

**OCTOBER 23 1913** 

Housekeeping, Nursery, Gardening and News of Interest to Women

HOSPITAL CONFERENCE

Brought to Close by Election of Officers and

of Officers and Reception. The seventh annual conference of the Canadian Hospital Association was brought to a close last evening when the visiting delegates were tendered a reception in the lecture hall at the Nurse's Home at the Toronto General Hospital, after one of the most success-ful conventions in the history of the association. Yesterday afternoon's session was featured by the paper on "Two Indis-pensable combinations in Hospital, D. D., superintendent of the Methodist Episcopal Hospital, of Brooklyn, N.Y.

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NURSING PROBLEM HARD TO SOLVE A Live Wire and Dangerous to Touch, Says Dr. Kavanagh.

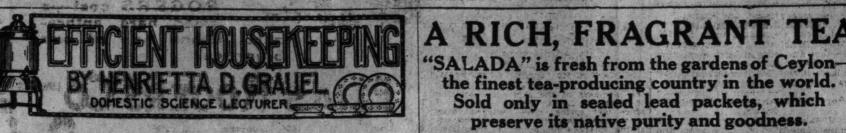
greatest mistake possible." A paper on "Team Work in a Hos-pital," written by Dr. John A. Horns-by, editor of The Modern Hospital, Chicago, Ill., was read. The substance of the paper showed that each part of the hospital work was dependent upon the other, and if one was neglected all were neglected. The team work in a hospital must involve

The first part of the combination is the reticent, elusive grace of patience, which is so necessary in hospital work, if we aim to make a success of it, but which many of us lack. The other two main parts in the combination of efficiency are exactness and perser-verance. Laxity, unkept promises and procrastination, always spell failure in hospital work," said Dr. Kavanagh. He then went on to describe in de-tail the component parts of the com-bination that would make the hospital successful to the highest degree. The chief part of the combination was the keeping of a correct fistory of each case, which must be placed in the office at the time of the discharge of the patient. Business methods in an institution had far-reaching effects. The organization of the professional work was another element in this com-bination. In this regard, Dr. Kava-nagh said the idealists would appoint a physician-in-chief and have all others associates. As a rule, the sur-geons are independent and want to re-main so. The Nursing Question.

bination. In this regard, Dr. Kava-nagh said the idealists would appoint a physician-in-chief and have all others associates. As a rule, the sur-geons are independent and want to re-main so. The Nursing Question. "The nursing element of the com-bination is a live wire, and anyone who ventures to deal with it is in danger of electrocution," said the speaker. "The nursing question is immensely em-barrassed by the outspoken comments of the nurse leaders on the present of the nurse leaders on the present mitted to the policy that the training school must, stand alone, apart from the hospital. We shall welcome the dimension of the the training address are com-mitted to the policy that the training the hospital. We shall welcome the

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## Dates

The date has been named desert bread, and justly, for multitudes in Arabia and Expit live upon this fruit. Wherever a pring of water is found in the desert this magnificent palm is found trowing to give food and sheller to the wearied traveler. The leaves and wood are used is every imaginable way and form the principal wealth of many tribes. Altho the frees do not begin to bear until eight years old, they con-tinue until 200, and yield about 200 pounds of fruit each season. Wine is made from the sepi the roots are used for rude tences, the leaves and fibres are woren into mats, baskets, cords and sacks and the trunks of the useless trees are made into slatted boxes for shipping the fruit. The manner is which the dates are dried and nacked has much to do

The manner in which the dates are dried and packed has much to do with their flavor and size when they reach us. They should be large and soft, not much wrinkled and a reddish yellow, or a very dark brown, on the outside

Especially good puddings are made with dates, and alone they make a satisfying lunch. Try plumping them in bolling water for just one moment and then cooling them in cold water, as they do in England. Now eat them with bread and butter. This is considered a good light supper, with a glass of milk, for children and quiet living persons abroad.

D. D., superintendent of the Methodist Biscopal Hospital, of Brooklyn, N.Y. "The first part of the combination is the reticent, elusive grace of patience, which is so necessary in hospital work, if we aim to make a success of it, but which many of us lack. The other two main parts in the combination efficiency are exactness and perser-verance. Laxity, unkent providered to the methodist tal. D. Sugar is found in the date in an easily digested, concentrated form

The flavor of the dates in this dish is remarkably like that of maple.

