and on
the banks of the River Thames, from
the aching heart of an humble exile,
leaped the hearthstone melody of
"Home, Sweet Home."

Don't encourage the visits of a tattling
and tale-bearing woman, who knows all
the low, bad things that pass along your
neighbors, but nothing good.

This world is full of beauty. We
alone, with the enigma of our greed,
make it ugly. But we cannot altogether
succeed in hiding all its beauty, and the
open-eye and appreciative heart still
without going far afield, may catch
glimpses and often behold the full glory
of field and flower and starry heaven.
How deeply must we pity the life to
which the beauty of the world brings
no enriching, he who does not take a
deep breath and feel a thrill of pleasure
at sight of mountain, prairie or sea.
And all the prodigal beauty of this
world is but a message to us of the

Children Cry
FOR FLETCHER'S
CASTORIA

Children Cry
FOR FLETCHER'S
CASTORIA

THE HOYDEN.
This Novelty Comes
For the Sportive Flapper.

Skating has called forth for the lithe,
young sport this kind of suit, named
the "hoyden." It comes in all the out-



THE AGILE ONE.

door shades of Angora wool—a three
piece set of cap, sweater and tights,
to say nothing of the warm mittens.

COOKING VEGETABLES.

Be Sparing In the Use of Water and
Adding Seasoning.

In the cooking of vegetables there
are a few things to remember—first to
retain all the mineral matter and nu-
triment possible, to soften the cellulose
and to develop the flavor; making them
more palatable.

Spices should properly be added to
well washed and cooked without the
addition of water or very little. This
vegetable, being rich in iron, which is
soluble in water, by being cooked in a
large amount of water may be ren-
dered nearly valueless as a food. This
is true of green peas and beans or, in
fact, any of the delicately flavored veg-
etables. The seasoning is another im-
portant item. The flavoring never
should be disguised by seasoning.
Usually butter, pepper and salt, not
too much, are best because the plain-
est.

To accomplish these results one may
use several methods—cook the vegeta-
ble whole or in large pieces, cook with
the skin on when possible, cook in as
small an amount of water as possible
without burning, serve the water in a
sauce with the vegetable whenever
possible, and season after the vegeta-
ble has started cooking, so that the
salt does not draw out the flavor.

FOR BEGINNERS.

Hints to Help Mrs. Newlywed Over
Hard Spots.

In making soups always put the meat
in cold water. Corned beef and ham
should be put in boiling water. A ta-
blespoonful of vinegar put in the pot
will make tough meat or chicken ten-
der.

To roast beef allow twenty minutes
to a pound.

All vegetables should be put in boil-
ing water.

Cut hot brown bread by putting a
string around the loaf the right thick-
ness for a slice and draw quite tight.

Anything mixed with water requires
a hotter oven than anything mixed
with milk.

A dish of cold water put in the oven
will prevent cake from burning.

In making tea allow one teaspoonful
for each person and one for the pot.
Allow one tablespoonful of coffee for
each person and one for pot.

Always pare fruit with a silver knife.
Always sweep carpets the way the
nap runs.

If new tinware is rubbed over with
fresh lard and then thoroughly heated
in the oven before it is used it will
never rust afterward, no matter how
much water is used in it.

Play Aprons For the Little Girl.
From Paris come some lovely little
aprons for children. They are made of
practical materials, such as jean, pop-
lin or fine French cotton fabrics, and
they have borders which show printed
flowers, animals or geometric designs
to delight the eye of the little wearers.

The colors are blue, pink and tan
and also white. Some of the models
are made with shoulder straps, while
others introduce plaits across the
shoulder and have a ruffle finish. Near-
ly all the aprons are supplied with
pockets. They make ideal play gar-
ments as well as offering protection
for the little frock of linen or batiste.

ALMONTE.

Before her departure for the west
Miss Winnie Horton was waited on by
a number of her girl friends, who pre-
sented her with an address and a
manteau set in ebony and silver.

Mr. Wilbert Kellogg of Almonte has
a flock of fourteen B. A. Rhode Island
Red hens which in the extremely cold
weather in February laid 224 eggs—an
average of 8 eggs daily. This is a record
worth being proud of and somewhat
ahead of Carleton Place.

Mr. and Mrs. R. Whitfield announce
the engagement of their daughter, Miss
Gertrude Florence, to Mr. Alex.
Stoddart of Carleton Place. The mar-
riage to take place in St. Paul's
church next Tuesday.

Mrs. S. L. Ramsay, who has been on
an extended visit to friends in Toronto,
Chicago and elsewhere returned home
this week.

Mrs. McMaster of Perth is on a visit
to her brother, Mr. A. J. McAdam, who
has not been quite up to his normal
condition for a few weeks.

Miss Etta Young left on Friday
morning for Kingston, where she will
have charge of the County of Frontenac
registry office for several months, during
the absence of the registrar.

Miss Aggie Boyle has been accepted
as nurse-in-training at the Newport,
R.I., hospital.

Do as Mr. Gard

Mr. Anson A. Gard, the well known
Littérateur of Ottawa, called, the Wan-
dering Yankee, says in an unsolicited
testimonial for ZUTOO Tablets:

"Zutoo Tablets stop my head-
aches so completely that I do not
mind having them any more."

No need for any one to suffer from head-
ache if they do as Mr. Gard does

and take Zutoo

OUR LUNGS ARE DELICATE

Overwork, lack of fresh air, mental strain or any sickness
disturbs their functions. Stubborn coughs tear and wear
the sensitive lung tissues.

SCOTT'S EMULSION

should be taken promptly for hard coughs, unyielding colds,
or when strength is lowered from any cause. Its high
nutritive value creates resistive force to ward off sick-
ness. The rich cod liver oil improves the quality
of the blood to relieve the cold and the glycerine is
soothing and healing to the lung tissues.
Refuse Alcoholic Substitutes Which Exclude the Cod Liver Oil.

OATS for SEED

A carload of Oats for seed to arrive in April.

These are to be according to Government re-
quirements.

Place your orders early to ensure your supply.

C. F. BURCESS,
Grain, Flour and Feed,
Carleton Place.

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AND ADVERTISE IN
THE HERALD



Here Gentlemen!

Is the First Authentic Information on
Correct Dress for Spring 1917 Wear

**WE'RE READY NOW, Mr. Good
Dresser,** to give you first hand in-
formation on "what's what" in
Spring Clothes—tell you about the
right styles, the good weaves, the
smart patterns, give you really
correct information.

But—we can show and prove far easier than we
can tell. This announcement is just to let you know
that we're ready to show. We think it will be to your
advantage to see

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