

WOMEN CHEERFULLY DOING THEIR "BIT"

Workers at Patriotic Headquarters Optimistic as to Final Result.

REPORTS ARE GOOD

Children Will Be Told by Returned Soldiers Meaning of Campaign.

Any woman in Toronto who is disheartened or indifferent regarding the Patriotic and Red Cross campaign ought to have heard the story related by Hon. T. W. McGarry, provincial treasurer, at the noon meeting yesterday.

The story was that of a young Canadian, who had been in the trenches three times and several times had been wounded, but who set out yesterday the same day as the launching of the campaign—for his fourth term on the line of danger. If a man could go enthusiastically four different times to what might have been his death in the cause of duty, how willingly ought every woman in Toronto to go heart and soul into the campaign that is to help the men who are wounded and those depending upon them? With this incident before her there is not a woman but will surely do her "bit" by joining the 50,000 Club or by giving her best contribution during the campaign.

At the luncheon the happy event of a double birthday was announced, and Mrs. Plumptre, on behalf of the women's committee, presented Sir William Mallock, the chairman, with a birthday bouquet of roses, referring in a short speech to the generous manner in which he had spent his substance and time in the cause. Sir William was able to reciprocate, this being by a happy coincidence the birthday of Mrs. Plumptre, and her associates on the women's committee had a sheet of white roses, which Sir William presented, saying that the white flowers typified the life of the recipient—a life in which she spends so much in the interests of others, her gifts and talents helping so much in the carrying out of the work. The company then joined in singing "For They Are Jolly Good Fellows," followed by enthusiastic cheers.

The S. O. S., of which Lady Hagar is convener, had a cheering message when seen at the close of the noon meeting.

"We've been out at the different district centres and found everyone cheerful," said Lady Hagar. Mrs. H. E. Strath, Mrs. Graham Thompson, vice-presidents of the women's organization, were also most optimistic. Mrs. Church is assisting Mrs. Wiloughby Cummins in making collections in the civic hospitals. When The World called Mrs. Van Koughnet was very busy interviewing Mayor Church on the matter of having the roads which lead to the parliament buildings cleared of snow for the passage of the children's procession on Thursday to the parliament buildings. Inspector Geddes is to be the medium through which this will be done, and the mayor smiled with the feeling that the work of clearing the roads will be done as good as done when he told Mrs. Van Koughnet "Inspector Geddes is a lady's man."

Victory Bonds a Means.

Victory Bonds are a means of helping the campaign and likely to be one of the most popular by which women will assist. It was brought out early yesterday when a woman came into headquarters at 203 Yonge street and proffering a bond, said she did not know when she bought it that she would have the pleasure of giving it to the Patriotic and Red Cross Funds as she was then doing.

The women's committee did not give out detailed statement of returns yesterday, but general reports are good. That there are some who are not responding as they should, was, however, shown when Dr. Margaret Patterson said: "I think you should publish something about the fashionable shirker. There are some women who are as able to give a hundred dollars as others are to give five or one and they won't give a thing. They tell the collectors their husbands are giving. Of course the husband is giving out of his business, but the wives are giving nothing."

"In contrast to this," continued Dr. Patterson, "one of our collectors called upon a woman who was the wife of a soldier who had been killed. She had seven small children and lived in two rooms. When the collector called she said: 'O, I would like to give something,' and she brought out a dollar."

Mrs. Van Koughnet reported that the schools, children and principals, were going enthusiastically into the campaign. To help the inspiration the committee have taken up the idea of asking speakers, preferably returned soldiers, to tell the children of the things for which they are making the sacrifice of their pennies and five-cent pieces.

Mrs. Plumptre had something nice



THAT POPULAR SHADE—GREY.

The big houses know how to keep both grey and brown in all their many shades from becoming common. The long satin or velvet coat, whether as a coat proper or a coat-dress, is most becoming in its straight lines, closed front, high collar and belt or sash. This model is of grey velvet, trimmed with Hudson seal.

to tell about the Toronto Hydro who every afternoon are serving tea to the workers between 3.30 and 4.30 o'clock.

"We had just a delicious tea this afternoon," was the tribute given, and as the Hydro is directly opposite to campaign headquarters, it is likely that many a weary worker will join in praise of the "cup that cheers," and the kind thought that prompted it.

PATRIOTIC WORKER FROM AFAR

Visitor From Fort William Gets Points at Campaign Headquarters How It is Done.

