

MUST SAVE FOOD TO WIN THE WAR

Hon. Everett Colby Speaks on
Production to Large
Audience.

CRITICAL SITUATION

People of Toronto Should
Stop Eating White
Bread Now.

Hon. Everett Colby, member of the Hoover administrative board, United States, impressed on a large Toronto audience which met in Masonic Hall, 1000 Yonge street and Davenport road, the great necessity for conservation in food with all the emphasis at his command. In a forceful address he brought home the truth about the food situation. He made a deep impression when he pictured the scenes on the battle line, the sacrifices the men "over there" were making, and he thought it a little thing to ask the people at home to do without white bread in view of what those were doing without.

Toronto should go wheatless within a week and would do so if a visit to the front was made as he had made it. And the he described the pitiful incidents, his remarks were not without points of humor when he told how it got to be in the danger zone where the submarines were lurking or under the first time.

Thomas Findlay was chairman and spoke briefly, touching upon the work of the organization of resources committee. Norman Sommerville in introducing the speaker of the evening referred to the bylaw passed recently by the city council making it possible for any person to occupy vacant land for the purposes of increasing production.

"If you go away from this meeting without the determination that your day is going to go without white bread, you're not on the job," said Mr. Colby. It would only be necessary to take the audience to the Canadian front in France—and it would come home determined to stop Toronto from eating white bread in a week.

Not long ago Hon. Mr. Colby stood on Vimy Ridge, and he referred to the gallantry and sacrifice on the part of Canadians who had fought so nobly. He spoke of twelve crosses he saw, and asked his audience to keep the picture in mind while he spoke on the food question.

His Dreams Shattered.
The speaker told of his early experiences in Germany when he went there to study as a boy. At that time he was an admirer of the Kaiser, but he was sorry to admit it now. His dreams had been shattered when he read the Kaiser's address to his troops who went to fight the Chinese some years ago. Then came Belgium and the sinking of the Lusitania.

When he went to England recently he was not prepared to believe the stories of atrocities, but absolute proof of the most diabolical ravages against mankind had been given him, which showed unmistakably the kind of foe the allies were fighting.

Those who could no fight could save. "If we don't send over six million barrels of flour every month for nine months we're going to lose this war," he said. "It has got to come from Canada and the United States. We've got to pool our interests."

He said he could not sit at the same table when any person was eating white bread. It reminded him of the man who had been blinded in the war, who had had half their sides blown away, who had lost half their face.

"When you eat what you ought not to eat you are killing somebody," he declared with emphasis.

Visit to Vimy Ridge.
Many references were made to the experiences on the ocean and in London, some of which were very witty. The speaker became serious again when he recounted his visit to Vimy Ridge, now he had visited the hospital.

The Safest Matches in the World Also the Cheapest are

EDDY'S "SILENT 500'S"

SAFEST because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished.

CHEAPEST because there are more perfect matches to the single box than in any other box on the market.

War time economy and your own good sense will urge the necessity of buying none but EDDY'S MATCHES.

THE
E. B. EDDY COMPANY
LIMITED
HULL, CANADA



ANOTHER USE FOR STRIPES
In the black and white variety in a little evening wrap of striped silk with soft white fur or marabou for a collar, it is made on old-fashioned lines.

HEALTH TALKS BY WILLIAM BRADY M.D. NOTED PHYSICIAN AND AUTHOR

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 a stamped, self-addressed envelope is enclosed. Requests for diagnosis or treatment of individual cases cannot be considered. Address Dr. William Brady, in care of this paper.

Soap.

Soap and water and vigorous application constitute the most efficient all-around disinfectant we have ever discovered.

Of course, any soap is an alkali, and the normal reaction of the moisture or oil or secretion of the skin is mildly acid. Alkali tends to irritate a sensitive skin, and excessive use of soap in the bath is accountable for many of the minor skin troubles, especially bath pruritis or itching after bathing. Washing the hands is of course another matter, the hands will endure abuse which the rest of the skin cannot endure.

Soap is probably the best application for excessive oiliness of the skin of the face. But it is important to carefully rinse away all traces of soap after a scrub with rather warm water and then with colder water in the succeeding rinses.

Soap, the plain article, is in our opinion an excellent dentifrice.

We know of nothing better than soap as a remedy for oiliness of the scalp, oily or dry dandruff.

Soapy water, used to keep a large dressing wet, has been found one of the best antiseptic dressings for wounds, antiseptic but not poisonous or destructive to new cells forming in the healing process.

The salve has yet to be found that supercedes grandma's original soap and sugar poultice.

Soap is one of the best germicides to employ against syphilis, as actual bacteriological tests have demonstrated.

Use soap as an antiseptic, demulcent, chemical antidote for dirt.

QUESTIONS AND ANSWERS.

X-Ray for Superficial Hair.
Will the X-ray permanently destroy superficial hair? Is it a safe method of treatment?

Answer—It is efficient and safe in skilled hands.
Peanuts Are Healthful Food.
1. Are peanuts liable to cause appendicitis? 2. In what form are they most wholesome? 3. How about cheap peanut butters? 4. Is "peanut chocolate" a good combination especially for a sedentary individual to eat?

Answer—1. No. No food causes appendicitis. 2. Blanched roasted, salted. 3. Peanut butters are excellent and nourishing for use as relishes or delicacies. Peanuts are such concentrated food that they should be eaten with or following other bulkier foods. 4. Pretty solid eating for one who doesn't exercise much.

