

## ANYONE CAN TRY THESE EXERCISES AS DESCRIBED BY MISS VERA ROEHM

Second of a series of articles by famous physical culturist.

You will find that nine times out of ten the athletic woman makes the better mother, wife and housekeeper.



Why? Because of many reasons. First, she is more physically fit to bear the duties of all three. Second, it keeps the mind from becoming dull and uninteresting. Third, it makes her more desirable to her husband's friends which raises her position in the eyes of her husband.

Must have the opportunity of going out into the business world and keeping her mind and brains filled with new thoughts. The average woman has not this opportunity and must make her own. How proud a child is to take his or her mother for a walk, to be introduced, etc., and have people say: "What a charming, well-kept mother you have."

do the many household duties, whether it be overexerting or doing the actual work.

A woman's build differs greatly from that of a man, and where the muscles of the latter will become hard and knotty, those of a woman will remain concealed. She need, therefore, not feel afraid to exercise; if muscles do show it will be to such an advantage, that she may well be proud of them.

Many a woman has far more power in the muscles of an unsuspicious shapely arm, than is found in the knotty arms of a man. Take, for instance, the forearm of a woman who has done hard physical labor for instance, washing. Her arm will be built entirely different from a man who has also done hard labor. Never-

theless, it will be hard, firm, and shapely.

Constant exercising of the forearm muscles causes their development. The difference in figures can be noticed more forcibly on the beach than anywhere else. Here the body is at ease and free from all tight clothing, giving an excellent view of the arms, shoulders, neck and limbs. Here, too, does one see young and old partake in games which give the arms and shoulder muscles an opportunity of showing. A very athletic young lady may pick up a medicine ball, raise it above her head in a position to hurl it. This requires strength, but no matter how hard she throws the ball, it would be impossible to detect any ugly muscles come into view. One cannot help but admire the grace and ease of a woman in a medicine ball game.

Key for Today's Exercises.

The following are some instructions for today's exercise of reducing:

Lie prone upon the floor with the hands under lower end of the spine to act as a support. Raise the right leg into the air as far as possible, holding the left leg straight on the floor. Take this five times with the right, then five times with the left. Alternate and increase the amount until

Many times has that remark been passed about my mother, and never has it failed to make me the proudest girl in the world.

Lack of Time Poor Excuse. Often the excuse of lack of time is given by the mothers of large families. Ten or fifteen minutes daily is not much time to spare when it means so much to the health and happiness. Is it not worth the effort? A heavy woman is not able to get about as quickly as a woman who is nicely built, nor is a frail woman as fit to

the banks of Toronto doing the work which at one time was done by men alone.

If one takes a survey of the banks in Toronto, especially the downtown banks, one must be impressed with the fact that a great many women are employed as bank clerks. It is true that women are invading this field and have found it congenial. In the savings departments of at least three of the largest of Toronto's banks, there are women tellers, ledger keepers and accountants.

No Sex in Brains. "What is your opinion of women in the banking business?" was asked of one of the managers.

"We have found no difference, there are capable women as there are capable men, and incapable women and incapable men," he said. "My experience tells me that there is no sex in brains."

If a woman has the patience and the ambition to work until she obtains the required experience, she has an equal chance with the male applicant for advancement in Toronto banks. From conversation with several bankers, who have employed women and who are favorable towards women in this business, The World representative gathered that the majority of women are not inclined to pay the price for obtaining this experience.

Are They Earnest? That price is earnest, serious study, and every effort to become efficient. Too many girls are content to mark time—to have the position for their present duty, not for a life profession. It has not as yet become a serious occupation.

CENTRAL BRANCH WILL RECEIVE WOMEN'S HELP

First Meeting of Women's Auxiliary Held at Sherbourne House Club Yesterday Afternoon.

The first meeting of the women's auxiliary of the central branch of the Great War Veterans' Association was held at the Sherbourne House Club yesterday afternoon. Mrs. Ambrose Small presided, the new auxiliary being a sub-department of the Sir Henry Pellatt Chapter, of which Mrs. Small is regent.

