



OUR HOME PAGE



"Nerves in Bad State Could Not Sleep"

Mrs. H. N. Tardell, Harrowsmith, Ont., writes:

"My nerves were in a very bad state, and for nearly six months I did not know what it was to have a good night's rest. I could not eat, and never felt well. I heard about Dr. Chase's Nerve Food, and thought I would try it. After taking it for a few days I began to feel better, and soon was able to sleep well at night. My appetite also returned, and I felt stronger and better, and after taking three boxes of Dr. Chase's Nerve Food I was quite well. I have also given the Nerve Food to my little girl, with good results."



Dr. Chase's Nerve Food

60 cts. a box of 60 pills, Edmondson, Bates & Co., Ltd., Toronto

HOUSEHOLD NOTES

CARING FOR YOUR HAIR

Those Hundred Strokes

Even the poorest head of hair, if given proper attention, such as massage and daily brushing, will, in time, respond to such treatment, and will look well cared for instead of being a frowny mop.

I do not advocate bobbed hair for grown-ups, but have you noticed how often hair is improved by being bobbed? The chief reason is that bobbed hair gets more combing and brushing and very much more washing than it did when long.

If your hair is dull and lifeless-looking give it a course of massage. Every night spend at least ten minutes massaging the scalp by placing your finger-tips on it and working it about, thus stimulating the blood circulation. Rub a few drops of olive oil into the roots if it is too dry. Every night or morning give it a good brushing—one hundred strokes is about the

The gentle friction of the brush against the scalp brings the blood into the tiny veins near the surface, and in so doing, brings nourishment into the roots of the hair. Besides, the friction stirs into action the supply of oil and food forming in the roots and starts it on its trip down the long hollow tube contained in each single hair. The passing of the brush between the hairs draws this oil along down the hair shaft and takes off the particles of dust that cling to the outside of each strand. If your hair is naturally too oily, brush it only half as many strokes, and massage the entire scalp vigorously with the fingers. Hair tonic, used once or twice a week, is excellent even for hair that is exceptionally healthy.

Comb the hair frequently to get air into it and to make it light and more fluffy. Wash it frequently. A hand shampoo will brighten it, and so will rinsing it in an infusion of camomile flowers after a thorough cleansing with ordinary soap dissolved in water. The addition of lemon juice or ordinary household vinegar to the final rinsing water will make the hair beautifully soft and glossy.

If your health is run down, your hair will suffer for it, the strength that should go to make it luxuriant

will be used to make up the strength your body has lost. A general tonic for the whole system will react on the hair too. Of course, a hair tonic is needed also.

Another important thing to keep in mind is to study your hair-dressing. Try it a new way now and again, otherwise your style of hair-dressing will "date" you. Once a woman settles down into one style she loses her sense of self-criticism, and shows a lack of interest in herself. The business woman especially should endeavor to keep abreast of the times, both with her clothes and her hair-dressing.

BACON COOKED WITH VEGETABLES

Cooking bacon this way, with vegetables, gives them an extra taste, or it can be fried, the fat used for the vegetables and the bacon be served eating the dish of vegetables. Cook the peas, spinach, carrots, or whatever vegetable is being used before giving it a fry with the bacon. Or, again, fry the bacon, cook the vegetables, and turn both into a casserole, cover with crumbs, and finish by baking.

A vegetable is no more cooked when it is boiled than a fish is. It wants spicing, finishing, stuffing, covering with sauce, a final baking—anything to make it interesting.

HERMITS

This is the recipe for Hermit cookies from the book of "Things Mother Used to Make," which L. M. Gurney got out a couple of years ago:

One cupful of sugar, one-half cupful of molasses, two-thirds cupful of butter, two eggs, one cupful of raisins, chopped fine; two tablespoonfuls of milk, one teaspoonful of soda, one teaspoonful of cinnamon, one teaspoonful of nutmeg, one-half teaspoonful of cloves; flour enough to roll.

Cream the butter and sugar together, beat the eggs, add to the butter and sugar, then stir in the molasses, salt and spices. Add the raisins which have been covered with flour, and last of all, the flour into which the dry soda has been sifted. Roll thin and cut with a cookie cutter.

O.B.U. Disruption Fails in Nova Scotia

Stellarton, N.S.—The disrupting tactics of the One Big Union have failed completely in Nova Scotia.

Ben Legge, of Lawrence, Mass., was the first disrupter to be sent into the province. After many vain attempts to gain a foothold in the miners' ranks, he declared himself baffled and sent to Winnipeg for assistance.

Russell Comes on the Scene—Reinforcements arrived in the form of Robt. Russell, He, in his usual platform strategy, devoted all his time to harping on the discomfiture of the miners.

One of Russell's favorite platform stunts is to procure at irregular intervals, from various recesses upon his person, pamphlets, cards, letters, etc., and in a flaunting manner wave them before the assemblage. During these maneuvers he tells the audience that the papers are evidence of traitorous acts of local labor leaders. However, no one has been so fortunate as to ascertain the validity of the papers.

