

FOR AND ABOUT WOMEN

FIRST PROVINCIAL WOMAN CANDIDATE

Well-Known Woman of Vancouver Running as Independent.

British Columbia granted the suffrage to women over a year ago, and on the 24th of this month the electors will have the chance to cast their ballot for a woman candidate for the provincial parliament.

The candidate in question is Mrs. Ralph Smith, widow of the late minister of finance. She is well-known not only in Vancouver but throughout the Dominion. She has always taken a keen interest in public affairs. She is an ex-president of the Vancouver Local Council of Women and is at present regent of the Daughters of the Empire. She is an excellent public speaker, and if elected, she would prove to be a valuable acquisition to the legislature. She is running as a strictly independent candidate, believing that she can best serve the public interest by keeping aloof from both of the old parties.

Woman's Platform.
In her official announcement of her candidature she outlined her platform as follows:

1. A minimum living wage for women.
2. Supervision of workshops and factories to ensure healthful working conditions for women and girls.
3. Equal pay for women with men in the same class of work.
4. Pensions for widowed or dependent mothers.
5. Education and reform of juvenile delinquents.
6. Organized assistance to enable returned soldiers to become agricultural settlers or to acquire training for technical work.
7. The bringing into force of the Civil Service Act with provision for enabling invalided war veterans to qualify for indoor positions in the civil service.
8. Proportional representation for multiple constituencies.
9. Strict enforcement of the prohibition act with necessary amendments.
10. Provision of an adequate system of technical training to fit young men and women for vocational careers.

It repeats one nowadays to spend a little time and thought upon one's boots and shoes. Shoe trees should be used when the shoes are wet, a little care at this time will probably save you dollars later on. Do not put wet shoes close to the heat for wet leather when exposed to much heat frequently cracks. If you have no shoe trees try stuffing the shoes with paper to keep them in shape.

HEALTH TALKS BY WILLIAM BRADY M.D.

Dr. Brady will answer all signed letters pertaining to health. Writers' names are never printed. Only inquiries of general interest are answered in this column, but all letters will be answered by mail if written in ink and if the envelope is enclosed. Requests for diagnosis or treatment of individual cases cannot be considered. Address Dr. William Brady, in care of this paper.

Starve a Cold and Feed a Fever?

We are not sure whether we have the old maxim right or not. Perhaps it is better to feed a cold and starve a fever. No matter. It was only half right anyway. Can a man eat his way to catarrh? Catarrh, you know, is chronic rhinitis, and rhinitis is inflammation of the lining membrane of the nose. Come along with us on a little journey thru Nightmarland, the most crowded part of the alimentary canal. This large, palpitating, mahogany veneered structure on the right. All these countless vessels leading to it from every part of the alimentary canal, filled to capacity at every performance, constitute the great portal system. When traffic in the canal becomes congested, as it does pretty certainly in times of business prosperity, for those are the times when folks eat heartily and neglect to exercise, then the portal system becomes engorged. Now it is impossible to conceive of the portal system without all other parts partaking of the engorgement, for there is free anastomosis or communication between all these blood vessels. So it comes about that receding and lack of exercise predispose an individual, for instance, to piles, since a pile is nothing else than an engorged vein which drains, or should drain, into the portal system. In like manner one who habitually eats too much is apt to suffer from stuffiness and congestion of the nose, because the veins draining the back part of the nose, and the throat as well, drain directly into the same portal system.

Overeating, which means eating the slightest quantity of food in excess of that quantity required to maintain your normal weight (for age and height and sex), is the third great predisposing factor of chronic rhinitis, or, as the ancients called it, catarrh. The first factor, as has been explained in previous talks, is overeating—keeping the temperature above 68 degrees Fahrenheit. The second factor is coddling—wearing more clothing than physical comfort demands. Of course, the moderate use of alcohol

NEW WARTIME SOCIETY TO ASSIST SOLDIERS

Canadian Women Form Another Organization as an Aids for Their Activities.

A new organization among women has just been reported in Canada. The women of Canada think they are already organized enough, but they are really not organized worth mentioning when the women of the United States are taken into consideration. It is the way of the women across the line to start a new society, club or organization for every new need that comes before them. Whether this is the better way or not is open to debate by the women of Canada, who look with askance, these days, upon new societies.

