

NEWS OF SPECIAL INTEREST TO WOMEN

Secrets of Health and Happiness

How to Give "First Aid" In a Case of Sunstroke

By Dr. LEONARD KEENE HIRSHBERG A. B., M. A., M. D. (Johns Hopkins).

THE bar that's always bent will quickly break; But if unstrung 'twill serve you at your need. So let the mind some relaxation take. To come back to its task with fresher head.

If you bar recreation from your workaday life, if you toil by day, mope at eve and lie sleepless and aglow all night, dull melancholy moods will be but one of the payments wise nature will exact from you.

At the heels of hyper-sensitiveness and stupefying gloom will come a huge, infectious troop of pale distempers and foes of life. In midsummer, even sunstroke may be your costly punishment.

Sunstroke, like any sudden accident to your tissues, effects terrific and cataclysmic changes in your living textures. Blood, and serum may ooze from their hose-like channels into nearby groups of human fabric. Tissue juices may issue forth in unwanted spots and hemorrhages, large or small, may enter the brain and other vital parts.

The victim, be he who he may, must not be touched or moved. The imperative human instinct to do something, somehow and at once, is highly dangerous in this disorder. Instead of rushing with the stricken one to a bath, let the bath and the ice be brought to him.

The injured anatomy is by no means benefited by jostling, swinging and muscular movement.

If, after a solemn rest in the stricken spot, there remain more or less dizziness, headaches and embarrassment of memory—if, also, there is no evidence of apoplexy or internal hemorrhages—then the patient must be taken either to his home or a hospital, where he may be nursed back to health and strength.

As an antidote to sunstroke, refrigeration comes at once to mind. The stroke of cold oil that imprisons all the fluids, permeates and other materials of your body which are better outside than inside, must be met by some medication that will promote the exodus of the walled-up poisons.

To bring about this happy termination of a sunstroke, ice drinks—just as a glass of ice water is given in the sweat room of the Turkish bath—ice packs, ice saps and cold alcohol rubs are needed.

The mistaken practice of administering strychnine, alcoholic drinks and stimulants does almost as much harm to the sunstroke itself. They overwork the already over-burdened heart.

To restore the moisture and juices lost to the sufferer before the assault, as well as to augment the outflow, the injection of salt water—a heaping teaspoonful of salt to a quart of boiled water, with a pinch of sugar in it—is most helpful.

The effect of this solution—given only by a nurse or a doctor—is remarkably successful. The use of it, or some similar solution, does away with the employment of such heart defenders as digitalis.

The headache, the nervousness, the restlessness, the insomnia, all of which follow sunstroke, are relieved by soda.

URGENT CANCELLING IRON DUKE'S GRANT

Articles have appeared in the Belgian press urging that the government should take steps to terminate the annual grant of £2000 made to the Duke of Wellington as successor to the Duke who won the Battle of Waterloo. It is believed, however, that the suggestion is not likely to receive the serious attention of the Belgian Government, such articles having appeared on several previous occasions during the last few years.

The pension was granted by King William of the Netherlands, to whose kingdom Belgium was united by the treaty of peace which followed on the victory. Fifteen years later Belgium proclaimed her independence of Holland, but subsequent Belgian governments have continued the annuity to the descendant of the first duke.

ARGENTINE FRIENDLY.

BUENOS AYRES, August 5.—The news of the declaration of war between Great Britain and Germany was received with enthusiasm by the Argentine population here, and many demonstrations of friendliness to Britain and France were immediately organized.

MACHINE FOR CUTTING COAL

Revolutionary changes in coal mining methods are promised upon the general introduction of a coal-cutting machine developed by Mr. H. A. Kuhn, a Pittsburgh mining and mechanical engineer, who has spent more than ten years in perfecting the machine.

The device, constructed of structural steel, can attack the coal seam in any direction in which the seam leads. It takes out more than 50 per cent. of the coal in the ground, whereas the best practice of today seldom recovers more than 70 per cent. of the coal.

It is stated that the machine has demonstrated that it can cut the cost of mining coal by half. It is said that ten of them can produce over 1000 tons of coal a day. Only two men are needed to guide the mechanism of each machine, which takes the coal from the seam, cuts it up in a pit or conveyor, and loads it on a car without a human hand touching it.

