

FLICKER DUMPLIES ARE NOT NEEDED TO MAKE GOOD NURSES

So Says Mrs. Higbee, Chief of the Navy Nurse Corps—Must Know How to Handle Surgical Cases, "Mother" Kiddies and Possess Inexhaustible Patience But "Movie Queen" Beauty Is Not Essential.

The romantic young girl, untrained but thrilled with the desire for government hospital service, has learned that smiles and a sweet disposition alone are not so necessary to the conservation of the lives of "our boys" as a sound knowledge of anatomy, the ability to recognize symptoms and an understanding of dietetics, according to Mrs. L. S. Higbee, Chief of the Navy Nurse Corps at Washington, D. C.

"A girl may have flickering dimples in her cheeks and the features of a movie queen; she may be able to fluff up a pillow or write home to a man's family; but she must also know how to dress his wounds, causing the minimum of pain, and must know how to move a fractured limb without wincing the newly set bones apart," says Mrs. Higbee.

"It is common knowledge today that the regulations for the appointment or enrollment of reserve nurses in the navy have been considerably relaxed to meet the emergency demand for thousands of nurses. Only graduates of high schools and training schools attached to hospitals numbering more than one hundred beds are eligible for the regular Navy Nurse Corps. The bars have been let down enough to admit graduates of smaller institutions and the educational restriction has been removed for the reserves, but registration is retained in the requirements."

Her Work Limitless.

"One might consider that the invalid sailor is the sole responsibility of the member of the Navy Nurse Corps. No, indeed. Her work is limitless. She must be prepared to 'mother' the little native urchins on the tropical islands of the Pacific Ocean and also to 'mother' the parents, who are nothing more than children of large estates. She must be a trained executive, able to instruct the sailors assigned to the Navy Hospital Corps. Inexhaustible patience and tact are the problems of a nurse. The navy nurse co-operates with the physicians in transforming the sailor boy into a hospital attendant. Through her capable fingers may be finished the task which the new student bungles, she must stand by with only kindly suggestion."

"Wherever the United States flag flies through the medium of the navy, the navy nurse must establish herself. Her relation to the community is that of a social service worker. In times of peace or temporary epidemic she organizes a training school for native girls. In times of war there is such a school, which enrolls pupils recommended by the

English missions. These active nurses, trained in American ways, are sent to the sickling throughout the island. Every six months they are required to return to the hospital and remain for half a year, lest by association they become contaminated and become a danger to the public health. They are sent back with their own people, forgetting the dictates of the physicians and the advice on sanitation."

The first native women's club in the Philippines was established by a Navy Corps nurse more than two years ago. It has become an educational and social center. The club opened classes in Cebu, employing native nurses to assist the physician. The nurse must be a baby welfare expert. She usually plays a very important part in the delivery of the child by acting as midwife. Hospital exhibits in a tent, competing with the interests of the sailors and bachelors. Native nurses alternate in explaining to the public modern methods of fighting germs.

Because of this high standard required of the navy nurse one member of the staff of the United States Naval Hospital in Guam is assigned to the faculty of the local normal school. There she teaches the principles of public health. In the personal letters received from the nurses by their chief, Mrs. L. S. Higbee, anecdotes creep in between the official statistics. One nurse with a rare sense of the ridiculous has written of the usual night duty in the children's ward in Guam. Many of the natives have never seen a bed. They sleep on hard mats laid upon the bare floor. Some of these natives have a superstitious fear of what may happen to their children within the walls of the hospital. Because of this fear and the attention of the nurses, the mothers are allowed to remain with their babies during the night.

The babies show a wonderful preference for the little white animal crib, but the mothers hold firmly to their belief in the bare floor. It is no uncommon occurrence for the native mother to take advantage of the momentary absence of the nurse to snatch her baby from the comfort of a mattress and down pillow to lay the poor youngster on the bare floor. Some children have the record of being whipped in and out of their beds a dozen times during a single night. One word of tactful criticism and the native mother would take her child away, so the performance must be good naturally tolerated until she understands what she considers the peculiarity of hospital customs.

This same hospital for the civilian was dedicated with a vaudeville performance. This delighted the natives who attended and inspired an interest in the new institution which was great as the announcement of wonderful cures.

Soon two navy nurses will be sent to Haiti for a period of three years. In addition to the ordinary qualifications these girls must have a knowledge of French. It must be a practical knowledge and not only the "how do you do" and "goodbye" of the short cut book. They must be able to explain the mysteries of simple bacteriology and the processes of sterilization to a group of nuns who speak only French. The training school is to be established for these good women, who will in turn make it a permanent affair for the education of native girls.