DUCTED BY TODD

Water the Garden Beds, Even

(Continued.) A paper read by Doctor Noble be-fore the junior second grade at the Toronto Teachers' Convention. If young children are given freedom and suitable surroundings they will develop themselves faster and along better and safer lines than in any other way



Sold only in sealed lead packets, which

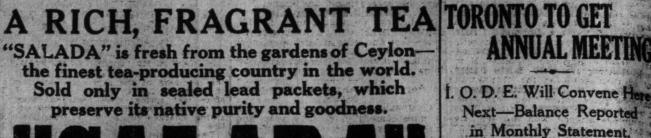
preserve its native purity and goodness.

day says: There was a ripple of exitement in intimate circles of th Talks of Missionary Work. NEW YORK, Oct. 22 .--- (Can. Press Canadian deputation, consisting d before the Pr

today says: There was a ripple of ex-citement in intimate circles of the royal family today, when it became known that the new year will bring with it an addition to the family of King George and Queen Mary. The correspondent learned on excellent au-thority that the interesting event is expected the latter part of February. This explains why Queen Mary has been keeping in the background during the recent social functions: notably, the Connaught-Fife wedding. Royal doctors are now in constant attendance at Buckingham Palace. It was their frequent visits which gave the first inking of the anticipated event. Queen Mary has lately taken a great interest in eugenics. It is said the Queen is overjoyed at the pros-pects. A birth to the reigning so-to regent rejoicing thruout Great Britain.

SYLVIA PANKHURST GAINS HER LIBERTY Hunger Strike Leaves Her Emaciated and in Feeble Condition.

LONDON, Oct. 22.—(Can. Press).— Sylvia Pankhurst was released under license today from Holloway jail. She is much enfeebled and emaciated in consequence of a hunger strike of a week's duration. She was arrested on Oct. 14 as she was about to enter the Poplar townhall, to address a meeting



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day and Wednesday the Wednesday nees, while "Tl duced on Tuesd ings and "Dr. on Thursday a

The principal features of the m v meeting of the Chamberlain' d er of the I. O. D. E., held ye n the studio of garet Eaton school, were the rep of Miss Constance Boulton, de to the annual meeting of the order Winnipes, and an address from Mr Alex, Macdaugal, organizing secretary Montreal.

Miss Boulton pictured the possibililes of the west and of the wonderf work of its women. The Coronation chapter of Victoria, composed of 25, 600 school children, was the most in teresting she had met. The annual gathering had made the surgestion that primary chapters should meet on the same day and a week vertous to the meeting of the Municipal chapter. The next annual meeting was an nounced to take place in Toronto. The subject of Mrs. Macdougal's add dress was "Canada's footprints in the path of Empire." In introducing the speaker, Miss Dixon, the presiding 're-gent, spoke of the work of the order in Montreal. There the numbers are ho nearly as great as in Toronto, but the things they are doing are such as to make others look to their laurels. Brought Greetings. Mrs. Macdougal brought greetings from the Montreal chapters, and de-scribed a recent visit to Bermuda, where, as they entered the fairylike harbor, the spirit of the "pride of Em-pire," had taken hold of the little party of Canadians in an extraordinary de-mas She ales ambatized the most ork of its women. The Coron

ed before the Protestant Episcopai Con-vention today. The members were : Rt. Rev. Dr. Adam Urias De Fencier, Lord Bishop of New Westminster; Rt. Rev. Dr. W. D. Reeve, Bishop Coadjutor of Toronto; Very Rev. Canon Plummer of Toronto, and Chancellor L. H. Davidson of Montreal.

f Montreal, They were received first by the ho if deputies, which stood as the visit were introduced. After a short addr Mana, Bishop Re adians in an extra gree. She also emphasized the neo sity for stimulating the women of C ada to study Canadian history, for o in the light of past events can t understand the important things of

were introduced. After a short address of welcome by Dr. Mann, Bishop Reeve of Toronto addressed the deputies, and spoke briefly of the problem of the Gana-dian church in taking care of the flood of immigrants which is steadily pouring into Canada. Forty per cent, of them, he said, stay east of the Great Lakes, and settle in the towns and cities. Later the Canadian deputation accom-panied the deputies to the cathedral for the joint seesion, which was held to con-sider the work of the church among the Indians, negroes and the West Africans. After the opening prayer, it was fold to reverse the order of the day, and to disten first to the Lord Bishop of New Westminster, who brought to the conven-tion greetings from the missionary dio-cese of Northwestern Canada, and told briefly of the great ploneer work the church is doing there, similiar in many ways to the work which the bishops in the northwestern part of the United States are doins. "In the last sixteen months," said Bishop De Pencier, "we have bought and paid for 122 sites for new churches in one diocese, and have actually opened 64. In Vancouver, 17 out of every 100 are orien-tals, so that our problem is unique." had been presented to Jarvis Collegian Institute, and \$50 given to the Fra-ventorium. The chapter will take charge of the tea-room at the Carni-val of Nations and the annual lumbed val of Nations and the annual lumbed will take place on Friday, Dec. 5. Ma Anthes and Miss Fetherstonhaugh have charge of the arrangements.

