

# NATIONAL SERVICE FOR THE WOMAN

A Page for the Canadian Woman Who Wants to Help the Empire Win The War

Serve Your Country  
Your Country  
Serves You



Edited by

KATHLEEN  
ELIZABETH  
STEACY

3,000,000 Bushels of  
Wheat Wasted!

30,000,000 bushels of perfectly good Canadian wheat are wasted every year because the housewife insists on buying white bread.

Why? Because it looks nicer than the brown; because she thinks that since it is "refined" it must be better! 3,000,000 bushels of wheat wasted for looks!

3,000,000 bushels of wheat would be saved if the millers stop turning out white flour and, instead, roll out the whole wheat in one uniform flour.

The coarser parts of the wheat berry—the parts that contain the most nourishment and are healthiest—are now used for animal feed—given to the animal that the child may go undernourished or hungry!

The millers will stop this wholesale waste if the housewives ask and insist on having whole wheat bread.

Whole wheat bread for health! Whole wheat bread for wealth! Whole wheat bread for economy! It rests with you.

Fire! Fire! Water!

Sir Clifford Sifton, Chairman of the Commission of Conservation, says, about Canada and Fire:

"As a result of the Conservation Commission's enquiry, we find that Canada has the greatest fire loss per capita of any country in the world from which statistics are available. The per capita loss is constantly increasing. Conditions are growing not better, but worse. Fire losses in Canada during the last fifty years have amounted to \$350,000,000. In the year 1914 the loss had increased to \$21,500,000. In other words, while from 1890 to 1914 our population increased about 67 per cent., our fire loss increased 290 per cent. Fire losses and fire protection combined cost Canada in the year 1914, no less than \$45,000,000 exclusive of losses by forest fires."

At the lowest calculation 50 per cent. of these fires was preventable. The most prolific cause of fire is carelessness and bad house-keeping.

Don't drop matches on the floor and leave them there; some one may step on them. Don't leave matches where a child will get them; the child who plays with matches is an innocent criminal or victim, depending on whether you must turn in an alarm for fire or send for the doctor—whether the child eats the sulphur or ignites it.

Don't look for a gas leak with a lighted match, nor use gasoline where there is a fire or light—one second! and it's too late. Don't leave wood shavings and waste paper near a fire; these are used to light a fire, not left to start a fire. Pull the plug out of an electric iron after using or you'd better turn in a fire alarm. Don't leave the lamp on the table where the baby can pull it down; if you must do that, send for the doctor first.

Water: 365 days in the year, and in Ontario alone there were 367 persons drowned during 1915. How many were drowned in your city, town, or community?

Learn to swim, and have your children taught to swim before venturing on deep water, and don't forget that two inches of water can drown if it be in the right place. Don't rock the boat; a small boat on the water is no place for play.

It is the mark of good citizenship to prevent accidents. Canada needs you and needs your children.

Fire: During the year 1916 the Fire Rangers reported 1,455 fires, of which 343 covered over ten acres each.

The total area burned over was 905,828 acres and the quantity of timber destroyed was 223,908,000 feet board measure, and of smaller sized trees 2,415,921 cords. These totals do not include fires along the Hudson Bay Railway line or fires in the most northern parts of Manitoba, Saskatchewan, and Alberta, in regard to which reports were not received.

Of these, 246 were caused by settlers and 410 by campers and travellers.

"Campers and travellers"—that's you and I! A match or cigar stub thrown away carelessly: a camp fire left to die itself, and the result is the loss of many thousands of dollars in trees that the country cannot spare.

Who gains by this loss? No one.

Who loses by this carelessness? You and I.

## The Empire's Call to Service

To-day, with Conscription a living reality, a vital necessity, the Empire calls to Canadian women to stand, not back of our men with comforts, sympathy, cheer, hope, but shoulder to shoulder with the soldier in the trenches.

Conscription is not of men alone, but of service—service for the nation. The Empire calls for food, woman must produce that food; the country demands that business go on, woman must do that work; the army must have shells, woman must make them; the nation calls for sacrifice and woman must answer with service.

