

OUR HOME PAGE

HOUSEHOLD NOTES

HEALTH TOPICS

By Dr. Emerson, Professor Public Health Columbia University

There is such a thing as thinking too much about one's physical condition. It perhaps is productive of as much ill health as is thinking too little about it. It is responsible for many of the nervous troubles which afflict millions of Americans and which often lead to dreadful things. The first suspicion that something may be wrong with the body should take one to the doctor. Nature is pretty liberal with her warnings and they should always be heeded promptly. But we do not believe it pays to be consciously on the lookout for them all the time. Mind and matter are too closely connected for that and worry is about the best friend disease has.

Eat sensibly.
Get plenty of fresh air and plenty of sleep.
Work hard.
Live within your income.
Keep a cheerful spirit.
Don't hate anybody.
Don't worry about yourself.
Go to the doctor at the first indication that something in your body isn't working right.

Potage Au Fromage De Gruyere.
This is a very famous French soup which has gone a little out of date lately because it must be served in the soup tureen. That's not correct now, of course, but still, I don't see why an exception should not be made once in a while in order to secure such a delicious first course.
You can use any kind of good meat

stock, provided it is well flavored with onion. Skim thoroughly, as there is no need for any fat, and heat the liquor to boiling point. Season moderately with salt and pepper. Cut about half a loaf of bread into very thin slices, remove crusts and cut into small squares; make a layer of them at the bottom of the soup tureen. Now put a layer of Gruyere cheese shaved thin, then another of bread, then more cheese, and finally a layer of bread. The whole should come out quite halfway up the tureen. Pour over it two cupsful of cream, cover the tureen, and set it in a warm place at the side of the fire till the cream has soaked into the bread. Then add about one quart of the boiling soup, and serve at once. It is perfectly delicious, and so different from the ordinary run of soups that it is well worth trying. Bouillion cubes dissolved in water or canned consommé may be used for the stock.

A SHAMPOO WRAP

One of the drawbacks of washing one's own hair is the discomfort of having the water trickle down one's back, which it nearly always does, in spite of one's utmost care.
The bath towel shampoo wrap is of great use in preventing this. Take an ordinary bath towel, fold it to find the middle, and cut a slit for your head to pass through. Bind the raw edges with ribbon or cotton braid. Stitch pieces of the ribbon or braid at each side to tie under the arms. These need not be undone each time, as the wrap should be made to slip easily over the head. Another advantage of this shampoo wrap is that it keeps one's clothing from getting damp.

HAMILTON T. & L. COUNCIL DEMAND ACTION RE UNEMPLOYMENT

King and Murdoch say No Good Can come from Labor Representation at Unemployed Conference.

The prediction was made at the July 4th meeting of the Hamilton Trades and Labor Council that the coming winter will see more unemployed in that city than ever before in its history. Statements were made that large concerns are laying off men wholesale, and that a feeling of economic hopelessness exists in the breasts of the manufacturers. Large numbers are walking the streets at the present time of workers, not manufacturers.

A committee has been struck off to prepare a review of the existing state of affairs with a view to moving the local authorities in the direction of preparation for relief work. The requests made to Mackenzie King and "Till Nell Sneezes" Murdoch that representation be granted to labor organizations at the forthcoming Ottawa unemployment conference brought back opinions that no good could come from labor being present. The delegates were not satisfied with this and are going to press for further consideration of the claims of the workers in this connection.

JAP IMPERIALISTS FEAR COMING REVOLT

Tokio, Japan.—Don't be surprised at a report from Japan in the near future that revolution has broken out. The militarists are extremely panicky, the yen is shaky, and likely to cause a financial crash, and the wave of radicalism is sweeping over Japan at an alarming pace now.

That the militarists of Japan are really afraid of the rising tide of democracy in that country is shown by the extraordinary protective measures now being taken to safeguard the Mikado and other members of the Royal family. This fear has been created largely because of the recent attacks on Japanese royalty, followed by popular outbursts against the aristocracy, as the direct result of the incompetence and indifference to the sufferings of the people displayed by the ruling class.

Already elaborate precautions have been taken to protect members of the royal family from ordinary attacks from the air. Recommendations made by the militarists were that the palace should be strengthened to resist the impact of 300 kilogram bombs, also that the moats surrounding the palace should be drained as they form visible marks from the air at night.

