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should do what we have to do, expend-
ing no unnecessary energy. Surely if
a woman wishes to, she can do her own
work and yet be interested in other
things besides work. Let us just live
each day, making in it little bright
spots for ourselves and those around
us. I am sure our paths are in more
pleasant places than those of so many
we read of in far countries.

I wish you further success, Junia.
May I sign myself.

A "Lover of the Woods."
Middlesex Co., Ont.

What a happy pseudonym you have
chosen. I think you, too, have been
dreaming of water lilies and other
lovely things. Don't you think "Lovers
of the Woods" always know how to find
amusement and happiness in quiet
things?—As Wordsworth says, they know
how to glean the "harvest of a quiet
eye."—And now, thank you so much for
your encouraging words. They are ap-
preciated, indeed.

FINDING FAULT.

Dear Junia,—What would we do if it
were not for help from "The Farmer's
Advocate." I would please like you to
give me a few points on "physical and
mental harm of finding fault," and
oblige.

SUBSCRIBER.

Wentworth Co., Ont.
What a task you have set for hot
weather!—But there, I'm even beginning
by finding fault with the weather—and,
they say, the more you talk about it
the worse it seems,—so, perhaps, there's
a point.

"Physical and mental harm of finding
fault"?—Well, we all know what the
continual "nagger" is, the one who
finds fault with everything that comes
up, always looks through blue spectacles,
and never sees the bright spots at all.
If she (or he) doesn't become a nervous
wreck herself (himself) she (he) is rather
sure to make nervous wrecks of every-
one else who is about.

—By the way, aren't our pronouns
dreadful? Oh, for a French "on" once
in a while!—But there, this is grum-
bling again, isn't it?

Clearly, an optimistic frame of mind,
is worth cultivating, were it only for
the way it lubricates the wheels as we
go. Being able always to "see the
silver lining to the cloud," and to
make the best of things" is an invalua-
ble possession, and indeed there are
some who go so far as to wish to close
their eyes so tightly that they can see
no fault nor blemish anywhere. But it
would scarcely be well if all the world
were so built. There certainly are
wrongs, and if no one will look at
them—except those who have to suffer
from them—how shall they be righted?
After all, the great thing for many folk
is to see absolute Truth—the good and
the bad—things exactly as they are. Of
course it is mighty important not to
be prejudiced,—but then if we see abso-
lute Truth we cannot be "prejudiced."
Perhaps what I mean to say is that we
must not permit ourselves to be biased,
persuading ourselves that the bias is
Truth. We must seek Balance—to see
Both Sides—and, also, usually, to make
Allowance. We are not perfect our-
selves, so we should try not to be
hastily severe with those who slip. "He
is all fault who has no fault," said
Tennyson.

Here are a few quotations that may
suggest what you want.

"Dare to be true, nothing can need a
lie:

A fault, which needs it most, grows
two thereys."—Herbert.

"If lovers should mark everything a
fault,

Affection would be like an ill-set book,
Whose faults might prove as big as
half a volume."

"Bad men excuse their faults, good
men will leave them."—Ben Jonson.

"Be to her faults a little blind."

"Men's faults do seldom to themselves
appear."—Shakespeare.

"Our virtues would be proud, if our
faults whipped them not."—Shakespeare.

"Love, that covers multitude of sins,
Makes love in parents wink at child-
ren's faults."

"O, what a world of vile, ill-favor'd
faults

Looks handsome in three hundred
pounds a year."—Shakespeare.

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Canadian National Exhibition

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is a striking innovation and superior
to any separator on the market.

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Plus half cent per mile from all points east of
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- AUGUST 22nd** —From Toronto and West on Grand Trunk Main Line to Sarnia inclusive and South thereof.
- AUGUST 25th** —From Toronto and North-Western Ontario, North of but not including Grand Trunk Line Toronto to Sarnia and East of Toronto to Kingston, Sharbot Lake and Renfrew, including these points.
- SEPTEMBER 3rd** —From Toronto and all stations in Ontario East of but not including Grand Trunk Line Toronto to North Bay.
- SEPTEMBER 5th** —From all stations on Grand Trunk Line Toronto to North Bay inclusive, and West thereof in Ontario, including C.P.R. Line Sudbury to Sault Ste. Marie, Ontario, but not including Azilda and West.

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Seasonable Recipes.

Beets should be pickled while they are young and tender. When so done and sealed away they are very delicious for winter use, either as "pickles" or when made into salad. Here are a few methods:

Beets With Horseradish:—Boil twelve beets, peel them and pack in sterilized jars. Heat 1 quart of vinegar with 1 teaspoon ginger and 1 teaspoon of mace, strain, then add 2 tablespoons grated horseradish. Pour over the beets when boiling hot and seal at once.

Canned Beets:—Use very young, tender beets. Cook in cold water and peel. Put them into hot fruit jars, then fill the jars with boiling salted water, a teaspoon salt to a quart water. Put on the rubbers and glass tops and steam for one hour, then screw down the sterilized tops, and boil 15 minutes longer. Unless very young beets are used cut them in slices.—Boston Cooking School.

Another Method:—Choose young beets, boil 30 minutes and skin. Pack the beets in jars, fill jars with cold water, place the rubbers on, and lay the glass tops on. Place the jars on rack in boiler, and fill the boiler to half the depth of the jars with cold water, put on the cover and boil for one hour. Remove one jar at a time, screw down the lid, replace in the boiler, put on the cover and boil for another hour. Instead of water, water and vinegar may be used.—Pictorial Review.

Sugar Cookies:—Cream together 1 cup