THE HOME THE WORLD

NEWS OF SPECIAL INTEREST

THE MOVIES THE PLAYERS

Here are Related Facts and Fancies Concerning the Activities of Individuals and Organizations, the Home, Fashions and Other Matters.

MILITARY TRAINING.

Let us be sure that we do not poison the hearts of our children with military training.—Mrs. Nellie McClung.

But there is a worse poison than military training (if that be a poison which makes brave soldiers) and that is cowardice. No man who is not willing to risk his life for his country really loves that country.

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God could not be everywhere; therefore He made mothers.

—Hebrew proverb.

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PANTRY SALES.

For the church funds and for patriotic purposes the Ladies' Aid of St. Andrew's church held a pantry sale in Pedersen's Flower Store corner of Princess and Charlotte streets on Saturday. By the afternoon the tables were cleared and the ladies expressed themselves as much pleased with the results. The following ladies were in charge:—Mrs. J. B. Magee, president of the Ladies' Aid;; Mrs. B. Macaulay, Mrs. H. S. Bridges, Mrs. N. G. MacNeil, Mrs. J. B. Travers, Mrs. Trentowsky and Mrs. Law.

* * *

St. David's United Mission Band.

The United Mission Band of St. David's gave a tea and sale Saturday afternoon, the proceeds to go to missions. Miss Millican is president of the Band. There was a home-cooking table, a candy table, and tea served in the inner room of the hall. Mrs. Robert Reid and Mrs. W. McKenzie presided at the tea table, the decorations of which were in red. Mrs. Fred Girvan and Miss Annie Parks were in charge of the tea room assisted by members of the band. The candy table, done with a valentine effect, was looked after by Misses Marion Cruikshank, Elizabeth Morrison and Janie Creighton. At the home-cooking table were Miss E. McDonald, convenor; Misses Henderson, Fraser and Jessie Jamison.

* * *

Stone Church Junior W. A.

A tea and entertainment was given in the St. John's (Stone) church school room on Saturday afternoon by the Junior Women's Auxiliary, of which Mrs. Gordon Sancton is superintendent. Afternoon tea was served, the young members proving capable waitresses. The entertainment was certainly very creditable and the children trained by Mrs. Sancton all did their parts well. "Mother Goose and Her Family on Missionary Work" the play was called. Mrs. Harold Allison played the accompaniments; Mrs. James Manning presided at the tea table; Mrs. R. Downing Patterson and Mrs. George Warwick had charge of the tea, and older members of the Junior W. A. were at the candy table. The proceeds, about $40, will be devoted to the missionary work of the W. A.

* * *

Y. W. P. A.

All members who wish to assist with a smoker to be given for the 257th Railway Construction Corps will please meet at the Soldiers' Club this evening at 7.45.

* * *

FRESH AIR NEEDED IN YOUR BEDROOM

(By Antoinette Donnelly in Chicago Tribune.)

There are any number of people who are willing and anxious to obey the beauty and health doctor's injunction to sleep in fresh air, night or day, hot or cold, freeze or fry, but who find it a chilly proposition on the cold nights when the thermometers get down.

The first word of advice is not to get cold feet on this proposition of fresh air sleeping and then go systematically about avoiding the possibility of cold feet.

You cannot expect to sleep warm in cold weather whether your windows are open or not without first making preparations for it. This requires soft, warm night clothing, that covers the arms and feet; plenty of light, warm covering preferably woollen blankets, which are lighter and warmer than quilts, and a soft, thick bed that lets no air from underneath, and a warm bath robe and slippers that will enable one to get into bed warm.

Many people overlook the importance of realizing that one of the essentials for sleeping comfortably in cold fresh air is going to bed in warm night clothes. If necessary, a night cap and elderdown foot warmers should be worn. The bed should be more than a thin mattress. You can get cold for lack of covering underneath as well as on top. Layers of papers of one or two thicknesses between the springs and the mattress will keep the cold out wonderfully well.

There are electric pads to be procured for the purpose of toasting your toes if you are an outdoor sleeper, but a soapstone heated is an excellent substitute. The larger they are the better because on the size depends the length of time they hold their heat. If these are covered with canton flannel made into bags for the easy removal of the soapstone, the bed slippers may be easily discarded. For the outdoor sleeper, the long stockinged eiderdown pyjamas are the warmest things to wear; or an eiderdown bath robe over a muslin nightie. A head covering warm enough to prevent catching cold is indispensable and sleeping between blankets is almost necessary.

