

NEWS OF SPECIAL INTEREST TO WOMEN

DOCTOR SHOWS HOW TO LIVE ON EIGHTEEN CENTS A DAY

Tables Prepared by Toronto Food Reform League Demonstrate What an Easy Matter It is to Live Cheaply When You Know How.

How to solve the high cost of living problem and at the same time keep doctors' bills at the irreducible minimum is demonstrated in the following tables of food and good marketing. They have been prepared by the president of the Toronto Food Reform League, Dr. McCormick.

BAD MARKETING.

	Cost.
1 pt. Oysters	170 Calories
1 lb. Pickles	55 "
1 lb. Sausage	1275 "
1-2 lb. Cheese	1000 "
4 oz. Sardines	240 "
1-2 lb. Cookies	900 "
1-4 lbs. Minced meat	1600 "
1-2 lb. Coffee	600 "
1-2 lb. Sausage	30 "
1 lb. Catsup	265 "
2 lbs. Pancake flour	300 "
Total food value	\$235
Total protein content	1240 calories

GOOD MARKETING.

	Food Value.	Cost.
Vegetable Oysters	35 calories	10
Celery	10 "	25
2 lbs. Beans	3200 "	10
1-2 lb. Cream Cheese	1000 "	15

FLARE SKIRT IS POPULAR STYLE

Fashion Has Variety of Ways in Introducing Modish Width.

There are a number of distinct types of skirts now enjoying immense popularity. The flare, however, is paramount, and there are various ways of introducing this modish width which fashion sees fit to countenance. There are circular flounces at the foot of the skirt, which hint at the modes of the panner era, there are bell-shaped flares, and clusters of ruffled flounces, and there are series of plaits set in on each side at the knees; and all skirts inclining to the flare have a tendency to hike up at the back, which is a disadvantage. Draping renders the skirt several inches shorter in the back, but still permits the clinging effect about the feet in front.

The summer wraps are finished with flare volants or ruffled basques. They are suited to soft, so that the sleeves are not essential; slashes are their substitute.

Plaited linen vests are displayed in many of the newest suits and are belted with the new wide patent girdles bound in white kid.

The linen flare collars are held erect by lacings of high-wed velvet ribbons.

BAPTIST SCHOOLS HELD ANNUAL ROLL CALL

Sixteen Baptist Sunday schools responded to the roll call of the Toronto B.S.S.A. at the annual meeting held in Jarvis Street Baptist Church yesterday afternoon and evening.

Mr. L. J. Langdon, superintendent of the Jarvis S. S. Home Department, gave an address of welcome to the 50 workers present, following which three interesting and brief addresses were given in relation to the work. Mrs. Stone spoke on "How We Help Our Sunday Schools," Mrs. Reid talked on "Plans Found Helpful," and Mrs. Adcock touched briefly on "Outlook."

Mrs. Foster, superintendent of home department, Toronto Sunday schools, gave a report on the work of the departments, after which a round table conference was held, conducted by Mrs. Destin. The ladies enjoyed a social half-hour, followed by a delightful supper and conference, at which Rev. E. W. Merrill presided.

EARL GREY TO PAY A VISIT

Earl Grey, who is now in Los Angeles, California, on his way home from Australia, will come to Canada before returning to the old country. It is understood that this follows a suggestion made on the part of the Duke of Connaught. Earl Grey will come to Ottawa and Toronto, and it is expected will attend the Woodbine races. He is accompanied by Lady Grey and Lady Sibyl.

NEWCOMBE PIANOS

EXQUISITE BEAUTY AND DELICACY

distinguish the tone of the Newcombe Piano. Simplicity of design and careful finish make them a product of the highest art.

The only Piano equipped with Howland's Patent Straining Rod.

Newcombe Piano Players have a human-like control.

Contain all the latest improvements and devices. Perfect in tone, artistic in design, and capable of giving lifelong service.

Sole City Agents for

The World's Famous "KNABE" AND

The High-Grade "WILLIS"

Call at our Warehouses or upon our nearest agent to make careful examination of our Pianos. If more convenient, write us.

Newcombe Piano Co. Limited

Head Office and Warehouses: 339 YONGE ST., TORONTO, ONT.

1-2 doz. Bananas	300 "	10
1-2 lb. Shredded Wheat	850 "	13
1 lb. Macaroni	1665 "	15
1 lb. Cereal	750 "	15
1 lb. Coffee	1630 "	05
1 lb. Rice	1500 "	10
1-2 lb. Raisins	800 "	20
5 lbs. Whole Wheat Flour	8400 "	25
Total food value	20,250	\$3.80
Total protein content	3,075 calories	

The above is sufficient for ten days' ration at a cost of 18c per day, or \$1.80 per week.

PURCHASING POWER OF 25c.

Beefsteak	639 Calories
Roast Lamb	712 "
Lean Chops	1701 "
Beef Stew	752 "
Sugar	889 "
Cream	2812 "
Cheese (cream)	1120 "
Bacon	4051 "
Almonds	1854 "
Rice	8474 "
Potato	8411 "
Beans	8000 "
(2104 of Protein)	3236 "
Macaroni	9120 "
(445 of Protein)	9120 "
Bread	10,822 "
Oatmeal	(1739 of Protein)

GOOPS

By GELETT BURGESS



Tessa Rantipole

Though Tessa Rantipole is five, She is the laziest Goop alive; She cannot dress herself at all, Or else she will not but she'll call To mother, who must come and dress her. I hope you're cleverer than Tessa!