Electricity or compressed air can be used, and so little power is required that the cost thereof is less than one halfpenny a ton for each ton of coal mined.



GOOPS



Alexander Lee

If you are hungry, do not be a Goop, like Alexander Lee: He takes the food, you ask, instead of crackers, cookies, or bread. Your mother'll give you what is right. Don't gobble food from morn till night!

Don't Be A Goop!

MEETING TODAY OF ALL WOMEN

Organization of Canadian Hospital Ship Will Be Fully Discussed.

Mrs. Albert Gooderham, president of the I.O.D.E., writes representatives of all the different women's societies in Toronto to meet at the I.O.D.E. headquarters, corner Sherbourne and Bloor, today at 4 p.m. to discuss organization for the Canadian Women's hospital ship fund.

PRAY FOR SUCCESS OF EMPIRE'S FORCES

British and Foreign Sailors' Society Issues Prayer for Victory.

The following prayer has been issued by the Canadian national branch of the British and Foreign Sailors' Society, Toronto, for use at all its sailors' institutes in the Dominion:

"O Lord of hosts, the God of our fathers, who sittest on the throne of righteousness, judge now between us and our enemies; stir up Thy strength, O Lord, and come and fight for us, for the sake of Thy people, enable them to remember, O Thy great mercy, in this time of war, our brethren, the officers and men of the royal navy and the whole British army; give them courage, wisdom and strength in the presence of every duty; make them a wall of defence to our motherland and all the empire; enable them to vanquish and overcome all their enemies and grant unto us the victory, that we may be, in our imperial unity, Thy faithful servants among the nations on earth."

MANY THOUSAND MEN REQUIRED FOR HARVEST IN WESTERN CANADA.

Approximately Fifteen Thousand men will be required from Ontario to help in the great work of harvesting the Western crop, and practically the entire task of transporting this great army of harvesters to the West will fall to the lot of the Canadian Pacific Railway.

Excursions from Ontario to Manitoba, Saskatchewan and Alberta will be run, and special trains operated, making the trip in about thirty-six hours and avoiding any change of cars or transfers. This will be a day shorter than any other route.

"Going Trip West," \$12.00 to Winnipeg. "Return Trip East," \$18.00 from Winnipeg.

Consult C. P. R. Agents regarding particulars in connection with transportation west of Winnipeg.

GOING DATES.

August 11—From Kingston, Sharbot Lake, Renfrew and West to Asilda and Sault Ste. Marie, Ont., to all points in Manitoba only.

August 14—From East of Kingston, Sharbot Lake and Renfrew, in Provinces of Ontario and Quebec, to all points in Manitoba only.

August 18—From Kingston, Sharbot Lake, Renfrew and West to Asilda and Sault Ste. Marie, Ont., to all points in Manitoba and certain points in Saskatchewan and Alberta.

For full particulars regarding transportation west of Winnipeg, etc., see nearest C. P. R. Agent, or write M. G. Murphy, District Passenger Agent, Toronto.

INSURANCE LAW

The heirs of a merchant who was suffocated by smoke while asleep in an hotel bedroom at Schlostadt, Alsace, brought an action against the Paris company with which he had insured his life. There was a clause in the policy which provided that the company would not be responsible for death by suffocation, except in case of fire. The fatal smoke, it was shown, came from some cigarettes which had been left near the fire in the hearth, but were not intended to burn where they had been placed.

Counsel for the plaintiffs urged that "fire" did not necessarily mean the burning of the whole or part of a house. The court took this view and gave verdict for the plaintiffs.

THE NEW HOUSEKEEPING

By Mrs. CHRISTINE FREDERICK

Woman's Drudgery vs. Man's

I KNOW and am willing to admit that woman has and has had a great deal of drudgery to do in the home. She has spun flax, made apple butter, baked buns, and played with trillions of babies. I would not be competent to list the different kinds and degrees of drudgery to which women have been subjected thru all the ages.

Nevertheless, I believe in a spirit of fairness, and I want today to say something about the drudgery of men. You have all heard many women talk as if drudgery was a quality of work confined solely to dish washing, mopping floors and bathing babies.