According to the sluggishness of the circulation, the suffering of the fresh air sleeper will be exaggerated. A cold sponge bath in the mornings will not only make fresh air sleeping easier and more delightful, but it will create such a resistance to cold that thinner clothes may be worn and less covering needed at night.

A word about street clothing for winter. Great care should be taken not to overclothe the body during the winter. Overclothing debilitates the skin, producing unconscious perspiration, the evaporation of which exposes the body to chilling and subsequent colds. The skin must be kept warm, but it should be slowly and systematically trained to react to cold—to withstand ordinary drafts if necessary. In this way you may gradually build up a skin reaction which will prevent many attacks of cold and grippe.

On the other hand, when going out of doors during the cold weather do not forget to put on suitable outdoor wraps. Your street wress for winter should be warm enough to prevent a feeling of chilliness and yet be light enough to prevent the wearer from becoming overheated while walking or from feeling a sense of weight of the clothing, which is always a sign of being too warmly clad. For outside coats impregnated woollen materials waterproof, but at the same time porous, are the best, except in heavy rains. A storm coat of some kind should complete the costume for rain or snow.

Open the Windows

Cold or inclement weather is no excuse either day or night for staying indoors or letting abundance of fresh air into your sleeping room if you prefer not to sleep outdoors. Being housed up and the lack of sufficient exercise make one susceptible to the sudden changes for which our climate is so notable.

It is a mistake to try to endure cold weather without wearing sufficient warm clothing. Whenever a feeling of cold or chilliness is experienced it is highly proper to put on an extra garment without delay and it is folly to wait till the body is chilled before taking the trouble to make a change of clothing. The habit of wearing thin clothing all the year round and of going without an overcoat through the winter to display a vigorous constitution is not advisable.

It is true that some persons seem to keep well from such a course, and while the heat producing power may be equal to the extra demand, it is at the expense of the nervous energy of the individual. Children and old people, whose power of producing heat is limited, should be proportionately warmly clad, and the practice of dressing children with the legs exposed is as cruel as it is unhygienic.

* * *

Katherine Dunlap Cather provides both acusement and instruction in the illustrated volume entitled, Boyhood Stories of Famous Men, which she has prepared for young readers. She tells stories based on facts about Titian Chopin, Thorwaldsen, Murillo, Mendelssohn, Claude Lorraine, Stradivarius, Mozart and other famous men, and gives real life to names that for many children have had very little meaning.

* * *

SOME RECIPES.

Brown Soup—Put enough water on the beans in the morning when you are preparing them for baking to make an extra three pints. When the beans are taken out for baking keep a cup to use in the soup. Cook two tablespoons of chopped onion in butter until brown, then add two tablespoons of flour and stir until this is browned also. Stir some of the bean stock into this and stir until smooth, meanwhile have the rest of the stock heating, and press into it through a sieve the boiled beans. Add the onion mixture and cook for fifteen minutes. In a skillet brown two tablespoons of flour, stirring so that it is an even dark brown but not burned. Add to it little by little some of the bean soup, until it is a brown smooth cream, then turn it into the rest of the stock. Have ready two hard boiled eggs cut in rings and a lemon sliced. Put these in the soup tureen and turn the soup over them. Serve crisped bread dice with this soup.

Turkey Salad—Make the same as chicken salad, using the remains of the white meat of the turkey which should be reserved, the curry being made of dark meat. If obtainable celery is the best of course for the salad, failing this use heart leaves of lettuce, or the white hearts of cabbage chopped medium fine and add a teaspoon of celery seed to the mayonnaise.

CHILDREN HATE PILLS, CALOMEL AND CASTOR OIL

If cross, feverish, constipated, give "California Syrup of Figs."

Look back at your childhood days. Remember the "dose" mother insisted on—castor oil, calomel, cathartics. How you hated them, how you fought against taking them.

With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt is well-founded. Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleansing, give only delicious "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach, and that a teaspoonful given today saves a sick child tomorrow.

Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly on each bottle. Beware of counterfeits sold here. See that it is made by "California Fig Syrup Company." Refuse any other kind with contempt.

