

THE HOME
THE WORLD

NEWS OF SPECIAL INTEREST

THE MOVIES
THE PLAYERS

Here are Related Facts and Fancies Concerning the Activities of Individuals and Organizations, the Home, Fashions and Other Matters.

LECTURE POSTPONED.

The lecture to be given at the Natural History Society rooms by Mrs. W. Edmund Raymond last evening was postponed until next Tuesday on account of the weather. Mrs. Raymond has spent a great deal of time over the preparation of this talk on the interesting subject of fossils, and is such a popular speaker that it was felt it would be a mistake not to put the lecture off until a finer night. In addition to the fine collection of precious stones at the Natural History Museum, it is hoped to have an exhibition of old-fashioned jewelry of which there are some very fine specimens in the city. The lecture by Mrs. Raymond will mark an innovation in the customs of the Natural History Society, for until now it has been a man who has given the regular Tuesday evening talk. Mr. James A. Estey presided at the informal meeting held last evening.

Women's Auxiliary of Kingston. The Kingston Women's Auxiliary met this week at the home of Mrs. Fred Flewelling in Perry's Point. The W. A. will meet at Mrs. Waterson's at the rectory this coming week, on Tuesday to hold their regular monthly devotional service.

WILLING WORKERS HOLD FORT.

The members of the Willing Workers of German street Baptist church are busily engaged in Red Cross work this season. At their fortnightly meetings a supper is served and a social time enjoyed. Last evening over seventy-five were present at this supper for which a small fee is charged for the good of the cause. The Philathea class of the church were invited last evening. The ladies in charge were Mrs. Edward A. Redding, convener of the social committee; Mrs. Roy Fenwick, Mrs. Jack Earle, Mrs. Mott, Mrs. Fisher, Mrs. Vaughan, Mrs. D. Hunt, Mrs. W. Cross, Mrs. Harold Rising, Mrs. H. G. Marr. Letters have been received from the local Red Cross asking that the work be speeded up as the

need is so great and this society, like many others, are working hard in their efforts to send help to the wounded and sick soldier.

W. C. T. U.

At the residence of Mrs. David Hipwell, King street east, on Monday afternoon, a parlor meeting of the Women's Christian Temperance Union was held. Several visitors were present who enjoyed the informal programme of music and readings given by the members. At a recent meeting of this Union a report was given of the visit of several members to the goal, on the occasion of the city-wide visitation of institutions. Flowers were distributed to the inmates and a service of hymn singing held in the corridors.

The Use of Corn As a Foodstuff

It may not be generally known to the housewife that cornmeal lends itself to the making of "light" bread in combination with wheat flour. It cannot, of course, replace wheat flour entirely, but may be used in any proportion up to 25 per cent. of the total flour required and still produce an attractive loaf of bread. Although its volume may be somewhat smaller and its texture somewhat poorer than if made all wheat flour, such a loaf will be light and spongy, with a rich brown crust, wholesome and very palatable. Two methods for wheat-and-corn bread have been formulated and tested by H. L. Wessling, assistant chemist in the Bureau of Chemistry, U. S. Department of Agriculture. According to the one method the meal is employed directly in preparing the dough and no extra time or labor is required in making the bread this way. According to the second method the meal is partially cooked before introducing it into the dough. While this does entail a slight amount of additional time and labor, the result is a loaf of better quality which will repay for extra effort expended.

Wheat and Corn Bread No. 1
(Enough for four loaves.)
2 1/4 pounds or 2 1/4 scant quarts

"What is a man—if the whole scope and market of his time be lost to two days? Sure He who made us with such large discourse, looking before—and after—gave us not our God-like faculties to rust in us unused."

sifted bread flour.

2 1/4 pound of 2 3/4 cupfuls corn meal
2 cakes of compressed yeast
3 level tablespoonfuls of sugar
1 1/2 level tablespoonfuls of salt
About 1 quart of liquid (water, milk or equal parts of milk and water.)
3 level tablespoonfuls of shortening if desired.

If milk is used it should be scalded and then cooled until lukewarm. Less yeast may be used, but more time for rising will then be required. Make a sponge with 2 pounds of white flour, the yeast, salt, sugar and the lukewarm liquid. Cover and set in a moderately warm place to rise, where it will be free from drafts and where the temperature will be between 60 and 65 degrees F. When the sponge has become very light, which should occur within 2 hours, beat it up thoroughly, add the softened shortening, if this is to be used and gradually work in the remainder of the wheat flour which has been sifted with the corn meal. Knead the mixture until a smooth and elastic dough has been formed which is fairly soft, but not sticky. If the dough is too stiff or too soft, add a little more water or flour as required, kneading well after each addition. Cover and set back to rise again until double in volume, which will require from 1 to 2 hours. Knead lightly, divide into three or four approximately equal portions, reserving a small ball of dough for an "indicator." Place this ball of dough in a greased glass jar or a tin can, which has been slightly warmed. Note the volume of dough in the tumbler and mark the glass at twice this volume.