The new organization just started is something for the returned soldiers, and came into existence the first week in this year in Fredericton, N. B. The name of the society is "The Returned Soldiers' Aid." The objects of the society are, first, to arrange a welcome for our returning men, the details of such welcome to be decided by the circumstances of each case. Second, to aid returned soldiers in the military hospitals and vocational schools, under the advice of the officers in charge and having due regard to the military authorities. Third, to provide such social entertainment from time to time that may be deemed suitable. Officers were elected and meetings arranged to be held once a month.

WOMEN CONDUCT CANTEN

Morning Musical Club of Montreal Have Done Good Work in France for Soldiers.

Miss Mary Bell, first president of the Ladies' Morning Musical Club of Montreal, has been doing a wonderful work in France under the auspices of this organization. With their help Miss Bell was able to equip and maintain a canteen known as "La Tambourin." The canteen is under the direction of Madame du Maurier, directress of Les Cantinières Anglaises in that district, assisted by Miss Bell and a committee of English women. The canteen is open from half-past 4 in the morning until half-past 9 in the evening, and serves on an average 2000 cups of coffee daily to the soldiers passing to and from the trenches.

LADY ROSS CHAPTER OFFICERS.

The Lady Ross Chapter, I.O.D.E., held its regular monthly meeting in Sherbourne House Club Thursday afternoon, with the regent, Mrs. R. H. Clouston, in the chair. Nominations for 1918 were the order of the day. By a unanimous vote the officers were re-elected by acclamation. Mrs. W. H. Barker resigned, leaving the office of secretary to be filled, and was elected to the position of honorary regent of the chapter.



NEW HAIR ARRANGEMENT.

This season's hair-dressing is high. Some modes are very high. The tendency is to lift it and add length to the face, thus changing the profile considerably. Here is a simple hair arrangement for long, straight locks, twisted into a soft knot.

MISS MEWBURN WEDDED

Was United to Capt. D. S. Thompson at Church of Ascension in Hamilton.

Special to The Toronto World. Hamilton, Monday, Jan. 14.—A very pretty but quiet wedding took place Saturday afternoon in the Church of the Ascension, when Helen May, only daughter of Major-General S. C. Meuburn, K.C., M.P., minister of husband, M.C., and Mr. Norman Dalley, after the wedding an informal reception, at which only immediate relatives and friends were present, was held at 65 Markland street, the home of Major-General and Mrs. Meuburn.

METHODISTS PLAN CAMPAIGN.
Toronto Will Be Asked for Large Sum for Missions.

A missionary campaign covering the entire Dominion is to be held by the Methodist churches of Canada from January 20 to January 27, and it is hoped to raise the sum of \$800,000 for home and foreign missions. Toronto being called upon to raise \$150,000. It is noteworthy in this connection that silver currency in China has so risen as to necessitate an extra appropriation of \$25,000. Work along educational and religious lines in China has received great impetus during the past three years, the Chinese mandarin and leading merchants sending their children to the missionary colleges. Also in western Canada special provision is being made for the education and entertainment of Ruthenians and other aliens.

Special missionary services will be held on both the Sundays of the campaign week, and the objectives set by the churches thruout the city are apportioned by districts as follows: Eastern district, \$65,000; central district, \$66,000; western district, \$29,000. A comparison shows that Methodist contributions have increased more than 50 per cent. during the past ten years.

Safeguard your Health with

DR. J. COLLIS BROWN'S CHLORODYNE

Used with unvarying success by Doctors and the public for upwards of 50 years.

The Best Remedy known for COUGHS, COLDS, ASTHMA, BRONCHITIS

Acts like a Charm in DIARRHOEA, CHOLERA and DYSENTERY

A True Palliative in GOUT, NEURALGIA, RHEUMATISM, TOOTHACHE

Checks and Arrests FEVER, CROUP, AGUE

Of all Chemists

Prices in England: 1s. 3d., 2s., 3s. Always ask for a "Dr. Collis Brown's"

—Agents—

LYMAN BROS. & CO., LIMITED TORONTO.

CAN SHE DO IT?

By Mary Slipp.