An interested visitor to Toronto yesterday was Mrs. T. H. Piper of Fort William, president of the Fort William Women's Patriotic Society. Mrs. Piper has spent some time in the United States looking over the plans of the American women workers along patriotic lines. Detroit is perhaps the best organized place as yet among the women workers for patriotic efforts. Mrs. Piper found there a great, splendid organization. "It was like beginning all over again," said Mrs. Piper. "To watch the Detroit Red Cross workers. They are just as we were two years ago. Enthusiastic and oh, so helpful!"

It was an opportune time for this interested woman worker from the head of the lakes to visit Toronto. The visit she made to the headquarters of the patriotic campaign greatly impressed Mrs. Piper. She left the rooms her arms full of literature and her mind teeming with ideas of how to run a big "Red Cross patriotic drive." Perhaps the result will be a campaign in Fort William in the near future.

Lady Salisbury Officers.

The annual installation of officers was held by Lady Salisbury Lodge No. 38, L. T. B., last evening in the County Orange Hall, the ceremony being performed by Bro. G. McGill, D.D.G.M. The following officers were installed: Mrs. Sutherland, W.M.; Mrs. Stocker, D.M.; Mrs. Fleisher, chaplain; Mrs. Devall, D. of C.; Miss B. Devall, C; Mrs. Teegen, E. S.; Mrs. Kennedy, F. S.; Mrs. Dawson, treasurer; Mrs. Young, I. T., and Mrs. Carley, O. T. Following the business a supper was held.

SUBSCRIPTIONS AT GAYETY.

Subscriptions were taken up at both performances of the Gayety Theatre yesterday, when the sum of \$400 was collected in aid of the Patriotic and Red Cross campaign, the amount going to the team of L. H. Weldon.

Quick, Painless Way To Remove Hairy Growth

(Helps to Beauty)

Here is a simple, unfailing way to rid the skin of objectionable hairs: With some powdered deodorant and water make enough paste to cover the hairy surface, apply and in about 2 minutes rub off, wash the skin and every trace of hair has vanished. This is quite harmless, but to avoid disappointment be sure to get the deodorant in an original package.

TWO MEATLESS DAYS PROJECTED IN BRITAIN

Lord Rhonda Will Issue Order at Once to Cope With Shortage.

London, Jan. 22.—Lord Rhonda, food controller, is prepared to take drastic measures to deal with the meat shortage. An order will be issued immediately, so it is understood, decreeing two meatless days weekly—Tuesdays and Fridays in London and Wednesdays and Fridays in other parts of the country. This will apply to homes as well as to hotels and restaurants. Even meat left over from the previous day must not be used on meatless days, but saved for the following days. Besides this, there is to be a further big reduction in the meat ration at lowed hotels and restaurants, while butchers will be allowed only 50 per cent of what they had in October. Meat at breakfast will be barred under the new order, no meat being served between 5.30 and 10.30 o'clock in the morning.

Patrons of restaurants will also have to do with less butter, margarine, milk and sugar, articles which are already served, when served at all, in restaurants in the smallest quantities.

JOINT INSTALLATION OF ODDFELLOW LODGES

Fraternity Branches of the I.O.O.F. Enjoy Double Ceremony.

Somewhat of a departure from the usual style of installations among fraternal societies, was the one in Academy Hall, corner Bloor and St. Clarens avenue, Monday evening, when a joint installation of officers took place of Arcadia Rebekah Lodge and the J. B. King Lodge, I.O.O.F.

A bright musical program preceded the first installation ceremony, which was held at Arcadia Lodge. Promptly at the hour the announcement was made that Miss Ada Bell, D.D., president of the lodge, was to be installed. She was escorted to the hall by two of the officers of the newly-elected officers of Arcadia Lodge. The installation ceremony was a beautiful one, and on and enjoyed by all present. Musical selections followed and then entered those Love, G.D.D., and suite to invest with official authority the new officers of J. B. King Lodge, I.O.O.F.

The presentation of a handsome emblematic ring to Miss Bell by her installing set of officers and the gift of two past noble grand's collars to the new officers of J. B. King Lodge, was the occasion for bright and joyous speeches.

O. W. C. A. MOVING OFFICE.

Mrs. W. H. Becker, the general secretary of the Ontario Women's Citizens' Association, was as busy as a bee all day today in the office at 205 Yonge street. "We are moving," she said, "I must be all ready for 6 o'clock." The new office is to be 401 Confederation Life building, where in a few days the general secretary will be all settled and ready to chat to all comers.

SOME CONSOLATION.

The Morning Albertan, Calgary, says: "This is very good weather for this time of the year. An entire season of chinooks would not be good for the health or the crop for next year."

HEALTH TALKS BY WILLIAM BRADY M.D.