Roll 2 3/4 cupfuls (3 1/2 pounds) of corn meal into a double boiler or a vessel which can be placed over another containing boiling water. Add to the meal 3 1/2 cupfuls of cold water; mix thoroughly and bring to the boiling point, stirring frequently. Allow the meal to steam for at least 10 minutes, then cool it until lukewarm. To this scalded and cooled meal add the salt, sugar and yeast. Knead thoroughly until it is smooth and elastic. Should the dough be either too stiff or too soft add water or flour, a little at a time, working it in thoroughly until the dough is of the proper consistency.

What Care Means to the Wardrobe. Many women are careless in putting away hats, yet there is rarely a shape which cannot be altered into a new style, or if the hat is not used again the trimming may be. Carefully clean and free hats from dust, using for felt, velvet or beaver a soft camel-

KEEP URIC ACID
OUT OF JOINTS

ells Rheumatism Sufferers to Eat Less Meat and Take Salts.

Rheumatism is easier to avoid than to cure, states a well-known authority. We are advised to dress warmly; keep the feet dry; avoid exposure; eat less meat, but drink plenty of good water.

Rheumatism is a direct result of eating too much meat and other rich foods that produce uric acid which is absorbed into the blood. It is the function of the kidneys to filter this acid from the blood and cast it out in the urine; the pores of the skin are also a means of freeing the blood of this impurity. In damp and chilly cold weather the skin pores are closed thus forcing the kidneys to do double work, they become weak and uric acid and fall to eliminate the uric acid which keeps accumulating and circulating through the system, eventually settling in the joints and muscles causing stiffness, soreness and pain called rheumatism.

At the first twinge of rheumatism get from any pharmacy about four ounces of Jad Salts, put a tablespoonful in a glass of water and drink before breakfast each morning for a week. This is said to eliminate uric acid by stimulating the kidneys to normal action, thus ridding the blood of these impurities.

Jad Salts is inexpensive, harmless and is made from the acid of grapes and lemon juice, combined with lithia and is used with excellent results by thousands of folks who are subject to rheumatism. Here you have a pleasant, effective lithia-water drink which helps overcome uric acid and is beneficial to your kidneys as well.

hair brush, which will not scratch the fibres of the material. Roll ribbon or silk carefully after cleaning and sew or pin flowers to every and string them across the lid of a box. A hat supporter should be in every handbox and this is easily made from a stick with a knob at the end, which should be padded so the hat can be pinned to it and thus kept from being jammed out of shape. Wads of soft paper should be used freely to keep the hat steady, in case the box is moved.

SOME WISDOM

(From the Toronto Star.) There is an Eastern story which illustrates a very subtle as that of Solomon. The wife of an Arab went to her father with the complaint that her husband had boxed her ears. The wise old sheik reflected for a few moments, then he said to her as her husband had done, "Now thou art avenged," he said. "Thy husband has boxed the ears of my daughter and I have boxed the ears of his wife."

INTERCOLLEGIATE DEBATE.

Between Mt. Allison and Dalhousie. Won by Mt. Allison—Compulsory National Service the Subject.

CUT THIS OUT

OLD ENGLISH RECIPE FOR CATARRH, CATARRH DEAFNESS AND HEAD NOISES.

If you know of some one who is troubled with Catarrh Deafness, head noises or ordinary catarrh cut out this formula and hand it to them and you may have been the means of saving some poor sufferer perhaps from total deafness. In England scientists for a long time past have recognized that catarrh is a constitutional disease and necessarily requires constitutional treatment.

Sprays, inhalers and nose douches are liable to irritate the delicate air passages and force the disease into the middle ear which frequently means that the disease is driven down the air passages to the lungs which is equally as dangerous. The following formula which is used extensively in the damp English climate is a constitutional treatment and should prove especially efficacious to sufferers here who live under more favorable climate conditions. Secure from your Druggist 1 ounce of Parmit (Double strength). Take this home and add to it 1/4 pint of hot water and 4 ounces of granulated sugar; stir until dissolved and take one level tablespoonful four times a day. This will often bring quick relief from distressing head noises. Clogged nostrils, when open, breathing become easy and hearing improves as the inflammation in the eustachian tubes is reduced. Parmit used in this way acts directly upon the blood and mucous surfaces of the system and has a slight tonic action that facilitates obtaining the desired results. The preparation is easy to make, costs little and is pleasant to take. Every person who has catarrh should give this treatment a trial.

