

HOME CIRCLE COLUMN

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

THE ELDER SISTER.

There is no character in the home circle more useful and beautiful than a devoted elder sister who stands side by side with the toiling mother, lightening all her cares and burdens. How beautiful the household machinery moves on with such efficient help. Now she presides at the table in her mother's absence always so neatly attired that it is with pride the father introduces her to his guests as "our oldest daughter." Now she takes a little troop into the garden with her and amuses them, so mother may not be disturbed in her work or her rest. Now she helps the boys with their hard lessons or reads father's paper aloud to rest his tired eyes. If mother can run away for a few days' recreation she leaves home without any anxiety, for Mary will guide her house wisely and happily in her absence. But in the sick room her presence is an especial blessing. Her hand is next to mother's own in gentleness and skill. Her sweet music can charm any pain and brighten the weariest hours. There are elder sisters whose presence is not such a blessing in the home. Their own selfish ends and aims are the main pursuits in life, and anything that stands in the way of these is regarded with great impatience. Such daughters are no comfort to a mother's heart. Which kind of an elder sister are you in the household?

TWO PATHS IN LIFE.

Just in front of every young man and young woman who reads this department are two paths leading into the future, and it is for them to select which path they will journey in. To aid them in selecting are their neighbors, some of whom in early life selected one path and others the opposite. The neighbor who made the wise choice can be seen returning to his home for the evening meal, his face radiant with joy as the children meet him at the gate, each one endeavoring to get the first kiss. The other neighbor goes home thru the alley, his step is unsteady, his face flushed from disipation, the children flee to the mother as he approaches. These two neighbors had an equal start upon life's voyage, the difference now so plainly visible is caused by the paths they selected to travel in at the beginning of journey. A few years of training in our schools upon the one hand, or on the streets upon the other hand, will make all the difference you see in the neighbors.

Young men, black your own boots and bid every man black his. Keep your own hands in your own pockets. Pay cash, take cash. Never marry an accomplished lady. The latest meaning of that word "accomplished" is ruin. The truest type, for you, of blessed

Skirts to be Longer.

Women's skirts are to be narrow and there will be more of them. Representatives of women's clothing houses returning from France to New York stated that the fashionable fall girl will be the silhouette girl. Long and narrow is the silhouette girl, her skirt will have an opportunity to become acquainted with her shoe-tops, and the "hoops my dear" effect that was so given to ballooning is now at fault.

Twin C.P.R. Yards at Smiths Falls

The C.P.R. will have one of the biggest terminals of the system at Smiths Falls in the near future. On Saturday 200 men were brought here to work at track laying in the east end yard and as quickly as the work can be done it will be pushed to completion. For two or three months Mr. Macdonald, the contractor, has been excavating the rock in the new part of the yard, and the company has been hauling innumerable train loads of gravel to fill in the low places. A good deal of the ground is now ready for the tracks and the work of putting them down began yesterday. The immediate addition to the yard will provide about four extra miles of track, making accommodation for 500 cars, but it is understood a much bigger extension of the yard is under contemplation. When the present work is finished, what may be called the "Twin Yards" at Smiths Falls will be as large as the largest single yard on the eastern system. The 200 men now at work in the new yard are chiefly foreigners. For their accommodation a string of Italian sleeping cars has been placed along the tracks and in these they live very comfortably. There are about fifty of these moveable boarding houses.—Rideau Record.

Part of the Brutalizing Effect of War.

While the Crimean war was on the elder Chambers of that day published, in the Journal bearing his name, some reminiscences of the Napoleonic wars. One of the incidents mentioned in these reminiscences occurred in London. A couple of officers, on leave from Wellington's Peninsula campaign, were delayed in reaching a theatre by the dilatoriness of their cab driver. As punishment one of the officers promptly ran the offender through with his sword. A somewhat similar incident occurred in Glasgow the other day. A wounded and discharged soldier named O'Hara, angered by the noise of a crowd in rear of his tent, hurled a live bomb into their midst and a man and girl were killed and a dozen injured. There is no "sanctity" of human life in war time.

Children Cry FOR FLETCHER'S CASTORIA

THE LATIN QUARTER.

This Picturesque Outfit Reminds Us of Art Students.

Quaintness itself is this fetching garb, a black velvet jacket over a white satin skirt. The bobbed coat, round collar and huge tie are character-



A SAUCY MODEL.

istic, while the cartridge pockets are particularly interesting. A white Panama hat takes huge black popples applied as crown trimmings.