Since the declaration of war the Navy Nurse Corps, which had 165 members has grown to number 983, and is still growing.

At present the Red Cross nurse either may adopt the uniform of the Navy Nurse Corps or she may retain the Red Cross gown upon her white cap and the official Red Cross pin. The emblem of the Navy Nurse Corps is very attractive. Within a wreath of gold leaves a golden anchor lies across a background of vivid blue. Superimposed upon this anchor is a white oak leaf and acorn insignia of the Medical Corps. On duty in the hospital the Navy Nurse wears the snowy white uniform and cap. For service wear in foreign countries she now wears a navy blue Norfolk suit with kitchen pockets, tan gloves and boots and a blue sailor hat. A navy blue cap which bears in front and is lined with scarlet flannel, is used for extra warmth.

In European service the duties of the army nurse and the navy nurse are practically identical. There is a protest on the part of the new applicant to this branch of the service frequently that she "can't swim." The navy nurse has no more knowledge of aquatic than the army nurse. Invalid sailors are not yet housed in hospital ships, although they can be called for such duty in the event they are needed.

As Mrs. Higbee in her office, high up on the green banks of the Potomac, gave out the facts concerning the Navy Nurse Corps she fingered an official looking letter. It was from a commanding officer in a far off tropical island. He asked that a navy nurse be sent to him at once to work among the lepers. The nurse who goes will be inspired with the seal of human service, for she must be a volunteer. She must go from deliberate choice. She knows when she goes that she is to accept isolation and to face a menace to herself. Her bravery is of the same stuff as that of the man who volunteers to scout alone in No Man's Land. When asked if she anticipates any difficulty in getting such a volunteer the chief shook her head. Such is her faith in the women of the Navy Nurse Corps.

MAGAZINE POETRY.
The Poetry in the magazine is occult, mystical, obscure. Something, perhaps, the reader glances. But he can never be quite sure. With many words the poet plays about a transcendental thought. And puts the reader in a daze. His comprehension simply thought.

The poetry in the magazine is not meant to be understood. It's mainly meant for "in-betweens." And if it is the case, it's good. The editor has stuff outlandish—Some pretty good, some bad, some worse.
The printer says: "I need eight lines." And wishes he gets a piece of verse!
—Somerville Journal.

CAPABLE WOMEN

Mount Dora, in Florida, has a female down cellar.

Detroit has twenty-five women mail carriers.

England has nearly one million female clerks.

Women in France are prohibited from buying tobacco.

Former Empress Eugenie is now past ninety-two years of age.

The railways of Japan are largely operated by women.

A department for the maintenance and housing of women workers in munition plants has been created in the War Department, and is directed by Miss Mary van Kleeck.

Miss Agnes Nestor, head of the International Glove Makers' Union, began her life as a glove maker. She is now directing the women who take the places of men in industry.

Miss Gertrude Elliott (Lady Forbes Robertson) is joining the ranks of actor managers by buying St. James's Theatre, which will open with "The Boy of Youth."

Women war workers have proven successful in every occupation except as street car conductors in Berlin, it being claimed that they are extremely insulting to passengers.

Sent out by Miss Lena Ashwell's "Concerts at the Front" organization to Egypt in September 1916, a party has been entertaining the troops ever since, and is now in Palestine. The soprano and the violinist have got married.

New York city has more than 4,000 women barbers and hair dressers.

Female school teachers of Tulare county, California have entered a Kansas City now has conductresses on its trolley cars.

In some parts of West Virginia women are employed as coal miners.

Women in England have entered almost every trade except carpentry.

Giving evidence in the Price Court in England, a lady informed the President French Women's Seagull Club, Danish, Spanish and Italian, in addition to English. She had been educated in England.

A woman has been appointed pilot of the air mail service between Paris and London. She is Mme. Decorne, noted in peace times as a member of the French Women's Seagull Club.

While France boasts many women fliers, Mme. Decorne will be the first to enter the flying service of her country since the beginning of the war.

HINTS FOR THE HOUSEWIFE

To save coal in winter burn your tins in the furnace. Two or three cans burned each day will aid in keeping soot out of the flue.

Reduce the gas bill by using a little care in lighting the gas. Hold the lighter match to the burner, then very slowly turn on the gas. If gas is turned on full force before applying the match a slight explosion ensues, which affects the meter and sends gas forward rapidly.

In an emergency a much needed ice bag was made at home by placing cracked ice in a rubber bathing cap and fastening it snugly with rubber bands around a cork.

Pin a towel to your belt when you bake or cook. It saves many steps. Bread will rise quicker and lighter by warming a thick cushion and slipping it under the pan.

