

SAFETY FIRST—

The man who supplies himself with a good pair of Waterproof Boots takes the first step to safety from colds and other ills caused by damp and cold feet.

The same applies to ladies and children; we have a variety of styles made by the best manufacturers, that wear well—look well, and are well worth the price asked.

Motto—VALUE
WATERBURY & RISING, LIMITED
RELIABLE FOOTWEAR
KING ST. UNION ST. MAIN ST.

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A Clean, Free Burning, Carefully Prepared Hard Coal.

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MEALS FOR WORKERS.

(Toronto Star.)
The disappearance of the dinner pail is the theme of an article by Mary Alden Hopkins, in the New York Independent. The dinner pail, with its place for pie and hard-boiled eggs and its reservoir for cold tea or coffee, topped by an inverted tin dipper, was once the distinguishing mark of the workman. "Dad's dinner pail" was a popular song. Now it is giving place to the factory lunch room. Big corporations find that it pays to provide workers with a hot meal. Paid is energy. The adjustment of the workmen to the lunch room also allows the workshops to be ventilated. In 1915 Lloyd George, as minister of munitions, appointed a committee to consider matters of industrial fatigue, hours of labor, and other matters affecting the health and efficiency of workers in munition factories. The committee advised every munitions manufacturer to serve a hot dinner at cost. The movement ought to make headway in Canada. In these days of dear food, it is an advantage to have food bought and prepared in large quantities by experts. The workman is usually the largest consumer of food in the family, and the elimination of the mid-day meal

for him will make an appreciable difference in the family food bill. The movement is important for women workers in factories and stores. These workers, having very little money to spare, are inclined to skip on meals. They should be encouraged to eat a substantial, nutritious meal at noon. Incidentally they might pick up some new ideas on cooking, and thus improve the meals eaten at home.

Glass and Explosions.

According to a correspondent of the London Daily News, glass broken by the concussion of a Zeppelin bomb is broken not by being forced away, but by being sucked towards the explosion, by air rushing to fill the vacuum caused. In a house in a London suburb a bomb had dug a deep pit in the front garden. Every window on the opposite side of the road was shattered, but a photographer's advertisement case on the pavement, twenty yards nearer the bomb pit, was intact. The explanation is, I presume, that the case of photographs was airtight, and that as it was only an inch or so deep there was no air behind to be sucked. A fence of wood palings half-way between the scene of the explosion and the case had fallen flat towards the pit.

JEWELRY—DIAMONDS—SILVERWARE—GUT GLASS

In these our assortment is exceptionally large and complete, expressing the most recent and favored of Fashion's desires.

ALSO

We offer you an extensive range of Watches for ladies and gentlemen, boys and girls, including the latest effects in Bracelet and in Military Wrist Watches.

ALWAYS GLAD TO HAVE YOU CALL.

41 KING STREET

FERGUSON & PAGE, - Diamond Importers and Jewelers

Get Some Pleasure Into Ironing Days

You can save yourself many a step, and avoid bending over a hot coal range, besides reducing your fuel bills, if you will use

Iron When
You Like—
Where You
Like—With
Less Labor
—Cheaper

Canadian Beauty
ELECTRIC IRONS

which give you greatest efficiency with minimum current consumption, are nicely balanced, beautifully finished, and can be attached to any electric light socket.

Prices \$4.00 to \$4.50 Each

See Our Market Square Window

Market Square W. H. THORNE & CO., LTD. King Street
USE ARGENTAL SILVER POLISH

HUNDREDS OF TORONTO
WOMEN OPEN ACCOUNTS

Bankers Declare That Wave of Economy is Sweeping Toronto—Women With Relatives Overseas are Saving for Rainy Days

Toronto, Jan. 9.—If the war has not done anything else it has taught the women of Toronto how to save. It is estimated that at the present time 10,000 women in Toronto have bank accounts that until a year ago didn't know the difference between a check book and a savings book. There are approximately 800 banks, counting the head offices and various branches and few indeed are there that report a falling off in custom, while in the majority of cases it is reported that from 10 to 15 women are opening accounts every day.

