HOME CIRCLE COLUMN

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

THE MAN WHO LAUGHS.

be the same fellow who scolded his wife and spanked the baby before he got his readier to do the same again and with breakfast, but his laughter is only the cradle of thorns under the pot. The man who spends his laughter through his life—before a late breakfast; when he maisses the train, when his wife goes

ver tells his neighbor to have faith; nethew he puts faith into him. He ivers no homilies; somehow the sight his face, the sound of his happy voice it the light of his blessed daily life, any conviction that words have not power to give. The blues flee before him as the fog before the west wind. He comes into his own home like a flood of sunshine over a meadow of blooming

of sunshine over a meadow of blooming buttercups, and his wife and children bloom like June roses. His home is redolent with sympathy and love. The neighborhood is better for his life, and samebody will learn from him that laughter is better than tears. The world seeds this man. Why are there as few them? Can he be created? Can he be evolved? Why is he not in every house, turning rain into sunshine and winter into summer all the year around until life is a perpetual season of joy?

Isn't it remarkable when good books and papers are so cheap that men and women read so little and neglect the runds God has given them to improve? formed the would make our homes and our home life pure, happy and elevating we must seek knowledge on the various topics that are daily discussed. Too many boys and girls grow up now that by the time they have entered their teens have cultivated such a taste for trashy, impure literature which is scattered broadcast over our land, that any thing solid or that would improve their minds or character is considered dull and uninteresting.

We have no desire to throw any boquets at ourselves, but believe there is not a family that reads this department in our paper from week to week that is not benefitted and stimulated to better things. It encourages all that is good and discourages all that is evil. If you agree with us speak a good word and help us to place our paper in every home nunity

A beautiful writer has said: "If there be a pleasure on earth which a specific day or two it will to keep to not enjoy and which they might almost appointment.

INCREASED CROP PRODUCTION.

The importance of increased produc tion is being emphasized as never before We are told that the food supply of the world is very low. The producers of farm foods are becoming less and the non-producing consumers are increasing.
Wide sections of country which were
formerly productive are being trampled
by armies and large quantities of food
materials are now being lost in transit. The food situation is becoming increasingly serious. This is emphasized by the following quotations from the public ss of recent dates:

Bonar Law, Chancellor of the Exchequer, stated in the House of Commons on Friday, March 16th, that "The British Government regards the production of food of greater importance at present time than the sending of dditional men into the army."

Lord Devonport, Food Controller for

Great Britain, stated in the House of Lords on Thursday, March 22nd, that It might be necessary to resort

of Agriculture, stated in January that "A vital factor will be an

that "A vital factor will be an ample and unfailing flow of food to England and to France."
Mr. N. W. Rowell, Leader of the Opposition in the Ontario Legislature, when speaking to the Legislature, when speaking to the Legislative Assembly on March 9th "Urged that steps should be taken to insure that the lands of the Province were made to produce every ounce of food possible."
More than one-half of the cropping lands of Ontario is now in grass and the grass lands of the Province have been increasing at the rate of fully one hundred thousand acres annually during the

dred thousand acres annually during the last four years. During this time there has been a decrease in Ontario and in the whole of Canada of live stock, in-

the whole of Canada of live stock, including dairy cattle, beef cattle, sheep d swine. In the last four years there s been an actual decrease in the reage in Ontario of twenty-three per it, in beans, fifty-seven per cent. in seven per cent. in winter wheat, ean per cent. in turnips and twelve per cent. in potatoes. In 1916 eighty-three per cent, of the beans, eighty-four per

Children Cry FOR FLETCHER'S CASTORIA

envy man the possession of, it is the The man whose ha! ha! reaches from power of relieving distress. Every kindone cad of the street to the other may be the same fellow who scolded his wife more toward such deeds, and we become and spanted the label batter in the control of the co

the man who can laugh when he finds a button off his shirt, when the funace gets out at night, and the twins come down with the measles at the same time he's the fellow that's needed. He per fells his neighbor to have faith: the gradually increases, improves and beth; comes native to the character. As we neglect it it dwindles, withers, and disappears. This is the stern but benign haw by which we live. This makes character real and enduring; this makes progress possible; this turns men into angels and virtue into goodness.

> There is a great deal said about mak ing home attractive so the young people will not want to wander away from them; but it is a private opinion one them; but it is a private opinion one hardly dares to express, that there is too much being done for young America in the we!l-to-do classes; they are coddled and humored and given places, while the parents take the rough ones, until the parlor has come to be looked upon as their orbit, while the mother "lives and moves and has her being" in the kitchen.