Recently Russell succeeded in calling a vote of the miners in an outlying section on the Mainland. These men are at so great a distance from the miners at Glace Bay that they are unable to keep up with agents that transpire in other parts of the district. This was sufficient to give Russell his toe-hold. The vote was held six weeks ago. There are over 2,500 men in that particular section, and only 500 voted. Out of that 500,

the O. B. U. received a majority of only 267.

Miners Realize Mistake

The vote had hardly been counted when the miners realized that they had made a mistake. However, that short interval gave Russell ample time to connect with his lawyer and an injunction was placed on the funds of the Stellarton local. The amount tied up is in the vicinity of \$7,000. The case will be tried in Halifax in the course of a few weeks.

Russell may not be successful in stealing the miners' funds and placing them in far away vaults in Winnipeg. But if he does his mission here will be accomplished.

Many German Printers Idle

Berlin—The stabilization of the German currency which results in the printing of Rentenmarks instead of the daily printing of a thousand varieties of the paper money circulated during the inflation period, has reduced the workers in the government printing office from 12,000 to 3,000.

A control system is being put into force which makes every worker subject to thorough search before he can leave the plant, though most of the printing have been working in this office for many years. The organizations of the printing and graphic trades realize that such a measure, if permitted in the government office will speedily be used in other offices as well and are protesting.

Carpenters Have Complete Autonomy

Several years of agitation on the part of the members of the Amalgamated Society of Carpenters and Joiners throughout Canada, the United States, Australia and New Zealand for a greater measure of self-government has been finally productive of satisfactory results. The parent body, the Amalgamated Society of Woodworkers of Great Britain, has by a vote of the entire membership throughout the English-speaking world, given to their members residing in the countries above mentioned complete autonomy over their own affairs, the only condition being that there would be a free exchange of clearances as between the different countries. The membership in Canada is now taking a vote on the question of becoming affiliated with the Canadian Federation of Labor.

Amalgamation in Australia

Amalgamation is going on apace in the Australian trade union world. The various workers engaged in postal work are discussing fusion in one organization. Similar discussions are taking place between various unions engaged in the clothing trade, and it is expected that a new union of clothing workers will soon be formed, called the Amalgamated Clothing and Allied Trades Federation.

Unsanitary Shops Operate in Toronto

Declares Workers on Ladies' Garments are Crowded in Small Room

Toronto, Ont.—"Kitchen shops," unsanitary in character and infested with disease, appear to be furnishing ladies' garments to retail stores in Toronto. Seven such shops are mentioned in an affidavit by Miss M. McNab, organizer of the International Ladies' Garment Workers' Union, which will be placed before R. A. Stapell, President of the Board of Trade, who has interested himself in the allegations of the union, on behalf of manufacturers of ladies' garments.

After ten days in Montreal, where he was organizing workers on ladies' garments, Julius Hochman, General Organizer of the union, from New York City, returned to Toronto recently and prepared a letter to Mr. Stapell in which he pointed out that the criticism of the union was largely toward the "kitchen shop," and stating that the larger shop is, generally speaking, working under conditions against which there could be no complaint. Mr. Hochman sent a copy of his affidavit to Mr. Stapell.

Describing the conditions in the seven shops which she investigated, Miss McNab states:

Shop Conditions Described
In shop No. 1 there are six girls working at sewing machines in one room, which is without windows. In an adjoining room two men are working on gas irons, the fumes from which penetrate the first room mentioned and make an extremely unhealthy and unpleasant atmosphere therein.

In shop No. 2 there are no windows in the operating room and the cutting room of the establishment is situated in the cellar.

In shop No. 3 the ground floor is used as the shop. The front room is very small and is crowded with operators; the middle room is occupied by women workers and in the kitchen immediately adjoining, the family housework and cooking are carried on. Conditions in this place are very unsanitary.

Shop No. 4 is very unclean. The lavatory is in the cellar which is infested with rats and mice. The drinking tap is about one foot from the floor without any sink to catch the drip of water which leaks onto the floor, making the place very unsanitary.

Shop No. 5 consists of one room in a private house, in which the operators inhale the fumes from gas irons.

Shop No. 6 is also an unventilated, windowless room, in which the operators inhale the fumes from gas irons.

Shop No. 7 is a very filthy and unsanitary place in which only girls are employed.

Larger Shops All Right

"That there may be no further misunderstanding in this matter permit me to state that I did not, and do not, contend that the sanitary conditions are bad," stated Mr. Hochman in his letter. "A personal visit has convinced me that the larger shops are, generally speaking, working under conditions of sanitation against which there can be no complaint. These large shops, I found light, clean, well ventilated and provided with the necessary comforts to make work healthful and pleasant.

"But this, continues Mr. Hochman, does not in the least minimize the danger lurking to the workers, the

legitimate manufacturers and the consumers in a considerable number of shops in the cloak industry. The danger to the health and life of the workers employed in these kitchen shops is obvious. The cost of low rentals, or no rent at all since most of these shops are conducted in the living flat of the employers—and the sweating system used in the production of the garment create an unfair competition for the manufacturers of cloaks maintaining a fair establishment.