Just what has caused this evidence of economy on the part of Toronto women is problematical. It is true that in no particular case have the banks been surprised with any large deposits, but they are receiving weekly a steady stream of three, five, eight and ten dollar deposits. It is estimated that in Toronto there are from 1,500 to 2,000 women engaged in the manufacture of munitions. These are paid an exceptionally good wage and the majority of them are making at least one-third as much as they earned at their former employment. Some bank managers believe that it is the increased revenue that has been responsible for the spirit of economy displayed. Others disagree, maintaining that the more money women make the more money will they spend.

Everyone seems to agree, however, upon one point: the women whose hands and sons are overseas, warned what to expect by the sight of many married heroes who have done their bit, are saving up something for a rainy day; preparing a pleasant surprise for father or son who may be in need of cheering news when he returns from overseas. The number of checks issued from the war office at Ottawa that forms the major part of many deposits bears out this theory.

There are, in round figures, 30,000 Toronto women now drawing separation allowances from the government. Allowing that only one-third of the number show an inclination to thrift and open a bank account, it has been calculated that a saving of \$8,000,000 a year is being put aside by these women. Then allowing that 1,000 of the 30,000 women engaged in munitions plants save \$15 a month, a total of \$18,000 a year is reached, making a grand total of \$18,000,000.

Various managers of the savings departments of downtown banks point out that it is not only the soldiers' de-

pendents and the women engaged in munition work that are saving money. Fashionably dressed women who formerly left the paying of household bills to disinterested husbands are now managing the family exchequer themselves. Many of the deposits that are made are from a husband's account to his wife's, and are made regularly once a week or once a month.

In 75 per cent. of the cases the money checked out goes to the butcher and baker and others who provide necessities of life. Less money is being spent today by everybody on clothing, and particularly noticeable is the fact that women are not spending so much on dress as in former years. Any theatre manager will declare that his matinees have fallen off surprisingly, while on every hand there seems to be a desire to conserve resources that was not particularly noticeable in other years. Of course the larger downtown banks are doing most of the business and are finding it difficult to classify the different female depositors.

"Six months ago," said the manager of a savings department in a bank not far from King and Yonge streets, "I noticed that we had added over 400 women depositors to our books within a period of four months. For a few weeks I kept track of the various application blanks filled in by women when opening an account. I found that the depositors described themselves as 'housewives,' while the remainder were made up of stenographers, bookkeepers, and office assistants. Many simply filled in the space reserved for occupation with 'business.' Perhaps they were munition workers, saleswomen or engaged in some line of work they did not care to describe. Maybe they inferred that their occupation was their 'business' and not that of the bank. At any rate it shows just what class of woman is going in for economy."

One bank that has almost thirty branches in Toronto reports that more new accounts are being opened in the outside branches than there are downtown. During the month of December of last year, and two weeks of November, over 300 new customers were placed on the bank's books. The branch is located in the centre of a manufacturing district, and averages from 10 to 12 new customers every week. A little over a year ago it was considered advisable to close this branch owing to lack of business, but today it compares favorably with any of the other branches irrespective of their locations.

WOMEN ORGANIZE TO
INSIST ON THRIFT

Committee Meeting in Toronto—
Expensive Clothes and Shoes,
Candy, Jewelry and Foods
Frowned Upon

(Toronto Star.)
"Save, Serve and Sacrifice" will be the motto of the General Committee of the war-time thrift campaign, who held their first meeting in Central Y. M. C. A. today, for the purpose of arranging a crusade throughout the city for elimination of all waste in the home and in discouraging the use of all extravagance in the war time. Mrs. H. H. Looserme, as convener, was in the chair.

"Thrift can be the saving grace of every woman must help, and her service must be enlisted to make this campaign a success," said she. "Those who are not willing to deprive themselves of luxuries during war-time are not worthy to live in such country."