Dr. Brady will answer all signed letters pertaining to health. Writers' names are not printed in order of general interest are answered in this column, but all letters will be answered by mail if written in envelopes. Requests for diagnosis or treatment of individual cases cannot be considered. Address Dr. William Brady, in care of this paper.

Lumbago

depend upon such conditions as pneumonia (sagging) of abdominal organs, fissures, hemorrhoids, vertigo, and a general debility. Lumbago, in fact, is a large order of things, but you have got it to locate the cause.

"About five weeks ago," perverberates to cause pain in the lower back, on what we call lumbago. There were other questions in my letter, which you answered, but why don't you obtain an opinion about my lumbago? Is it an obsolete ailment like rheumatism and colds?"

Yes, only more so. Lumbago is a life-long term for an ailment which happens to cause pain in the lower back, and is a region of the back, and it is an infirmity difficult to diagnose. When you think you have lumbago it is probably one of the following conditions, but which one, it takes a careful examination to determine.

Fatigue and defective posture account for the majority of lame backs. Sacro-iliac joint strain or relaxation, in men and in women, is perhaps next in frequency. A test of this trouble is the application of a very firm, wide belt about the pelvis, just below the crest of the hip bones, which gives relief if the lameness or pain is due to sacro-iliac strain.

Hypertrophic arthritis—chronic inflammation of spinal or pelvic joints with thickening and distortion and pressure upon nerves, is a very common cause of lumbago, at least patients come containing of lumbago.

Herpes zoster, commonly known as shingles, not rarely involves lumbar nerves and causes intense pain in the back accompanied by the characteristic eruption of a little crop of blisters on the skin nearby.

Acute infectious arthritis involving spinal joints, instead of joints of the extremities, sometimes accounts for a severe lumbago.

An abscess in one kidney, developing as a complication of previous disease of the genito-urinary tract or of some acute systemic illness, may produce lumbago.

Common kidney trouble (nephritis, Bright's disease) practically never really causes any backache or lameness, the poor kidneys are generally blamed and abused for it.

"Flat feet, or the earlier stage, pronated feet, are quite frequently the cause of a chronic lumbago, and some persistent backaches, with or without stiffness,

QUESTIONS AND ANSWERS.

The Appendicitis Myth.

I have been taking wheat bran every day in varying quantities, with my breakfast cereal, and sometimes in bran gruel. I have noticed a very marked improvement in my bowels, but I am not sure if it is due to the bran or to the fact that I am eating more food.

ANSWER.—It would rather tend to prevent appendicitis. Roughage, seeds, skins and other indigestible parts of the daily food were formerly supposed to cause appendicitis, but the truth is that such articles, by increasing the function of the bowels, really prevent appendicitis.

Perispermic Arthritis.

Can you recommend some safe application to relieve excessive perspiration in the armpits?

ANSWER.—The armpits with a solution of a tablespoonful of standard 40 per cent. formaldehyde solution in six ounces of toilet water. Also use as a powder a mixture of one part salicylic acid with six parts zinc stearate or plain talcum.

Staphylococcus Albis.

A culture taken from an obstinate eruption of pimples on my neck is reported "pure staphylococcus albus." Please explain what that means.

ANSWER.—It is the name of a common type of pus-producing germ.

Please tell me what causes gas around the heart. No matter what I eat or what I take I suffer just the same.

ANSWER.—Overeating is probably the chief cause. Hasty eating, insufficient mastication and washing perfectly proper food down with wine, beer, or other beverages, are also common causes. This complaint is familiar in women with latent gall-stones. It is also common in cases of duodenal ulcer. The "gas" in many instances is air unconsciously swallowed as a nervous habit.

SOCIETY

CONDUCTED BY
MRS. EDMUND PHILLIPS

Lady Spring-Rice arrived in Ottawa on Sunday from Washington, D.C., and is the guest of Her Excellency the Duchess of Devonshire, at Government House. She was accompanied by Mr. Campbell, an attaché of the British embassy at Washington, who will also be a guest at Rideau Hall.

His Honor the Lieut.-Governor, and Lady Hendrie will be present at the concert in Massey Hall of the National Chorus, conductor Dr. Ham, on Thursday evening.

Mrs. Robert Davies received yesterday afternoon for the first time since her marriage, in her house in West Heath street, when she looked very handsome in a frock of Belgian blue crepe met with a nuptial of champagne trimming and gold shoes and stockings, with this she wore a corsage bouquet of orchids and lilies. Mrs. James Woods who received with her was in black chiffon velvet and georgette crepe and a black hat. The artistic living room was crowded with guests. Mrs. Russell Davies, Mrs. Wilfred Davies, Miss Jessie Lummis and Mrs. J. P. Cosgrave.

