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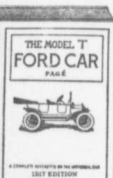
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BOOK DEPARTMENT,
FARM AND DAIRY, PETERBORO

for a brave heart to expect the advent of something better. Some of the things we will need to strive for during 1918 are courage, good cheer, patience, steadfastness, confidence, and last, but by no means least, economy. Let us resolve to live as well as we can the day that is before us, leaving tomorrow, with its uncertainties, to take care of itself.

COOK'S CORNER

Potato Dishes to Save Bread

LAST year we were continually being advised to use substitutes in order to save potatoes. This year the order is reversed, and we are asked to use potatoes in order to save bread. It should not be a hardship for any of us to eat potatoes frequently, but even though we do use them often there is no necessity for our serving them in the same old way, day in and day out, either boiled or fried. There are many palatable dishes in which they lend variety to the menu. Herewith are several methods of preparing tasty potato dishes:

Potato Scones.

Take mashed potatoes, add salt and knead with a little flour. Form into scones an inch thick. Bake in a moderate oven, pricking to prevent blistering. Split and butter, then serve piping hot.

Old-Fashioned Potato Cake.

Mix with half potatoes and half flour, add a little shortening, sugar, currants or raisins, nutmeg and a very little baking powder. Roll about half an inch thick and bake or cook in the frying pan over a very slow fire. When brown on one side turn over. This requires no milk, eggs or butter, as laid or soft dripping will do.

Potato Puree.

Mash thoroughly the boiled potatoes and season them well with salt, pepper and butter. Add enough hot milk to moisten them. Put in a good dish, brush the top with egg and brown in the oven. Serve with a tomato sauce. Either boiled or baked potatoes may be used.

Delmoneo Potatoes.

Four cups cold dried potatoes, one-half cup grated cheese, pepper and salt, two cups cream sauce. Cut the potatoes in small dice and turn into a buttered baking dish. Stir sauce into the cream sauce, pour this sauce over potatoes. Sprinkle the top with grated cheese and bake in hot oven until the cheese is brown.

Potato Scallop.

Take a deep baker and put on top of stove with a little butter in it. Slice one small onion in it and let it fry a few minutes. Take from stove and put potatoes, sliced thin, in the pan in layers, setting pepper, salt, and a little butter on each layer. Sprinkle a few bread crumbs on top and pour one-half pint milk over all. Bake in a moderate oven one hour.

Communicable Diseases*

Major J. G. Fitzmaurice, Toronto University.

THE outset I would like to point out that it is the desire of Mr. Putnam that I should limit my remarks to a brief discussion on but one class of communicable diseases—namely, venereal diseases. Under the heading, "venereal diseases," there are two communicable diseases, syphilis and gonorrhea. These diseases are widespread, not only in this country, but also in the

United States and on the continent of Europe. No one knows just how widespread they are. The estimates which have been made of their prevalence—and they are only estimates—have been based on examinations which have been made of public ward patients in general hospitals in Great Britain, in the United States and in Canada. All are agreed that it is a very serious problem and in order to give you a rough idea, it has been estimated by examinations of patients admitted to the public wards of the largest general hospitals in Boston and New York that from 10 to 15 per cent of the admissions are suffering from or have suffered from syphilis. In addition, it is known that gonorrhea is two, three or four times as prevalent as syphilis.

Until within the past five years it has been practically impossible to make it generally known how widespread these diseases are and it also has been impossible to arouse public opinion to the point where any effective measures might be taken to deal with them. These diseases have probably been widely in the line of war, but an army is infected with venereal diseases by the civilian population. This menace is not found in the larger centres of population only, however, but also in smaller rural communities. In a very fine editorial which appeared in The Toronto Globe a few weeks ago, Dr. J. A. Macdonald pointed out that he had received a letter from a physician in a small Ontario town. In that letter the physician related some of the experiences he had had in his practice. Dr. Macdonald also pointed out in the editorial that owing to the easy means of transportation, nowadays, such as the automobile, these diseases are not limited to the larger centres as they might have been in earlier times. I want you to bear in mind that while the problem may be more acute in the larger centres, it is also widespread throughout the whole country.

