

# Housekeeping, Nursery, Gardening and News of Interest to Women

## ST. ELIZABETH NURSES HELD ANNUAL MEETING

Nearly a Thousand Calls Have Been Made During the Past Year.

The fifth annual meeting of the St. Elizabeth Visting Order of Nurses was held yesterday afternoon in St. John's chapel, Church street. In the absence of the president, Mrs. McLean French, the chair was taken by the first vice-president, Mrs. H. T. Kelly.

Mrs. Grace Archbishop McNeil, Rev. Father Cline, the new superintendent of charities, and Rev. Fathers Minahan and McGrand were present, in addition to the nurses and members.

Miss Lucy Hynes, the secretary, reported that the nurses had made 9,392 calls, 705 of which were night calls. The five nurses had worked under 777 doctors. In addition, the nurse has been employed, the she has not yet been secured as a permanent.

The nurses present told of their experiences in many homes where financial aid as well as medical assistance was needed.

His grace the archbishop said those found to be in need must be helped at any cost. Foreigners must be shown that a sincere interest is taken in their welfare. His grace also spoke of the work of the Carmelite Sisters in connection with the day nurseries and the general foreign community, but urged that a good deal more be done in this direction.

Rev. Father Cline was introduced by the president. "Women have met and mastered all emergencies of life," said Father Cline. From the reports read he hoped for still better things from the association.

A plea for better organization was the subject of Father Minahan's address. Better business methods would ensure more effective work and better results.

Cases reported to Rev. Father Cline as needing assistance were distributed among the ladies of the parishes present.

## THE WOES OF MRS. NEWLYWED



"The bristles of my hair brushes get soft very quickly," said Mrs. Newlywed. "What can I do to keep them stiff?"

"When the bristles of my hairbrush become soft, I stiffen them in the following manner: Wash the brush well in about a quart of hot water, to which a desiccated spoonful of ammonia has been added. Then dissolve a large lump of salt in cold water; dip the brush in several times and leave to dry in the open air."

## A DAILY STORY FOR CHILDREN

### The Copper-Toed Boots.

By Virginia Vale.

Once upon a time, a great many years ago, there was a small pair of copper-toed boots whose home was in the country. They were made out of heavy leather, with high tops and loops on each side, so they could be pulled on, for they did not have buttons or strings to lace as your boots have, and at the top they had a piece of bright red leather. That made them look so pretty that even if, at the toes, there had not been a tip of copper, every boy would have wanted a pair.

This pair of boots was bought for a little boy who lived a long way from any other children, and he was so glad when his father brought them home to him that he asked if he could not take them to bed with him. This was a great many years ago, you know, and little boys didn't have so many toys and pretty things as they have now.

He used to wear his boots as often as his mother would let him, and felt quite grand. But he grew so fast that one day his mother found they were too small for him.

So she said, "I will have to give them to your little cousin." He was sorry to part with them, but very proud that he was growing big.

So the boots went to live in another home. That little boy wore them almost all the time, and one day his mother said, "Your boots that he gave you are almost worn out, we must give them to some little boy who hasn't any."

One day a little boy came to the house on an errand and he was barefooted, so the mother said, "Now we will give him the boots," and he begged his mother not to throw them away, so she took them up in the attic.

A great many years after this, oh a great many years, a little boy was playing in the attic and he found the boots. He took them down to his mother, shouting, "Look, mother, at the funny boots. I never saw shoes like these before. May I take them home when we go?"

So he took them home and is very proud to show them to all his friends.

## EFFICIENT HOUSEKEEPING BY HENRIETTA D. GRAUEL DOMESTIC SCIENCE LECTURER

### Some Hints on Carving

EXPERIENCE is the best teacher a would-be carver can possibly have, but a few hints may be given that will be of practical assistance to the amateur called upon to perform before friends. If said amateur can only call the following hints to mind when they are needed:

Most carving knives are too large for the ordinary fowl or roast served on the average table, so if you are investing in a carving set do not choose the largest knife thinking it will help you thru a disagreeable duty quickly.

A thin, short blade, well-pointed, can be handled to much better advantage. The fork should be two-pronged, for game and meat, and have a finger guard.