Cheerfulness is a gospel that every woman should possess; it is worth more than creed or dogma. Ask the man who fights the hard battles of life what it means to go home to a cheerful wife.

Cheerfulness is a jewel either in prosperity or adversity. A low-spirited, fault-finding wife can kill the last bit of hope and enthusiasm remaining in a troubled heart, while the cheerful, hopeful one leads it to proceed to ful one leads it to press on or to begin over again with a "heart for any fate.

An author is known by his writings— a mother by her daughter, a fool by his words, all men by their companions.

Happiness ought to be contagious and to make it so the good things of life must be shared. Not merely with our family but with our neighbors acquaintances, our townsmen, and strangers within our gates." We s use our blessings, not put them up in lavender leaves, or camphor balls to keep—but scatter them broadcast, share them with others.

cent. of the peas, eighty-two per cent. o the fall wheat and thirty per cent. of the potatoes of Canada were produced in Ontario

Ontario. It is estimated that an average acre of beans produces as much real food material as is usually obtained from five to fifteen acres of pasture land in the production of either meat or milk.

production of either meat or milk.

With slight exceptions, the most economical sources of food materials in Ontario in the past winter were obtained from the following groups: 1st, farm crops—oats, wheat, corn, peas, beans, potatoes; 2nd, dairy products—milk, butter, cheese; 3rd, meats—beef, mutton, pork; 4th, fish—salmon, cod; and 5th, eggs. According to recent determinations and prevailing prices, as much valuable food material for human consumption could be obtained from the purchase of beans with twenty cents as

The Duke of Devonshire, Governor General of Canada, stated in Brandon on March 6th, that "The supply of food was act only important but perhaps the most important problem which the Empire had to solve."

Mr. R. B. Bennet, M.P., Head of the National Service Board of Canada, 114 stly declared that "The crisis is not litrary one but one of food supply."

"In Martin Burrell, Dominion Minitian of Agriculture, stated in January that "A vital footeen in January that "A vital footeen in Brandon on March Barners of Ontario have a support of the farmers of Ontario have a support on the province is very scarce. The farmers of Ontario have a support of the farmers of Ontario have a support of the company of the farmers of Ontario have a support of the company of the support of the company of the compan percentage of protein and in this respect box from The Dr. Williams' Medicine surpass the cereals commonly used as Co., Brockville, Ont.

and repair body tissues as well as furnish energy. It performs essentially the same part in nutrition whether it is from beans, peas, wheat, meat, milk or cheese. Skilled labor throughout the Province is very scarce. The farmers of Ontario have an exceedingly difficult task ahead of them if they are to increase the production of the most valuable kinds of food materials in 1917. The following suggestions are offered in

able Rinds of food materials in 1917. The following suggestions are offered in the hope that they may prove helpful:

1. Carefully plan the crop production for the season at an early date.

2. Thoroughly clean and grade the grain so as to procure the large, plump, sound and well matured seed.

3. Test the germinating power and the vigor of the seed before time to sow.
4. Overhaul implements and machines so as to be ready to start seeding early and to sow each class of crop at the best

time for highest results. 5. Arrange for at least a small amount of such cultivated crops as beans, pota-

toes, turnips and corn.

6. Watch and destroy the weeds before they are able to make much headway. 7. Economize man labor by usin

7. Economize man labor by using three and four horse teams when possible.
8. Plan so as to make the best-of the unskilled labor which is available.
Copies of bulletins on "Farm Crops," "Field Beans" and "Potatoes" may be

Children Cry FOR FLETCHER'S CASTORIA

ROLL OF HONOR

Several thousand officers and employees of the Canadian Pacific Railway Company enlisted for active military duty with the Canadian Expeditionary Forces, and the majority of them are now in Europe, bravely battling for Canada and the Empire. This list of those who have given up their lives for their country or been wounded in action does not include the Army Reserves.

Medicine Hat

Cranbrook Glen Yard Winnipeg

Montreal

Weyburn McAdam Jnct.