Conscription rounds up the shirkers from among men, and Conscription must round up slackers from among women. There is work for every woman, every girl, to do.

Don't wait to be asked to do this or that; the real live men and women are too busy to go after you. It's up to you to go after the thing you can do well, and see to it that you are a help and not a hindrance. Don't let self stand in your way, rise higher than self or any selfish consideration.

Sink your petty jealousies, your likes and your dislikes, your shrinkings and your inclinations; sink yourself in the Nation's Cause! Don't pass up your opportunity. The call is Empire-wide; the need is world-wide; to-day's opportunity comes but once in history.

Find out what you can do, and do it with all your might, as you would do it if the German were at the gate!

## Have You Bought a War Bond Yet?

The Government gives every one—that means you and me—a chance to "do our bit," and if we do not do "our bit" we are quitters, and how shall we face "the boys" when they come home? The Government issues War Savings Certificates for \$21.50, \$43.00, and \$86.00 each; these mature in three years at \$25.00, \$50.00, and \$100.00; that means that the Government pays interest at the rate of 5 2-5 per cent. The Post Office Savings Bank pays 3 per cent.; banks pay 3 per cent. Make 2 2-5 cents on every dollar by buying War Savings Certificates!

But listen! The country pays this interest and "the country" means you and me. You and I pay this interest every time we buy a postage stamp, every time we pay a War tax on anything, and we pay it without getting anything for it, unless we buy

a War Savings Certificate ourselves! When we buy these we get 2 2-5 cents on each dollar, above the bank interest, and this helps us pay the extra War taxes. At the end of the first year you may have your money back with interest, if you wish. If you cannot save \$21.50 yourself, form a club and make that extra 2 2-5 cents.

The National Service Board are publishing advertisements in newspapers and magazines all through the country showing the necessity of buying National War Savings Certificates and Bonds. Read these carefully and understand for yourself the urgent necessity of loaning your money to the Government. Remember that the Government pays a higher rate of interest than the banks, and that your money is absolutely safe.

## Fire a Shot for Germany!

Waste a slice of bread and fire a shot for Germany!

If every one of the 3,600,000 homes in Canada wastes a slice of bread a day weighing about 1 oz. and containing almost ¾ oz. of flour, we are throwing away 2,600,000 ozs. of flour every day. That means that 162,500 lbs. of flour is wasted a day, and at the present price of flour, we throw away \$12,992 in flour each day.

Counting 4 ½ bushels of wheat to make a barrel of ordinary flour we waste 3,654 bushels of wheat a day. That little slice of bread we waste may be made up of a crust we thought too hard to eat, of a piece left in the bread box, of the crust cut off of our morning's toast, but no matter how we waste it, it amounts to 3,654 bushels of wheat a day!

Allowing 6 lbs. of flour to make 9 lbs. of bread, this amount of flour would make 243,750 loaves of bread of 1 ½ lbs. each!

Read England's message to Canada

through the Director-General of Food Economy:

"Canada can help by avoiding waste and decreasing home consumption. If every one in Canada cuts down the daily consumption of bread by one-quarter, many thousands of tons would be added yearly to the wheat available for export. Those unable to join Canada's army, whose deathless exploits in themselves added a glorious chapter to the history of the civilized world, can all do their bit by increasing production, or decreasing consumption."

We can cut down our consumption of bread by raising vegetables and using them instead.

But we can cut down our waste by saving that crust of bread!

England is making the waste of any kind of food a punishable offence. How many Canadians would be out of jail if waste were punishable here by imprisonment?

Would you?

## The Object of This Page

THE tide of National Service is sweeping the Empire from the centre of its throbbing heart in London to its farthest bounds in the islands of the sea; and we, in this broad and wide, prosperous and resourceful Dominion are not behind in our wish to accomplish, in our desire to "do our bit."

Woman is serving the Empire well—in recruiting, in caring for the soldier, in giving of her best. But in these great works, which are most imperative, others equally important have been neglected.