For fish, a special knife and five-pronged fork is made, and there is also a third piece, called a fish-slide, in the set. The fish-slide, fork and knife are all of silver or nickel, as steel is never used upon dishes sufficiently large to admit them being turned about; the joint or whate'er should be near enough the carver to allow him free use of his arms.

Unless loins, breast and necks of mutton, veal or lamb are jointed by the butcher before they are cooked the most arduous carver will be puzzled. Often the cook can sever a joint or start the dissection process of a fowl and should have all the help possible from any source.

"The nearer the bone, the sweeter the meat," is an old proverb, and carvers soon discover that choice bits are found between the bones and easily lifted out. If a joint is stubborn it is better to cut around it than to attempt to cleave thru it by main strength, frightening your guests, threatening the china and certainly paving the way, Mr. Man, for a certain lecture after the meal.

In serving fish try not to break the flakes, which give beauty to the dish. Help a little milk, or roe, to each portion. The heads of carp, part of the heads of salmon and cod, and the fins and sounds of cod and turbot are esteemed as delicacies by some diners. Do not put sauces or gravies upon the portions served; some persons dislike them greatly and lose the pleasure of their meal if meats are moist.

Carve beef tongue thru the middle, and work towards each end; serve a little fat with each slice. Broken of beef is carved in thin slices across the bone. Call's head is not served hereabouts, so I am advised describing its disagreeable carvings.

With the fowl, a few slices of breast are cut first, then the legs are removed with the thighs and separated at the joint. A little white meat must be placed on each plate with a section of the dark meat. "It is not etiquette to ask the preferences of your guests, you must presume," says Fashion, "that all you have to offer is equally good"; however, it is only kind to make sure that all are well served, and I do not know how you are to ascertain this unless you do ask what is liked.

Venison, veal and mutton are all cut across the grain of the meat. Sirloin roasts are cut parallel with the bone.

## The Wise Goose Says



Jennie Duck urged her to stand up for woman votes, but as household duties kept her on her feet all day she refused.

## WAR TIME SONGS

### Songs That Deserve a Place in History

The songs that were sung during the great civil war of the United States—that had their origin directly from the hearts of the people while the fierce four-years' struggle was going on—these songs deserve a place in history. They served to soothe the fears and allay the anxious moments of many a crisis when the humming wires might flash a message that meant the destruction of the union and the birth of two hostile Anglo-Saxon nations. They calmed and comforted the women who were left at home—with grief and suffering paramount in each of the days that dragged out their weary length. They served as the outpouring of that silent agony which must find utterance or break the heart. They were the audible and visible supplications of the millions that could only watch and pray—while the gallant boys in blue and gray fought the battles at the front.

The music and the words of these war songs cannot be reproduced today. It needs the inspiration of a momentous war to produce their like. And it is eminently fitting that they should be put into one volume such as "Heart Songs."

This unique book, offered by this paper, almost as a gift to its readers, contains nearly every song, either of the north or south, that brought solace to the dear ones at home, or the gallant boys in the ranks—during the thrilling days of the greatest war ever fought. We consider that we are fortunate in being able to offer this treasury of songs on such terms that every home into which this paper goes can own at least one copy. The coupon printed elsewhere in this issue affords fully now the reader can procure the book.

## Make Your Christmas Gift to the Family An Extension Telephone

In the home where there is only one telephone there could be no more thoughtful and appropriate gift than to have a second telephone installed before Christmas.

On the remaining 364 days of the year, the convenience and comfort from its use will remain a constant reminder of the giver.

An Extension Set if placed upstairs in the hall, sewing room, den, or bedroom, will save endless stair climbing. For then, no matter whether the call finds you upstairs or downstairs, your telephone will be close at hand.

An order left now with Contract Department, Adelaide 4000, will ensure having the Extension Telephone in place before Christmas. Rates and particulars given upon request.



## The Bell Telephone Company of Canada

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## WANTS INCREASED RIGHTS FOR WOMEN

Deputation of Montreal Suffragists Waits Upon Quebec Premier.

QUEBEC, Dec. 12.—(Can. Press.)—With a view to having certain amendments made to the laws of the Province of Quebec, a delegation of members of the Montreal Suffrage Association, headed by Miss Lomer Gouin in the parliament buildings today. The delegation submitted by Dean Walton, of the McGill law faculty.

First—The right of a wife to control her own earnings.

