



# OUR HOME PAGE



## "Headaches, Bilious Spells, Are Now All Gone"

Mrs. John Ireland, Nobleton, Ont., writes:



"I was a great sufferer from severe headaches and bilious spells. I tried a number of remedies without obtaining any benefit until I was advised to use Dr. Chase's Kidney-Liver Pills. These completely relieved me, and made me feel like a new person. I am very grateful to Dr. Chase's Medicines for what they have done for me, and you may use my letter for the benefit of others."

**Dr. Chase's Kidney-Liver Pills**  
35 cts. a box of 35 pills, Edmanson, Bates & Co., Ltd., Toronto

## HOUSEHOLD NOTES

### Milady's Hat

"What are the new styles in millinery?" I asked the proprietor of Milady's Hat Shoppe, as I strolled into her store at 2662 Danforth Ave. For answer, Mrs. Hershman went into the workroom where the latest creations were already being assembled and brought forth some models for my inspection.

I spent a wonderful half hour trying on many of these advance models and then breathed a prayer that Spring would indeed come six weeks earlier as had been prophesied.

**High Crowns Are in Vogue**  
In sunny Florida and other winter resorts where Spring fashions are first tried out, high crowns have been generally accepted and there is no doubt that they will be extremely popular in Canada. The brims are to remain small and greater attention has been paid to fittings which will at once look well and feel comfortable on bobbed or shingled heads. Trimmings are to be largely of flowers and fruit and these will be placed on the top.

**Threaded Straws, The Newest**  
A new straw suitable for Spring has made its appearance. This model comes in two new shades, "Baby Azure" and "Peroxyline," and are threaded with ribbons. For once, freakish hats are remaining in the background the tendency being for commonsense fittings and sensible improvements in attractiveness. Other shades which will be popular in Spring millinery are Crab Apple, and Powder Blue.

### The Kitchen Stove

There is not an article of furniture in the house that approaches in importance the homely kitchen stove, yet there are many women who have only a hazy knowledge of its workings and while they manipulate drafts and dampers with more or less success, could not give you the reason for it. Their observance will help materially in the saving of fuel.

Chimney Damper.—A flat plate, which when shut nearly closes the space opening into the chimney, when closed the heat goes around the oven and heats it; when open the heat goes directly up the chimney—the fire burns more rapidly but the oven does not heat. These dampers may be closed in ten to fifteen minutes after the fire is started.

Drafts.—Doors or slides below the fire box which, when open, allow a strong current of air to pass up through the fire; this causes rapid combustion and if the chimney damper is closed the oven heats quickly. When the drafts are closed the fire burns more slowly, as most of the air is shut off.

Checks.—Slides in the small door above the fire box and in the chimney pipe which, when open, let cold air in one top of the fire, force the heat back and deaden the blaze. There must be free circulation of air through the fuel-air spaces between the paper, wood and coal.

Air entering the stove under the fire causes an upward draft and makes it burn faster. Lack of air under the fire checks it. Cold air over the draft checks. With the draft and the chimney open, the fire burns fiercely, the top of the stove grows very hot, but the oven is not heated. Proper use of checks and drafts will control a fire.

When the fire has burned dull red or white the coals are exhausted—burning to white heat melts the coals, makes clinkers, and injures the top of the stove. A hard coal fire must not be poked from the top.

Coals above the fire box lining waste heat and injure the top of the stove. Shaking packs an old fire down and stops the draft. Raking from below or turning a revolving grate removes the ashes without packing the fire.

### Why Drink Milk?

Milk supplies some of all the material necessary for growth and also furnishes energy for work, play and warmth. It is an indispensable part of the diet of mothers who are nursing babies, and of young children. A pint and a half a day is a safe allowance of milk for an average child, while pregnant or nursing mothers, infants, and many children need a quart of milk a day.

Milk can furnish all the protein the body needs. A quart of milk supplies as much protein as seven ounces of sirloin steak or four large eggs.

Milk supplies minerals. If the growing child does not have an abundance of minerals in his diet this deficiency may show in stunted growth, weak bones or poor teeth. Special care must be taken to select foods rich in lime, phosphorus and iron. Our bones and teeth are made largely of lime, which is a form of calcium. One quart of milk will furnish as much calcium as ten large oranges, 32 eggs or 30 pounds of beef. Milk is also a valuable source of phosphorus and supplies some iron.

The body must also be provided with certain essential substances called vitamins, if health and normal development are to be assured. All known vitamins are found in fresh milk, but one or possibly two of the vitamins may be lacking in poor, stale or heated milk.

Milk needs supplementing to supply certain minerals and vitamins in sufficient quantity and, after the early months of life, for energy and roughage. Every baby, particularly those not breast fed, should receive daily the juice of some acid fruit, such as orange and tomato. In winter when it is impossible to be outdoors in the direct sunlight for long periods all infants, whether nursed or artificially fed, should be given cod-liver-oil. Older children need, in addition to milk, fruit, vegetables, meat, fish, or eggs, bread, cereal and potato.