Keep melted meat fats in a small pitcher with an inch wide brush to grease cake and bread tins. It saves the time stopping to wash the hands after greasing the tins with a paper.

A red bandanna handkerchief makes the finest dust cloth for the house or highly finished furniture, as it will not leave a lint that shows.

An old piece of garden hose may serve as a carpet beater. While stout enough to dislodge the dirt, flexibility prevents the wear and tear given by the ordinary stick or beater.

When making blue water on washing day, add to it a bit of soda dissolved in hot water; this will prevent the blue from making stain marks on the clothes.

WITH THE CROCHET HOOK

The woman who is bored by the oft-recurring occupation of stocking darning, yet who likes to crochet, can combine duty with pleasure by crocheting stocking rents instead of painstakingly weaving a darning needle in and out, in and out, across gaping holes.

Use a fine crochet hook and soft split worsted. Go all around the rent first and then with a single crochet stitch work inward to the centre of the hole, filling in the aperture with the crocheted stitches.

This is practicable only when the hole is a large one, in the heel or instep of a stocking, but it is a quick method of mending badly worn hose.

Crochet hook and cotton may be employed to mend the tops of union suits when the ribbon beading has given out.

This beading is usually the first thing to go in women's vests and union garments because of the constant tugging and twisting of the ribbon and the strain on the beading in getting the garment on and off.

When the stitches have begun to give way so that the ribbon will not hold, merely clip away all the ravelled ends and the unbroken beading that remains, and then with a single crochet stitch make a new ribbon beading in a loose double or triple crochet stitch.

By means of two spelling errors, an eight-year-old schoolboy has recently indicated a new phase in the character of a deservedly unpopular monarch.

He wrote, "William Rufus had a new forest 'maid.' If anybody was found looking at his 'dear,' Rufus had his eyes put out."

Ladies! Keep a tiny bottle on the dresser and never let a corn or callus ache twice.

WHY CONSERVATION OF SUGAR IS A PRESSING NECESSITY

International Sugar Commission Knows What Supply Is Available and Has Estimated Normal Demand Which Is Greatly in Excess of Commodity Available—Facts and Figures By Canada's Wideawake Food Board.

(By S. H. Howard.)

Conservation of sugar has been one of the most urgent concerns of the Canada Food Board. Circumstances have conspired to considerably alter the situation as regards sugar, from that which obtained earlier in the year. Allied countries are reduced to a very low scale of sugar consumption. This scale may be compared by noting the figures of normal Canadian consumption, which runs at about 90 pounds per annum or about 1.4 lbs. per week per head of population. In the United Kingdom the weekly rate of sugar is now 8 ounces per head of population, or at the rate of 26 pounds per year; in France 4.10 ounces weekly, or about 13.5 pounds per year, and in Italy still less, having lately been reduced to 2.14 ounces or under 7.13 pounds per year. Under the circumstances which have lately arisen, the Canada Food Board has issued an urgent request that Canadians reduce their daily allowance of sugar for personal use to 1.14 pounds per month per person.

The reasons for the necessity for greater conservation of sugar in Canada are not one but several. The sugar supplies for the Allied countries, including Canada, are controlled by the International Sugar Commission with headquarters at New York. Early in the year, after a survey of the available sources of supply, it was expected that with the maturity of the Cuban crop little or no reduction in the allotment of sugar to the Allied countries would be necessary. The great difficulty at that time was caused by lack of sufficient ships to transport sugar. The movement of American troops across the Atlantic and their supplies, in addition to the regular war-time traffic between this continent and Europe had caused a great pressure on every available ship space. Great Britain, had, to a great extent, before the war, relied upon the raw sugar supplied by Java and upon beet sugar from European countries. Both these sources of supply were cut off by the war. In the case of the Java sugar, submarine activities of the enemy caused a loss of practically all of last year's crop that was shipped. Great Britain was, therefore, forced to rely on a share of this season's Cuban crop. The Cuban crop, however, has not borne out the first estimates, and the hopes that were placed upon it. The International Sugar Commission have lately reviewed the situation and have found that the balance of the crop on hand and the requirements of the Allies. This survey shows that a reduction will be necessary of some 10 per cent. household consumption from normal which, however, will leave us with a much higher allowance than the average ration imposed upon the populations of Allied countries in Europe.

Added to the complications which make conservation of sugar imperative must be listed the disappointing beet sugar crop in the United States and a reduced yield from the sugar plantations of Louisiana which ordinarily supplement the raw sugar the United States imports from the West Indies. There has been a further demand from Europe, caused by a loss of sugar beets in the acreage devoted to sugar beets, the Germans on their last offensive. The destruction of many sugar factories in both France and Italy has added to the dependence of these countries on American sugar. There has been also destruction of sugar cargoes on this side of the Atlantic by submarines.