Second—To grant one consort a share in the estate of the other when deceased, as against distant relatives.

Third—To enable a woman to manage her own property.

Fourth—Equality as to rights in case of separation.

The delegation further asked that an amendment be made so as to have women eligible to act on school boards. Also the extension of the municipal vote to married women.

The existing marriage law does not allow the wife to dispose of her own earnings, and this method was remedied. Also to have the wife, rank as heir in the case of the husband's death. At present the wife is classed as a twelfth degree relative in the case of no will being made by the late husband.

As to equality of rights in case of separation, the women's council asks that wives be granted separation if the husband be guilty of adultery just in the same manner as the husband is granted it in the case of the wife being unfaithful.

Premier Gouin promised careful consideration.

## QUESTIONS AND ANSWERS

"My baby, six months old, only sleeps about eight hours of the twenty-four. I try to get her to have regular habits and she seems well. Can you suggest any cause for her sleeplessness?"

Constipation often prevents sleep. See that your little one is perfectly natural in this respect. Give her a tub bath in the morning and a sponge bath at bedtime and keep her out in the open air the greater part of the day.

"My nine months old baby nurses several times during the night. I know it is not good for him, but I cannot break this habit. Please suggest a method."

Give the baby one or two bottle meals in the daytime in place of breast milk, as he evidently is hungry and needs more nourishment than you can give him. At night put him in a bottle of cool, boiled water from a bottle. He will probably refuse it and cry, but if you are determined to do it and then a little more so—he will soon learn that crying will do no good and will not expect a meal at night. It will be much better to suffer a little over hearing him cry than to injure his digestion and your own health.

"Is it advisable for children to sleep on pillows?"

A low hair pillow is the best thing for a child after he is six months old. Children are more comfortable when the head is slightly elevated, but avoid a thick feather pillow.

"In giving a breast-fed baby a bottle one day should the formula suitable to her age be given or a weaker one? If a weaker formula, how fast would you increase the strength until the formula for her age is reached?"

A breast-fed baby who has never had cow's milk must be given a weaker formula than a child brought up on the bottle. The rule is: Give the formula suitable for a baby half the age. That is, if your baby is nine months start her on the four and a half or five months' formula. Just how rapidly the strength is increased depends on how well the baby digests the food. If all goes well, increase the strength of the food by one ounce every second or third day until the nine months' formula is reached. If the baby's digestion is weak the increase must be made much more slowly.

Be the Winner in THE GARDEN CONDUCTED BY RACHEL R. TODD M.D. NURSERY CONDUCTED BY Elmer Elsworth

Questions and Answers.

Some weeks ago we spoke of the way the first of oxalis bulbs, their easiness of culture, and gave instructions as to their management. A query from one who followed directions, but yet was not getting any, in a few days, however, they turned yellow, and now look as if they will wither up.

Inquire of the probable cause for this unfortunate happening. When the plants were watered they were replaced upon the window-sill, and the sun shined down upon them. The sun shining thru glass on wet leaves spells ruin to the plants. The water on the leaves was replaced upon the window-sill, and the sun shined down upon them. The sun shining thru glass on wet leaves spells ruin to the plants. The water on the leaves was replaced upon the window-sill, and the sun shined down upon them.

Another young "gardener" has managed to grow two oxalis plants this summer from seed! And had some flowers, too! From seed!

An inquiry leads to the thought that there are others who might benefit from the answer.

Those clematis plants were grown in pots. When the best of the winter plants? Let them die down, and store the pots in the cellar? Or take the roots out and let dry them? No.

By far the safest and best way is to sink the pots, roots and all, about six inches below the level of the earth, out in the garden. This will keep the roots from frost, will allow of a certain amount of moisture to seep thru the earthen pots to the roots, and will also allow the plants to rest without the roots having been disturbed. Next spring, the roots may be planted in their permanent places by simply breaking off the pots and planting the bulbs. Good luck to this successful enterprise!