Among those present were Mrs. W. A. Kavanagh, Mrs. H. D. Warren, Mrs. W. S. Milne. An interested visitor was Mrs. W. G. Shepherd, wife of H. D. Shepherd, the war correspondent, who yesterday addressed the men's Canadian Club.

AMERICAN WOMEN'S CLUB.

Citizens of United States Hold George Washington Memorial.

Members of the American Women's Club of Toronto turned out in large numbers yesterday at the Sherbourne House Club, when a "George Washington Memorial" program was given, the numbers of which were much enjoyed. Many of the women knitted the socks going to the practical side of the work of the organization. The program included a paper on the life of Washington by Mrs. Mary Merrill, "Negro Impersonation," by Charles S. Swaine, a review of Washington's farewell address by Mrs. H. E. Ford and delightful piano numbers by Mons. de Bourguignon, Mrs. A. G. Booth, the president, was in the chair.

## WOMEN OF UNIONS OBSERVE THE DAY

Anniversary of Death of Frances Willard Universally Observed by W.C.T.U.

WHITE RIBBON FOUNDER

Splendid Addresses by Prominent Women on Public Questions of Interest.

Frances Willard Day is observed wherever there is a Christian Temperance Union. Yesterday all the W.C.T.U. Unions in Toronto joined in celebrating the day set apart in honor of the memory of the founder of the union. The morning session was a service of prayer, and a number of workers were present at the consecration service in Willard Hall from 10 to 12 o'clock.

The afternoon session also was well attended. The speakers were Dr. Margaret Gordon, the keynote of whose address was "Health." Dr. Gordon spoke of social diseases and the effect these ailments have upon society as a whole. Dr. Gordon said that the soldiers are better off than the civilians because they are better protected.

Mrs. Owen Hitchcock told of the life of Frances Willard and the influence of her work upon the world. Mrs. R. A. Mitchell, from the interior of China, where she has spent years as a missionary, described the conditions in that land in relation to the liquor question. Mrs. Mitchell said she was eight years in China before she heard of public drinking there. The custom was introduced by the so-called Christian nations.

Mrs. Kerr, the district superintendent of the evangelistic department, was in the chair.

TAG DAY PREPARATIONS BY SALVATION ARMY

City Has Been Divided Into Districts in Each of Which Headquarters Will Be Established.

For the coming S. A. tag day, the city being divided into a number of districts, each with its "captain," various public bodies are giving the use of premises on Friday for district "headquarters." The lobby of Parliament Buildings will be one of these centres. Others will be the Central Y.M.C.A., the Western Congregational Church Sunday School, the Khaki Club, the Granite Club, the Beach Road Red Cross headquarters and the Presbyterian Publications' office. At the Union Station Mr. Beck is providing a table for taggers in the general waiting room.

The executives of the central and five branches of the Great War Veterans' Association, have warmly endorsed the tag day and have promised their officers at the disposal of the S. A. for the day. The women's auxiliary has also promised hearty cooperation.

Female Labor by Statute.

Organized Labor of Manitoba Submits Legislation Desired.

Winnipeg, Feb. 18.—Organized labor of Manitoba today submitted to the provincial government a draft of the legislation providing wages for female labor, which labor wants placed on the statute books of the province this session.

The bill provides a minimum wage of \$10 weekly for all women of 17 years of age and over. A minimum wage of \$7 per week is demanded for girls aged 14; \$8 for girls aged 15, and \$9 for girls of 16. The cabinet will discuss the ques-

## Mrs. Chapin says:

Standard Oil Company (New Jersey)  
NUJOL Department, 26 Broadway, New York City.

Dear Sirs:—

I don't think there was ever anybody, man woman or child, who was or is more constipated than my little three year old boy was. He was so bad before we got him the Nujol that we would have to leave his bowels unmoved for three or four days, then use almost a quart of water in a syringe to move them. The poor little fellow would almost go into spasms; his father could never stay in the room where he was; it would take almost an hour's work to get them to move and never to move without loss of blood.