Angus WestToronto

Winnipeg Winnipeg

Port McNicoll Glacier House Winnipeg Moose Jaw Coquitlam Outremont Presumed dead

Presumed dead Wounded

Alexander, Geo. B.
Allingham, J. R. E.
Armstrong, Albert P.
Bailey Arthur
Bell, Gerald Joseph
Bennet, John George
Bibby, Lawrence
Biddlecombe, Geo. A. Constable
Bishop, Gilbert
Blois, George
Bowden, Chris. J.

Laborer
Brakeman
Clerk
Switchman
Clerk
Wiper
Wiper
Licek
Licek
Loco, Engineer
Checker Brown, John Aylmer Buckle, Thomas W. Trainmar Brown, a Composition of the Composition of the Campbell, George Charley, Joseph Chapman, George Chark, Chas. Branch Clerk, Colley, Vincent Loco, Fireman Copping, Ernest Noel Instrumentman Corbin, Harold John Steam Fitter Cornwall, Chas. W. Buffer Tinsmith Cornwall, Chas. W. Cregg, Joseph Crouch, Jack Cumine, Butler P. Davidson, Henry Davies, John Thos Decker, Archie Delaney, Martin Dickinson, Chas. E Dove, Andrew Dubois, John Night Watchman Appr. Carpenter Brakeman Apprentice
Loco, Fireman
Mach, Apprentice
Machinist Dubois, John Dubois, John
Edgar, John
Faweett, Archie
Gallagher, James V
Gammon, Lee
Gordon, Harry
Gray, David
Green, John
Greentree, Geo. D.
Guyot, Alfred Painter Clerk Loco. Fireman Guyot, Alfred Gwinn, Cecil Wiper Hall, Joseph Harrison, Robt. H. Henderson, John Henderson, John Hern, Loftus Roy Hill, Albert Hinton, Thomas Jenkins, Alexander Johnson, W. Kay, Robert Keay, George Ness Kinne, Hudson P. Lamourie, Peter Kinne, Hudson P.
Lamourie, Peter
Lawson, Frederick
Leonard, Frederick
Lewis Arnold
Loveridge, Harold
Loveridge, Harold D.
Laborer
Lowe, George
McDermott, Charles
McKenzie, Alexander
Cook
McNicol James
Trainma McNicol, James Trainman Marr, Lionel Geldert Gardner Mead, Mark Cook Mead, Mark
Morkill, Francis E.
Newman, George S.
Norton, Cecil Herb.
Parkinson, Alfred O.
Parkeman
Parnell, Reginald R.
Laborer
Pope, Christopher L.
Queenville, Stephen
Renton, Sidney C.
Loca Engine

Renton, Sidney C. Robinson, Alfred

Wiper Loco, Fireman Wiper Rodman Boilermkrs, Appr. Strathmore Angus Storeman Montreal Trimmer West Toronto Loco. Fireman Clerk Car Repairer North Bay Windsor, Car Repairer Clerk Pantryman Loco. Fireman Cranbrook Trainman La Riviere Switchman Winniper Revelstok Specialist Cook Winnipeg Montreal North Bay Duncan Cook Trans. Student Clerk Montreal Montreal Toronto Winnipeg Montreal Red Deer Muskoka Koot. Cent. Rly. Green Valley Loco. Engineer Leading Handler Lethbridge Montreal Robinson, John R. Cook Roughton, Cifford G. Jaggage Checker Sexton, F. J. Laborer Montreal Sexton, F. J. Laborer
Spencer, Kenneth M. Clerk
Sweeney, James A. Purser
Todd, Arthur Brakeman
Wade, Robert C. Loco Fireman
Westwood, William
Wood, W. J. Waiter
Woodward, Fred'k. Car Repairer B. C. Lake Strs.
Laurentian Divn.
Winnipeg MONTREAL, March 7th, 1917 (List No. 15).

Presumed dead Regina New Westminster uffering from shock Brandon
B.C. Coast Strs.
Montreal
Vancouver
Angus
Minnedosa
Workhurn illed in action Died of wounds Wounded Died of wounds Killed in action Wounded Killed in action Died of wounds Presumed dead Suffering from shock Killed in action Wounded Wounded Presumed dead Killed in action Presumed dead Regina Brit. Col. Dist. Wounded Wounded Montreal Wharf Cranbrook Presumed dead Wounded Wounded
Wounded
Wounded
Killed in action
Suffering concus Wounded Presumed dead Wounded Wounded Wounded Presumed dead Presumed dead Killed in action Died of woonds Killed in action Wounded and missins Wounded Wounded Wounded Presumed dead Wounded Died of wounds Wounded Wounded Presumed dead Wounded Suffering from shock Killed in action Presumed dead Wounded Wounded Presumed dead Killed in action Died of wounds Died of wounds Killed in action Believed dead

