

NEWS OF SPECIAL INTEREST TO WOMEN

SOX FOR SOLDIER BOYS NOW POPULAR SLOGAN

Large Donations Are Being Received Every Day at World Building.

TEA, KNITTING AND MUSIC

Large Attendance of Patriotic and Enthusiastic Workers Yesterday.

"Sox for the boys at the front," has been taken up in earnest, and is now the slogan of every patriotic woman who knits. At The World Building, 40 West Richmond street, donations are being received in large numbers every day for the big "Sox Day" campaign, which closes in a little over two weeks—February 15. Yesterday the room was filled with a splendid attendance of enthusiastic knitters. Tea was served from four-thirty till six o'clock through the courtesy of the Red Cross Tea Company, and their expert demonstrators, and a musical program was also enjoyed. The generosity of Toronto firms was further illustrated in the offer of the R. S. Williams Company which has loaned a beautiful piano for the knitting room for the remainder of the campaign.

Program Yesterday.
The program yesterday was contributed by Paul Brander, violinist; Mrs. Herbert and Mrs. Foster, who have all kindly consented to take part in future entertainments for the knitters. A cheque for \$20 was received by the treasurer yesterday from Mrs. R. D. Beaton, the treasurer of the White Star Red Cross League, in a letter which stated that the grant had been made by a motion at a meeting of the league. The money will be used to purchase wool for sox.
Today the knitting room will be open from 12 till 5 o'clock. Come in and help with the campaign in any way you are able. If you cannot knit come and learn—it is an excellent opportunity and your donation is needed to help make "Sox Day" a splendid success. Please wash all sox before sending in and address donations to "Sox Day," World Office, 40 West Richmond street, Phone Main 5303.

"THE RIDEAU" AND "THE YORK."

Ideal Day Trains Between Toronto and Ottawa.

The popular Canadian Pacific day trains, "The Rideau" and "The York," between Toronto and Ottawa give the public an opportunity to spend a half day in Toronto or Ottawa, going by the midday train, returning by the midnight train, only one night on the road.

The route is via the "Lake Ontario Shore Line," through Whitby, Oshawa, Bowmanville, Port Hope, Cobourg, Trenton, Belleville, etc., Toronto (Union Station) 1:45 p.m., arriving Ottawa (Central Station) 10:00 p.m. "The York" leaves Ottawa (Central Station) 1:15 p.m., arriving Toronto (Union Station) 9:30 p.m. Equipment is modern in every detail, consisting of library-observation-parlor cars, cafe cars and first-class coaches. Connection from western Ontario points is made at Toronto with "The Rideau."

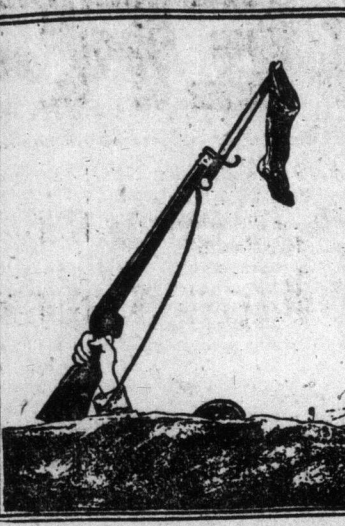
Particulars on application to Canadian Pacific agents, or write Mr. G. Murphy, district passenger agent, Toronto.

SLAKES BIG HELP IN KILLING MICE

Farmers Say They Clear Fields and Barns of Troublesome Rodents.

An interesting discussion on the number of field mice that garter snakes and raccoons will eat has been going on between Dr. R. W. Shufeldt of Washington, D.C., and Father W. H. Mc-

DON'T FORGET



Toronto World Sox Day, Feb. 15.

ANSWERS TO HEALTH QUESTIONS.

Mrs. D. M.—Q.—Please tell me what will cure cures on the eyelid.

A.—Apply a little of a saline made of six grains of ammoniated mercury to 2 drams white vaseline.

Mr. A. A. K.—Q.—What can be done to obtain a good complexion?
A.—Is it beneficial to take three drops of Fowler's arsenic solution in water after meals for the blood?
—I am 16 years of age, and notice a few gray hairs in my head. How can I prevent them from coming?

A.—Obtain lots of sleep in a well ventilated room, take lots of outdoor exercise, and do lots of swimming and dancing. The fresh air and sunshine will soon bring the roses to your cheeks if you keep your body in good condition. Avoid constipation and disorders of the stomach. An ounce of prevention is worth more than a pound of cure. Drink lots of distilled water, and avoid all greasy, oily, rich, highly seasoned foods, sweets and pastries. Do not use soap or hot water on your face, but instead, wash with glycerine, 1 ounce; sulphur, 1 dram; rosewater, 8 ounces.

