

The Telephone Situation

# The World at the Telephone

The demands upon the telephone nowadays are enormous. Everybody telephones. As a result the complexities and perplexions of the business were never so pressing.

Wherever you turn, especially in the larger cities of this continent, telephone men are wrestling with the greatest difficulties they have ever faced.

Very heavy demands for new connections have come right atop of world-wide shortage of vital material.

The heaviest traffic loads in the history of the business have come when facilities were lacking because of the scarcity of material and when labor unrest and unsettlement were most acute.

Expanding business in all lines means insistent demand for extension of telephone facilities. The cumulative requirements of a fast growing community like ours tax our resources to the limit!

We were never trying harder than we are today to make our facilities and service meet the demands of a difficult situation.



**The Bell Telephone Company OF CANADA**

**COMMISSIONER HIGGINS HERE TO CONFER ON SALVATION ARMY MATTERS**

Com. W. J. Richards, head of the Salvation Army in Eastern Canada and Col. John McMillan, Chief Secretary are conferring with Commissioner Higgins, Chief of Staff and Second in Command of the Salvation Army for the work who arrived in

Boston from London, England, recently. Com. Higgins came to America to discuss matters pertaining to Salvation Army affairs in Canada and the United States, with Commander Eva Booth, head of the Salvation Army in the United States and with the Canadian officials. He was for many years Chief Secretary of the United States and recently succeeded

Com. Howard as Chief of Staff and Second in Command. Many matters having important bearing upon the future policy of the Salvation Army, and its reconstruction work are to be taken up at this meeting and it is expected that on his return Com. Richards will have something to say in regard to the questions affecting the policies to be followed in Canada.

**Irritable Nerves Restored And Health Regained In a Simple Way**

The man or woman who is run-down, not feeling up to the mark, perhaps irritable, nervous or sleepless can well afford to learn about the wonderful results the newly discovered blood-food is giving to folks that use it.

There is wonderful power in this new blood-food, and every weak pallid person can be quickly nourished back to health that uses it as directed.

After each meal with a sip or two of water, you simply take two little chocolate-coated tablets, sold in all drug stores under the name of "Ferrozone."

The effect is noticeable at once. You feel happier, brighter, more contented. That old-time feeling of weariness departs—you forget your "nerves" and no longer get irritable or cross over trifling annoyances.

There is a reason for this change and that reason consists of the fact that Ferrozone contains blood-making materials you can get in no other way.

Ferrozone makes the blood tingle and sing with new vitality. This ensures lots of nourishment and strength being supplied to every part of the body.

No wonder the eyes brighten and the cheeks radiate color and happiness: With abundance of strength, a keen appetite, good digestion and plenty of sound sleep—all the result of Ferrozone—you quickly feel as if life held new charms and pleasures.

**FRANCHISE ACT PROTESTED**

The West Toronto branch, U.V.L. at a meeting last night condemned the "Franchise Act" recently introduced by the Union Government which makes no provision for the disfranchisement of deserters and evaders of the Military Service Act.

The resolution calls upon the returned men and their dependents to protest against the act as it stands and to urge the insertion of a provision excluding these defaulters from voting.

Controllers Gibbons, Ramsden, and Cameron came in for condemnation for refusing to sanction the Rosedale stadium being handed over to the sport-loving public of Toronto, 95 per cent of which are veterans. The branch approved the tuition of Sergt Major McNamara from the Reserve branch.

**HOUSECLEANING TIME**

In the Spring a Woman's Fancy Turns That Way.

She Finds the Work Fascinating—Some Very Practical Hints as to Doing the Job — Recipes for Cleaning and Polishing.

(Contributed by Ontario Department of Agriculture, Toronto.)

**H**OUSECLEANING for the most part is fascinating work, that is, after we pass the cellar. After all, this is really the most important part of the house and should receive first consideration in the spring. Probably it will never be known how much of the low state of vitality found in some families is to be charge to ill-ventilated, badly-lighted, poorly-drained cellars, where decaying vegetables are kept, sending its foul germladen air to every part of the house.

If vegetables are stored in the cellar they should be carefully picked over and all growth and decayed ones removed. In addition to thoroughly cleaning, the walls should be white-washed, and if the cellar is at all damp, it is well to keep a metal or earthen receptacle containing unslaked lime constantly present. Not a day should pass without the cellar being properly aired. In the very hot summer days, the windows should be opened every night and closed during the day. The reason for this is, that the outdoor air in the daytime is much warmer than in the cellar.

This warm, moist-laden air enters the cellar atmosphere of the cellar, and the moisture condenses and rests on all surfaces making the cellar damp and warm. By opening the windows at night and closing them in the daytime the cellar is kept dry, pure and clean. It is well, too, before leaving the cellar to see that the screens are placed properly in the windows—screens of fine wire netting to prevent flies or insects entering. We cannot emphasize too emphatically the need for proper protection against flies. More diseases are caused by flies than we are wont to believe, and while doing the spring cleaning it is well to see that each room is screened properly to prevent the entrance of flies.

If we attend to the little things before we start the actual cleaning, such as sorting and cleaning drawers, putting away furs, winter curtains, extra blankets, etc., and laying in a supply of cleaning materials, this will save a lot of time. It has been customary to envy the home with new furniture. We think it would be easy to make the house look well if we just had some new chairs, dressers, tables, etc., but, as a matter of fact, it does not make the housecleaning half as interesting as if we have some old furniture (which we have longed to discard for years) to transform into something new. What could be more fascinating than the painting of chairs, tables and other furniture or to have it harmonize with the walls, the drapery, the woodwork, and the floor.