"Thrift and conservation must be the slogan of every man, woman, and child. It must be embraced by all the classes, wealthy and poor alike, who are ready to stand deprivation for the men at the front. We must endeavor to arouse such enthusiasm that the citizens will be eager to carry it on even after the war, and thus help Canada recuperate from the strain of war. Money in circulation is not money well spent and all must be encouraged to save."

To Form a Thrift Centre.

It was decided that the large general committee of some seventy odd members should be divided into sub-committees to take charge of different branches of the campaign.

The idea of thrift centres, where de-

monstrations could be made in making cheap and nourishing dishes was again discussed, and it was suggested asking the city health officer to co-operate by giving a grant to establish these centres in place of the mother craft classes which have been so successful. This branch of work would deal with labor-saving devices and the general scientific management of the household. Another committee would advocate meatless days, simplicity in furnishing, and the elimination of all extravagance in the home—banning the purchase of jewelry, expensive boots and gaiters, fashionable dresses, buying of only necessities.

Classes for thrift for children were to be inaugurated in the schools where they will be taught to raise chickens, take the care and inspection of school children, and also to discourage expensive children's parties.

To Utilize Back Yards.
The utilization of all back yards was another question brought up, and it was suggested that a committee take charge of the distribution of seed catalogues and encourage the citizens to get their plans into the rural districts.

The establishment of markets in other parts of the city, the publication of pamphlets on thrift, and a committee of savings were planned to demonstrate the great need of saving for war loans. It was suggested that a canvass should be made of all munition factories and workers encouraged to open up bank accounts.

The question of securing films on thrift, to be shown at the moving picture houses, was also to be dealt with.

AS TO A SCHOOL NURSE

(Amherst News)

Last year the school board adopted an economical policy and dispensed with the use of a school nurse; this was regretted by the backward step in school matters. Doctors MacDougall, Mc-

STORES OPEN
9 A.M.
CLOSE AT
6 P.M.

MANCHESTER
ROBERTSON
ALLISON
LIMITED

KING ST.
GERMAIN ST.
AND
MARKET
SQUARE

Special Shirts

FOR COLD WEATHER

These Designs Are All Made With Heavier Fronts, Giving Extra Warmth Where Protection is Needed Most.

The New Cordulay Shirt

Not a Pleated Front—Nor Starched Boston, But a New Corded Effect, Comfortable and Dressy.

NOVEL PATTERNS

NEW CLOTHS

Soft or Stiff Collars. \$2.50 each

Also the Semi-Bosom Shirt—A short starched bosom, just long enough to give sufficient protection and as much freedom as an All Soft Shirt.

NEAT PATTERNS AND GOOD CLOTHS

Stiff Collars Attached. \$1.25 and \$1.75

MEN'S FURNISHINGS DEPT.



Extra Value Received is the Secrets of the Growing Popularity of

The Tweed Business Suit

Besides being fashionably correct, the extra service Tweeds give, without impairing their appearance in any way, has made them the Business Man's Favorite. New and correct models, including some smart designs for young men. Browns, greys and mixed tweed effects, in checks, stripes and overalls.

Our Standard 3-Button Models in a large variety of patterns,

\$12.00 \$13.50 \$15.00

MEN'S CLOTHING DEPARTMENT

Manchester Robertson Allison, Limited

Snider's Baked Beans, Tomato Catsup, and Soups
JUST RECEIVED!

Snider's Pure Tomato Catsup, large bottle.	35c.
Snider's Pure Tomato Catsup, medium bottle.	25c.
Snider's Pure Tomato Catsup, small size tin.	15c.
Snider's Cream Tomato Soup, large size tin.	20c.
Snider's Cream Tomato Soup, small size tin.	10c.
Snider's Pork and Beans, small tin.	10c.
Snider's Pork and Beans, large tin.	15c.

These Goods Are All New and of the Finest Quality.

The PHILPS STORES - DOUGLAS AVE. AND MAIN - Phone 886

Queen, Arard, Boudreau, Goodwin and other active physicians in our town had endorsed the policy of a nurse for the Amherst school, and a committee of doctors had given much time free of charge to make the work of a school nurse a success in Amherst.