ancouver, 17 out of every als, so that our problem i

deputation, consisting en and one layman, appe Protestant Episcopal Co

DEATH OF FORMER CANADIAN. CORNWALL, Oct. 22.—(Special.)—Word cornwall, oct. 22.—(Special.)—Word cornwall, oct. 22.—(Special.)—Word cornwall, oct. 22.—(Special.)—Word sons, who are also the executors. Warner of this Ditta O. G. CARSCALLEN ILL the articles iliver sand: iem with a approves the dipped in ing. today that her brother, George and the articles killed shortly before moon yesterday, he came into contact with a wire ing 34,000 volts, while repairing a 1 the roof of the power house at the mill. Mr. Pitts was a Canadian by but had resided in Eau Claire for many years. He was born at Wa few miles west of here. O. G. Carscallen, son of the l Henry Carscallen, K. C., M. L. A., Hamilton, is lying critically ill at Mr. Carscallen was formerly vi president of Gurney-Tilden Foun Co., at Han

Lou Like BRICK WILL PROBATED. The will of Benjamin Brick.

probate in the surrogate co terday. The estate, which is on ed almost entirely of real est



Her will address a meeting at a drawing room in the government house, at which the Heutenant-governor will preside. On Wednesday morning he will hold a meet-ing in Westbourne School, and in the Olivet Church in the evening. This after-noon Mr. Cavaller will speak in Mrs. EL more Harris' drawing room, 35 Walmer road. divorcing of the training school from the hospital with great satisfaction if the hospital of the same basis as the inedical college for young men. "The nursing element as well as the hospitals are embarassed by unnecessary legislation. Legislation cannot force hospitals to that which is impossible. It is said that it would hower the status of the profession to how the status of the profesion allow entrants who had not a high school certificate. The suggestion is too unworthy to be mentioned as well as insulting to a host of women now rendering efficient services as nurses and who never attended a high school Education is immensely desirable, but the nursing spirit and maturity, very

We shall we

Some Real Dangers.

In discussing the paper, Dr. C. K. Clarke said, "I don't think we are as much disturbed over the nursing in Canada as they are in the question in Canada as they are has called attention to some real dangers, which perhaps the nurses do not appreciate themselves. Gradually some of the schools have been drifting

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The application of the provincial treasurer's department to have \$20,-000 of the estate of the late Mrs. Annie Gibson liable to succession dues was refused by Judge Winches ter, in the surrogate court, yesterday, The application arose out of a gift of \$20,000 that was made by Mrs. Gibson to her son, J. F. Gibson.

ge Winchester Refuses Applica-tion of Government for Suc-cession Dues.

When you undo a parcel fold the paper and tie the string around it— there will always be a string to fit a bundle without looking for one.

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Health and Beauty Aids BY MRS. MAE MARTYN.

Guinivere: Yes, you can overcome the results of the careless treatment of your hair which has commenced to destroy its natural beauty and cause it to grow dull, "stringy." brittle and fall out. I shampoo occasionally by using a teaspoonful can-throx dissolved in a cup hot water. This greatly invigorates the scalp tissues and hair roots and produces a healthy con-dition in both, insuring a beautiful growth of even-colored, lustrous, fluffy hair. I have found canthrox shampoo is ex-tremely soothing to tender, itchy scalps and allows the hair to dry very quickly.

Lotta M.: Here is a simple, inexpensive treatment for hairy growths: Mix a thick paste with some powdered delatone and water. Apply to hairs not wanted and in two or three minutes rub off and the skin will be smooth and hairless. Then wash the skin to remove the remaining dela-tone.

Darling: Yes, it is true that fat always destroys the beautiful lines of the figure, but if you do as I have before advised in but if you do as I have before advised in these columns, you can get rid of the fat and your form will be plump and beauti-fully proportioned. In one and one-half pints hot water dissoive four ounces par-notis. Let this cool. Then take one ta-blespoonful before each meal. This treat-ment produces no present or future ill-effects and gradually dissoives the unne-cessary fatty tissues. Try this parnotis treatment and you will never have any reason to feel embarrassed because of your shape. vour shape.