Goitre and Ear Noises.
Does goitre cause ear noises? Will they make me deaf?

Answer—Sometimes blowing or murmuring sounds are heard in the ear in the case of exophthalmic goitre. The hearing would not be injured.

Eye Water.
Please suggest what would be a suitable eye water for dropping in the eyes to relieve mild chronic redness and what the doctor says is chronic conjunctivitis.

Answer—Dissolve one grain of zinc sulphate and ten grains of boric acid in two ounces of distilled water, or mix one teaspoonful of extract of witch hazel with a pinch of salt and two ounces of rain water.

OFFERS HIS SERVICES TO HELP PRODUCTION

Prof. McCready of the Ontario Committee on Resources, is willing to act as supervisor of the food production garden work by the Toronto public school pupils, without salary.

A special committee of the board of education and a committee of teachers are formulating detailed plans for vegetable gardening at the schools on a larger scale than in any former year. Packets of vegetable seeds supplied by the committee on resources are to be sold at the schools at cost for the use of parents in their home gardens.

Male school teachers will again be allowed to go to farms for two or three weeks to help at seeding time without loss of salary. This permission was granted last year to fourteen of the Toronto public school teachers at a cost to the board of education of about \$200. It is repeated as the food crisis is regarded as more serious now than it was a year ago.

Boeck's HOUSEHOLD Brushes



"A woman's work is never done"—if she uses old-fashioned brushes and brooms to sweep and polish with. The trying work of keeping the home clean can be made simple and pleasant by using BOECK'S HOUSEHOLD BRUSHES and brooms.

For over 60 years Boeck's have made quality brushes and brooms.
ASK YOUR DEALER
The Boeck Company, Ltd.
TORONTO - CANADA

The Kewpie Korner by Kewpiegram-Rose O'Neill



The joyous Kewpies recognized
The dignity of labor
And you should see how quick they are
To help a hard-pressed neighbor—
Imparting such a joy to work
That lazy folks all cease to shirk.

(Copyright, 1918, by Rose O'Neill.)



The Road to Health

GOOD HEALTH is the foundation of all success. Milk points the way. It is the foundation of good health.

As a beverage it is kind to the nerves—better than tea or coffee. But don't regard it merely as a delicious drink. It's a food—ideal for men and women who work with muscle and brain.

Once you come to use more milk, to make milk a substantial part of every meal, you'll know the real joy of living. Brain fog will be rarer. Bodily fatigue will disappear.

After all, your own doctor will tell you that no food compares with milk for concentrated nourishment, stimulation, energy. No food is so easy to obtain. No food is so economical.

We know that owing to the high cost of other foods many of our customers have wisely increased their daily milk order. They recognize the wisdom and economy of using more milk.

We commend the wisdom of this to you, too. Replace tea and coffee with milk. Devise meals that use more milk and less meat.

By using milk from The Farmers' Dairy you'll be effecting a double economy. It comes sweet and fresh from the finest of Ontario's farms. It is richer in cream. It is made safe by scientific pasteurization in the most up-to-date dairy in America.

Yet it costs no more than ordinary milk.

Get Tickets From Our Salesman, or Phone
HILLCREST 4400, Tell Us to Have Him Call

THE FARMERS' DAIRY

PROF. MACIVER SPEAKS.
Says Women Should Be as Independent as Men.

Prof. E. M. Maciver spoke to a large gathering in Willard Hall last evening under the auspices of the Political Educational League, Mrs. Hector Prenter, president, presiding. The speaker dwelt upon the relation of men and women to industry. He stated that there was a prejudice against women entering many industries, and that 35 per cent. of the women in America received less than a living wage, while in England just two-fifths the wage of the men. He advocated absolute equality of pay for equal work, and said that the solution of the problem was to be found in the organization and unification of women, and the adoption of some means by which women would attain the same economic independence as men.

FIRE CAPTAIN DIES.
David Gordon Succumbs to Attack of Pneumonia.

After a severe illness of about eight days, Captain David Gordon of North Toronto fire station, died in Wellesley Hospital at an early hour yesterday morning from pneumonia.

ORDER FORM

Have The Morning World mailed or delivered to your home regularly every day.

Name

Post Office R. R. No.

Street

Send The Morning World to the above address for month .. for which find enclosed \$.....

Rates Per Day—2 cents the copy. Delivered by carrier, one year, \$5.00. In advance, a saving of \$1.25; 6 mo., \$2.50, a saving of 53 cents; 3 mo., \$1.25, a saving of 21 cents; one mo., 50c, a saving of from 2 to 4 cents. In addition to this saving you will secure service that will deliver the paper to your home every morning before 7 o'clock.

Rates—By mail, one year, \$4.00; 6 mo., \$2.00; 3 mo., \$1.00; one mo., 40c. Carrier delivery maintained in Toronto, Hamilton and Brantford.

The late Capt. Gordon was suddenly taken ill last Tuesday on his day off, and was removed to the hospital the following day.

Capt. Gordon was born in Maple, Ont. He joined the department on June 1, 1891, and was attached to the Yonge street hose section for many years, and was appointed a lieutenant in that hall in 1906. He was made a captain in 1912, and was attached to the high pressure section at headquarters. Later when the North Toronto hall was opened, he was placed in charge. He was a general favorite with the men, who appreciated his sterling qualities. He was married and lived at 64 Alvin avenue.