But I want you to consider a moment if while woman has been occupied with these tasks of drudgery man has not at the same time been taking his share of them? The average woman talks as if all work in the home were drudgery, and that all work in shop, factory and office were play. She sees her husband depart in the morning, and in her mind she thinks he partakes in a moving picture of agreeable daily tasks in a standardized office or shop where conditions are 100 per cent. perfect, while she stays at home incarcerated in a kitchen, doomed to a round of routine labor.

I think this is a totally unfair and biased view. In the first place, every man from boyhood has instilled into him the responsibility of supporting a family, and that responsibility is in itself drudgery. Not nearly as many women have instilled into them, from childhood, the responsibility of managing a household and thinking of assuming the responsibility of efficient house management. While their brothers are learning in business, or factory, they may be only butterflies, or at least not considering training for their future responsibilities.

Again, how many, many men in the ordinary occupations and positions are absolutely slaves to a system, and only cogs in the wheels of big business? Hundreds and hundreds of clerks and up rows of figures from 9 to 6, sitting before one desk in the same monotonous position. How many porters run elevators from 7 a.m. until 10 at night, ceaselessly and continuously stopping from floor to floor, without a single outside stimulus or relief? How many men light lamps, or drive garbage wagons, or punch tickets from eight to ten hours daily? How many men, in even higher walks in life, are tied down by routine and discipline to oversee other employees, to superintend, to check up, to handle a thousand dry uninteresting details, merely because they must do it in order to support a family?

So often women have shown in their talks that they think every man in every job is doing what he really wants to do, that thing which best expresses himself. On the contrary, statistics show that nine-tenths of the men in all positions are not there because they want to be, or because they are particularly fond of it, but simply and solely because they are doomed to be, and stay where they are in order to earn enough money to live.

It is true that many tasks in the home have been pure "chores," but then, too, certainly many tasks out of the home, as performed by man, are no different. Even standing hour after hour, and operating a high-class machine may be drudgery.

So I feel that this attitude about work which many women, especially married women, have, is entirely unfair. I think, frankly, that it is only an excuse to escape from responsibility; because they do not like to do something they call it drudgery and refuse to undertake it.

What would happen if all the men who hated their jobs refused to work? The solution will be to develop more intelligence in both sexes so that drudgery in both men's work and women's work will be eliminated as much as possible.

THE GARDEN CONDUCTED BY R. T. TODD

Did you plant ten-weeks stock this spring? For mid-summer blossoms and fragrance, you know, The broomrape, the stocks are the autumn flowering varieties.

Everyone who pretends to have a fragrant corner in their garden must have stocks of these delicious double gladioli, as ancient and medieval were wont to name them.

The stocks are biennials that lend themselves to treatment as annuals, if indeed they do not thrive better so treated. Since the stems tend to become more or less woody and the plants themselves grow low, thick and the leaves close-set upon the stock. The greatest danger to the plants is the probability of the upper part breaking off from the brittle and woody stem. This brittleness and woodiness increases with the age of the plants and this is the very reason that stocks are better treated as annuals than as biennials. New plants every year give better satisfaction than otherwise.

The long flower spike, six to ten inches tall, close-set with small inch-diameter rosettes, not unlike miniature roses (where the inflorescence is very double) that comes as the first blossoming, should be clipped off as soon as the flowers have approached perfection. This will render the plant less top-heavy and will encourage side-shoots that soon send out flower spikes.

The long sage-like leaves of velvety grey-green so characteristic of the gladioli, are very useful after the varied and brilliant greens of other annuals.

The perfume from the stocks is gentle, penetrating and not too sweet. Some of the double white varieties are exceedingly fragrant. The double kinds are more odorous than the singles.

Stocks are plants that do not favor the blues. Whites, pinks, mauves, reds of every depth and warmth, but never the sign of a blue.

Stock beds need a great deal of water to bring them to perfection, and to keep them so. Here is a plant, also, that flourishes wonderfully under persistent cultivation. Indeed, unless the earth is kept constantly heeled up around the roots the plants will literally pull themselves out of the ground, being top-heavy, usually. By removing the long woody flower spikes before seeding develops the plants may be carried well into December, since even the early varieties can stand a certain degree of frost.

Late bloomers are always welcome additions to every garden, and among these the gladioli stand pre-eminent.