Pearl : You girls were right when you decided that face powder clogs the pores, even though much is blown off the skin avoid this annoyance and enloy a softer, healthier, finer complexion if you apply a spurmax lotion. This is quite inexpensive and is prepared by dissolving four ounces spurmax in one-half pint witch hazel or hot water, to which is added two tea-spondis glycerine. The spurmax lotion is invisible when on and requires no righter attention. You will find it espe-cially nice to banish summer freckles and tan and the sallow , unhealthy cast of powder-smoothered skin and to give a delightful freshness and youth-tint to your skin. our skin

Johanna: Yes, you have a good reason to feel alarmed about your hair. But you can remove the dandruff and overcome that dryness without paying a large sum

Soctors use a plain crystos solution for minor eye troubles that I tried it and found that for sore, tired, aching or blood-shot eyes this simple tonic works wonders. It is one of those inexpensive home remedies that should be convenient to hand for use in remedian part nome remedies that should be convenient to hand for use in removing foreign par-ticles and to reduce inflammation. To prepare, dissolve one ounce crystos in one pint clear water, then put two or three drops in the eye as required. This crystos eye tonic is fine for giving a sparkle and youthful expression to the eyes.

Mrs. L.: For years I have avoided wrin-kles by protecting my skin against that too-ready tendency to sag which you de-scribe. Besides, I stopped the flabbiness which would have gradually wrinkled my skin by using this wrinkle remover which a friend suggested. Get an ounce of almozoin, dissolve in one-half pint water and add two teaspoonfuls glycerine. Stir and let stand one day. At low cost, this makes a perfect wrinkle remover in the form of a protecting and stimulating cream-jelly. It is a pleasant thing to use and most delightfully beautifying in results. I use it freely, both before and after exposure to fall winds. It will not grow hair, but will act as a preventive of the loose sagginess which makes wrinkt-les.

Dora: For your pimples and tiredness I am giving the formula for the best blood cleanser I know. It is the best because it acts on the liver and kidneys, and if, as acts on the liver and kidneys, and if, as you say, you are troubled with severe and constant headaches, it is an indica-tion that your kidneys and blood need at-tention. To prepare, put one cunce kar-dene into one-half pint alcohol (whisky should not be used), then add one-half cupful sugar and hot water to make a full quart. A tablespoonful before meals-is the dose. This kardene tonic gently, expels poisonous waste from the body and tones up the internal organs so they can do their work well.

Don't Be A Goop!

Important Changes in Train Service-Canadian Pacific Railway, Ef-fective Sunday, Oct. 26. Owen Sound local, now leaving To-ronto 7.50 a.m. daily except Sunday, will leave 7.45 a.m.

will leave 7.45 a.m. Sudbury, local, now leaving, Toronto 9.45 a.m. daily except Sunday, will leave 9.00 a.m. New "Gate City Express," commens-ing Monday, Oct. 27, will leave Toron-to 2.30 p.m. daily, for Winnipeg, car-rying colonist cars, first-class coaches, tourist sleepers, dining car, standard sleepers and compartment library ob-servation car, Toronto to Winnipeg. "Chicago Limited," now leaving To-"Chicago Limited," now leaving To ronto 4.30 p.m. daily, will leave 4.20 p.m.

Owen Sound local, now leaving Towill leave 5.05. Galt local, now leaving Toronto 5.50

p.m. daily except Sunday, will run to Guelph Junction only. Port McNicoll local, now leaving Toronto 6.05 p.m. daily, except Sunday will run to Alliston only, leaving To-

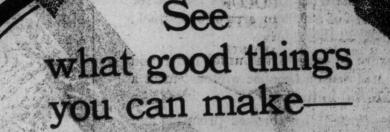
ronto 6.10 p.m. "Chicago Flyer," leaving Toronto 7.45 p.m. daily, will leave Toronto 7.35

"Hamilton Limited," now leaving Toronto 11.10 p.m. daily, except Sun-day, will run daily.

VGER FREE TREATISE

To clean pewter wash the articles with hot water and fine silver sand; then dry, and pollsh them with a

leather-When frying mush it improves the crispness if the mush is dip white of an egg before frying.



-Sweet, wholesome bread-hot dinner rolls-pies-sugar cookieslight, rich cakes -fluffy doughnuts - crisp biscuits - tasty, flaky pastry of all kinds-scores of table delicacies-easily and cheaply, if you use the ideal shortening-

"Swift's Cotosuet"

Makes pie crust light and diestible. Ensures perfect cakes and pastry-and at less cost! Splendid for frying, too. Puts a delicate brown, crisp crust on the food, and goes much farther than ordinary frying fats.

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"Swift's Cotosuet" is cheaper than any other shortening, be-cause you need only two-thirds the quantity you would ordinar-Stor 17.

the quantity you would ordinar-ily use. You will find it good and reliable for all cooking and its purity and wholesomeness are unquestioned.

"The Girls of t A big attract next week at ti Gordon and Nor White Way." Ward, Sam Hen There is a cas among whom, i tured ones, a Jerome. Billy mond, Estelle B of forty shapely of the product more than ord there is no don most Handsomel ing the Columbi Next Wed Selde Seldom do mu portunity of vening for the

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