Sugar regulations in Canada are therefore, it is announced, to be strictly enforced by the Canada Food Board. Similar regulations and restrictions are imposed in the United States. The two countries are co-operating closely so far as the distribution of sugar is concerned.

To control the consumption of sugar and conserve as much as possible, it was first found advisable to issue regulations for public eating places over the amount of sugar which might there be served. Instantly the seriousness of the situation was realized, and it was found that not more than two teaspoonsful of sugar, or an equal weight, should be served to any one person at any one meal, and not even then unless sugar was specifically asked for.

Lift Off Corns Doesn't Hurt!

Few drops stop soreness, then corn or callus lifts off with fingers.

The world owes thanks to the genius in Cincinnati who discovered frezone.

Tiny bottles of the magic fluid can now be had at any drug store for a few cents. You simply apply a few drops of frezone upon a tender, aching corn or a hardened callosity. Instantly the soreness disappears and shortly you will find the corn or callus so loose and shriveled that you lift it off with the fingers. Not a bit of pain or soreness is felt when applying frezone or afterwards. It doesn't even irritate the skin or flesh.

For a few cents one can now get rid of every hard corn, soft corn, or corn between the toes, as well as painful calluses on bottom of feet. Everyone who tries frezone becomes an enthusiast because it really doesn't hurt or pain one particle.

Ladies! Keep a tiny bottle on the dresser and never let a corn or callus ache twice.

ed for. Sugar bowls or other receptacles must not be left on the table and counters of these public eating places.

While it is not possible to estimate the quantity of sugar that is saved by regulations applied to restaurants and their supply of sugar will be limited to a maximum of two pounds per family meals served, or 60 per cent. of last year's supply for the corresponding period, until December 31st of this year. If 60 per cent. proves insufficient to allow two pounds per family meals in certain cases, an extra certificate will be granted.

The public have also been prohibited from using sugar for home-made candy, while each manufacturer of candy has been limited, during each of the months of May, June, July and August of this year to no more than 50 per cent. of the average monthly supply of the year 1917. It is estimated that candy manufacturers used 11 per cent. of the total sugar imported into Canada previous to the imposing of these regulations. Since the 50 per cent. reduction order, only 5.5 pounds of sugar out of every 100 is used for candy.

The export of sugar to any destination, regardless of value, is prohibited, except in the case of parcels addressed to men in the Military or Naval Forces overseas, when the weight limit of such parcels to the United Kingdom is 11 pounds, and, for forwarding to France, 7 pounds.

Orders to prevent hoarding of sugar the Canada Food Board passed an Order last April providing that no person should have in his or her possession, at any time, more sugar than sufficient for the ordinary requirements of 15 days, except in the case of those living at considerable distances from the source of supply, for whom provision was made.

This order is still in full operation and persons found guilty of violating the order against hoarding of sugar are liable upon summary conviction before a police magistrate or a Justice of the Peace, to the imposition of a fine of not less than \$100, with a maximum of \$1,000, or to imprisonment not exceeding three months or to both fine and imprisonment, and excess quantities found in the possession of hoarders may be seized and forfeited, to be disposed of as the Food Board may direct.

Manufacturers of biscuits and cakes have been limited to the proportion of 100 pounds of sugar to 200 pounds of flour, in comparison to amounts running from 150 to 170 pounds per barrel of flour, as previously the practice. Instead of ice cream containing 12 pounds of sugar for an 8 gallon can as formerly, the Canada Food Board has reduced the permissible sugar content to 6 pounds and is prosecuting those found using a greater proportion.

New regulations will require proprietors of public eating places to secure a sugar certificate by September 1st and their supply of sugar will be limited to a maximum of two pounds per family meals served, or 60 per cent. of last year's supply for the corresponding period, until December 31st of this year. If 60 per cent. proves insufficient to allow two pounds per family meals in certain cases, an extra certificate will be granted.

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MANUFACTURING USING SUGAR AND DEALERS HANDLING SUGAR ARE ALLOWED SUFFICIENT FOR THEIR ORDINARY TRADE REQUIREMENTS OF NO MORE THAN 45 DAYS.

Sugar for the icing of cakes or biscuits, even in private homes, has been disallowed, bakers have been prohibited from using granulated sugar in the making of bread, and similarly only two pounds of sugar and two pounds of meat, or its equivalent in weight of sugar, to a barrel of 196 pounds of flour is permitted. As a result of this order many bakers are not using any sugar for bread making now, confining themselves to malt extract which produces fermentation equally well.

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