General and Mrs. Ashton, who arrived in Canada recently from London, have taken an apartment in the Roxborough, Ottawa, for the remainder of the winter.

The Spring-Rice arrived at the Heliconian Club, was particularly lucky in her guests of honor yesterday afternoon, Miss Phyllis Neilson Terry, her husband, Mr. King, and several members of her company. Miss Terry recited and also sang a song, "Arthur Lewis telling some very amusing stories. The very large room of the club was crowded with members and friends. Mrs. King, officiating at the table. The walls have been newly tinted and show off the collection of pictures to great advantage. The room has been removed to another sphere. A few of those present included Lady Hearst, Miss Church, Mrs. R. Y. Eaton, Mrs. Lizars, Mrs. W. S. Hodgson, Mrs. E. J. B. Smith, Mrs. Kenneth Dunstan, Mrs. Frank MacKellar, Mrs. Davis (Newmarket), Miss Marjorie Forsyth, Miss Maud Proctor, Mrs. Dignam, Miss Bertram, Mrs. Frank Everett, Miss Jardine Thompson, Col. Nasmith, C.M.G., Mrs. G. G. Nasmith, Miss Edith Yates and about 200 others.

Mrs. W. S. Hodgson, 205 Russell Hill road, has issued invitations to tea on Friday to meet Miss Phyllis Neilson Terry.

Mr. Wilfred Grenfell, C.M.G., will speak to the Women's Canadian Club on Tuesday afternoon on Labrador and the far north.

Mrs. Gibbs, Philadelphia, is the guest of her daughter, Mrs. Robert Hodgson.

Mr. and Mrs. Harland Smith have moved into town from Oakville for the winter and are at 34 Admiral road.

Mr. and Mrs. C. G. Henshaw left on Sunday night for Field, where they will make a short stay before continuing their journey to the east, en route to England. They also expect to visit Montreal and other eastern cities before sailing.

Lady Falconer has returned home from Clifton.

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daughter of the late Sir Charles Crosthwaite.

Miss Phyllis Neilson-Terry will visit the Margaret Eaton School this morning, the guest of Mrs. G. G. Nasmith. Mr. R. G. Malcolm, M.C., of the Royal Flying Corps, who has been on active service in France and England for the last two years, has been spending a 10-days' leave in Winnipeg with his parents, Mr. and Mrs. John Malcolm. He left on Saturday evening for Toronto, and will go to the Canadian Flying Corps camp at Fort Worth, Texas.

The Hambroes Trio, Mr. Harold Jarvis and Miss Marguerite Fleury are giving the program for the University College, Y. M. C. A. concert this evening.

Mrs. Victor Goad has been in town from Montreal to see her sister, Miss Dorothy Walker, before she left for England.

Mrs. John Robinson, Napanee, is in town for a few days.

Mrs. R. B. Belden and Miss Mildred Belden left yesterday en route to the West Indies.

Mr. Bethune Benson, C. A. S. C., was married in Christ Church, Fitchburg, London, on December 15, to Miss Irene Roberts, only daughter of Mr. and Mrs. Hamilton Roberts, Fitchburg.

Mr. Kenneth A. Ferguson, son of the late L. A. Ferguson and Mrs. Ferguson, Elmwood, Winnipeg, is in Toronto where he will be attached to the Flying Corps.

Mr. and Mrs. T. Russell, Oakmount road, left yesterday for southern California.

SEA WATER FOR BREAD

French Chemists Advocate Its Use to Save Salt and Improve Loaves.

Paris, Jan. 5.—(By mail)—French chemists are advocating the use of sea water in the making of bread. This would not only save the transportation of salt, it is urged, but would add materially to the healthful properties of the bread. Sea water, it is said, contains, besides salt, a valuable percentage of magnesium and calcium. Ocean water is already being used, it is said, in bread making at Cherbourg, and the bread has gained a considerable reputation as a diet in various complaints.

SHERBOURNE HOUSE CLUB CHAPTER.

Sherbourne House Club Chapter, I.O.D.B., met last night when a pleasing program was presented and the members voted the sum of \$400 to the Patriotic and Red Cross fund campaign, the amount to be paid by taking membership in the 50,000 Club.

MRS. HAIG IS DEAD.

London, Jan. 22.—Miss Mary Haig, cousin of Sir Douglas Haig, was known for her work of settlement in Canada of poor people from these islands, is dead.