An appeal has been sent to me to outline a plan for living on \$25 a week and still save something out of that income. The appeal came in a letter to this department, from which I quote:

"Is it possible to save anything, even one cent, out of an income of \$25 a week? When one pays the rent, the other necessary items for the house, buys the coal and good things to eat, what has one left, but a few dollars, which must go for clothes? If you know of anyone who can tell me what to do to save the few dollars I feel I should save out of this amount, please tell them to do so."

A few days ago I noticed, in an exchange, the following which was written by a woman who says she has solved this problem, and this is how she tells it.

How She Does It.
First, savings. Put aside 10 per cent., or \$2.50, per week.

Next, shelter. Allow 22 per cent., or \$5.50 per week, for rent and upkeep of house.

For food—groceries, meat, ice and meals taken away from home—allow 30 per cent., or \$7.50 a week.

Clothes. For this 15 per cent., or \$3.75 per week.

Incidentals. Light, heat, laundry, telephone, carfare and house furnishings, 18 per cent., or \$4.50 a week.

There is 10 per cent. left to be divided between church, charity, lodge dues and papers, books and amusements and luxuries.

The third item, for food, 30 per cent., means very strict economy. It can only be done by the most careful thought. The writer acknowledges this, saying that she who undertakes to make ends meet on a limited income must learn to do careful market-

The amount allowed for clothes, \$3.75 per week, depends entirely upon the size of the family and the ages of the ones to be clothed. The incidentals, too, are doubtful. This opens up a wide field for discussion, and one who will appeal to many women.

It is hoped that this may prove practicable to the Toronto woman who desires assistance along this line, for the writer claims to live where prices are high and knew the purchasing value of a dollar.

The Duchess of Devonshire has sent a New Year's message to the girl guides of the Dominion wishing them a happy and successful year.

Announcements

Notices of any character relating to future events, the purpose of which is the raising of money, are inserted in the advertising columns at 25 cents an advertisement.

Announcements for churches, societies, clubs or other organizations of future events, where the purpose is not the raising of money, may be inserted in this column at two cents a word, with a minimum of fifty cents for each insertion.

THE SOCIAL SCIENCE STUDY CLUB will meet Monday, Jan. 14, Margaret Eaton Hall 8 p.m. Conference on "National Service for Canadian Women." Speakers: Miss Maudie Cunniff, University of London; Miss Winifred Harvey, Ontario Department of Labor; JOHN COLLIER of New York, Director of the Training School for Community Workers, officer of the People's Institute, will speak at the sixth annual meeting of the Social Science Department, Toronto General Hospital, to be held in Convocation Hall, University of Toronto, Tuesday, Jan. 15, at 8 p.m. Mr. Collier is one of the foremost exponents of social service principles in United States. No one interested in Toronto as a community can afford to miss his address. The public are cordially invited to attend. Sir Robert Falconer will preside.

SOCIETY

CONDUCTED BY MRS. EDMUND PHILLIPS

Their Excellencies the Duke and Duchess of Devonshire are expected in Ottawa today, and will be accompanied by His Excellency the British Ambassador to the United States. Lady Spring-Rice will arrive at Government House later.

Col. Noel Marshall, chairman of the executive of the Canadian Red Cross Society, and Mrs. H. P. Plumptre, the corresponding secretary of that organization, both of whom were in Ottawa last week for the annual meeting of the Ottawa Valley Branch of the Canadian Red Cross, had the honor of dining with Their Excellencies the Duke and Duchess of Devonshire, who were also present at the meeting. Other guests who dined at Government House were Dr. T. J. Phipps, chairman of the Alberta University, and Mrs. T. J. Phipps.

Sir Robert Borden and Lady Borden have returned from the south and have arrived in Ottawa.

His worship the mayor was at the Queen's Hotel, New York, at the end of the week.

Baron Ito has arrived at the Queen's Hotel, New York, with his entourage last night, but there were no trains out of the city for the last month, and Mrs. Ito and the Lord Bishop and Mrs. Sweeney gave a dinner party on Friday for the archbishop.

A deputation of thirty people arrived in town yesterday from Columbus, Ohio, on their way to the south and have arrived in Ottawa.

They have come to Canada to learn the working of patriotic societies, etc., from the experience of these matters.

Mrs. Basil Morphy is in Ottawa spending a few weeks with her parents, Mr. and Mrs. C. W. Morphy.

Mr. and Mrs. W. H. Cavithy have been spending a few days in New York on their way to the south.

