

NEWS OF SPECIAL INTEREST TO WOMEN

WAR ON SKEETER HAS CONVERTED PANAMA INTO A HEALTH RESORT

Dr. Hastings Tells Housewives' League Some Essential Facts Regarding the Conservation of Public Health—Emphasizes Need of Cleanliness in Home and Hospitals.

"Safeguarding the public health and how this can best be accomplished" was the subject of a most interesting and instructive address by Dr. Hastings, medical officer of health, before the members of the Housewives' League in the parlors, McGill street, yesterday afternoon.

In the matter of transmissible and communicable diseases many fallacies are abroad, Dr. Hastings told his audience. Such diseases as scarlet fever, diphtheria, pneumonia, affect the respiratory tract and in these cases we must safeguard ourselves against the secretions of the mouth, nose and lungs.

Sanitation is essential for tuberculosis, but they are but one link in the chain of methods which we have to adopt. It is only for the earlier cases that the sanatorium can hope to assist. Therefore control of the home and of advanced cases are things to be secured. The department of health goes into the homes. When a patient receives a patient, the department is notified and a nurse is sent to the home from which the patient came. In a family of five or six two or more are almost sure to be infected. This, however, does not mean that the disease is hereditary.

Contrary to popular opinion there is little to be feared from organisms floating about in the air. A mother might take her children thru the ward of the isolation hospital, provided their hands were held behind them, with but little fear of their getting any disease, because absolute contact alone is the source of infection.

Wards for mixed communicable diseases have been tried both in Paris and in Providence, R. I., and seldom has any case of cross-infection resulted when proper provision by the nurse and others had been taken. A great deal is heard about prevention, hygiene, sanitation and the like, but it all amounts down to simple cleanliness. In this connection Dr. Hastings stated that there was not one person in five thousand outside of the sanatorium who knows how to wash. On the hands of ninety out of a hundred bacteria would be found.

Great emphasis was laid by the speaker on the necessity for cleanliness in the matter of sterilizing all utensils used in the kitchen, on the sick. A nurse might carry out every principle in a hundred except this one and by so doing she would nullify all her good work, for thru means of spoon, knife or cup she might carry infection. Safeguarding the food supply is half the battle.

Flies and Skeeters.

The house fly is the greatest enemy to the health of mankind. Its work during the past year had cost the United States \$250,000,000. The mosquito had at one time made the Panama region uninhabitable. Now owing to work in the laboratories it had become one of the greatest health resorts in the world.

The school curriculum is abominably overcrowded, according to Dr. Hastings. Home work should be altogether done away with and seven should be the earliest at which the school age should be set. Dr. Hastings professes nine years and advocates always keeping the physical ahead of the mental. The women of the C.H.E.A. and Housewives' League were commended for the good work they are doing in the matter of securing cleanliness of food. Regarding factories, Dr. Hastings stated that 20 per cent. of efficiency is lost thru unsanitary ventilation and heating.

A number of questions were asked by the ladies present in the discussion which followed the address.

This was the last meeting of the Housewives' League for the season. Previous to the chief address the ladies listened to a farmer who lives about 30 miles from Toronto, who promised to supply direct to the market garden produce at wholesale prices, provided there were enough in certain districts to warrant him in bringing his garden stuffs to the door.

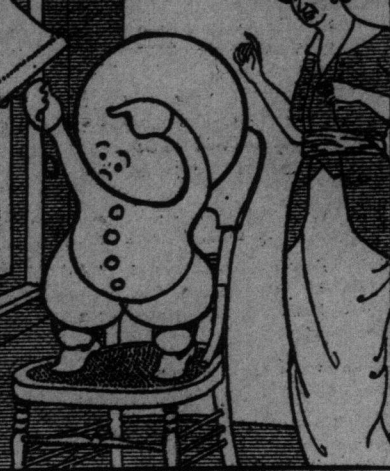
Economic Aldermen.

The following motion was passed by the meeting:

"That the C.H.E.A. hereby protest against the unwarranted increase of civic money by Aldermen David Spence and Sam McBride on their trip to Atlanta, Georgia. What particularly impresses the Housewives' League is that these two representatives of the citizens should be guilty of such an offense. It is very necessary that they are such strict advocates of civic economy when market deputations are appearing before them."

GOOPS

By GELETT BURGESS



Marcus P. Poor

Please, never stand upon a chair; You'll spoil it if you don't take care! You'll break the springs and cut the seat, Or smooch the cover with your feet. Why, Goops like Marcus Porter Poor Are terrible on furniture!