## The Magnetic Girl.

### How She Compels Others To Obey Her Will.

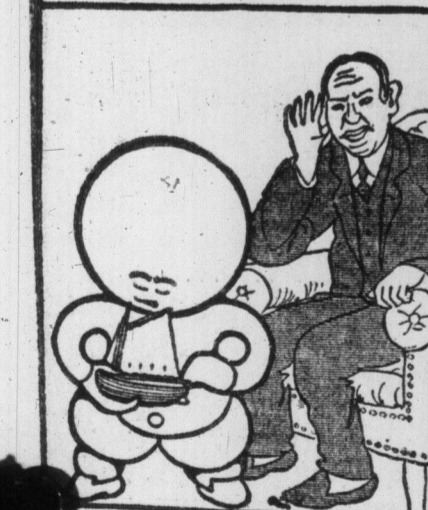
100,000 Copies of Remarkable Book distributed by mail to readers of The Toronto World.

"The wonderful power of Personal Influence, Magnetism, Fascination, Mind Control, etc., that you will, can be acquired by everyone, no matter how uneducated, or how dull," says Mr. Elmer Elsworth Knowles, author of the new book entitled "The Key to the Development of the Inner Forces."

The book lays bare many astounding facts concerning the practices of Yoga, Esotericism, and other occult systems of controlling the thoughts and acts of others; how one may gain the love and friendship of those who might otherwise remain indifferent; how to cure the most obstinate diseases and habits without medicines; even the complex subject of telepathy (telepathy) is explained.

Davis, the popular stage favorite, whose portrait appears here, declares that Prof. Knowles' book opens the door to success, health and happiness to every mortal, no matter what his or her position in life. She believes that Prof. Knowles' book opens the door to success, health and happiness to every mortal, no matter what his or her position in life.

## GOOPS



Because he mumbles when he speaks  
I hate to talk with Roger Meeks  
His voice so mumbly is heard  
I cannot understand a word.  
That's why I say, to Goops like these,  
"Open your mouth! Speak plainly, please!"  
Don't Be A Goop!

## A XMAS SUGGESTION—A GIFT WORTH WHILE.

If you are puzzled what to buy for your family for Xmas, so that every one will have enjoyment, let us suggest an Edison Disc Phonograph.

The new Phonograph Parlors of Gerhard Heintzman, Limited, at 41 Queen street west, contain a full line of the wonderful Edison Disc Phonographs and records; remember, with the new Edison no needles are required, the reproducer being a perfect small diamond, which is indestructible. The records are also indestructible, and play longer than any other, but the chief feature of the Edison Disc Phonograph is the wonderful full tone production. You will not credit the difference in tone between the Edison and others until you test them side by side.

Visit the Gerhard Heintzman, Limited, Phonograph Parlors (41 Queen street west), and judge for yourself.

Over 5000 Victrola Records. Practically everything in Victrola records will be found in Victrola parlors of Ye Olde Firme of Heintzman & Co., Ltd., 193-195-197 Yonge street, Toronto. Over 5000 records in stock.

## President Presents for Presidents

Presidents for Presents. Presents for Presidents

## Suspenders

The general of Dr. John Caven, at his late residence, yesterday afternoon, was attended by many of his patients, including a large number of the medical profession. The operation was conducted by Rev. Dr. Neil Westminister. Church assisted by Prof. Gandler of Knox College. The operation took place in Mount Pleasant Cemetery.

## HOW TO CONQUER RHEUMATISM AT YOUR OWN HOME

If you or any of your friends suffer from rheumatism, kidney disorders or excesses of uric acid, muscular pain, stiff joints, swollen joints, pain in the limbs and feet, dimness of vision, itching skin or frequent neuralgic pains, I invite you to send for a generous Free Trial Treatment of my well-known, reliable Chrenicure, with references and full particulars by mail. (This is not a C.O.D. scheme. No matter how many may have failed in your case, let me send you, free of cost, that rheumatism can be conquered. Chrenicure succeeds where all else fails. Chrenicure is a natural, non-toxic, non-poisonous, non-addictive, non-drowsy, non-irritating, non-weakening, run-down condition of the system, you will find Chrenicure a most valuable and reliable remedy. It makes you feel that life is worth living. Please tell your friends of this liberal offer, and send today for large free package.

MRS. M. SUMMERS, Box 65, Windsor, Ont.

## A Victrola for Christmas.

A gift that will surely be appreciated is a Victrola from the Victrola parlors of Ye Olde Firme of Heintzman & Co., Ltd., 193-195-197 Yonge street. The assortment is large, prices moderate and terms easy. Store open evenings till Christmas.