He had been constipated for two years. I think those patent medicines did it. I have known the doctor to be here and give him five tablespoons of castor oil, one every half hour, to get his bowels to move. We tried four different doctors, one a well known specialist; but none could help him. Three advised operations, said it was the only cure. I have always had a horror of operations and I guess always will.

Last April, he had Scarlet Fever, sir; he lost chunks of blood as big as the size of a marble. We were going to try a well known woman doctor who claims she cures without an operation, when I coaxed my husband to let me try Nujol. I told him even if it didn't help him, it would not hurt. We tried it, started giving him three tablepoonfuls a day, one after each meal, then as his bowels moved better and with less blood, we decreased the dose as per directions. We used two bottles and a half and we cured him. How thankful we were; tears came to my eyes, even now, when I think of how that poor little fellow suffered. Just think, a little tot, hardly able to talk plainly! He has not taken a drop of it since last June, only occasionally we give him a dose of castor oil to physic him which acts on him now as on any normal person.

I have wanted to write before, but kept neglecting it till I thought perhaps my letter would relieve lots of other people. Again I say, God Bless Nujol, and I will never be without it or cease to recommend it. From a mother whose heart will always be thankful for your great remedy for constipation.

MRS. J. CHAPIN,

463 Kiefaber St., Dayton, Ohio.

It is absolutely harmless

and may do the same for you. Try it.



# Nujol for constipation

Manufactured by  
**STANDARD OIL COMPANY**  
(NEW JERSEY)  
BATONNE NEW JERSEY

NUJOL IS NEVER SOLD IN BULK  
If your druggist hasn't Nujol, send \$1.00 for  
pint bottle, to

Canadian Selling Agents  
**CHARLES GYDE & SON**  
P.O. Box 875, Montreal

## BELGIAN RELIEF REPORT FOR WEEK

The Belgian Relief Fund (Ontario branch), reports receipts for fortnight ending, Feb. 15, \$1,521.11, making a total to date, \$132,582.11.

Sterling, Ont., \$321.79; Avonton Chapter, I.O.G.E., \$166; Pro. Patria Chapter, I.O.G.E., Sarnia, \$88.80; Seaforth Br. Belgian Relief, \$70; Women's Canadian Club, Port Arthur, \$64.70; Corborton, W.I., \$60; Listowel Busy Bees War Relief Club, Copper Cliff, each \$50; Epworth Methodist Sunday School, \$42.50; W. F. Beck, Penetang, \$35; Royal Euclid Club, \$30.30; Scotland, Ont., \$30.25; Amherst Island Red Cross, W. I. and Friends, \$27; Miss Campbell, Carleton Place, \$25; Mrs. Hendrie, Hamilton, each \$25; Louth W.I., \$24; Percentage on sale of books by Mrs. Howard, \$22; St. Mary's R. C. School, Collingwood, \$20.41; Concert by S. S. Children, Englehart, \$19; Friends in Midland,

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per Mrs. Howard, \$18; Central Methodist Church and Trinity Church, Barrie, \$18.50; Miss Helen A. Sheppard, \$17.50; Home Battalion S. S. Class, Lunenburg, Sask., \$16; Pine Orchard W.I., \$15.75; St. John's S. S. Craighurst, \$15; Collected in Parkdale, \$15.50; Marmora W.I., Mrs. E. J. Phillips, Cedar Dale, Miss Parquharson, Colonel A. Williams Chapter, Port Hope, each \$11.10; Durham Baptist Church, collected in district, \$11; Canadian Girl Guides, Battleford, Sask., Oakville W.P.L.; Miss Blanche B. White; Mrs. J. G. Gibson, Melfort, Sask.; Mrs. M. C. Weston, each \$10.

NO APPOINTMENT EXPECTED. It is not expected that an appointment will be made during the present session of the legislature of anyone to succeed Hon. W. J. Hanna as member of the executive council, Premier Sir William Hearst stated yesterday on his return from Ottawa, where he attended the conference of premiers in the interests of greater production. It is understood there will not be compulsory used to get farm laborers but every man will be registered according to his agricultural abilities.