WINE JELLY.

Directions How to Make This Delicacy For Your Dinner Dessert.

Half pint of lemon juice, one-fourth pint of sherry, one and one-fourth pints of water, one-half pound of cube sugar, one and one-half ounces of gelatin (unless in warm weather; then two ounces), whites and shells of two eggs. Peel the rind of the lemons very thin and put them in a clean saucepan which has been rinsed out with boiled water and not dried. Put in the sugar, gelatin and two-thirds of the liquid and stir gently until all are dissolved. Take the whites and shells of the eggs, the shells slightly crushed, add the rest of the liquid and whip until there is a froth on top. Then mix in with the gelatin and continue whipping until the whole froths well, but be sure to stop beating before it comes to a boil. Let it continue boiling gently for about five minutes, then leave to settle before straining. If you have not got a regular jelly bag strain through a double fold of cheesecloth, but whatever you use be sure to scald it well by pouring boiling water through before putting in the hot jelly. Empty the bowl under the jelly bag, drain well, but do not clog. Ladle the jelly into the cloth very gently, and do not do the straining in a cool place or in a draft, as it must be kept hot. If it is not quite clear at the first straining let it run through a second time.

Get Plenty of Sleep.

There is nothing so fatal to beauty as sleepless nights. Give up tea and coffee entirely. If possible, all mental work must be laid aside for a few hours before going to bed. Do not have any amusement that will excite the nerves. The things that you can do to induce sleep are many. Take plenty of brisk exercise in the open air. Before retiring take a hot foot bath. This will draw the blood away from the brain, which is a necessary condition for sleep. A cold douche on the spine is another method you can give with a bath spray. General baths should be warm. Sleeping rooms should be well ventilated and cool. Do not eat immediately before retiring. A glass of warm milk will overcome insomnia after other suggestions have failed.

Plain Loaf Sponges Cake.

Break the five eggs into a bowl; add one cupful of sugar and a pinch of salt and beat for fifteen minutes. Sift the flour and add to the eggs and sugar, folding in very lightly; do not beat after adding the flour. Line a pan nine inches square, or a brick pan, with paper, pour in the mixture and bake for forty minutes. Flavor to taste.

Delight Cake.

One cupful of sugar, one and one-half cupfuls of flour, one teaspoonful of baking powder, one-quarter teaspoonful of salt, sifted together; one table-spoonful of butter in cup, melt. Break egg in butter, fill up with milk. Flavor. Beat all well. This cake calls for only one egg. Bake in moderate oven.

Embroidered Chiffon.

Chiffon embroidered in self color or contrasting color in large flowers is much used in combination with plain taffeta or crape for afternoon frocks.

TESTING SEEDS SIMPLE MATTER.

Two methods for testing the small seeds, such as timothy, orchard grass, clovers and the like, vary only in the materials used to keep the moisture near the seeds. Sometimes blotting paper is used and at other times cloth. Two plates are taken and a sheet of blotting paper put on each plate. The two papers are moistened quite a little, the counted seed placed upon one paper and the plate with the other paper inverted over the first plate. The plates tend to hold in the moisture, but they should be examined every day until the test is finished for fear the blotters get too dry.—Farm Progress.

SUDAN GRASS IN KANSAS.

Good Results From Trial Plantings in That State.

Sudan grass, the new sorghum that received such widespread notoriety last year, is showing up well again in Kansas this year. The result of the trial plantings in all parts of the state shows that it is a crop that has come to stay.

In the western part of the state, where other tame grasses cannot be grown, Sudan grass can be used successfully. Although the grass is primarily a hay crop, careful tests from the standpoint of a pasture crop have been made by the branch experiment stations at Hays and Dodge City as well as by many farmers, and the results have been found promising.

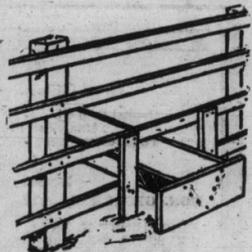
Western Kansas farmers feel that in Sudan grass they have a crop that will add thousands of dollars to their profits every year, since it will afford a hay crop to the upland farmer that will mean as much to him as alfalfa means to the bottom land farmer. The crop has been successfully grown in Shawnee and other eastern counties.

Sudan grass bids fair to replace millets and canes as a hay crop in some sections of Kansas. Experiments have shown that under normal conditions two crops can be depended upon. The yield is larger than millet, being from four to five tons an acre. Furthermore, horses and cattle are fond of it and will leave almost any other kind of roughage for Sudan grass, cleaning up heads, blades and stalks. One farmer said in a letter to the agronomy department of the college in regard to the feeding value of the hay, "It makes good hay that horses and cattle fall in love with at first sight."