Any druggist can supply you, or a bottle will be sent on receipt of 75c. postal note or money order. Address International Laboratories, 47 St. Antoine St., Montreal, Canada.

Who's Who and What's What in the Picture World and on the Stage—Favorites and What They Say and Do.

MOTION PICTURE CONTEST.

A great deal of interest was taken in the Motion Picture Contest, and there were a number of replies. The winner is Miss Jennie E. Brown, 223 Union street, city.

The names of the stars whose pictures were published were: 1, Alice Joyce; 2, Charles Richmond; 3, Antonio Moreno; 4, Ewart O'Brien; 5, Mary Maurice; 6, Marc MacDermod.

SOLDIERS' CLUB MEETING.

Record of Splendid Work Done By Societies Represented.

The Soldiers' Club is made up of the various patriotic societies who have the soldiers and their welfare at heart, so the record of the excellent work accomplished by this organization reflects credit not only on those who are at head of affairs but on the societies who have stood back of their representatives. A meeting of these representatives was held yesterday morning with Mrs. Kuhring in the chair. Minutes of the last meeting were read by the secretary, Miss Edna Austin. A very full and clear report of the donations, receipts and expenses was given by the treasurer, Mrs. L. P. Tilley.

Balance on January 1st, \$20.43; donations \$29.10; receipts from canteen \$592.41; February 14th to March 25th, \$1,212.14. Expenditures for canteen and necessary repairs for the house from January 1st to March 25th, \$765.65. Balance on hand \$254.19.

The repairs included plumbing, repairs to stove, etc. A vote of thanks was passed to all the societies who have so generously contributed to the upkeep of the club during the time when the canteen was closed. The canteen is wonderfully managed by a staff of voluntary helpers, who serve many meals during the rush hours. The soldiers are perfectly satisfied and have only words of praise for the treatment they receive at the club.

In such institutions elsewhere a paid staff of servants is kept, but the system of voluntary help has proved most satisfactory.

Mrs. Kuhring told of her visit to Montreal and what she learned of the splendid provision made by the government for the returned soldiers. The question of the club's taking up the needs of these men was discussed, but it was felt it was not necessary to take action at present.

Mrs. Louis Barker, for the house committee, reported on the great need for arm chairs, easy chairs and rockers. The easy chairs have been used by hundreds of soldiers and much of the furniture was not new when the club first received it. Donations of chairs were asked for. Mrs. Barker was also given permission to have some much needed upholstering done. Those present congratulated Mrs. Barker as head of the house committee on the spick and span condition of the institution at present, the result of a vigorous spring cleaning, supervised by Mrs. Barker. Mr. E. L. Rising, who has worked hard for the club committee, reported that \$153.76 had been donated for coal and \$133.61 spent, leaving a balance of \$20.15. There is a quite large coal bill unpaid. Mrs. Kuhring spoke of the fact that by the soldier's welcome to St. John, the civic welcome and the club's welcome and his reception at the Soldiers' Club St. John had become noted for hospitality not only over Canada but in England and France, wherever the Canadians go. As all the city shares in this good reputation it is only natural that all should desire to share in the privilege of assisting with the finances or in the labor involved in the undertaking. References were made to the reports of new battalions coming to our city and arrangements made for their welcome. A vote of thanks was passed to the societies and friends, especially Mrs. Leeger, who sent socks in answer to the Soldiers' Club appeal for the 16th Battalion. 253 pairs were sent Colonel D'Aigle.

EASTER WEEK AT THE THEATRES

The week after Easter is always a special week at the theatres and this year we are going to have many attractions at the different places of entertainment. It will be not a question of where to go but how to get them all in. Many pupils are home for their holidays and several of the pictures have been chosen with a view to their pleasure and enjoyment. Then there are the friends from other places who find a visit to St. John a change and who go to the motion picture houses and the Opera House and find there hours of amusement and entertainment.

Instead of telling you what you could see to see Mary Pickford, I am going to write of some of the treats in store for ourselves right here in our own home town. To begin with, at the Imperial we are going to see Mary Pickford, the one and only Mary, in her first Art-craft production "Less than the Dust." This is sure to be good because it has Mary Pickford in it and, secondly, because it is an Art-craft production. The scenes are laid in India and photographed with all the wealth of detail for which this company is already noted.