## What Every Canadian Should Know About the Woolen Trade

(Continued from Page 1)

terials abroad, and there is a school of thought both in England, and the Dominions which believes that the colonies should produce only raw materials and obtain their manufactured goods from Great Britain. An attempt to realize such a policy would be death to the British Empire. It has not been, and is not, inter-trade between the units which holds our Empire together. It is not the iron chain of material things which forms the tie, but the silken thread of ideals—the common ideals of justice, fair play, sport, home life, freedom, and, one of the greatest factors of all, that the tie is neither onerous in trade or government."

### The Woolen and Knitting Industry in Canada

Contrary to common opinion, there are no climatic, physical or technical reasons why Canada should not become a great wool growing or mutton producing country, or produce manufactures of wool, as good in quality as any country in the world and at reasonable prices. At the recent Chicago International Fair, sheep bred in Canada "swept the boards;" and in the past much of the fine quality cloth produced in Canada has been sold as "imported" because an easy-going public was prepared to pay more if this magic word was used by the retailer and the latter was actually unaware of the origin of the goods he was selling.

The wool growing and wool working industries in Canada, if safeguarded, could supply a vastly greater quantity of diversified employment both for agricultural and industrial workers than it does at present. Since work through the long winter months, as well as summer work, is provided by the mills, and to women as well as to men, and as the majority of the mills are in small units in small towns the extension of the industry would assist in checking the deplorable drift of the bright young men and women from the rural towns to the great cities by providing them with local congenial employment. If for no other reason, and there are many others, the great value of the woolen and knitting mills to the life of Canada should be realized since 60 per cent of the 300 individual establishments are in towns of under 10,000 population.

When the earliest colonists arrived in Canada from France they brought sheep with them and during the cold winter months they manufactured the wool from the sheep into warm clothing. From that time on the breeding of sheep and the manufacture of woollens progressed in Canada. The population being French and British, and living close to the United States, the best methods and processes from all three countries were adopted.

**Effect of British Preference**  
But in 1897 a system of specially low duties on goods manufactured in Great Britain was granted by Canada and increased to one third off the General Tariff in 1900. These low duties are collectively known as the "British Preference." As Great Britain has the advantage of mass production and much lower wages, more than eighty-eight woolen mills in Canada, with just about half of the cards and looms in Canada, were forced to close their doors and their employes were thrown out of work and much of the capital invested lost, creating hardships in numberless small Canadian towns.

Up to this time, the increase in the sheep population in Canada was keeping pace with the increases in other live stock. It is regrettable, however, that in round figures there are no more sheep in Canada today than there were when the British Preference was first granted. Sheep breeding got a black eye because at that time the wool growers sold their wool to the local mills, who graded, sorted and used it; and with the closing of the Canadian mills the market was gone, as there was no machinery available immediately for the careful grading and preparation which is necessary for obtaining markets abroad.

(To be continued)

### Low Wages in Great Britain

Claiming that the average weekly wage received by a girl living in London was only about \$4, Miss M. Cecile Matheson, English sociologist, speaking in the Physics Building recently on "English Experiments in Wage Regulations," said that it was no wonder that the women who had to slave all their lives to keep body and soul together had a narrow outlook on life.

Chairs and sofas upholstered in leather last much longer if the following lotion is applied regularly: One part vinegar, two parts linseed oil (well shaken together.) Apply a little on a soft rag, and polish with a silk duster. This keeps leather soft, and prevents cracking.

## to Stay Independent Labor in Parliament

Montreal, Que.—The Parliamentary Labor party will not go in with the Progressives, but will remain independent, and in the next House of

Commons they hope to elect 25 members, was the pronouncement of J. S. Woodsworth (Labor, Centre Winnipeg), in an address here. Mr. Woodsworth resented being charged with Bolshevism, and declared that his opponents so accused him on account of his attitude to the Conscription Act of 1917.

## King George's Navy



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## Women!

### Make Wash-day Pleasant

The thought of working at a tub in the cellar all day, amidst heaps of clothes and in pools of water is enough to chase the pleasure out of any woman's life.—And doing the washing under these conditions will ruin anybody's health.

But housewives who depend upon an Electric Washing Machine have no fear of wash-day nor tired feelings when that day is done. They have found that an Electric Washing Machine will do more work and better work, and in less time than the wash-tub-scrub-board method.

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Mrs. E. Crowe, of Whitehorse, Rd. Crofton, writes:—

"I am pleased to tell you that the small tin of ointment you sent to me at Ventnor, has proved a complete success, my hearing is now quite normal, and the horrible head noises have ceased. The action of this new remedy must be very remarkable, for I have been troubled with these complaints for nearly ten years, and have had some of the very best medical advice together with other expensive ear instruments all to no purpose. I need hardly say how very grateful I am, for my life has undergone an entire change."

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