SUNDAY MORNING

THE TORONTO SUNDAY WORLD

MINUTE WISE AND HOUR FOOLISH by Medium for Business Yoman Between Economy and Extravagance of Time.

was once a thrifty bu nan who claimed that his great wealth was built entirely ny. He never wasted a pin been a packer he won ted even the squeal of the Every package that came in unwrapped, string and perish the wasteful o the snipped it with a knife! with a sense of humor kept ord of the time it consum fulfil the chief's ideas of petty y, and at the end of a week pre-

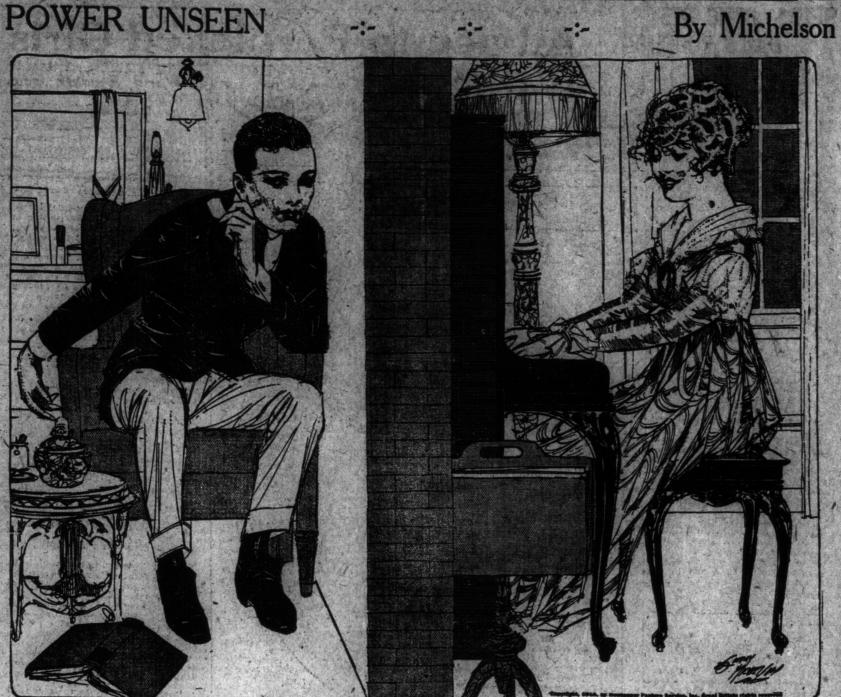
d a statement showing that by as \$130 worth of office time \$18 ar could be "saved." Retween the extreme of ed in this type of business, an

travagance of many modern ors there is, of course, a rea mean. What availeth it th ess man to put in a ma vill save the staff one hour pe ay if that hour is not utilized to som antage? For it is in time that nd the great extravagance ss today.

Loo Great a Strain

Snookums. rl, if I were you very long and pre I had very h a man so much Just think, when was twenty-two igh to be your between persons are not nearly ds er the same age. you make a de-nt regret for the example, one man requires work at top speed hours she must and does turn t the entire day's mail. Because this lar business man has the habit ting his mail accumulate on his ak until 2 or 3 in the afternoor hen he dictates everything hurriedly, sisting upon it being finished that sy, so every one stays late and works ast and furiously. Next morning here is little or nothing to do. The expert young stenographer reads or fills time with some petty previous day's

bs, that cheaper help could do very jobs, that cheaper help could do very well, until the afternoon, when her chief repeats his erratic procedure. On the other hand, there is the nerv-ous little person who comes in half an hour late, excuses it on the ground that she worked an hour later the night before, fritters away one or two hours a day enhancing her personal charms, and then works efficiently at top speed for two or three hours in order to make up for lost time. Good work may result, but the result is too often "nerves," and the time which is es," and the time



OOR things !--- we are most of us shut up like birds in cages. Some of us singing our hearts out in lonely ardor, just exactly like a little yellow canary; some others of us smoking a lonely pipe. But just as the canary can see glimpses of an outer wonder thru the bars of his cage, so it happens sometimes that the most entrancing SOUNDS eome thru the brick walls of the hu-

By LUCREZIA BORT

Prima Donna of the Metropolitan Opera Company, New York.