W. R. Campbell, inspector of schools in Colchester county, says that it was Amherst's lead that suggested a nurse for the school in Truro and seeing the good effects in Truro he hastened to carry the work throughout the county into the rural districts. The report of Inspector Campbell with regard to the work in the rural districts of Colchester was so interesting that we give it in our columns in full; it reads as follows:

"The Town of Truro and the municipality of Colchester have for some years jointly supported a county nurse under the direction of the Truro Victorian Order of Nurses, whose duties consist of the care and inspection of school children. This nurse is required to visit all schools, make an individual inspection of each child, and keep a record of each child examined. In cases requiring treatment a report is sent to the parent, and the nurse, as far as possible, follows up the case in the home. The question of getting the nurse into the county districts was the problem that the order found hardest to deal with, but the excellent work done by the municipal councilors largely solved the difficulty. The Victorian order and the municipality jointly meet the expense of transportation to the nearest railway or coach station. After that the trustees of the different sections visited bear the expense of getting the nurse into the different schools. In almost every district, however, the councillor for the district arranged to put the nurse into the different schools in his district without any charge on the section, thus effecting a saving of time and doing the work at the minimum of expense. When in the county the nurse is expected to help in cases of sickness, and may stay one, two or even three days at a time where the need is urgent.

"The work of the nurse has proved most satisfactory. Some 4,000 or 5,000 children are examined physically each year, and cases requiring special treatment are looked after. After having the system thoroughly tried out in Colchester, I can speak with the greatest confidence of the excellent work which our nurse is doing for our school children. No progressive body of trustees can afford to neglect the physical condition of the children under their care."

We understand that the Lord Amherst Chapter I. O. O. E. has taken this matter up and will assist in maintaining an efficient nurse in the Amherst schools and no doubt the new board will look into this matter more closely than last year and co-operate with the Daughters of the Empire in securing an efficient and faithful nurse who will visit the homes as well as the schools, in town to ascertain the cause of the diseases and prevent their spread. Mr. Lawson is to be commended on his work of gathering data in connection with a school-nurse in the community.

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Wheaton, Henry Girouard and Charles McDonald, Butouche, James Wilson, St. John.

Fire in Depot.

A slight fire broke out in the discharge depot, Bank of Montreal building, foot of King street, about three o'clock this morning. The blaze was snuffed in the bud and practically no damage was done. It originated in a little room used for keeping ashes and garbage.

To Serve Without Pay.

Capt. Rupert Guinness and the naval recruiting committee, a few weeks ago, went carefully into the need of a man for provincial secretary for this work. The appointment carries with it a salary of \$150 per month. The committee selected Captain A. J. Mulcahy. When the proposition was made to him Capt. Mulcahy expressed his desire to do anything in his power along these lines, but declined a position carrying with it a salary. He has decided, however, to act as provincial secretary, carrying on the work of a permanent officer, but without pay. It is very unlikely that a permanent man will be appointed.

Frank W. Oakley, clerk of the Federal Court in Madison, Wis., has a newspaper printed on wall paper at Yickburg, Miss., July 4, 1863, the day the city capitulated to Gen. Grant. The citizens were near starvation and lived in caves for the latter part of the siege, but on July when part of the paper was printed, the tone of it was still Edward Porteus, Power's Creek; George defant.

Children Had Eczema
Doctors Failed to Cure

Two Letters Which Prove the Efficiency of Dr. Chase's Ointment as a Cure for Eczema.

Fortunate are the mothers who know the virtue of Dr. Chase's Ointment, for there is no treatment so suitable for use after the bath to relieve irritation and chafing and to thereby prevent eczema and similar skin diseases.

Mrs. George McNair, River Charles, N. B., writes: "We use Dr. Chase's Ointment in our home, and would not wish for anything better for cuts, burns and bruises. A few years ago a friend of mine, whose baby was terribly afflicted with eczema had three o'clock this morning. The blaze was snuffed in the bud and practically no damage was done. It originated in a little room used for keeping ashes and garbage.

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