

Money, plenty of it, will be required for the unfortunate in Ottawa this winter, so whenever you have a penny to spare drop it in one of the many convenient "Emergency Fund Boxes" to be found in practically every room of the service.

#### How to Make a Useful Article for Soldiers at the Front.

Directions for making knitted sleeping helmets: Use two rubber knitting needles, No. 8 and 4 oz. of khaki or grey Beehive fingering, and  $\frac{1}{2}$  oz. of white. Berlin wool will answer, but does not wash well.

Cast on 96 stitches at the neck, knit one plain row, then 2 plain and 3 purl, reversing the plain; purl each second row, knit 10 rows, then two white rows with two khaki rows alternating 3 times to make three white stripes as a finish. Next knit 25 rows of khaki. Take off 24 stitches at one end of the needle on a small safety pin to form piece under the chin and knit 55 rows of the balance for the back of the head. Take off 18 stitches at each end on a string or safety pin, and knit the middle portion for 18 rows, picking up one of the eighteen stitches at each row for the top of the head, as in turning the heel of a stocking.

Then pick up 30 stitches at each side of the head piece and the 24 stitches of the chin piece and knit 10 rows, always three purl and 3 plain to make ribs, two rows of white with 2 of khaki in between three times, and end with 10 rows of khaki, cast off loosely and sew the resulting two edges together.

Further enquiries may be made of Mrs. Lyons Biggar. Telephone Rideau 1920.

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The emergency boxes collection has proved that it is a very good idea, and that the service is responding generously to the call. The Secretary of the Women's Branch of the Civil Service Association has on hand a few dollars to form the beginning of the fund for the relief of suffering and want during the coming winter, and the methods of distribution, so that the emergency fund will really be used to relieve emergency cases, are at present under consideration, and will probably be

discussed and decided at the annual general meeting to be held early next month.

Already the Women's Branch has donated from this fund \$25 to the Belgian relief, also \$30 to purchase materials for Red Cross work, in order to keep the willing workers in the Civil Service employed on the good work. It is to be hoped that the little emergency boxes in the various offices of the different departments will be faithfully remembered on pay days all during the coming winter, which promises to be so full of need.

DOROTHY DAY.

Note.—Contributions to this column will be gladly received. Address Dorothy Day, Box 484.

#### WHO SAID IT?

Dean Swift is credited with "Bread is the staff of life."

It was Keats who said, "A thing of beauty is a joy for ever."

"Man proposes, but God disposes," was first written by Thomas a Kempis.

Franklin is authority for "God helps those who help themselves."

It was an observation of Thomas Southern that "Pity's akin to love." "All cry and no wool," is an expression found in Butler's "Hudibras."

We are indebted to Colley Cibber, not to Shakespeare, for "Richard is himself again."

Edward Coke, the English jurist, was of the opinion that "A man's house is his castle."

"When Greek joins Greek, then is the tug of war," was written by Nathaniel Lee in 1602.

Edward Young tells us "Death loves a shining mark," and "A fool at forty is a fool indeed."

"Of two evils I have chosen the less," and "The end must justify the means," are from Matthew Prior.

To Milton we owe "The paradise of fools," "A wilderness of sweets," and "Moping melancholy and moonstruck madness."

The poet Campbell found that "Coming events cast their shadows before," and "Tis distance lends enchantment to the view."

Christopher Marlowe wrote, "Love me little, love me long."

Thomas Tusser, a writer of the sixteenth century, said: "It's an ill wind turns no good," "Better late than never," "Look ere thou leap," and "The stone that is rolling can gather no moss."