Don't Be A Goop!

member that all surface-rooting plants are easily killed by drought. Now, the first point. Slow growth means sturdy, healthy plants, capable of producing great flower heads. Attain this end by little bottom heat in the first stages of growth and plenty of fresh, cool air.

The second point. Several things will check growth. One is careless transplanting. Need I say plant deeply and keep well watered. I have been transplanting nothing else for two weeks. Another check will take place along in the first hot days of June if our amateurs forget to cultivate and conserve surface moisture. Watch the plants well when the flower heads appear and feed well with plenty of water.

Do not neglect to keep cultivating. I find that the best time of all the day to run over some of the garden beds is very early in the morning, about 5 o'clock, while yet the dew is on the ground and the soil is fairly moist. A sprouting seedling is often killed by the sun, but if I do not like myself preferring a three-lined steel fork from the kitchen. This, being smaller and stronger, may be used around tiny roots where a larger tool is not so easily managed. Of course, long before spring is over there are no forks left in the kitchen, since if you leave that fork down one little second it is lost, and the easiest time-saver is to steal another kitchen fork. But the plants are the main things. Besides, you will find the forks next year when digging. Use the fine spray hose constantly on your lines of asters, especially after they are four or more inches high. Just sweep them with the hose. They love a shower bath morning and night. And the droppings settle into the earth and provide for the gross feedings. Use the fine spray hose constantly on your lines of asters, especially after they are four or more inches high. Just sweep them with the hose. They love a shower bath morning and night. And the droppings settle into the earth and provide for the gross feedings. Use the fine spray hose constantly on your lines of asters, especially after they are four or more inches high. Just sweep them with the hose. They love a shower bath morning and night. And the droppings settle into the earth and provide for the gross feedings.

SALVATION OFFICERS CHANGE.

GALT, May 18.—Ensign and Mrs. Jordan of the Galt Salvation Army Citadel, bade farewell last night and leave Thursday for their new field at Dundas. Captain and Mrs. Usaki of the Dundas Corps will come to Galt.

Recipes for Wrinkles And Bad Complexions

Of all the beauty recipes that have been published, here are two that have successfully stood the test of time. Wrinkle Remover—One ounce powdered salicylic acid, dissolved in 1/2 pint witch hazel. Use as a wash lotion. It brings instantaneous results. Face cream—Pure meringue was applied at night like cold cream, only not rubbed in; wash off in the morning. It causes the wormy skin to come off in tiny, almost invisible flakes, a little each day, until the fresh young underneath is wholly in evidence. The beautiful rose-lipped complexion thus obtained is not to be compared with one made over with cosmetics. If the old skin is marked with freckles, pimples or other blemishes, these defects are of course discarded with the skin itself. An ounce of the wash is sufficient for one use. The ingredients named are inexpensive and can be found in any drug store.

NATION'S BRISTOL, ENGLAND CUSTARD POWDER

Is Simply Delicious

Try it with stewed or plain fruit. Sold by grocers, 10c, 15c and 25c tins. FRED GOWARD, Agent, Toronto

EFFICIENT HOUSEKEEPING

BY HENRIETTA D. GRAUEL

DOMESTIC SCIENCE LECTURER

Selected Recipes

THE following recipes have not been tested by the editor of this department as is usual with the majority of recipes used herein, because they come from a unusual source and are highly recommended. There is a neighborhood club of housekeepers in South Dakota who have a recipe exchange and when an economical and tasty dish meets with the approval of any member it is exchanged among the club members. One of these ladies reads this department daily and it is she who has contributed the following list.

Recipe number one is for a dried fruit cake: Blend a cup of white sugar with two-thirds of a cup of butter, add three eggs, three tablespoons of sour cream, one-half a teaspoon of baking soda, and one teaspoon each of cinnamon and nutmeg. Add enough sifted flour to make a batter suitable for layer cake. Drain one cup of soaked, dried apricots, prunes, or peaches and cut them in small bits. Put fruit in at the last, stir well and bake in layers.

Custard cake, our correspondent says, is very moist and tender: One cup of sugar, two well beaten eggs and half a cup of sweet milk are stirred into two cups of flour sifted with two teaspoons of baking powder. Flavor this and bake in a shallow tin. It may be spread with jelly when done and rolled up like any jelly roll or cut in squares and built into a loaf with filling between each section.

Beet salad is popular and this recipe seems to be a pungent mixture that will please those who like horseradish and spicy things. Dice cold boiled beets until you have cut enough to fill two cups, add two cups of raw chopped cabbage, season with salt and pepper and one-half cup of grated horseradish. Mix one-half a cup of light brown sugar with one cup of vinegar, heat this and pour over the salad. Chill and serve with cream or lettuce.