Subsequent investigations showed that it was impossible to reconstruct the Imperial Palace so as to make it bomb-proof. It has therefore been decided to construct a large underground room into which the royal family can retire when danger comes.



"Thermos" comfort for the man who carries his lunch to the job

From the laborer to the skilled mechanic—working-men of every trade have found how much comfort there is in a genuine THERMOS Vacuum Bottle Lunch Kit.

Cold Drinks in Summer.
A cup of hot tea or coffee in Winter.

A Lunch Kit puts an added kick in the noon-time lunch. Nothing else can give you so much comfort for the money.

Look for the name "Thermos" stamped on the bottom of every Genuine Thermos Vacuum Bottle.



THERMOS BOTTLE CO. Ltd.
1303 West Queen St. Toronto
In the United States
THE AMERICAN THERMOS BOTTLE CO.
New York

GENUINE THERMOS VACUUM BOTTLE

Harmony Among Metal Workers

Montreal, Que.—W. J. Rowlesland, vice-president of the International Brotherhood of Blacksmiths, announced to day that he would soon make a tour of inspection to gather information regarding the local metal workers' unions in the Maritime Provinces.

He said that the metal workers were on agreeable terms with their employees and conditions good for them throughout Canada. Mr. Rowlesland is representing the Canadian blacksmiths at the conference of the American Federation of Labor at the Mount Royal Hotel.

Telegraphers Aid Striking Miners

Winnipeg, Man.—The Trades and Labor Council of this city has donated ten dollars to the striking miners of District 18 U. M. W. of A. A clause in the constitution limits such donations to ten dollars but local militants are determined to secure further sums of money.

A resolution donating ten dollars towards the erection of another cathaph was overwhelmingly defeated.

It was reported that the local union of telegraphists has given forty dollars to the striking miners and that many other unions contemplate similar action.

Dist't. Convention of Farmers' Union

Roblin, Man.—This town was the scene of a district convention of the Farmers' Union of Canada. A goodly number of delegates from neighboring towns were present in the auditorium of the school when the convention was called to order. For two sessions the convention dealt with such questions as mortgages, debts and various organizational matters.

Little Shortage of Labor on Peninsula Fruit Farms

Immigrants Arrive for Farm Work—Many Unemployed in Cities—Mixed Farmers Leaving Land

There is at least one section of Ontario in which no great shortage of farm labor is reported. This is in the Niagara fruit belt, and more particularly in the area of which St. Catharines is the centre. "In fact," Agricultural Representative Van Every says, "I have had more trouble just lately in finding jobs for men than men for jobs."

Swiss Are Making Good

This condition is due in part to the arrival of a number of men from Europe. These arrivals are made up of one-fifth each of Swiss, Dutch and English, the remaining two-fifths being Scotch and Irish. Of the Swiss, Agricultural Representative Van Every says, "I have had more trouble just lately in finding jobs for men than men for jobs."

Quitting Farm for Labor Wages

In part the unusual labor supply in this section is due to an unhealthy economic condition. One auctioneer in the general farming area of Lincoln is reported to have averaged around five farm auction sales per week from December to early spring. Fully 10 per cent. of these sales, in Mr. Van Every's opinion, were "forced sales." Fully half of them were by order of men who have since been looking for or taking work in urban centres or on the canal. At one time 2,400 men were on the register of the local Unemployment Bureau as looking for work. On the canal wages are stated to be from 35 to 50 cents an hour for men and \$6 and \$7 per day for man and team. Several farmers are doing teaming work and will spend only part of their time cutting and saving hay and scant grain crops on the farms on which they formerly spent all their time. "As a result of all this," Mr. Van Every says, "not a little land will be out of cultivation altogether, and a lot more will be only partially cultivated."

W. L. S.

going out of business. Even with a good bloom and favorable conditions for pollination, the output of peaches will be below normal. Pear area is up to normal, with prospects of a good yield. Of plums, the same may be said. Sweet cherries promise well, and sour cherries an abundance. Grapes have largely increased in acreage and vineyards have been better cared for than anything else, but it is too early to speak of crop prospects in this line.