Suffered With Heart For Ten Years

Would Nearly Smother

"There is nothing that brings with it such fear of impending death as to wake up in the night with that awful sense of smothering. The uncertain and irregular heart action causes the greatest distress of both mind and body.

Milburn's Heart and Nerve Pills are the only remedy that can give prompt relief and effect a complete cure in cases of such severity.

They strengthen and invigorate the heart, so that it beats strong and regular, and tone up the nervous system so that the cause of so much anxiety becomes a thing of the past.

Mrs. M. O. McCready, Wapella, Sask., writes: "I am not much of a believer in medicines, but I feel that it is only right for me to let you know what your wonderful remedy has done for me, and in a very short time, too. I had suffered terribly with my heart for nearly ten years, could scarcely do any work and would nearly smother at times. I had many remedies, some only relieving me for a time. I got a box of Milburn's Heart and Nerve Pills and felt so much better that I kept on using them, and can truthfully say I feel like a new woman.

"I would advise anyone with heart trouble to use them."

Milburn's Heart and Nerve Pills are 50c. or three boxes for $1.25, at all dealers or mailed direct on receipt of price by THE T. MILBURN CO., LIMITED, Toronto, Ont.

Who's Who and What's What in the Picture World and on the Stage---Favorites and What They Say and Do.

OPERA HOUSE.

With capacity audiences for the afternoon and evening of Saturday the Opera House opened under tis new management. A vaudeville bill of great variety with one picture,—the Metro serial of mystery, "The Crimson Stain," is the programme and it certainly met with a fine reception on the opening date.

When I arrived at 2.30 Saturday afternoon I was not able to get a seat downstairs but found one with difficulty in the first balcony.

The "Crimson Stain" marks the return to the screen of that matinee hero and stage idol, Maurice Costello whose year-long illness forced his retirement from the stage. Co-starring with him is Miss Ethel Grandin who is an admirable partner for him in the romance which develops in the story. "The Crimson Stain," itself is a strange red light which shows itself in the eyes of a master murderer after he has committed one of his many crimes. New York has been terrorized by a series of crimes of which this crimson stain is the only clue. Maurice Costello is a reporter on a big paper whose own father is a victim. He determines to discover the criminal. The father of the girl he loves is in the power of Pierre La Rue, the head of the band. A strange drug figures in the story which certainly has plenty of drawing attraction.

Complete new scenery is used for each act of vaudeville, the first scene being the pier of ocean liners and the two performers, Lee and Lawrence, giving a bright dialogue relative to travels, luggage, etc. "Say, she's a peach of a laugher," I heard as a comment on the lady's merriment. It was certainly infectious and the repartee very amusing.

Next came the Great Richards who was in St. John some time ago but whose dancing is very fine. The purple color scheme of the first costumes was effective and the skirt dance gives an opportunity for some wonderful lighting—flowers and lights in irredescent, moire and flame effects appear on the swirling draperies. The butterfly light is particularly lovely.

Fitzgerald and Carrol as hoboes sang some very funny parodies on operatic selections and the modern craze for Hawaiian songs. They were well received and were clever in their line of work (which is a wrong word to use in connection with "hoboes," isn't it?) They introduced in their patter some local hits which took well.

Miss Nora Allan is a brunette who, very charmingly gowned, sings several songs and gives an imitation of Tetrazzini, which is said to be excellent by those who have heard that famous opera singer. The pretty musical number was the favorite on the bill with many people.

"A second Mordkin," was said of Gueran of the team of Gueran and Newell and certainly his dancing was exceedingly graceful. This act is a very good one, both performers displaying much cleverness in the aerial stunts. "A Chinese circus," it is called and the stage is well set, with the acrobats finely costumed. The different styles of dancing the classic and modern "rag" are well executed by both exponents of the art.

J. B. Franklin expressed himself as very well satisfied with his reception. Several floral tokens were received by him with good wishes for success in this new undertaking. W. C. McKay and J. Beaman were both looking pleased at the large audiences.

Sanger Announces Signing of Margaret Anglin

After the mystery which has so long enveloped the plans of the Sanger Picture Plays Corporation and the many conjectures chanced by those on the outside wondering, Eugene B. Sanger, the firm's president, announces that he has signed Margaret Anglin as one of his stars. Other names, equally well known, are promised shortly. This is Miss Anglin's initial entrance into the realm of motion pictures.