—Do not worry, but go around with a jolly lot of young folks. Avoid much excitement, but read good books, see plays that are beneficial, and take good bodily care of yourself.

M. L.—Q.—I am a young man, 19 years of age, and am troubled with constipation. What would you advise me to do?
—I also have backaches.

A.—Take a tablespoonful of milk of magnesia before meals and a wineglassful of olive oil about half an hour after meals. Get more exercise, and eat good nourishing vegetables and meats.

—Take three drops of Fowler's arsenic solution in water after meals. Avoid all oily, hot, greasy, rich, starchy and highly seasoned foods, sweets, pastries, chocolate, gravies and highly seasoned foods. Do not use soap or hot water, but wash with glycerine, 1 ounce; sulphur, 1 dram; rosewater, 8 ounces.

Dr. Hirschberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is enclosed. Address ALL ENQUIRIES TO Dr. L. K. Hirschberg, care this office.

Clellan, S. J., of Woodstock College. The value of these snakes to the farmer lies in the fact that they eat large numbers of the little rodents that devour the grain growing in the fields and that stored in the barns.

Both varieties of snakes are harmless. Father McClellan says 500 raccoons will eat 6000 mice in a season. Dr. Shufeldt points out that as mice litter twice in a season, averaging only three young to a litter, it would mean that 18,000 fewer mice had eaten grain. But garter snakes eat mice, but Dr. Shufeldt thinks this too conservative, and he urges that the government take steps to protect these valuable friends of the farmer.

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\$7.50 a Ton

Remember, we are mine owners, and therefore save you money.
CONNELL ANTHRACITE MINING CO., LTD.
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CRITICIZES USE OF GUNS FOR SAVING INFANTRY

German Military Critic Does Not Like Present Allied Tactics in France.

BERLIN, Jan. 28.—(Via wireless to Sayville).—The question as to which is the main theatre of war is discussed by Major Morant, the military critic, says the Overseas News Agency, who remarks in his article that this is the question most frequently asked by the British critics who generally insist upon the importance of the western front. The British, says Major Morant, apparently are disagreeably impressed not only by the fact that on the Balkan and other fronts British forces are being wasted in small detachments, but also by the fact that there must be an increase in the British force on the western front if France insists upon sending more troops to Saloniki or other places.

As to the western front, Major Morant states that Germany's enemies there are in numerical superiority. He criticizes the British tactics which impel them to use their artillery and save their infantry, declaring that Great Britain in this way seeks to obtain successes without taking risks, something which is an impossibility.

CAPT. R. DE SALABERRY TO ACCEPT COMMAND

Will Become Lieut.-Colonel of New French-Canadian Battalion Being Raised.

By a Staff Reporter.
OTTAWA, Jan. 28.—A cable from Sir Max Aitken states that Captain Rene de Salaberry, whom Sir Sam Hughes had sent for to come back and take the command of a new French-Canadian battalion in the Ottawa district, is ill in Paris, but he has communicated the offer to him, and he has accepted it. He will return at the earliest moment possible to undertake the raising of the corps.

General Carson has sent word that Flight Lieut. Ross, who was mentioned in a recent casualty list, was Lieut. A. Ross, whose next of kin is R. R. Ross of Aberdeen.

PUT GAITERS ON SPRINGS.

If the springs of automobiles be covered with "gaiters," a pair strapped over each spring, dust and dirt will not clug between the leaves. Cars so provided have been run for a year under trying weather and road conditions, and have been found in excellent shape.

ADVICE TO GIRLS

By ANNIE LAURIE.

DEAR ANNIE LAURIE: I am 21 years old, not at all possessed of good looks, but in love with a young man a few years my senior. He comes to see me about three times a week, and says he loves me, but yet he tells me he is out with other girls, tho I think that if he loves me as he says, he should not go with anyone else, tho we are not engaged. I have a friend in another city who wants me to marry him. Tho I do not love him as well as I do the one in the city, my girl friends say that he has not gone with anyone since I left. What would you advise me to do?
ANNIE ONE.

ANXIOUS ONE: If you are not engaged to marry him, what right have you to object to his going out with other girls? If I were you, I would not ask him not to go out with anyone else, nor would I restrict him in his movements. An engagement to marry is the only thing that gives to either of you that right. As for the "problem" of which these two young men you should marry, it seems to me that you should marry him who has asked you to marry him. The question for you to decide is whether you love the man who has asked you to marry him well enough to become his wife.