Co-operators Will Stick

One of the most encouraging features in the outlook is in the fact that grape growers have decided to continue their co-operative selling organization, and that the Niagara Peninsula Fruit Growers, which is operating the long-established-old storage plant in this city, also appears to be in good shape for the handling of this year's output of tree fruits. There is cause for encouragement, too, in what is being done through the office of the Agricultural Representative with young farmers' organizations. Eight school fairs are planned for this year; 23 bags of certified seed potatoes have been sent out for use in connection with these; 275 dozen eggs from bred-to-lay hens are also being used by the school children, and an equal number of settings from breeding stations have been sent out for the improvement of farm flocks. With the spirit of co-operation and improvement in both production and marketing, there seems to be hope of a brighter future for one of the districts most favored by nature in Ontario.

PROTECT YOUR WEEKLY WAGES

For the Best in ACCIDENT and SICKNESS INSURANCE Apply to THE DOMINION OF CANADA GUARANTEE AND ACCIDENT INSURANCE COMPANY

96 ADELAIDE STREET WEST TORONTO



The Famous **EASTERN CAP** — It Leads the Field in Quality, Style and Comfort
Ask your dealer for an **EASTERN Cap**

Peaches Reduced; Grapes Increased

In the purely fruit-growing districts it is not all sunshine. As a result of care, overloading and insect and fungus enemies, many peach orchards are

Insist on **GOODYEAR WELTS** when purchasing your Footwear.

THE standards of cleanliness set by The Farmers' Dairy are possibly the most rigid of any dairy on the continent. We maintain a most exacting supervision of every operation from the time the milk leaves the farms until it is delivered to our customers' homes. Farmers' Dairy Milk must be pure! Yet it costs the same as ordinary milk. Appoint The Farmers' Dairy to serve you beginning to-morrow morning.

15 THE FARMERS' DAIRY
TICKETS FOR \$1.00
Phone Hillcrest 4400
Our salesman will call next trip
WALMER ROAD and BRIDGEMAN STREET

Special Reductions in **Martin-Orme Pianos**
A PIANO OF THE HIGHEST GRADE AT THE COST OF A CHEAP INSTRUMENT
MARTIN-ORME PIANOS are now on sale at a reduction of \$75.00 to \$125.00. Do not miss this exceptional opportunity to buy a really fine Piano at a reasonable price and on reasonable terms.
UPRIGHTS—PLAYERS—GRANDS
ORME LIMITED
175 SPARKS STREET, OTTAWA
Write for Catalogue

Try It To-day **LANTIC**
OLD FASHIONED BROWN SUGAR
For sale by all first class grocers.
There is nothing more delicious on Porridge and other cereals. For baking cakes, pies, etc., it excels.

STANFIELD'S
THE UNDERWEAR FOR MEN, WOMEN AND CHILDREN
Made in all styles, sizes and weights
For sale at all reliable dealers. Write for Booklets
STANFIELD'S LIMITED TRURO, NOVA SCOTIA

Clean Towels
are a necessity in every office. Ask your Business Friends if our service is not first-class. Try us.
Toronto Sanitary Towel Supply Co.
9-15 McCaul Street TORONTO
Phone: ADelaide 1130

BEST FOR EVERY SWEETENING PURPOSE
Comparative value of Sugar as an energy-producing food.
Sugar 98%
Meat and Fish 87%
Eggs 89%
Fruits 90%
Cereals 91%
Dairy Products 93%
Vegetables 95%

Royal Acadia Sugar
SWEETENS BEST
Sold by Grocers—everywhere
ACADIA SUGAR REFINING CO., HALIFAX, N.S.
EVERY GRAIN PURE CANE

WE RECOMMEND YOU TO BUY YOUR **Meats and Provisions**
From **A. MARTIN, LIMITED**
SIXTY-FIVE STORES IN CANADA
A Store Near Your Home.
Cleanliness Service Quality
The First to Bring Prices Down.
Prices Lowest Quality Best

The Evolution of the Glass Blowing Industry
PROGRESS
OLD HAND BOTTLE MOUND Capacity 20 Glass party
AUTOMATIC MACHINE Capacity 100 Glass party
All kinds of BOTTLES, GLOBES, JARS, TUMBLERS, CHIMNEYS
All colours FLINT, GREEN, BLUE OPAL, AMBER, DARK GREEN
DOMINION GLASS COMPANY LIMITED
HEAD OFFICE AND EXHIBITION PLACE, TORONTO