* * *

Club Women Run Theatre and Censor Plays

For one week club women of Terre Haute are to be given an opportunity to run a motion picture theatre as they think it should be run, and act as their own censors for the pictures they show.

* * *

There is one "Venus" less in this world than there was a week ago. This particular one came to pose for some scenes in George Beban's next Morosco-Paramount picture. It was a very cold day and when "Venus" was called by director Donald Crisp, she stuck her nose out of her dressing room, gasped, and retreated with a shiver. She refused to appear unless the studio was heated in some manner. That was impossible on such short notice, but Beban conceived the brilliant idea of substituting a small stove for the pedestal on which Venus was to pose. The arrangement was completed without consulting the lady herself and when she stepped on the concealed stove with her unadorned feet, a look of bewildered indignation suffused her lovely features. Then she emitted a shriek and bounded off the pedestal, disappearing into her dressing room with a wail of injured dignity. As a result of the experiment Beban lost his Venus, for she refused to risk encountering any more of the star's ingenious inventions.

* * *

House Peters is acquiring a reputation as a little joker. He asked an extra for a match while waiting for a scene at the Morosco-Paramount studio. The extra, evidently taking Peters for a brother extra, said, "When I first saw you, I thought you were House Peters. He's a darn good actor—ever seen him on the screen?

"Yes, I've seen him on the screen," replied Peters with gravity, "and I don't think he is any better than I am."

The extra regarded the speaker with ill-concealed contempt at this, but grinned broadly at him later in the day, when he discovered to whom he had been talking.

Have You Heard That

Mary Miles Minter, the charming Mutual ingenue, always shampoos her hair in champagne to heighten the golden lights?

Charlie Chaplin uses so many pies in the studio that he never eats them at his meals?

Helen Greene, heroine of the Mutual's newspaper series, "The Perils of Our Girl Reporters," reads eight newspapers every day just to keep in the atmosphere?

Helen Holmes, Mutual's railroad girl, really is very domestic and loves to keep house in a scientific manner?

Edna Purviance, Charlie Chaplin's leading woman, would rather dance than eat?

Edna Goodrich, Mutual's new star, went to school in Chicago?

"Shorty Hamilton" series, just loves to "Sroty Hamilton" series, just loves to tell army yarns, and he has some fine ones if you can only get him started?

George Ovey, Mutual's Cub comedian, is the kindest hearted man that ever lived? He is always adored by every child that comes near him.

Gail Kane, America-Mutual star, is known among her friends as the "night letter girl?" She is always too busy to write letters, but compromises by sending innumerable night letters to her friends and relatives.

Lee D. Maloney suffered a severe injury to his knee in a fall from his horse in one scene in "A Lass of the Lumberlands," Mutual's serial?

William Russell, Mutual star, has been nicknamed "heart-breaker Bill" by his fellow players, because of the hundreds of love letters he receives daily?

ALICE FAIRWEATHER.

HOW TO CURE "SNIFFLES" AND PREVENT CATARRH.

The easiest and pleasantest cure is "Catarrhozone" which fills the nose, throat and lungs with healing balsams and pine essences that kill a cold instantly. You experience a pleasant sensation of relief at once. Soreness, congestion and irritation leave the nose and throat, the head is cleared and every trace of cold or Catarrh is cured. Catarrhozone is so sure, so pleasant, such a safe remedy for winter ills that you can't afford to do without it. Get the dollar outfit, it lasts two months and is guaranteed to cure; smaller sizes 25c. and 50c., sold everywhere.

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhœa. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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—IN—

VITAGRAPH'S BOLD, ALMOST SAVAGE ATTACK ON BUSINESS, HOME AND BANQUET DRINKING

"THE ENEMY"

Written by the Great George Randolph Chester

Can you take a drink and leave it alone?

Do You Serve Punch at Social Affairs?

Does a Banquet Excuse an Occasional "Jag?"

Can You Mix Booze with Your Business?

Would Your Lady Love Serve You Liquor?

Are You Spiritually Stronger than Whiskye?

Should Drinking Interfere With Betrothals?

Is a Woman Right in Spiking Lemonade?

COME AND GET THE ANSWERS

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—Also Another Section of the Swiss Alps

—As Well as the Theve Valley, France

Marguerite Clark on Wednesday

Pauline Frederick on Friday