German Cruiser Sails. Mazatlan, via Otales, Sinaloa (delayed transmission).—The German cruiser Leipzig, whose presence in Pacific waters has caused much anxiety to British and French ships, sailed from this port today (Monday). Nothing is known of the whereabouts of the German cruiser Nürnberg last reported as having cleared from Honolulu ostensibly for German Samoa. The British sunboat Algerine is still at anchor in the harbor. Quite possibly she will intern here, in a neutral port as she has practically no offensive or defensive weapons.

Ten-Weeks Stock and Broomrape Stocks

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Rivals Her Daughter In Youthful Beauty

A well-known society matron whose youthful beauty is so well preserved that she is regarded as her daughter's rival in this respect—though she does not pose as such—attributes her girlish complexion chiefly to two things. She says: "I am convinced that many cosmetics, by overloading the skin and pores, tend to age the complexion. It keeps the pores closed, permitting them to breathe, and removes dead particles of cuticle which are constantly appearing and which give the complexion that faded look. Whenever my skin begins to get the least bit off-color, muddy or tanned, I go to my grungiest for an ounce of mercuric iodine. I apply this nightly, like cold cream, for a week or so, washing it off mornings. This is what keeps my complexion so fresh, white and velvety, even during the trying days of summer."

The absence of wrinkles and flabbiness I owe to the use of a simple face bath prepared by dissolving one ounce of basel, this keeps the skin tight and firm."—Social Register.

Useful Hints for the Housewife

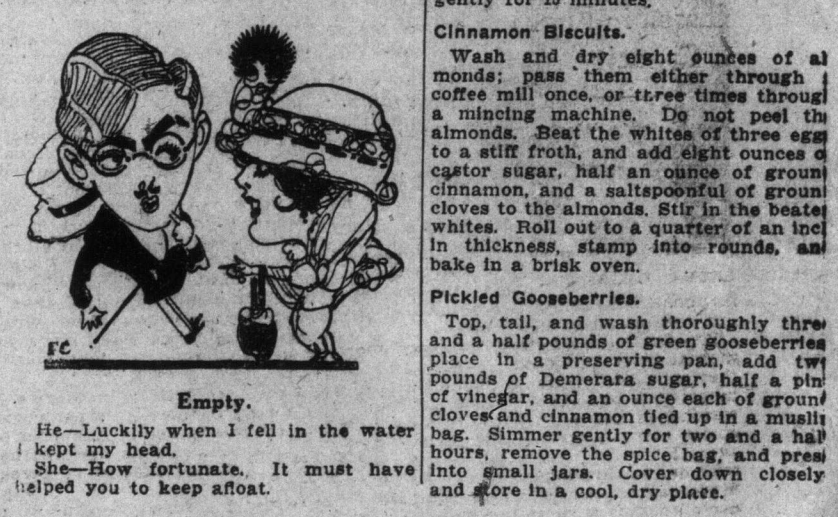
By Ann Marie Lloyd

Stuffed Breast of Lamb. Remove all the bones neatly and beat the meat with a rolling-pin. Mix together a breakfast cup of fine bread-crumbs, an ounce of well-chopped suet, a tablespoonful of chopped parsley, a little sweet herbs, salt and pepper to season, and enough milk to moisten. Spread evenly over the meat, roll up and bind with wide tape. Bake in a steady oven, allowing 20 minutes for each pound.

Egg Soup. Use few slices of stale bread sprinkle each side with castor sugar, and place in the oven to brown. Put a pint of milk, and bring to the boil. Add a pint of white stock seasoned with salt, pepper, and nutmeg. Beat the yolks of three eggs. Stir them into the soup together with a tablespoonful of chopped parsley. Cut up the slices of breaded bread. Add to the contents of the stew pan and allow to simmer very gently for 10 minutes.

Cinnamon Biscuits. Wash and dry eight ounces of almonds; pass them either through a mincing machine, or three times through a fine sieve. Add half a pound of almonds. Beat the whites of three eggs to a stiff froth, and add eight ounces of sugar, half an ounce of ground cinnamon, and a saltspoonful of ground cloves to the almonds. Stir in the beaten whites. Roll out to a quarter of an inch in thickness, stamp into rounds, and bake in a brisk oven.