Another dressing may be used if preferred; mix a half a cup of hot vinegar with a half a cup of white sugar, beat two eggs and pour this sweetened vinegar upon them, beating continuously. This must be cooked in double boiler, not of tin. Add salt, pepper and mustard to suit taste and, still stirring, a half a cup of sour cream. This will soon begin to thicken, when it may be removed from fire and poured over the cabbage or beet mixture. It should not be served until it has cooled and stood on ice for an hour.

Steak a la Suisse is for tough cuts. It makes the meat tender and furnishes excellent gravy: Pound the steak with a mangle or edge of heavy plate, then rub several tablespoons of salted and peppered flour into the incisions. Have two tablespoons of fat sizzling in a frying pan, put in the steak and let it cook two minutes, turn it over and cover, move to back of range where it may cook slowly. When done, add more flour to the fat in the pan and when it browns a little, a cup of water and two cups of milk. Stir until rich looking and thick. Pour this over the steak or serve in a tureen.

MOTION PICTURE STORIES

WOLFE OR THE CAPTURE OF QUEBEC

Continued from Yesterday.

A day or two later, by General Wolfe's orders, the English general, Monkton, seized Point Levis, which lies opposite Quebec. Here, heavy guns were mounted and the batteries, aided by the guns of the fleet, poured a rain of shot and shell into the city. The English shells struck many houses in the city, crumbling them to ruins. About this time some bushwhackers, those despicable nondescripts who haunt the woods and swamps of the other, according to which profited them most, came upon my father's chateau. The English had been withdrawn, hence we were quite helpless.

The leader of the band, among which was a Canadian named Indians, requested water with which to quench his thirst. As I brought him a pitcher of cold milk, the Frenchman, tempted to seize me in his arms. My father saw this and struck the villain a vigorous blow across the face with his walking stick. The man's surprise enabled us both to dash into the house and bar the door.

Even so, we should not have been able to hold out for long but for the timely arrival of a party of Royal Americans. Thus, you see, Edwin came to my aid for the second time. His men fell upon the bushwhackers and drove them off. Shortly afterwards, General Monkton arrived from thenceforth our chateau was his headquarters.

The next move in the English campaign was an attack upon the redoubt at Montmorency Falls. By this time I was torn between conflicting emotions. I had already grown to love Lieutenant Arleigh. He was among the troops who were to take part in the attack and so I did not know whether to pray for the success of the French soldiers, of whom my beloved Hubert was one, or for Edwin's countrymen.

As you know, the battle resulted in a glorious victory for the French. We were told that the proximity of the Grenadiers attached to the British forces brought this about. Edwin frequently informed me that these men disobeyed orders and rushed forward to engage the enemy without waiting for the rest of the army.

Their very impetuosity almost carried the day for them, but the opposing force before them for a few moments. Before long, however, the Grenadiers were repulsed. But for the brave stand made by the Highlanders, a body of Scottish soldiers of exceeding bravery, they would have been annihilated.

I awaited the report of the battle with intense eagerness—an eagerness as great as that of the noble Wolfe. And when Edwin was reported among the missing, I was as downcast as the great English commander-in-chief upon the knowledge of his men's defeat.

Unable to stand the suspense, I hastened to the scene of the battle. The silent, sprawling figures would have rendered me ill with nervous strain had I not been in the presence of the brave Marquis de Montcalm. From him I secured a pass to the general hospital.

I might tell you that the noble man had aided me once before. It was while I was in the hospital, some months before. Governor Vaudreuil had chanced to lay his wolfish eyes upon me and later came smirking to the corner of the balcony where I sat. It seems that the Marquis de Montcalm must have read the villain's thoughts, because he had taken the liberty of following him. He came upon us just as the governor was attempting to seize me in his

NURSERY

CONDUCTED BY

Elaine Murray

Training by Punishment

Teasing has ruined the disposition of many a child. It is particularly cruel because it is so unfair. The child cannot retaliate—except by naughtiness; and just as soon as he becomes naughty he is punished. Parents, of course, will never be guilty of tormenting a child; but older children in the house, or unthinking relations, can make the little life almost unbearable. This is absolutely wrong and very harmful.

However, when a child's conduct demands punishment, there is only one thing to do—punish. But let the discipline be very positive, so as to leave no doubt in the child's mind what his future course of conduct is to be.

The spirit of anger is never part of good discipline. And sternness is seldom necessary. Allow the child as much liberty as possible, but teach him definitely the limits of his freedom. Use few "don'ts," but when you have said "don't," enforce it. Make the child as happy as possible and enter into his pleasures and interests as enthusiastically as you know; but, when you give the word, see that he obeys without hesitation. Speak once. If he does not obey, do something to impress upon him the fact that you mean what you said. The parent who threatens punishment a dozen times to once that he administers it, is never obeyed.