It is not only that a floor looks much better if it is painted or polished, but it saves time and energy in cleaning. The rough surface collects greasy moisture, dust settles in it and soon grimy discolored and unhealthy conditions exist. Fine floors are hard to keep clean. The following methods of treating them may be of value:

1st. Spread over the floor strips of old sheeting, to this add two coats of paint. This will secure a very satisfactory border for the floor and the centre may be covered with a rug.

2nd. Apply a coat of linseed oil. Then fill cracks with "Crack and Crevice Filler," and apply an oak stain and two coats of floor finish.

It is difficult to say which rooms in the house should receive the most careful consideration. The bedroom is important because it is in the bedroom the person should receive that perfect sleep which will insure physical and mental strength.

The kitchen, too, is important, because here the woman spends a great deal of her time. It will be found most satisfactory to have linoleum placed on the kitchen floor. This is easily kept clean, and is soft, warm, elastic and wears well. There should be nothing in the kitchen which cannot be washed. The furniture, walls, etc., should be washable. While cleaning this spring it is especially important that we should see that all the utensils which are being used constantly should be in a convenient place, and if possible, closed cupboards should be placed in the kitchen.

The following recipes and information may be found of value in doing the spring cleaning:

Washing Windows.—Always dust first and clean the woodwork before the glass. The glass may be washed with warm water and soap, ammonia, or kerosene, or whitening and ammonia. In washing wring the cloth almost dry, rinse off the window, and dry with a soft cloth and polish with a soft paper or cloth.

Painted Woodwork.—Wash in warm soapy water with a soft cloth, doing a little at a time and drying as you go along. For light painted wood use whitening paste.

Vanished Woodwork.—If very soiled use soap and water. Dry very thoroughly and then rub with ammonia or kerosene. To use kerosene just dampen the cloth and after rubbing on the vanished woodwork rub again with a dry cloth. If not, you will find a white glow will result.

Dustless Dusters.—Dip the cheese cloth in a mixture made from ½ cup melted parowax.

Note.—These dusters may be washed several times before they require to be dipped again.

There are many helpful suggestions for cleaning, and labor-saving devices appearing in weekly papers and magazines from time to time. It is a good plan to cut these out, place them in a labelled envelope or box for future use.—Miss D. M. Sutherland, Women's Institutes Branch.

Col. Harbottle has donated a shield to be given to the boxer scoring the most points in the Pittsburg-Toronto tournament which commences today.

**RHEUMATIC JOINTS Rub Pain Right Out—Try This!**

Rheumatism is "pain only." Not one case in fifty requires internal treatment. Stop drugging! Rub soothing, penetrating "St. Jacob's Oil" directly into your sore, stiff joints and muscles and relief comes instantly. "St. Jacob's Oil" is a harmless rheumatism cure which never disappoints and cannot burn or discolor the skin.

Limber up! Quit complaining! Get a small trial bottle of old-time "St. Jacob's Oil" at any drug store and in just a moment you'll be free from rheumatic pain, soreness and stiffness. Don't suffer! Relief and a cure awaits you. "St. Jacob's Oil" has cured millions of rheumatism sufferers in the last half century, and is as good for sciatica, neuralgia, lumbago, backache, sprains and swellings.

A complete and beautiful uniformity of tone is an outstanding feature—pronounced such by the world's greatest artists—of the

**Heintzman & Co. Art Piano**

Let it be a Grand or Art Upright, this instrument is capable of the minutest and highest expectations of the most critical artist—equal to the production of the finest shadings and interpretations that may be demanded by a Tetrastini or other great artist.

"The world's greatest piano"—to-day the choice of people of culture all over the Dominion, in Great Britain, Australia, New Zealand, South Africa, Paris, France, and South America.

It is not surprising that Canadians speak with pride of this piano.

**HEINTZMAN & CO., Ltd.,**  
68 St. Paul Street  
ST. CATHARINES



## You Pay only the Same Duty on Red Rose Orange Pekoe Tea as on the Very Poorest Tea.

Before the war there was no duty on tea.

To-day there is a duty of 7 cents a pound on tea brought from British possessions, and one of 10c. a pound on tea brought from other countries, regardless of the quality.

If it were levied on the value of the tea, as is the case with other goods imported into Canada, the duty on a pound of Red Rose Orange Pekoe Tea would be about double that levied on common tea.

But the duty on a pound of this fine-quality, mountain-grown tea—Red Rose Orange Pekoe Tea—is the same as that on a pound of the very poorest tea.

This is one of the reasons that this tea of extra quality—as well as our standard, well-known Red Rose brand—is so much better value than ordinary teas.

You pay less duty.

This situation is appreciated by tea lovers all over Canada. There is a greater demand for fine-quality tea to-day than before the war. And our NEW fine-quality tea—Red Rose Orange Pekoe—is already enjoying a brisk demand.

Try it. Sold only in our new package—the waxed board carton.

**T. H. ESTABROOKS COMPANY, LIMITED**  
St. John, Montreal, Toronto, Winnipeg, Calgary, Edmonton, St. John's, Nfld., and Portland, Maine.

Mountain grown Orange Pekoes from the best plantations. A tea of quality at a little extra price.

Our well-known Red Rose Package, the sale of which is increasing faster than ever before. Red Rose consists chiefly of Assam teas, the richest and strongest in the world and therefore very economical. (The Red Rose Orange Pekoe Package is a little different in design.)

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