## University of Toronto Local Examinations of Music

The following candidates have been successful in passing the December local examinations in music:

HAMILTON  
Class II—1, Miss D. H. Brown; 2, Miss G. McIntosh.  
Class I—1, J. M. Hall.  
Class II—1, Miss E. Collins and Miss G. W. Read; 2, Miss P. McKay; 4, Miss B. Bowden and Miss N. B. Zimmerman.  
Class II—1, Miss K. Conrad.  
Class I—1, Miss E. E. Booker and Miss S. Smith; 2, Miss G. McNeil and Miss H. P. Sney; 3, Miss F. Veir; 6, Miss N. Troup.  
Class I—1, Miss E. E. Booker and Miss J. P. Patterson; 2, Miss E. Towle.  
Class I—1, W. Smith; 2, Miss M. S. Thomson; 3, Miss E. Cair; 4, Miss T. Macnab.  
Class II—1, W. H. Moffatt; 2, Miss J. L. Davidson and W. Johnston; 4, Miss C. Clare; 5, Miss C. Cunningham; 6, Miss M. Clark.  
Class I—1, Miss K. McKinley and Miss I. Scruton; 2, J. Farley, Miss M. B. Houser and James E. Houser; 6, Miss M. Callaghan and Miss H. Musgrove; 8, Miss I. Levinson.  
Class I—1, Miss N. Anderson; 2, Miss A. Rowntree and Miss M. Hall.  
Class II—1, Miss G. Mann; 2, Mrs. G. I. Stephenson.  
Class I—1, Miss R. Johnson; 2, Miss M. Burns.  
Class II—1, Miss L. B. Mitchell and Miss L. Reinhardt; 2, Miss L. Kelley; 4, Miss M. A. Crang; 5, Miss K. Moore; 6, Miss H. Spellman.  
Class I—1, Miss M. Morrison; 2, Miss G. D. Neeldman.  
Class I—G. H. Graham.

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E. J. W. Winnipeg 10 00  
D. J. McKinnon 10 00  
Harley 10 00  
C. Roberts 2 00  
W. E. Finnigan 2 00  
J. H. Bahusen 1 00  
A. S. Clemens, Hespeler 1 00  
George Boddy 1 00  
M. S. McKay 1 00  
\$2,804 99

## BREAK WHISKY'S GRIP ON YOUR LOVED ONES

Drunkards will tell you with tears of sincerity that they do not want to drink. The craving from the inflamed membranes of the stomach drives them to it.

Alcure will soothe the trembling nerves and remove the craving that is ruining your home and stealing an otherwise kind husband or father from you. It costs only \$1 per box and if it does not cure or benefit after a trial the money will be refunded.

Alcure No. 1 is tasteless, and can be given secretly in tea, coffee or food. Alcure No. 2 is taken voluntarily by those willing to help themselves.

Alcure can now be obtained at our store. Ask for Free Booklet telling all about it and give Alcure a trial. G. Tumbly, Limited, stores.

## EQUAL FRANCHISE LUNCHEON.

The Men's Equal Suffrage League will hold a luncheon meeting at McConkey's today at one o'clock. All men interested should be present.

"Sto... t... better know anything... the natural... wienz way... suit... The wo... gathered a... try the ne... it in her d... ter feels... fashioned, a... the same... Should Ap... It is the... ticell figur... woman of... she was le... ticell wom... lated with... The mod... appear un... of appe... made very... very long... just them... on your be... but not to... cepted, you... the back a... and that g... No, dear... fortable no... many who a... ful. But w... is fashion... do it... If one sh... partial inh... whic, just... modes of h... one must r... placed in th... and if one... Cou... Marie: A most... to me and... your promi... The tend... blue eyes a... The warn... hope to ke... your inspir... The yeld... and worthy... the highes... method... your expect... ant for fei... With you... shall strive... and honest... and worthy... I shall try... best never... No act... shall insult... born of is... ever shall... better thing... strive... After we... together, a... shall be... I life as wil... men and a... eye withou... not aspire t... You shall... endeavor—o... T HIS pe... basket... from... coat. They... ordinary e... sometimes... It takes so... that they a... silk and t... make them... what they... When at... and shaped... valued at... cheap at t... with the G... the snake... WON EMP... GODERICH... A Home... the collecti...