MENU FOR THURSDAY

Breakfast.
Oatmeal Porridge.
Marmalade.
Tea or Coffee.
Dinner.
Lima Bean Roast.
Baked Potatoes.
Dutch Apple Cake.
Supper.
Cream of Celery Soup.
Brain Bread.
Cottage Cheese.
Cookies.
Tea.
The recipes for Dutch apple cake and Lima bean roast, mentioned above, are as follows:
Lima Bean Roast—
2 cups dried Lima beans.
1 cup peas.
1 cup stale bread crumbs.
1 teaspoon onion juice.
1 teaspoon salt.
Pepper.
Soak beans twelve hours. Cover with water and boil until tender. Press thru a colander. Put peas into a meat grinder. Mix with bean pulp. Add onion juice, salt, pepper and bread crumbs.
Dutch Apple Cake—
2 cups flour.
2 tablespoons baking powder.
1 egg.
3 tablespoons shortening.
2 1/2 cups milk.
1 teaspoon salt.
5 apples.
3 tablespoons sugar.
Sift dry ingredients together; cut in the shortening with a knife, and add gradually the egg well beaten with the milk, mix with a knife. Put on a floured board, roll out as thick as for biscuits, and put in a greased round shallow pan. Pare, core, and quarter the apples; cut the quarters into 2 or 3 slices, lengthwise, and press the sharp edges ranging them in parallel rows. Sprinkle the apples with sugar, and bake till the cake is done and apples soft. Serve with lemon sauce.
(Wheat and meat saving recipes by domestic educe experts on the staff of the food controller's office.)

When frying eggs add one teaspoonful hot water to each egg. Put the water around the egg and you will find they will be more like poached and much easier to digest.

LOCAL WRITER OF MOVIE FILMS.

Those who have aspirations towards scenario writing will find encouragement in the success of a Toronto author who has made good in this line. Miss Rea Lewis Levinsky, a student at the University of Toronto, claims to have arrived at a satisfactory story where she has sold a story for \$1000. Her first story she sold for \$500, a five-reel film.

NEW O. E. S. CHAPTER.

Zenith Chapter, No. 42, O. E. S., will be instituted in the O. C. F. Hall, Bathurst street, Saturday afternoon and evening. The worthy grand patron, E. T. Essery, K.C., of London, will be the instituting officer, assisted by a staff from Unity Chapter. The work of the order will be exemplified by Unity Chapter. This will make the number of chapters of the order in the city 12, with several more in order of formation.

The Safest Matches in the World

Also the Cheapest
are

EDDY'S "SILENT 500'S"

SAFEST because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished.

CHEAPEST because there are more perfect matches to the single box than in any other box on the market.

War time economy and your own good sense will urge the necessity of buying none but **EDDY'S MATCHES.**

THE
E. B. EDDY COMPANY
LIMITED
HULL, CANADA

Announcements

Notices of any character relating to future events, the purpose of which is the raising of money, are inserted in this advertising columns at 25 cents an agent line.

Announcements for churches, societies, clubs or other organizations of future events, where the purpose is not the raising of money, may be inserted in this column at two cents a word, with a minimum of fifty cents for each insertion.

THE ANNUAL MEETING of the Toronto Humane Society will be held at St. George's Hall, Elm street, on Thursday, the 24th day of January, at 8 p.m. The public is cordially invited.

CONTROLLER'S WIFE GIVES GOOD ADVICE

Mrs. Hoover Advises American Women How to Serve Food to Preserve Life.

Women must create a demand for bread, whole wheat and corn bread, until they are put on the menu of hotels and restaurants not only of the United States food manufacturers, but patriotic food savers, according to a statement by Mrs. Hoover, wife of the United States food controller. She feels that many people will acquire the habit of eating coarse grained breads if they have the opportunity of ordering them on six days of the week instead of one.

Other advice of Mrs. Hoover to American women is to stir the imagination of servants and people before whom they are demonstrating food. Appreciate that their saving food actually conserves it for starving people. "There is some individual who is unknowingly dependent upon you for life," she says. "It may be a soldier in the trenches, it may be a little child, it may be a peasant woman, who will not have anything to eat next spring if you do not think of them now."

MOCK MINCE PIE.

Mix together one cup of bread crumbs, one cup of sugar, 1/4 cup of molasses, 2-3 cups of vinegar, 2-3 cups of water, one cup of chopped raisins, 1/4 cup of butter, two teaspoons of cinnamon, 1/2 teaspoon of cloves and nutmeg. Bake in a greased pan for one hour, stir until the boiling point is reached and bake with two crusts.

When frying eggs add one teaspoonful hot water to each egg. Put the water around the egg and you will find they will be more like poached and much easier to digest.

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