DEAR ANNIE LAURIE:

My closest friend and myself met a young lady at the same time. After that we both met her daily in the way of business. I started first keeping company with her with matrimonial intentions, but was soon defeated by my friend with a different intention, which revealed itself. I thought they had a perfect right, and did not harbor any ill-feelings toward either, and after some time forgot her.

Now, after three months she asked me to call, and I did. She told me that she had neglected her entire life to renew her acquaintance with me, and that she was now ready to marry me. I have called a few times, but everything seems so second-hand to me. Would you advise me to continue calling and sundering and run the chances of regaining my former feelings toward her, or later, when I might find out that she was never really in love with me, and would you stop and forget right now? I am very sore at my friend now, but have never let on to her. Please advise.
A Daily Reader.

DAILY READER: It all depends upon yourself, not upon the girl nor upon anything you or she may do. Think your first love for her has waned almost to the dying point. It all depends upon how much you respect her. If you do, whether it would be better for you to say good-by to her now or to let her reveal whether love can come again. So advise her sincerely, and let her know your own opinion. Analyze your regard to arrive at a solution of your own problem.

DEAR ANNIE LAURIE:

A little over a year ago I got acquainted with a young man my own age. At first I thought the world of him, and he of me. But soon I learned that he was a drunk. I told him and told him what I had heard. He said that it was true, but that since he met me he hadn't tasted a drop. That was bad reports since. He comes from a good family, and has every chance to be a good business man. He only keeps away from drink. His parents wonder at the change in him. They do not know that he cares for me and that he has done it all for my sake, as he says. Now, dear Annie Laurie, what I want to know is can I trust him? Do you think that he would be true to me for my sake and go back to his bad habits. This is my last year at school, and if everything goes all right, we are to get married within one year.
Dorothy.

MY DEAR DOROTHY: From your description of him, I would be safe for you to trust him. You see, he must love you with all his heart for you to have brought this great change in him. Very probably he drank not from necessity—such as those who have the "taste in their blood"—but simply because other boys drank, and he thought it "smart" to do so.

Why don't you engage yourself to him—or are you already engaged to him—and why don't you test him for some time before marrying him? It would seem to me that you should be able to trust him without fear that he ever would abuse your faith in him.
Annie Laurie.

DEAR ANNIE LAURIE: I am a young lady of 17, and would like your advice. I have been keeping company with a young man three years my senior for some time. When going out one day I asked him to wear a certain tie I admired, which he refused. Do you think, if this

man cared for me, he would have worn the tie I liked? PERPLEXED.

PERPLEXED: Goodness, gracious, my dear, the question of whether he loves you or not cannot be told from a necktie. You see, he might have gone home fully determined that he would wear that tie the very next time that he saw you and—strange as it may seem—he may have forgotten all about it by the time he next called upon you. Don't worry about the tie, my dear, pin your belief in him to better things.

DEAR ANNIE LAURIE: I am a young man of 21, and have a good-sized bank account; also I hold an exceptionally good position in a reliable firm. I love a very beautiful girl of 19, and have had an intimate friendship with her for about two years. I think she would probably accept me in marriage, but I wish to ask your advice to the extent of knowing whether it would be advisable for a couple of our ages to marry, and whether we would have a happy married life afterward.
H. G. B.

H. G. B.: It depends so much upon the two people themselves who are a man of 21 and a girl of 19 could find their greatest happiness in life in marriage that I hesitate to advise you at all. But I may tell you that in the days when early marriages were more common, and were considered quite ideal. At what age did your father marry your mother?

Why don't you ask her to marry you? If she feels that she is too young to marry now, and yet loves you, she will be happy to wait for you. And if everything seems right to her and to you after you have talked it all over together, you can be married at once, I hope, my dear young man, that you two may live happily together "ever after."

Hints for Housewives

BY ANN MARIE LLOYD.

White satin shoes should always be kept in the paper that they came in, and prevent them from becoming discolored.

After fowl of any kind is cleaned, the inside should be rubbed thoroly with a piece of lemon before the dressing is put in.

When ivory-handled knives look yellow, rub them with fine sandpaper or emery; it will take off the spots and restore the whiteness.

If clothes-peggs are dipped in white enamel paint and dried in the sun, they can be kept perfectly clean, and will not split or mark the clothes.

Tin that has become rusty or stained may be cleaned by dipping the cut surface of a raw potato in a fine cleaning powder and rubbing well with this.

When roasting meat, and there is danger of its becoming too brown, place a dish of water in the oven. The steam will prevent scorching and the meat will cook better. A piece of greased paper placed over the meat is also good.

To perfume linen, use rose leaves dried in the shade, or at about four feet from the stove, one pound; cloves, caraway seeds and allspice, of each one ounce; water when grinding in a mill. Mix all these together and put the compound into little bags.