Pickled Gooseberries. Top, tail, and wash thoroughly three and a half pounds of green gooseberries in cold water. Add two pounds of Demerara sugar, half a pint of vinegar, and an ounce each of ground cloves and cinnamon tied up in a muslin bag. Simmer gently for two and a half hours, remove the spice bag, and press into small jars. Cover down closely and store in a cool, dry place.



TRAGEDIES FOLLOW "SUGAR MILLIONS"

String of Accidents After Earl of Euston Married American Girl.

Were the Earl of Euston, whose engagement is announced to Miss Edythe Havemeyer, who belongs to the family which produces the greater part of the sugar consumed by the whole of the United States, of a nervous or superstitious disposition, he would assuredly have thought twice before allying himself with a family which has suffered one of the most amazing series of tragedies in modern history.

Miss Edythe Havemeyer is a niece of the great American sugar king, Henry O. Havemeyer, who died in 1901, and who built up the huge refinery near New York which has poured millions into the pockets of various members of the family. But although in money-making they seem to have been unlucky in almost everything else.

The founder of the Havemeyer millions were two German emigrant brothers, William Frederick and Frederick Christian, who started a little sugar refinery in 1802, from which the huge business of today sprang.

The family demon of ill-luck began to work in 1862, when the son of Frederick Christian was killed by the falling of a heavy piece of machinery in the refinery. It was his brother, Henry O. Havemeyer, who proved to be the commercial genius of the family. But his wealth brought him little happiness, for his eldest son, after leading a life of extravagance abroad, died mysteriously in Paris.

Theodore A. Havemeyer, a brother of Henry O., died a disappointed man, after spending half his fortune in an unsuccessful effort to be made minister to Austria, while Theodore's son, "Carley" Havemeyer, shot himself in a tragic circumstance in 1898 at his home on Long Island, just after his father's death.

Another member of the family was killed in a terrible motor accident last year. The widow of "Carley" Havemeyer was nearly murdered by a mysterious assassin, while the matrimonial affairs of the other members of the family have ended in unhappiness and divorce. Indeed, misfortunes of every kind have dogged the Havemeyer family, until today their enormous wealth is referred to as "the unfortunate sugar millions."

APOSTLE SPOONS ARE NOW VERY RARE

Large Prices Brought by Product of Fifteenth Century.

Have you got a set of old Apostle spoons? If so, they may be worth hundreds of dollars to you. These silver spoons, the handles of which end in figures of the apostles, were common baptismal presents in the sixteenth and seventeenth centuries, have been copied very extensively, the modern ones, however, being of little intrinsic value.

The most valuable are those made by a certain Elizabethan silversmith towards the end of the sixteenth century. Apparently he got tired of using only the figures of the apostles for the figures of a number bearing in the figure of King David, Joshua, Judas Macabean, the Doctor of Troy, Alexander the Great, Julius Caesar, King Arthur, Guy of Warwick and Queen Elizabeth.

The full set of these unique apostle spoons numbers thirteen, and quite recently a set of twelve, with the London hall mark of 1592 and the original maker's name—a crescent enclosing "W"—in a shaped shield—was sold for \$10,000.

This is by no means a record price, however, for in 1903 a unique set of thirteen apostle spoons, made in 1596 by the same smith, brought as much as \$24,500 and went into Mr. Astor's collection. Four years ago twelve 1617 apostle spoons realized \$1500 and a dozen 1637 spoons \$4500.



The Kitchenless Home

has not arrived as yet, but the cookless kitchen, with comfort and contentment, is possible in every home where the housewife knows

With the crisp "little loaves" of ready-cooked, ready-to-serve cereal in the home you are ready for the unexpected guest, for the uncertainties of domestic service. No kitchen worry or drudgery. We do the cooking for you in our two-million-dollar sunlit bakery. Make our kitchen your kitchen. Ask your grocer.

Always heat the biscuit in oven to restore crispness; then pour over it milk or cream, adding salt or sugar to suit the taste. Deliciously nourishing for any meal in combination with berries or other fruits of any kind. Try Toasted Triscuit, the Shredded Wheat Wafer, for luncheon with butter, cheese or marmalades.

Made by The Canadian Shredded Wheat Company, Limited Niagara Falls, Ontario

Toronto Office 49 Wellington Street East