Some children are harder to manage than others; but the child who does not mind casts doubt upon the training he has received rather than upon his own character. It is his parents' fault always. It requires not only good judgment but a fondness for children to attain good discipline in one's family, and an unlimited supply of tact, faithfulness and perseverance.

Corporal punishment is losing its popularity, fortunately, but there are children yet who need it occasionally.

The same kind of punishment repeated time and time again is often ineffectual in a child who is hard to manage. A child who is shut in a cupboard every time he is naughty soon learns to amuse himself and have a pretty good time there.

Unexpectedly shown in some unexpected way, is far more apt to make an impression.

YELLOW HAS COME INTO ITS OWN

Color Formerly Banned by Fashion, is Now at Height of Popularity.

For a long time yellow was hardly counted in with pale pink and pale blue as an appropriate color for all occasions—for use on lingerie and

negliges, for the touch of pale color on the lace or chiffon blouse, and for the light-colored blouse itself. Yellow is now in all its glory. Not only are yellow ribbons used to lace up all sorts of lingerie and yellow roses and ribbons used on negliges, but tiny yellow muslin borders appear on handkerchiefs and yellow blouses of chiffon and crepe de chine and linen are much worn. Probably "maize" is the best of the light shades for general wear.

Along with the increased use of yellow comes the increased use of yellow roses for corsage flowers and trimmings for evening frocks.

The smartest and newest of handbags remind one of a first trumpet, all square, level case. On the top of the bag, which opens with two flap-like

covers that meet under the handle, is the owner's monogram in gold or silver. Inside the bag are coin cases, bill pockets and expensive vanity sets, including mirror, file and manicure set.

Another bag, very new and roomy, as well as effective, is a handsome design from Austria, containing a Swiss watch and framed in silver.

Some of the new high chapeaux from Paris are of waxed foliage and wonderfully fashioned pink tulle roses.

The latest styles in gloves embrace a varied range: Bandoleer gloves, with stitching and wristband of contrasting colors. A very effective sports glove is of moose, chambray or cashmere with flare wrist and strap buttons, kid gloves with bracelet effect and embroidered wrists, and gloves in white kid with colored seams, stitching and fancy embroidery are equally chic.

Dear Anne, I am in reason to all the disconcerting have been not away this information

S O People the po Do you say, at foolish and age before Where ha is making Is it a pl of sense co Is it ju va to sit in j say you lo would be yourself?

The Maxixe, and the Tango are only two of the so-called modern dances. The innovation is more graceful, as it is a dance where the partners need not even touch hands in certain of its steps. In the One-Step the man must hold his partner loosely if he does the pretty measure where he steps to one side of her as they dip; and in the Hesitation Waltz the steps require that the man and the woman be slightly apart. The Turkey Trot was a dance which deserved much of the abuse it received; but it died a natural death, because more attractive dances were offered in its place. So will the objectionable features of all modern dances be thrust aside as the staid and more graceful steps are danced.

THE "INNOVATION" IS MORE GRACEFUL THAN THE MAXIXE OR THE TANGO. YOU CAN LEARN IT AT HOME IN THE GENUINE CASTLE WAY. THERE IS NO OTHER WAY THAT IS SO Graceful, Refined and Modest!

The Castle Coupon Gets the Castle Book. Clip it From Today's Paper.

What Thin Folks Should Do To Gain Weight

Physician's Advice For Thin, Underdeveloped Men and Women

Thousands of people suffer from excessive thinness, weak nerves and feeble vitality. Who, having tried advertised flesh-makers, food-cakes, physical culture stunts and rub-on creams, resign themselves to life-long skinniness and think nothing will make them fat. Yet their case is not hopeless. A recently discovered method of regaining flesh, which is endorsed by eminent physicians and provides a lasting remedy for the emaciated, is absolutely harmless, inexpensive and efficient.

A month's systematic use of Sargol should produce flesh and strength by correcting faults of digestion and by supplying highly concentrated fats to the blood. Increased nourishment is obtained from the food eaten and the additional fact that thin people need are provided. Leading druggists and Sargol and say there is a large demand for it.

While this new preparation has given splendid results as a nerve tonic and vitality, it should not be used by nervous people unless they wish to gain at least ten pounds of flesh.

(To Be Continued.)

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Irene and Vernon Castle's "Modern Dancing"

EXCLUSIVELY PRESENTED TO ITS READERS BY

THE TORONTO WORLD

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