For fixing on small pieces of wood clipped off furniture, use the white of an egg.

To render pie crust flaky, try adding half a spoonful of vinegar to the cold water when mixing.

When cutting fur, never use scissors; use a razor or a very sharp penknife to cut thru the skin at the back.

When making fruit pies, put in the sugar when the dish is half full, and not on top. If you add the sugar last the pastry will be heavy.

When the hands have become soft and shrunken by using soda and hot water, rub them with common salt and it will help to make them smooth again.

White satin shoes should always be kept in blue paper to prevent them from becoming discolored.

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A WOMAN'S MESSAGE TO WOMEN.

If you are troubled with weak, tired feelings, headache, backache, bearing down sensations, bladder weakness, constipation, catarrhal conditions, pain in the sides, regular or irregular, bloating or unnatural enlargements, sense of falling or misplacement of internal organs, nervousness, desire to cry, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, I invite you to write and ask for my simple method of home treatment, with ten days' trial entirely free and prepaid, also references to Canadian ladies who gladly tell how they have regained health, strength, and happiness by this method. Write today. Address: Mrs. M. Summers, Box 65, Windsor, Ont.

LITTLE THINGS COUNT

Even in a match you should consider the "little things"—the wood, the composition, the strikeability, the flame.

EDDY'S MATCHES

are made of strong, dry pine stems, with a secret perfected composition that guarantees "every match a lighter." Sixty-five years of knowing how—that's the reason.

All EDDY products are dependable—always.

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But restore your gray and faded hairs to their natural color with

LOCKYER'S SULPHUR HAIR RESTORER

Its quality of deepening grayness to the former color in a few days, thus securing a preservation of youth, has enabled thousands to retain their position.

LOCKYER'S gives health to the hair and restores the natural color. It cleanses the scalp and makes the most perfect Hair Dressing.

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By Sterrett

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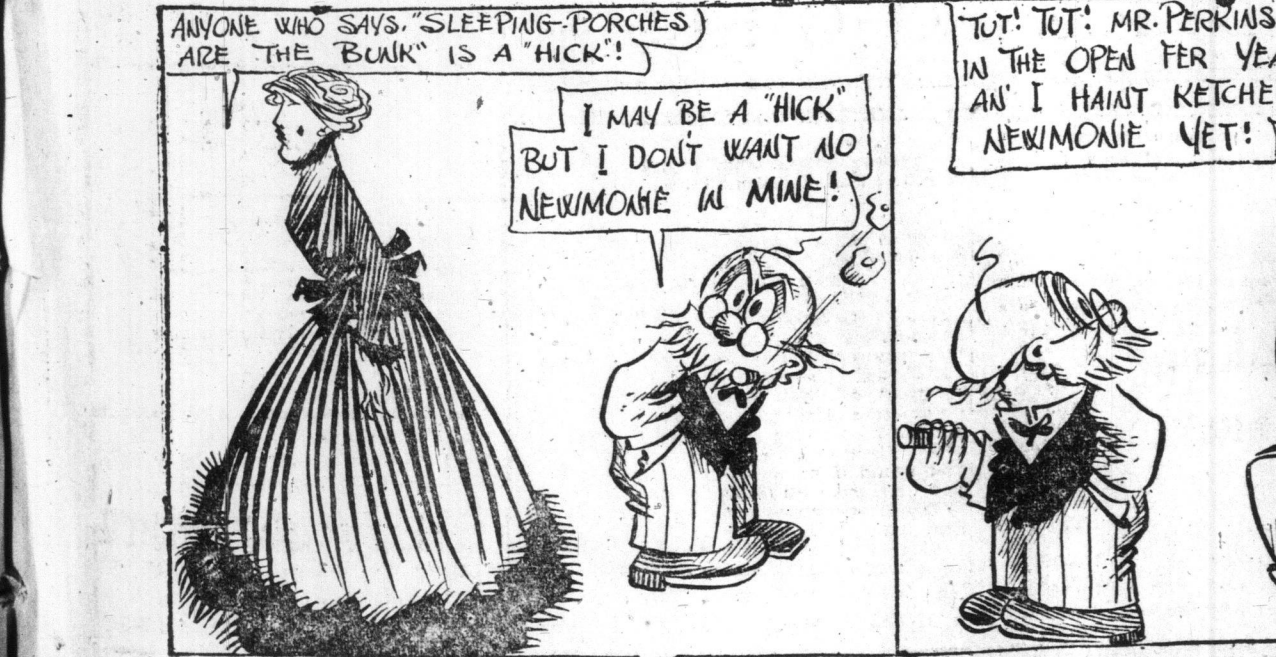
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