How to Do Your Hair

man cage, until the lure of a pipe is forgotten under the spell of the wonder. Do you really suppose that any girl actually could be as lovely as the young man with the pipe fancies her to be when he translates the music into a living, breathing, teasing creature? Maybe not; the important thing is that the unseen power moves him to want to find out. This is the way RO-MANCE works.

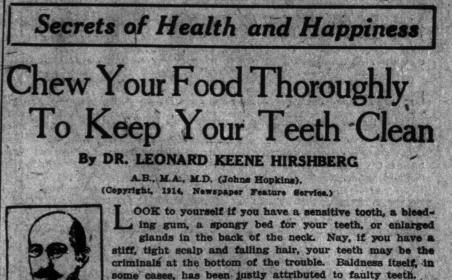
From Reasons That Are Good

Bad Deeds Seldom Spring

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cases, has been justly attributed to faulty teeth. seems to be far from generally known that the best way to prevent decayed teeth, pyorrhoea and the other denal disorderse is to clean the teeth from infancy to old ge. Moreover, it may amaze you, dear reader, to learn that the best way to clean the teeth is not by a powder, a potion or a paste, all necessities in their place, but by chewing the food.

MARCH 28 1915

DE HIESHERED chewing the food. Effectual mastication is a most excellent way both to clean and polish the anamel, drive out germs and to invigorate and make flabby gums firm. Thoro chewing defies the lodgment of food fibres and debris between the teeth, and in individuals whose blood and muscles are sound and glowing may at times take the place of that usual requirement, the tooth paste. It is decidedly not advisable wholly to dispense with a good chlorate of po-tash, alkaline tooth paste. Learn but to remember, however, that thoro masti-cation is essential. Instil this fact in your minds as well as thus cultivate the habits of your children, and the auxiliary tooth paste, tho a necessity only too often need be used but once or twice a day. Foods to Shun

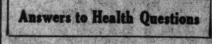
DR HIRSHBERG

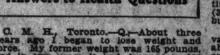
To practise the art of mastication means taboo for soft, fluid and nonsolid or predigested foods. Your mouth should be much cleaner after a meal than before it. Even dentists still cling to the old error that the mouth is full of refuse and the testh of debris after a meal of fibrelike victuals. The dictetic articles, and there are many, which actually have a tendency to leave the gums, testh and spaces between filled with bacterial and in-jurious debris are candles, cereals, sugary sweet and fibreless foods. Any one with caries or rotten testh, with Riggs disease or pyorthoea, with foil breath and unpleasant gases emanating from their mouth, should particularly shun certain non-cleansing, decay provoking articles.

breath and unpleasant gases emanating from shun certain non-cleansing, decay provoking a Among these are to be numbered chocola sugared things in general, honey, marmalade, fresh cake and fresh bread, stewed fruits, cerea toast, milk shakes, sundaes, ice cream, soups The Indolent Chewer lade, hot bread hot breads, cakes, jam, pres-als, sweets, syrups, molasses

On the other hand foods rich in fibres, such beans, radishes, celery, asparagus, peas, lentils, bread, hardtack, bacon, ham and all sorts of me bread, hardtack, bacon, ham and all sorts of me

t part the end for in their use of almost rom disuse there any persons are ation than in the





mplete physical examination

G. A. B., Toronto.-Q.-What shall I do for sciatic pains affecting the hlps? Sometimes the pain goes thru my shoul-der and is very severe. I have gas on my stomach and pains between the lungs. I get very bad cramps at night in the feet and legs. What can you advise? A.-Take seven grains of oxide of mag-nesia before meals, six charcoal tablets after and eat more green vegetables, spin-ach, carrots, cabbage, oranges, apples, dates, figs, prunes, currants ostoret

nesis before meals, six charcoal tablets after and eat more green vegetables, spin ach, carrots, cabbage, oranges, apples dates, figs, prunes, currants, catmeal shredded wheat, cereals, salads, fish an poultry. Drink three quarts of distile water daily, two glasses half an hour be fore each meal. Sleep ten hours in the 2 and take more rest in the afternoon.

G. B., Toronto.-Q.-(1)-Is it harmful to est before going to bed? (3) Is it in jurious to drink tes or coffee before re-tiring at night? (3) What preparations do you advise for cleaning the testh? A.-(1)-A few crackers may be esten before retiring, but nothing heavy. (3) Tes or coffee should not be used at all, much less at night. (3) A chlorate of po-uash tooth paste is very good to use on the testh.

nds? We are r; at least neat d like fun as of twenty-four. girl friends that any and we al-y that comes to we know how,

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shteen and am with a man le often phones to go out with to called on me be family

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Annie Laurie

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Annie Laurie.

