

NATIONAL SERVICE FOR THE WOMAN

A Page for the Canadian Woman Who Wants to Help the Empire Win The War

Take the Tarnish off Your Citizenship

PUBLIC opinion is the crystallization of numbers of personal opinions. Your opinion counts. It is of vital importance that you "think right" on national subjects.

Next year—if not before—the vote will be in your hands—a weapon, or a lever. It may prove a boomerang, when the time to vote arrives, if you do not understand some of the matters that are at stake. Women should realize that, civically and nationally: their consciences need awakening; their minds need training that they may reason along new lines; their hearts need direction to make their actions, not merely well-meaning, but effective. This education should not be partisan, but on broad lines. A study should be made of existing laws, Dominion and Provincial, and of conditions.

The best sources of information are the Acts themselves. Books of the Statutes are to be found in all the larger libraries, and copies of individual Dominion Acts may be obtained free from The King's Printer, Ottawa; Provincial Acts from The King's Printer in the Capital of that province.

Simpler forms of the "Laws Relating to Women and Children" have been compiled by Henrietta Muir Edwards and published by the National Council of Women; these may be obtained (price twenty-five cents) from Mrs. McIvor, 205 Yonge Street, Toronto, and from Mrs. Willoughby Cummings, 78 Pleasant Boulevard, Toronto. "Rules of Order," which tells some things about Parliamentary Procedure, that every woman ought to know, will be supplied free, together with other interesting literature of a like nature, by Miss Lea, Literature Convener of the National Equal Franchise Union, 55 Woodlawn Ave. W., Toronto.

Data on existing conditions is more difficult to obtain; your newspapers, magazines, women's clubs, health department, municipal offices, and personal investigation, all help; while nearly every society will supply information on its own special subject.

Do not wait until election day. "Do it now." "The vote is the hall-mark of our citizenship." Is your citizenship ready to be marked "sterling"?

Eat What You Can; and Can What You Can't

Last year the Women's Institutes managed a very successful Home Gardening and Canning Campaign, whose splendid results justified the enlargement of the scheme this year. Particulars may be had from the Superintendent of the Women's Institutes for Ontario, George Putnam, Esq., Parliament Buildings, Toronto. In these, women who are not Institute members will find much to help and interest them.

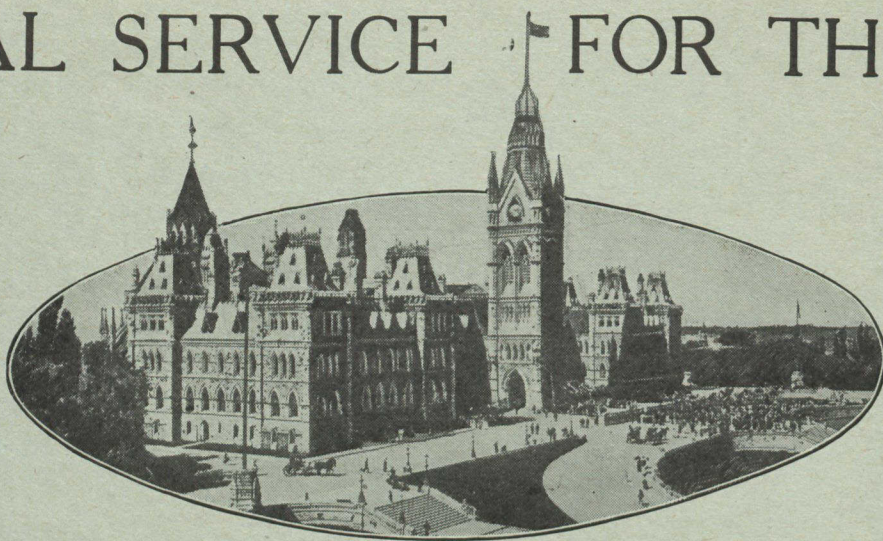
Bulletin No. 11, "Canning and Preserving," Department of Agriculture, Winnipeg, Manitoba, gives the whys and hows of the subject, with recipes and illustrations of utensils recommended. Bulletin No. 184, "The Uses of Vegetables, Fruits, and Honey," Department of Agriculture, Toronto, should be in the possession of every housekeeper before the month is out.

It tells her the secrets of keeping fresh fruits on her shelves all winter, of canning green vegetables from her own garden, so that she need never buy expensive canned goods; and proves "how sweet are the uses of adversity," when adversity introduces the use of sweet flower-flavoured honey. Appetizing recipes are also given. Write for them to-day.