Mr. W. H. Brouse has left for Miami and Palm Beach, where he will spend the rest of the winter in his motor boat.

Major Bishop, V.C., D.S.O., M.C., is the guest of Mrs. J. C. Keenan, 376 Mountain street, for a few days before sailing for England.

Mrs. D. A. Dunlop is giving a dinner on Saturday afternoon at the home of Mrs. J. C. Keenan, 376 Mountain street.

Collier, New York, who gives an address the same evening on social service.

Mrs. J. Herbert Mason, Russell Hill road, is leaving at the end of the month to spend the remainder of the winter in Barbados.

Mrs. R. B. Belden and Miss Mildred Belden are leaving at the end of the month for Barbados.

Under the auspices of the Grenadier Guards, a patriotic tea in aid of soldiers' comforts was held at Mrs. C. E. Burton's house in St. Clair avenue, D.S.O., and Mrs. Keenan, 376 Mountain street, for a few days before sailing for England.

Major Niven was a guest at the Canadian Club at the luncheon at which Major Bishop, V.C., D.S.O., M.C., gave an address.

Mrs. George McCann has gone to Los Angeles for the winter.

Mrs. Edward Pope and her two children have arrived in Ottawa from Montreal and for the present are staying at the Chateau Laurier.

Mr. John Sims was the host of a small dinner on Friday night in the royal suite of the King Edward in honor of Mr. B. L. Thomson, R. F. A., B. E. F. The guests included Mr. and Mrs. McKee, Mr. Harold Thomson, Miss Child, Mrs. Thomson, Mr. and Mrs. Vogan, Mr. Harry Hook, Mrs. Godfrey, Mr. Wainwright and Mrs. Campbell.

Mr. Arthur L. Hewitt and Mrs. Hewitt, foreign secretary, Mr. Draper, Vancouver, are spending a part of their honeymoon in Victoria before coming to Toronto.

Mr. and Mrs. George J. S. Milne, Arm-prior, announce the engagement of their youngest daughter, Hannah Mary, to Mr. Clifton Osborne Thacker, youngest son of Dr. and Mrs. Thomas Thacker, Renfrew, Ont. The marriage will take place in Toronto.

Mr. and Mrs. George J. S. Milne, Arm-prior, announce the engagement of their youngest daughter, Hannah Mary, to Mr. Clifton Osborne Thacker, youngest son of Dr. and Mrs. Thomas Thacker, Renfrew, Ont. The marriage will take place in Toronto.

MINIMIZE THE FIRE PERIL BY USING

EDDY'S

CHEMICALLY SELF-EXTINGUISHING

"SILENT 500'S"

The Matches With "No Afterglow."

EDDY

is the only Canadian maker of these matches, every stick of which has been treated with a chemical solution which positively ensures the match becoming dead wood once it has been lighted and blown out.

Look for the words "CHEMICALLY SELF-EXTINGUISHING" on the box.

THE E. B. EDDY COMPANY LIMITED HULL, CANADA

TWO SUGGESTIONS TO CLEAN SILVER

One method of cleaning silver, which some housekeepers have found satisfactory, is to put the silver in a metal pan, either tin or aluminum, and pour boiling water over it. Also one tablespoon of ordinary salt may be added to each quart of the boiling water. This is sent to remove dirt and rust spots almost immediately, no rubbing being required, the dipping proving quite sufficient.

Another housekeeper has discovered that, if she adds a few drops of ammonia to the hot soap suds in which she washes her silver, it will not get tarnished nearly so soon as it did before she began to add the ammonia; thus she is not obliged to give it a regular clean-

RED CROSS SERVICE FLAG.

The American Red Cross has issued what is called a Red Cross service flag under the authorization of congress. It is a red cross on a white ground, with a little cross for every member of the family. It costs one dollar, and is supposed to be hung, along with the food pledge, in one of the front windows of the house. It is hoped that fifteen million American families will buy this flag. Ten million had bought them at Christmas time.

THE KEWPIE KORNER

By ROSE O'NEILL



Wag feels the obligation that Devolves upon a Leader, And if a madden smiles at him Just now, he will not heed her—"I can't be frivolous today!"

Copyright, 1918, by Rose O'Neill

Polly and Her Pals

DID MA DESCRIBE PA? ASK NEEWAH

By Sterrett