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is something will give us a ble advice. and Louise. how too plainly too anxious for e hunting them.

to be hunted. that is the matter tet into a serious girl who thinks hes to spend an lead in love with frank and unare the man eager-don't be t man is on the Annie Laurie.

velcome letters cts of feminine women read+ and will reply

olumns. They d to her, care

rld. per; anne



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Hulling

Toronto.

saved by doing the day's work in a short spurt of high effort is not utiliz-ed to sufficient advantage to make that ort worth while. Morning Hours Best

Morning Hours best Edison has an excellent maxim for daily work: "Do the hardest thing first." True, it is more difficult to jerk one's self up to top effort the first thing in the morning, but it's tremend-ously worth while. That is when the energy is freshest; when the mind is alert and the viewpoint likely to be more optimistic, because it is as yet uncolored by the petty annoyances of the day. As a rule, it takes half the time to do a task then than later, when the energies are at a low ebb. But clearing the deck early in the day leaves the other hours free for the less arduous tasks which do not require the very maximum of energy and ability.

The rule for the really efficient day's work which will economize as well as expend time wisely is to standardize tasks so that they may be distributed evenly thruout the day. Each regular task should have its regularly appoint-ed hour in the well-ordered office, just as each article has its place in the well-ordered household. And there must be harmonious co-operation and consideration if the office wheels are to review smoothly.

consideration if the to revolve smoothly.

Pie crust should be rolled in one threating away from you. Do not put meat directly on the ice; a draws the flavor and spoils it. A cloth moistened with alcohol is affectual in cleaning plano keys. Place tiny canton flannel disks or roft doylies between your decorated har-dresser then divided har-dresser then divided har-dresser then divided

Mrs. Wiseneighbour Says:--

Mrs. Newlywed Says:--

neighbour.

difference between fibre and woodenware?"

"I should have told you the other day, when I was speak-ing of 'Eddy's' Washboards, that it is just as necessary to have an Indurated Fibreware Tub to hold your clothes if you want to make a success of washday."

"I've heard of Eddy's Indurated Fibreware. What's the

"Fibreware is made from compressed fibre, baked at ex-treme heat. All in one solid piece, it cannot warp or fall apart. No chance of splinters. Wears much longer, looks better, and is light to carry. The latter point you should always take into consideration," concludes Mrs. Wise-

But clearing the deck early in the day leaves the other hours free for the less urdivous tasks which do not require the very maximum of energy and ability.
The rule for the really efficient day's work which will economize as well as copend time wisely is to standardize tasks so that they may be distributed evenly thruout the day. Each regular task should have its regularly appoint task should have its place in the well-ordered office, just as each article has its place in the well-ordered office, just as each article has its place in the well-ordered office wheels are to revolve smoothly.
T WHILL aid the young housekeeper to know just what to use to make orust for one ple. Here is a reliable recipe: Take one generous half, pint of the recipe: Take the take the take th

to know just what to use to make orust for one pie. Here is a reli-able recipe: Take one generous half pint of party flour, one generous tablespoon-ful of shortening, half a teaspoonful of sait, half a teaspoonful of baking powder. Sift the dry ingredients, rub in the shortening, moisten with cold in the shortening, moisten with cold water only sufficiently to roll out; we pie crust is never crisp; a quarter of a cupful of water should be ample. Roll thin. Pie crust should be rolled in one threction—away from you.

Do not put meat directly on the los, t draws the flavor and spoils it. A cloth moistened with alcohol is iffectual in cleaning plano keys Flace tiny canton flannel disks or noft doylies between your decorated intes when not in use as a protection. It is easy to open glass fruit jars without the aid of a knife if a hot stove plate is put on top and allowed to remain for three minutes; this will allow the lid to be easily unscrewed and not injured it.

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ANA

A young American woman, was anxious to be presented at a Euro-pean court, but the high officials, hav-ing inquired into her social standing at home, objected. They represented to her that the king could scarcely re-ceive the daughter of a man who sold boots and shoes. The young woman cabled home and told her father the situation. The next morning she re-ceived his answer: "Bosh! It isn't sell-ing. Practically, giving them. away. See advertisement." That solved the difficulty. She was, presented as the daughter of an eminent philanthropist.