The Government is now bringing these less imperative, but equally important, subjects before our notice, and we shall, each month, give you practical information on definite ways and means by which you may take your part in the public life of the Nation and "do your bit" in winning the War.

The Government stands back of us with its accurate and reliable information, its pamphlets, publications, statistics—free for the asking—and its demands for your hearty co-operation.

"National Service for Women" will be incorporated in our new department, "Public Life for Women," which begins in the September number. This change has been made advisable since the entrance of women into the Political Life of the Nation.

Address letters of enquiry to "The Editor of Public Life for Women, Editorial Annex EVERYWOMAN'S WORLD, 307 Hamilton Trust Building, Toronto, Canada."

WHAT are you doing to serve your country—you woman with the vote? Every male voter belongs to one party or the other and he votes with his party. And every male voter advises the woman with the vote to "KEEP OUT OF PARTY POLITICS."

Party politics is not National Politics. Get into National Politics and strike at the root of the corruption that hampers alike both the Government and the Opposition. Otherwise you are only lopping off the leaves and the branches. The root of the evil is the Patronage System. Do you know what the Patronage System is? Read Professor Wrong's editorial in the July number.

Study politics. "Canadian Civics," by R. S. Jenkins, M.A., is a good little book with which to begin; it gives a good, ground idea of National and Provincial Affairs; 40 cents, post paid, The Copp, Clark Co., Toronto, or from The Ontario Citizens' Association, 205 Yonge Street, Toronto. Get "The Federation of Canada," by Professor G. M. Wrong, Sir John Willison, Z. A. Lash, K.C., and President Falconer, issued by the University of Toronto, and published by the Oxford University Press; price, 50 cents. Read "The Dawn of a New Patriotism," by John D. Hunt, Clerk of the Executive Council of Alberta, and published by The Macmillan Co., Toronto; price, \$1.00.

Of the older books, Ruskin's "Two Paths," price, 35 cents; Henry George's "Free Trade and Tariffs," price, 40 cents; and Carlyle's "Heroes and Hero Worship," price, \$1.50, may be had from, or ordered through, all booksellers.

Read these books and judge for yourself. Don't take your politics from husband, lover, son. Remember, men have not made a success of governing the country. Man is in party politics; woman must go into National Politics.

The Canadian Problems Club, previously known as the National Problems Club, is for the purpose of studying National Problems, and numbers both men and women. It has, and is forming, branches all over the country. If there is one near you, join at once. If there is not one in your community, city, or town, write to Professor R. M. MacIver, Medical Building, University of Toronto, Toronto. Professor MacIver will be glad to give you all information, with directions for joining or forming a club. The fees are merely nominal.

## Ten Seconds for Safety!

Ten seconds to avoid injury, perhaps death! Stop making cripples—you can't make them whole again. The War is making many cripples, but carelessness has made, and is making, more.

The Workmen's Compensation Board of Ontario deals with accidents that cause a loss in time of one week or more. In 1916 they dealt with 16,192 accidents, all of which happened in 1916, and in addition to this enormous number from 800 to 1,000 cases were left to be adjusted in 1917. A total of about 17,000 for one year. Of these, 256 died and 418 were permanently disabled—nearly 10 per cent. And these are the figures for one province only.

Accidents can be prevented. One think before an accident is worth a million thinks afterward. Don't gamble with life and limb. If you lose a hand or foot, you are not worth so much to yourself or your country as though you were whole.

17,000 drivers of motors and other vehicles were watched at an important crossing. Of these 3,300 ran at reckless speed, and 11,815 did not look in either direction to see if a train were coming—they trusted to luck.

Teach children that "hooking" rides on the back of rigs is dangerous: that walking on the railroad track is against the law and common-sense: that the roadway is not a safe play-ground—horses have a right there, children haven't: to cross roads and streets at the crossings—that's why they are there: to turn down boards that have nails pointing up—it may prevent a case of lock-jaw: to look before crossing a street-car or railroad track—cars run on tracks and cannot dodge you.

Ten seconds for safety or a life-time for regret—WHICH?