This picture will run for three days, Monday, Tuesday and Wednesday, and I, for one, am looking forward to seeing it. Next comes Mario Doro in "Lost and Won," and Mario Doro is rapidly becoming a very popular player in this city. What she lost and

what she won I do not know, and that makes it all the more interesting. I shall go and see it if only to satisfy my curiosity. The week ends with a flourish of trumpets in the shape of "My Official Wife," a re-release of a Vitaphone picture with such famous persons in it as Clara Kimball Young, Barrie Williams, Harry Morley, L. Rogers Lytton and others of note in the screen world. This also has a decided note of interest. Why was she his "official" wife? It sounds like a she-fell-in-love-with-her-husband (or there will be around) kind of story. There will be, of course, the usual comedies, weeklies and miscellaneous reels, always so good.

At the Opera House we shall be amused and entertained by a variety of talent, mostly in three, La Belle Carmen Trio, three Austrians who throw the boomerang with marvelous accuracy. Did you ever really see a boomerang or have you just read about them in books? Now's your chance to see one. Wilcox, Good and Hale, another trio, are comedy singers, bright talkers and intersperse their remarks with planologues. Moore and St. Clair, with special scenery, give a sketch entitled "A Little Walk Along a Country Lane." Another trio, Dolly, Bennett and Young, sing and perform upon several musical instruments. It all sounds bright and cheerful, doesn't it, and likely to chase away the blues? The orchestra will have special music and there is also the serial picture in which so many are interested.

The Unique has a great attraction for Monday, Tuesday and Wednesday in the serial picture, Patria, which stars Mrs. Vernon Castle, one of the best known women in America and (Listen, girls!) she wears some stunning clothes. Incidentally she can act. Marie Walcamp of "Liberty" fame, is in the cast which includes Milton Sills, as leading man for Mrs. Castle. Warner Oland and Dorothy Green, famous for her Vampire characterization.

Later in the week the Unique has George Larkin with his leaps in search of criminals and his cheerful smile under all circumstances. With some comedies, weeklies and pretty stories, the programme sounds fine. The Lyric will continue to attract many patrons who are faithful to Pearl the fearless, and are following her adventures in "Pearl of the Army." She certainly "has a way" with her, and the silent movie's identity seems difficult to solve. They promise us several good pictures and vaudeville here also.

LASKY NOTES

The remarkable growth of the Lasky studio is exemplified by the fact that the first office building which the company occupied at the corner of Vine and Selma Streets was no more or less than a garage reconstructed for the purpose. It has now been replaced by a handsome concrete structure, and the old building remodeled into a new two story property building with an elevator which will facilitate the loading and unloading of trucks full of props.

LITTLE CAPSULES

Herbert Brenon's third Selznick-Picture will be Louis Joseph Vance's fascinating story, "The Lone Wolf," the exterior scenes for which are now being made by Mr. Brenon in New Orleans.

Miss Florence Reed, who is the star of Herbert Brenon's Selznick-Picture, "The Eternal Sin," has scored the big individual hit of the New York legitimate season, as Tisha, a vampire of ancient Jerusalem, in the spectacular drama, "The Wanderer."

Leonce Perret, who has been engaged by Harry Rapf as director of the Robert Warwick productions for Selznick-Pictures, has 308 successful French productions to his credit. "The Silent Master" will be his first American creation.

ALICE FAIRWEATHER.

FILM FACTS IN

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Have YOU
Done Your Full Duty?

THE calls upon you have been many, and doubtless you have given generously of your means to the Red Cross and the many patriotic causes. But while we in Canada are living in comfort, we cannot afford to forget those whom the war has left homeless and almost hopeless.

How About SERBIA?

What has been done for the brave Serbians? All the world knows the story of their sufferings, how they were driven out of their homes over the frozen mountains and how they had to seek refuge with their allies. Britain is shouldering the heavy task of succouring the sick and helpless, but the call has come for money and more money. Will you help while you have the glorious opportunity?

Serbian Relief Fund. Patroness: Her Majesty the Queen. President: The Lord Bishop of London, LONDON.

The Canadian Serbian Relief Committee
Honorary President: President R. A. Falconer, C.M.G., LL.D., University of Toronto.
President: Dr. W. D. Sharpe, Late Commandant, British Naval Mission Belgrade, Serbia.
Mrs. L. A. Hamilton, 1st Vice-Pres.
Hon. Treas.: A. H. CAMPBELL, Esq.
Please send your contribution today. The Canadian Serbian Relief Committee transmits funds to the British Serbian Relief Committee, which distributes to the sufferers. Contributions may be sent to Mr. A. H. CAMPBELL, Hon. Treasurer, 4 Wellington St. E., Toronto, Ont., or to

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