Since it seems evident that the difficulty, from the medical point of view at least, is very largely due to the fact that we do not know where the diseases are so far as the civilian population is concerned, and also that we are not able to deal with cases in an adequate fashion, we want your assistance. It is the belief of those who have studied this problem that the most important single factor in solving the problem is education. Just as soon as all the people realize what the problem is, how widespread it is and what may be done to help, effective measures may be taken to prevent and eliminate venereal diseases, if not stamp them out completely.

Four Methods of Attack.

Our local committee on this work in Toronto believes there are four methods of attacking the problem which will have fairly satisfactory results. First of all we need social measures to diminish sexual temptations; second, education of soldiers and civilians in regard to venereal diseases; third, preventive measures against venereal diseases; fourth, medical care.

There is no single factor which is more important in increasing the incidence of venereal diseases than the lack of shame where men and women meet together in their social intercourse. This was realized when we began to mobilize an anti-venereal force in this country. Working organizations such as the YM.C.A. undertook to provide rest rooms, reading rooms and to develop the social side as much as possible. From the information we have on hand, and as this problem existed before the war began, and will be with us after the war, there is still an opportunity for considerably more expansion in this direction.

In regard to educating soldiers and civilians, we see to it that all enlisted men know about venereal diseases. We explain to them the nature of these diseases, how they are contracted, how

they are spread, and the gravity of them. These lectures are not given once, but several times. Lectures for civilians are equally necessary, but they are not given so often as they might or should be. We go even further than this in the army, as we do everything possible to prevent the development of these diseases, and every single case in the army is known.

British Plans.

Before the war, the problem of venereal diseases had seemed to be of such a magnitude that it was deemed wise in Great Britain to appoint a Royal Commission to go into the whole question and to determine if possible the extent of the diseases, also the best methods of grappling with the problem. The recommendation of this commission was as follows: "In our opinion the advance of venereal diseases can best be combated in three ways:—(1) By widespread education; (2) Facilities ample, adequate and easy of access for the diagnosis of these diseases; (3) Proper measures of treatment which shall be accessible to all the people, at all times." In order to give strength to these recommendations the local government board of Great Britain developed a plan for at once carrying them into effect. A timely provision is being carried on and in addition, through local medical societies, facilities for treatment are now available. For those living at some distance from these facilities, and who cannot afford to pay their railway fare in order to take advantage of the treatment, their railway fare will be treated. They will be given proper treatment. Three-quarters of the expense to which the country is put in connection with the diagnosis and treatment of these diseases is borne by the Government.

What can we do in this country to carry some of the measures developed elsewhere and adopt some of the recommendations which have been made? In the first place, where there are organizations such as Women's Institutes, there might be a committee whose activities would be largely those of an anti-venereal force for combating venereal diseases. Our local committee in Toronto, of which I am chairman, will be very glad indeed to cooperate with any local center in solving these problems, and in doing anything we can to aid in solving the problem as it appears in your community. We first of all must have education. If in addition we can have some measures whereby we can isolate and give proper treatment to those in an infectious state, it is my belief that within a very short time we will be seriously grappling with the venereal health problem in this country today.

War-Time Hints for Women

ETERNAL vegetable cannula, is the price of winter play. It's never too late to send gifts to the boys at the front.

An ounce of sacrifices is worth a pound of knitting.

Take care of the left-overs and the food supply will take care of itself.

Where there's a will there should be a request for war orphans.

Be among the first by whom new economical recipes are tried, and be the last to set the cook book aside.

The wastefulness of women shall be visited on the nation.

A place for every woman, and every woman in her place.

Help and the girls help with you, loaf and you loaf alone.—Life.

Little Lydia had been given a new ring for her birthday, which none of the guests at the dinner table had noticed. Finally, when it came to stand the obscurity any longer, she remarked: "Oh, dear, I'm so warm in my new ring!"—Farm and Ranch.

*A synopsis of an address delivered by Major J. G. Fitzmaurice, of Toronto University, before the delegates at the recent Women's Institute Convention.