Considered Menace to Industry
"We have information that some large stores and reputable establishments buy merchandise from the kind of shops described in the affidavit. Well displayed these garments are easily made to look very attractive to the eye of the woman out to buy garments and may be very profitable to the retailer. What is more important, some of these shops are supplying children's clothes. The implication, I believe, needs no further explanation."

Mr. Hochman states that the union regards the shops as a menace to the industry and to the public. He expresses the hope that Mr. Stapell will join the union in attempting to suppress the shops which, he claims are increasing in number.

Laborers' Union Forging Ahead

Membership Is Growing

Hamilton, Ont.—Although only organized a short time ago, Local 17,778 Federal Laborers' Union, has already begun to make headway. The membership is growing by leaps and bounds and at every meeting the members assemble at the Labor Temple in force.

Efforts are being made to organize the civic laborers, and it is stated that a number of municipal employees will be initiated shortly. It has been reported to officials of the local that it is contemplated to reduce the wages of civic laborers. "We will resist any attempt which is made to reduce the men's pay," said an officer recently.

May Lose His Army Commission

New York—Friends of Capt. Paxton Hibben army officer threatened with the loss of his commission for his activities in Russian relief, are discussing the cryptic statement issued by Gen. William Barclay Parsons, chairman of the board of inquiry.

"The very friendships that a man makes, entirely harmless in themselves, might be such as to cause doubt in the minds of men under him and of superior officers as to whether an officer with similar connections could be relied on to act with requisite firmness in suppressing a rising against the public peace or proceeding against a particular enemy," Barclay said.

Use of Injunction Against Labor

Discussing the danger lurking in the use of injunction against labor in industrial disputes, U.S. Senator George Wharton Pepper, told the Convention of the American Bar Association that in "the Senate one quickly becomes aware of the existence throughout the country of a sentiment."

The Senator from Pennsylvania made it clear that there is a "growing bitterness of organized labor toward the federal courts," and urged the members of the Bar Association who were about to leave for England to make a study of the English method of dealing with strikes.

Under a system of Government as ours, Senator Pepper said, "the maintenance of well might universal confidence in the judiciary is pretty nearly essential to national safety."

His plea was that we consider whether it "is not worth our while to place elsewhere than upon our federal judges, the burden of solving for us our legislative and executive problems."

Senator Pepper draws a parallel between the method of facing the strike situation in England and in the United States. He points out that our British friends have come to recognize peaceable picketing as a legitimate concomitant of a strike, but have trained the guns of their criminal procedure upon conduct (in connection with strikes) which threatens breach of the peace or invasion of private right. "What they (the English) have thus domesticated," Senator Pepper says, we still seek to enjoy.

Continuing, Senator Pepper said in part: "When you mark this contrast you will be led to review our own industrial history during the last thirty-five years. You will begin with 1888 when a State court first issued an in-

junction in a Labor case. You will pass to 1891 when the Federal Courts first entered this field. Then you will note the frequent recurrence of federal injunctions until to-day such injunctions have become a recognized exercise of the federal equity power.

"I was led recently to make such a review of our industrial history by my desire to account for the growing bitterness of organized labor toward the federal courts. In the Senate one quickly becomes aware of the existence throughout the country of a sentiment on this subject, which, if unchecked, may easily develop a revolutionary sentiment. I accordingly addressed a letter to every United States District Attorney asking him to secure from the clerk's office in his district a copy of all such injunction orders made by the United States Court in his district during the last few years. Courteous attention to my request has supplied me with a most interesting mass of material. The injunction orders have become more and more comprehensive and far-reaching in their provisions until they culminate in the Shopmen's Injunction order already referred to every thoughtful lawyer who has not already done so should read that order and meditate upon its significance. In so doing he should have in mind that during the shopmen's strike in 1922 nearly every one of the two hundred and sixty-one "Class 1" railroads and number of short-line railroads applied for injunctions in the various federal courts. No applications were denied. In all nearly three hundred were issued."

The concluding paragraphs of Senator Pepper's address follow:

"I commend this question to your thoughtful consideration as with open eyes and ears you gather your impressions of English law and English life. Respect for the courts is not the least valuable part of our English inheritance. Under such a system of government as ours the maintenance of well might universal confidence in the judiciary is pretty nearly essential to national safety. Is it not worth our while to place elsewhere than upon our federal judges the burden of solving for us our legislative and executive problems?"

"To maintain such confidence must we not confine the courts to the sphere in which the creators of our constitutional system intended them to live and move and have their being?"

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Mrs. F. Crowe, of Whitehorse Rd. Croydon, writes: "I am pleased to tell you that the small tin of ointment you sent me at Ventnor, has proved a complete success, my hearing is now quite normal, and the horrible head noises have ceased. The action of this new remedy must be very remarkable, for I have been troubled with these complaints for nearly ten years, and have had some of the very best medical advice together with other expensive ear instruments all to no purpose. I need hardly say how very grateful I am, for my life has undergone an entire change."

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