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RED CROSS NOTES
Canadian Nurses in Malta

The English War Office paid a tribute to the efficiency of Canadian nursing by selecting, or rather commandeering fifteen of the first detachment of nurses sent to England by the Canadian Red Cross. These nurses are now actively at work in the military hospitals of Malta, which are full of wounded from the sanguinary struggle at the Dardanelles. Miss Cecelia Jacobs R.N. in an interesting letter to the Red Cross Headquarters, gives a great many details of her experiences and of the hospital situation in Malta. She is stationed at Hahram Hospital, which is styled "No. 1 Nursing Unit for the Mediterranean." It was formerly a technical school, and with some alterations in plumbing and internal fittings has been turned into a splendid hospital building, accommodating about 112 patients. The floors are all tile, and the wards are large, bright and airy.

Within a few hours after the hospital opened, it was filled with wounded from a Hospital Ship which had just cast anchor from the Dardanelles. It was a heart-rending spectacle, says Nurse Jacobs, to see stretcher after stretcher carried on shore containing men mutilated and shattered in innumerable ways. However, most of them respond quickly to good nursing and in a short time are ready for the convalescent camp. The heat and the Mediterranean fever have been trying for many of the Canadian nurses. They are 12 hours on duty, from eight to eight. The nurses sleeping quarters are 20 minutes ride from the hospital, so that they have some relief from the constant sight of the wounded. Their hospital uniform is blue and their outdoor uniform consists of a grey coat and skirt with a striped blouse. The nurses, however, complain of their uniforms being too heavy for the Malta heat, and express a decided preference for the Canadian uniform.

Malta formerly had the reputation of being the gayest place in the Mediterranean, but at present it is one vast hospital and the inhabitants have put their gaiety to service in cheering the wounded. One of the features of Malta is the enormous number of goats who wander undisturbed up and down the hilly streets and occupy the sidewalks. The Canadian nurses are taking their duties very seriously and are devoting themselves with the conscientious enthusiasm with the conscientious which they have travelled thousands of miles to perform. It is only fair therefore, that they

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THE FAMILY PHYSICIAN

"Fruit-a-tives" Is the Standby in This Ontario Home

SCOTLAND, Ont., Aug. 25th, 1913.
"My wife was a martyr to Constipation. We tried everything on the calendar without satisfaction, and spent large sums of money, until we happened on 'Fruit-a-tives'. We have used it in the family for about two years, and we would not use anything else as long as we can get 'Fruit-a-tives'.
J. W. HAMMOND.
"FRUIT-A-TIVES" is made from fruit juices and tonics—is mild in action—and pleasant in taste.
50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

should be backed up by ardent support from the Red Cross workers in Canada. Certainly these letters from distant foreign countries give one increased appreciation of the immensity of the Red Cross task.

Tea Time at The College
The Hostess' Frock of Serge



Ribbon Trimmed Serge Frock
A simple serge jumper frock made with short full skirt and sleeveless overblouse and an underwaist of dark blue crepe Georgette veiling emerald green crepe Georgette. The guimpe is made with a high collar finished at the top with a tiny frill of white; and closed straight down the front with small dull gold buttons. Narrow black moire ribbon forms the girdle, closing on the left side in a small flat bow with long streaming ends. Six bands of the moire ribbon has been set on the skirt at graduated intervals, giving the effect of flounces, and adding wonderfully to the appearance of the simple frock. The ribbon makes the commonplace dress most attractive and unusual.

Variety in Collars and Cuffs
The simplest frocks and blouses may be made attractive and becoming by adding contrasting cuffs, or an unusual collar; these may be made removable and others substituted at will thus achieving a pleasing change what worn. It is an easy matter to fashion any number of these contrasting sets from bits of velvet, or ribbon (which is at the height of popularity for trimmings of all sorts just now), crepe Georgette, or chiffon. Nothing is softer or more becoming than a hemstitched collar of crepe or chiffon; it will add a dressy look to the plainest of costumes. There is a great choice in girdles, too, this winter. One of the popular notions is the narrow band of velvet, faille, or pigot edged moire ribbon, drawn around the waist and tied in long ended flat bows.

Three-Piece Suits
Another convenience is the three-piece, semi-tailored suit consisting of coat and skirt, combined with blouse of satin, chiffon-cloth, crepe de Chine or other contrasting material, in the same color or a shade

that combines well with the color of the suit. A suit like this is easily fashioned at home, as there is absolutely no sign of the old-time tailored stiffness, padding and various other things which a few seasons ago made the idea of fashioning a coat at home so alarming. The touch of fur, which is so much a part of these suits just now, renders them smart and becoming, as well as warm. Among the novelties notice don many of these fur-trimmed suits is the "muff cuff." These are wide and flaring, made of fur or a fur fabric,



Showing the Muff Cuff.
and arranged so that the hands may be slipped into them quite as one would use a muff. This idea is especially practical for the suit for shopping or general wear, also for the heavy coat, as there is no danger of losing a valuable muff. While speaking of the muff it is interesting to note that the muff cord or chain is again in favor. One sees it often; knotted satin and moire ribbon often for the cord; the regulation twisted silk cord is favored too, and the jeweled chain is smart and effective. Fur trimmed petticoats and pantalettes are among the season's startling novelties; while the idea is somewhat ridiculous, a glimpse of the fur edged petticoat showing beneath the heavy suit is nevertheless attractive and fetching.

HOUGHTON SAND HILLS PRE-HISTORIC CEMETERY

Away back in the misty past when this part of Ontario was an ideal hunting ground for the noble red men some one of the tribes must have bivouaced indefinitely in the lee of the great sand hills of Houghton. George Alton now owns the land and once in a while the plough share oills up the huge bones of some dusky warrior who passed over to the Happy Hunting ground probably before Jacques Cartier saw the great cliffs of Quebec.

One skull found in this burying ground of the aborigines had a neat round hole drilled through the temples showing the path of the rifle bullet through his brain. Last week L. A. Crawford was walking across this land and unearthed the complete skeleton of a warrior who had been doubled up and buried in the usual Indian fashion. He had been a man of giant proportions and the huge square jaws are full of powerful teeth which are in perfect condition today.

There are no lack of indications that the natives of Ontario long before the coming of the first pale face, probably before the Lieft Erickson saw the eastern coast of Newfoundland, used these same sand hills for certain ceremonies. Possibly religious in nature or maybe martial. Those hoary old mountains of sand have listened unmoved to the death chant of many a brave or looked on serenely at the horrible death at the torture stake of some unfortunate war captive of bygone days.—Pt. Burwell Enterprise.

American emigration into Canada is distinctly falling off. In the fiscal year ended March, 1913, the emigrants numbered 139,000 from the United States; in 1914 there were 107,500. In the corresponding fiscal year of 1915 they numbered only 59,100.

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