"Be Prepared"

Every true mother is in sympathy with an organization which tries to make girls better housekeepers; more capable in womanly arts; helps them to become better mothers. The Girl Guide Movement aims to do this.

Women are stepping forward, facing an ever-widening horizon. They have need of loyalty, steadfastness, courage, and self-reliance. All these are embodied in the Law of the Girl Guides. The General Secretary, Miss Edith M. Mairs, 22 College Street, Toronto, will forward full particulars and instructions for forming a Company if you ask her.



For Wives and Mothers

The women of the Empire are faced by the grave problem of increasing the production of TIME! Even Daylight Saving cannot put more than twenty-four hours into the day.

And yet your King and Country need you to make gardens: pick and preserve fruit and vegetables: make munitions: replace men in a hundred ways.

You must still keep house, bear and rear children. You must do it with little help, as servants and day-workers grow fewer and farther between. Console yourself by remembering that you are freeing some able-bodied woman to give full time to National Service.

To help yourself, try: Beginning your day early, thus avoiding interruptions during work: doing "real cooking" twice a

week: serving cold or quickly prepared meals at other times. "Back-yard picnics" save sweeping and dish-washing. Use maple-wood plates and paper napkins.

Put away all ornaments, extra brass, silver, china, unframed photos, etc. Also any rugs that are not absolutely necessary. Buy simple, ready-made (in Canada) clothes. Production is more vital than plait. Avoid frills and starched clothes. Don't make your laundry a burden to yourself or to any one else. Concentrate on what you are doing, so that neither thought, time, nor strength is wasted.

"How to Live on Twenty-four Hours a Day," by Arnold Bennett, The Musson Book Co., Toronto, though written for business men, has some hints that may be useful to housewives.

The Busy Bee

Canada is a good country for the apiarist. There are ten thousand bee-keepers in Ontario alone. The honey-money of some of the specialists exceeds \$2,500 a year, while others find it a useful auxiliary business or pleasurable pursuit. Bees are not valuable for their honey-making alone. They help to ensure the fruit crop, and are useful pollinisers of several farm and garden crops besides. The bee year may be said to commence in the autumn. But colonies complete in their hives may be obtained in May, and swarms in June or early July. Bees are kept at fourteen of the experimental farms. A visit to the one nearest you will be well worth while, if you intend to keep bees.

Bulletin No. 26, Department of Agri-

culture, Ottawa, gives a store of useful information on the subject, and while necessarily condensed, will act as a guide-book to other sources of knowledge. It will tell you how to get in touch with your nearest Bee-Keepers' Association. Mr. Morley Pettitt, Provincial Apiarist, Ontario Agricultural College, Guelph, is Secretary-Treasurer of the Ontario Bee-Keepers' Association, the largest and oldest of these societies.

"The A.B.C. of Bee-Culture" (A. I. Root Co., Medina, Ohio, U.S.A., price \$2.00) is an encyclopaedia of practical bee-keeping. "The Life of the Bee," by Maurice Maeterlinck (translation published by Dodd, Mead, and Co., New York) has become a classic.

Prevention, Cure, Or —?

If you bought a valuable motor car that could never be replaced, you would clean and oil it, after using, and keep it repaired.

Your own bodily machinery needs even more attention.

Take it to a humanity mechanic, your doctor, once a year at least. Have it overhauled. Take exercise—and exercises—to keep it in order. Don't be "medically unfit."

It is estimated that in the States every seventh person dies of tuberculosis. The National Association for the Study and Prevention of Tuberculosis, 105 East 22nd Street, New York, is headquarters for the educational campaign to ensure the medical examination of all citizens. They publish some awakening literature on the subject. Some of it is free. A price list for the rest will be furnished on request.

Tuberculosis is not confined to New York. Canadian statistics are very high. Practically everybody breathes in tubercle bacilli at some time. If you are strong and healthy, you can kill them. If not, they

can kill you! Rout them with proper food, sunlight, and fresh air. Co-operate with your doctor and your decency for a clean person and a clean house. Co-operate with your health officers for a clean community.

Believe in health, fresh air and in preventing tuberculosis. Agree—

To keep some windows open in my home, day and night, summer and winter.

To keep my body in good general condition by eating simple, wholesome food, and thus save myself from getting tuberculosis.

To take plenty of sleep and rest.