F EMIININE ears have been concealed for so long that even fashionable mem-bers of the sex are loath to disclose them again. Fash-ion, however, has decreed that they appear whether we will or not. With invisible hairpins she caught the swirl over to the right to hide, the part, and then arranged the side sec-tions of hair over the ears, puffing them the slightest bit so that they would not appear too set and precise. Next, the back section was combed up to the top of the head and puffed just a Mitle Finally all ends of hair were carefully combed together and toiled in a low, soft knot. will or not.

The Newest Way

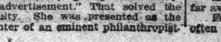
Why there should A Harmless Brilliantine

be this hesitancy about showing the ears I cannot un-derstand, for the

is quite as good and sound as it would have from the tree. when we can.

Presentation

A young American woman, was



By WINIFRED BLACK Copyright, 1915, by Newspaper Feature Service, Inc.

pain was more severe. I have gained to pounds in the year, but have much soreness shifting from place to place. I am taking drugs to induce sleep. What can you do for me? A.--You should est every three hours-butter, cream, olls, fais, pastries, starch-es, ham, pork, gravies, fresh fruits and cereals. Sleep ten to twelve hours in the 34 be in the fresh air and sumshine most of the day, take lots of exercise and drinks two quarts of fresh milk and cream daily. Also drink three quarts of distilled wa-eer daily and a wineglassful of olive oil after meals. Take one tesspoonful of compound syrup of hypophosphites before meals. You must stop all whiskey and sleep-making drugs. J. W. B., Toronto.-A.-The following formula should be used instead of the one you have tried: Fluid extract of pilocarpine 1 dram Tincture of cantharides. 1% dram Tincture of capsicum 1 dram Alcolhol ... enough to make 4 ounces H. W. W. Toronto.-A.-The informa-tion you desire can be obtained if you will send a stamped self-addressed en-velope with your query repeated. Toronto.-Q.-I have been suffering THEY arrested a man for embes-zlement the other day. A young man, good looking, well dressed and a plausible talker. and a plaus

He cried when they took him to olice station.

"Yes, I cashed my employer's check," he said, "and used the money for my-self. But I have an invalid mother, and I could not support her on my

And every one was very sorry for the well dressed young man, until it turned out that he really did have an invalid mother, and that he hadn't given her a cent for over a year. He had spent the money on persons who were neither invalids nor mothers. Of course.

Black Of course. Once in a while it turns out that the speck in the apple isn't really a speck at all, but just a bruise, and the apple at all, but just a bruise, and the apple

we are all glad, for we all love to think well of human nature

en we can. But, as usual, the apple with the speck in it is not sound. There's something the matter with that apple besides the little speck you

see on the surface. And if you keep the fruit in the pantry long enough it will spoil every good apple on the shelf. And not one of the good apples can do a thing to keep the bad apple from spoiling.

velope with your query repeated.
Toronto.-Q.-I have been suffering with a pain in my back, around and thru my stomach, back and neck up into my head. My eyes ache, and i have a coated tongue, a fulness after esting and after drinking cold water I have severe chills. I have a soreness thru my back and inte night. I am losing weight. What treatment do you advise?
A.-You should go at once to a large hoating made and a correct diagnosis.
F. T. M., Toronto.-Q.-I have to stand on my feet a great deal, and consequently on my feet a great deal, and consequently what kind of hose is it best to wear?
A.-Bathe the feet in warm water twice

We read in the magazines fine stories about honest men who are driven to dishonesty by selfish and extravagant wives. I can think now of seven different bank cashiers in different parts of the world whom I have seen go to prison. And every one of those cashiers threw away his liberty and his good name and his place in the world for the suke of a woman. And not one soft those women was the wife of the man who became a thief for her sake. Men do not steal for good women. The sort of man who loves a good woman cannot be made to steal by any sort of woman who ever breathed. Lillies, they say, can spring from foulest mud. I hope that this is true, but usually you find in mud weeds, and nothing else.

Mrs. L. E., Orillia, Ont.—Q.—I am trou-bled with an intense itching of the exter-nal parts of the genital valve with a slight discharge, offensive and whitish in color. I have severe headaches and weakness in the small of my back. What can I do to get gelief? A.—Use nothing but borie add water as a douche, and go to the general hospi-tal for an operation, which is very neces-sary.

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