Killed in action

Montreal B. C. Cost. Strs. Cranbrook

Note.—Where "presumed dead" appears above, the employees referred to have been missing for long periods, and their death is presumed by the Militia Department.

purchase of beans with twenty cents as from the purchase of cheese with forty-three cents, of beef steak with seventy-nine cents and of eggs with one dollar and eight opened as with seventy-nine cents and of eggs with one dollar and eight opened as with seventy-nine cents and of eggs with one dollar and eight opened as with them and sixty one cents.

Field beans approach animal foods in nutritive value. They contain a high medicine dealers or by mail at 25 cents a medicine dealers or by medicine de

Colds are Contagious.

Treat a cold like any other contagiou disease; the excretions of the nose and throat are infective, and are responsible for conveying the disease to others. Erequently one observes this kind of thing. One individual in a household develops a cold; in about two days a second person develops a cold also. In another day or so there is a third case, and so it goes until practically every-body in the house has been sick. This condition of affairs is usually looked on as quite in the order of things, and no particular thought given to the matter. The explanation is of course transmisson inside of the household from one person to another through the transfer of infected mouth and nose secretions in exactly the same way as if the disease were easles, scarlet fever or diphtheria

Teuten attacks on the Rouman front were repulsed by the Russians. A Japanese warship was reported sunk

ov a German raider in the South Pacific Pte. James Fletcher, of Brantford, previously reported missing, is now re-ported to have been buried alive, but dug out alive after being underground

Obtained from the County Agricultural Representatives or from the Ontario Department of Agriculture.

Let us do our part as best we 'can for the good of humanity and for the prevention of a world's famine in essential food materials.

G. A. ZAVITZ. O.A.C., Guelph, March 26th, 1917.

New Provincial legislation provides for increased taxation on the profits of mining companies

Arthur Free, in the counties jail at Brockville awaiting trial on the charge of murdering Mrs. Hattie Hill at Seeley's Bay on March 2, committed suicide by hanging in his cell.

Will cure any headache in 20 m

Leaves you Feeling Good.

ates, will nip a cold in the bud, will relieve the monthly pains of women, and in every case it

In time of need

APRIL 3, 1917

Every woman should know the comfort, and experience the relief of a reliable remedy that can be depended upon to right conditions which cause headache, dizziness, languor, nausea and constipation. At such times, nothing is so safe, so sure and speedy as

will not fail you

ORDER YOUR Furnishings

NOW. Quality and Prices are Right.

Complete Range of Beds, Springs, Mattresses, Bedroom, Dining-room and Parlor Suites.

sell Window Shades and Fixtures.

See our New Stock of Curtains, made of the best material and latest designs, ready to put on your windows,

Our Rug Stock is complete. If you have a place where one is needed, come and choose it; we know we can satisfy you perfectly, and save you money besides.

Congoleum, in Rugs and by the yard, Linoleum and Oilcloth. Bring the size of your room.

Picture-framing a specialty. Workmanship guaranteed

W. H. MATTHEWS.

FURNITURE, UNDERTAKING, UPHOLSTERING AND REPAIRING Leslie Block, Bridge Street.

Store Phone No. 200.

House Phone No. 14

Is made from the Best Wheat in the World.

In one of the Best Mills.

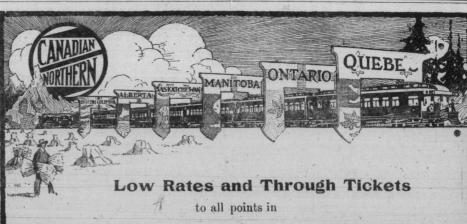
By Men who Know How.

Quality guaranteed satisfactory

H. BROWN & SONS

ፙፙዀ፞ዀዀዀዀዀፙፙፙፙፙፙፙፙፙፙፙፙፙፙፙ

ADVERTISE IN THE HERALD!



WESTERN CANADA AND THE PACIFIC COAST

Electric Lighted and Comfortably Equipped Trains.

To obtain the lowest fare and the most convenient routing, apply to F. A. J. Davis, Agent, or write to R.L. Fairbairn, General Passenger Dept., 68 King St. E., Toronto.

via CANADIAN NORTHERN