To avoid spitting on sidewalks or floors, because disease is spread by spitting.

To get all the fresh air and sunshine and outdoor life that I can.

To try to have the windows opened often in the place in which I work.

To take at least ten deep breaths twice a day outdoors.

To try to get my friends and relatives to join the fight against tuberculosis and to observe these rules.

The Object of This Page

THE tide of National Service is sweeping the Empire from the centre of its throbbing heart in London to its farthest bounds in the islands of the sea; and we, in this broad and wide, prosperous and resourceful Dominion are not behind in our wish to accomplish, in our desire to "do our bit."

Woman is serving the Empire well—in recruiting, in caring for the soldier, in giving of her best. But in these great works, which are most imperative, others equally important have been neglected.

The Government is now bringing these less imperative, but equally important, subjects before our notice, and in our National Service Page we shall, each month, give you practical information on definite ways and means by which you may "do your bit" and help to win the War.

The Government stands back of us with its accurate and reliable information, its pamphlets, publications, statistics—free for the asking—and its demands for your hearty co-operation.

Write for information on economic subjects to Kathleen K. Bowker, EVERYWOMAN'S WORLD, 62 Temperance Street, Toronto.

Edited by

KATHLEEN K. BOWKER

Have You Realized

That a temperature of seventy degrees of heat is enough to start incubation in fertilized eggs? And that the result is that from 4 to 6 per cent. of all eggs marketed are unfit for human food? That eggs exposed to excessive light, heat, or damp, deteriorate rapidly through evaporation and loss of flavour? That eggs should be kept in a cool, dry place, never near kerosene, onions, fish, etc., as they readily absorb odours? That eggs should never be washed, since the shells being porous, more dirt will be rubbed in than wiped off. That to give buyer and seller a square deal, eggs should be sold by weight? That the present system of marketing eggs actually puts a premium on careless, dilatory methods? That, as the price of meat increases, the consumption of eggs will increase? That women can help to keep prices normal by refusing to buy from dealers who display eggs for sale in store windows, where they are subject to light, odours, and the direct rays of the sun?

The Dominion Live Stock Commissioner is making a special appeal, through the Press, for the conservation of eggs, as a proof of patriotism. Bulletins Nos. 16 and 208 give some startling and important facts about eggs. At least ninety per cent. of the egg buyers are women. The majority should win.

Be a Booster!

Are you proud of your town? Is it one with: Clean streets, well-lighted? A good water supply? A low death rate? Few flies? Plenty of back-yard gardens? Good government? Up-to-date schools, having school nurses and dentists in attendance? Well-equipped parks? Supervised playgrounds? Clean street cars? First class factories and restaurants? Good roads? Safe railroad crossings? An "Up-to-strength" battalion or Home Guard? Citizens who care about it?

Find out what assets your town has, or needs, and set about getting the latter. Your Town—or Township—Clerk can tell you, if he is the right man in the right place. If so, give him hearty support. If not, replace him. You can!

You have a right to attend Municipal meetings. Exercise it. Find out who manages your community, and how they do it. Visit your hospital and your schools. Your children go to the latter. You or some of your family might have to go to the former. You help to support both. Get a personal bird's eye view of how your money is being spent. Interest your citizens, outsiders, in the community. Visit newcomers, and give them a warm welcome. Show hospitality to visitors. Make your station an inviting gateway, and not a danger signal.

Don't forget the place you live in. Find the wrong things—and right them. Find the right things—and boost them. Use your voice and your vote.

Weeds and Seeds?

A war of prevention and preparedness in which every child can and should take part.

There are ten reasons, not all generally known, why the 37 different varieties of noxious weeds prevalent in this country should be destroyed. Teach your children to know these weeds, and how and why they should be rooted out.

Bulletin No. 188, Department of Agriculture, Ontario, will enable you to do so. Exhibition Circular, No. 45, Department of Agriculture, Ottawa, and Circulars Nos. 31 and 32, Department of Agriculture, Manitoba, will teach you how to plant and cultivate for weed control. This is important, because two of the four ways of increasing production per acre are "prevention of injury by weeds, insects, and plant diseases," and "use of better seeds." Over forty million bushels of seed are required annually in Canada to produce our ordinary farm crops.

Canada has a Seed Growers' Association, and a seed control act. A man may be prosecuted for selling (registered) seed wheat that has more than one noxious weed seed per pound.

Teach your boys to be careful with the Wild Oats!