Some of the most desirable characteristics of Sudan grass are its drought resistant qualities, its ability to produce on thin land and its quick maturity under ordinary conditions. These qualities, coupled with the seemingly superior palatability, make the crop reasonably sure of a permanent place in Kansas agriculture.

Trough For Pigs.

The feeder can pour slops into this trough without having an earnest and overhanging litter of pigs climbing his bootlegs and spilling the feed from the bucket. It extends possibly a foot on the outside of the pen and makes



feeding easy and simple. The two uprights will be needed to hold the trough in place. That common accident of having part of the slop spilled by the hogs or having them thrust head and shoulders under the stream from the pail will be prevented by this.—Farm Progress.

Where to Plant Orchards.

A year or so ago a young farmer was told to set his orchard on a hill where the trees would not be so likely to suffer from late frosts as they are down in a valley. The cold air settles down into the valley and drives the warm air up, which protects the trees on high ground, while those on the low ground may suffer. The young farmer now says that he notices the buds on the trees down in the valley are the first to swell. That is another reason for keeping fruit trees up on high ground. Trees that are down in a valley, protected from cold winds, are apt to start early, and the buds, being early, are all the more likely to suffer from late frosts. Plant orchards on high, sloping ground where are good air and drainage, and less trouble than otherwise will be experienced with late frosts.

Need Men on Farms.

Employment agents in the cities are besieged with requests from farmers and gardeners for farm workers and milkers at from \$25 to \$30 a month, with board and lodging. For every ten demands made for this class of employees only one man is supplied, and frequently he is inexperienced and unable to perform the duties required. Employment agents are doing their utmost to obtain farm and garden workers by offering highly increased wages, but their appeals are unheeded.

How many hairs? has a Bear?



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on the back cover of which are full particulars of this Zoological contest.

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Cost of Food in Germany and in England.

A neutral press correspondent, who was lately in Berlin, says that in German restaurants a dish of milk, rice and potatoes, or fish hash with sauerkraut, cost 50c. A herring with buttered potatoes costs 62c. A light meal to-day costs twice as much as a full one before the war. A chicken costs \$3.75 as a minimum, a goose \$12.50 to \$15. A very little box of sardines, formerly 12c, now costs 45 cents, and sausage is \$1.50 a pound. Rice is nearly 40 cents a shop. There are no more pastry cook shops and no more confectioners, owing to the scarcity of sugar, flour and milk. Milk is strictly reserved for children and hospital patients.

Even in the United Kingdom, despite the fact that the seas are open to the latter, food prices have reached an altitude undreamed of before the war. The price of bread is 18 cents the quarter loaf. It is expected that bread prices will go higher before the war ends, because Britain has less home-grown wheat than she had last year, and supplies available from Canada and the United States, the principal outside sources drawn upon, are at least 40% less than in 1915.

All kinds of food-stuffs are up in England. The London mail says that beef is up 61 per cent. above its prewar price, bacon 41 per cent., flour 44 per cent., potatoes 91 per cent., sugar 163 per cent., milk, 38 per cent., butter, 24 per cent., and tea 51 per cent. The Westminster Gazette believes that these advances are largely the result of extortion by middlemen. The Government, it says, can buy beef for the army at 6d. per lb., while private consumers pay 8d. or 9d., and wants to know why the Government cannot do the buying for the whole community. Another step towards State Socialism.

DATES OF AUTUMN FAIRS.

- Almonte—Sept. 19, 20 and 21.
- Avonmore—Sept. 20.
- Beachburg—Oct. 4, 5 and 6.
- Carthage—Oct. 4 and 5.
- Cobden—Sept. 26 and 27.
- Delta—Sept. 18, 19 and 20.
- Frankville—Sept. 28 and 29.
- Kemptville—Sept. 23 and 24.
- Kingston—Sept. 26, 27 and 28.
- Lansdowne—Sept. 21 and 22.
- Maberly—Sept. 26 and 27.
- Metcalfe—Sept. 19 and 20.
- Middleville—Oct. 6.
- Pakenham—Sept. 25 and 26.
- Renfrew—Sept. 20, 21 and 22.
- Spencerville—Sept. 26 and 27.
- Williamstown—Sept. 21 and 22.
- Wolfe Island—Sept. 19 and 20.

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