Don't Be A Goop!

FRENCH ELECTORS SUPPORT ROWELL

Ottawa School Board to Oppose Government and Monolingualism.

Canadian Press Despatch. OTTAWA, May 12.—One of the spokesmen of the French majority on the Ottawa Separate School Board, in a statement today, declared that the French-Canadians of the province would support the Liberals, "whose hands are not tied," in the provincial general election. "We will oppose the government because it is committed to mono-lingualism," he said, "and, moreover, the rights granted the English minority in Quebec will henceforth be measured by those accorded the French minority in Ontario."

New Muskoka Train.

Commencing Saturday, May 16th, new train will leave Toronto 10.20 a.m. daily, except Sunday, via Grand Trunk Railway System, carrying prior-library buffet car and first-class coaches and will arrive Muskoka Wharf 1.40 p.m., making direct connection with steamers for points on Muskoka Lakes. This train will run direct to side of Muskoka Wharf (the original gateway to the far-famed Muskoka Lakes), thus avoiding any inconvenience to passengers.

Return connection will be made with train leaving Muskoka Wharf 10.30 a.m. daily, except Sunday, arriving Toronto 2.55 p.m.

Tourist tickets at very low fares are now on sale to Muskoka Lakes points, good for stop-over, and valid to return until November 30th, 1914.

Full particulars at city ticket office, northwest corner King and Yonge streets. Phone Main 4299. 12345

SUSPECTED COUNTERFEITERS.

EDMONTON, Alta., May 12.—The mounted police have in custody 10 men, whom they arrested near Clyde after hearing many complaints about spurious coins and counterfeit currency had been circulating in the Clyde district. The police confiscated many dies and the manufacturing of counterfeit coins and bills. A complete outfit for engraving bills is being held as evidence against the prisoner.

EVERY WOMAN

should make it her special duty to provide pure, clean, healthful tea, by buying *always*

ICEBERG TEA

You get tea at its best, with all its delightful freshness effectually sealed in the airtight package.

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

ICEBERG TEA

MISS LAWLER WAS ACTING-PRINCIPAL

Successfully Filled Chief Position at Harbord Collegiate Institute.

E. W. HAGARTY'S VIEWS

Declared Jarvis Collegiate Candidate Managed School Affairs Efficiently.

When the management committee of the board of education comes to consider the question of appointing a successor to Dr. Embree as principal of Jarvis Collegiate, the recommendation of the subcommittee will be considered and the appointment made on the merits of the applicants, unless something unforeseen develops in the meantime. The management committee recommends the board to appoint the applicant possessing the best qualifications, academic and pedagogical.

There are no vice-principals in any of the Toronto high schools or colleges. If the principal is permitted by the board to select one of his staff as acting principal during that time.

The Miss Gertrude Lawler has successfully filled the position of acting principal in the largest collegiate institute in Toronto in evidence from the following testimonial of Principal Hagarty of Harbord:

"Harbord Collegiate Institute, Toronto, May 6, 1914.

"To whom it may concern:

"This is to certify that on different occasions, during my absence, I have found Miss Gertrude Lawler in charge of this school. I can say without hesitation that on my return I have invariably found that matters have been managed in a thorough and businesslike manner.

"I am sure Miss Lawler's well-known ability as an educator is not unnecessary for me to dwell.

"(Signed) E. W. Hagarty, Principal of Harbord Collegiate Institute."

During the Harbord principal's recent illness the staff and pupils worked so harmoniously with Miss Lawler as acting principal that Mr. Hagarty thanked all publicly for the efficient manner in which the school on his return.

"That a woman can do the principal's work is a fact that experience has proved in Miss Lawler's case at least."

"It is understood that the vote at Monday's meeting of the subcommittee was in the vote four to four, when Miss Lawler's appointment was under consideration. The subcommittee meets again today, in camera, and will report to the management committee on Thursday."

S. P. C. A. MEETING

New Secretary Gave His First Report. Which Showed Good Results.

J. C. Richardson, the new secretary of the Toronto Society for the Prevention of Cruelty to Animals, was present at the meeting held yesterday afternoon at the home of the president, Mrs. Durand, which was held at the home of the president, Mrs. Durand, which was held at the home of the president, Mrs. Durand.

Mrs. Durand emphasized the urgent need of financial aid in furthering the work of the society, and put in a strong plea for the 11-12 horses of the city, worked almost to death by their heartless owners. She reported favorably on the work of the shelter for cats, and announced that she would spend two months this summer in London and Paris looking into the systems of the humane societies' work in these cities.

SENT BACK TO SCHOOL

CHATHAM, May 12.—Lorne Brandy and Melville Smith, two Stratford boys, were arrested here this morning and taken back to Stratford. The two youths had got tired of going to school and had spent the morning coming to Kent County where they worked for farmers. They bought tickets from Stratford to Chatham by doing work for farmers along the route.

CIVIC WORK HELD UP

KINGSTON, May 12.—The city council is in a muddle and as a result the paving of Princess street and the work of the city council is held up. The civic utilities commission has no money for this work, but has asked the city council to advance the money. The council has refused to pass the accounts for the work, as no funds were provided. Foley and Gleason, Ontario, started the paving today with a big staff of men, while work on the main extension has been rushed all week.

SEARCH FOR RADIUM

FORT WILLIAM, Ont., May 12.—That there should be a quantity of radium-bearing pitchblende in the Thunder Bay district is the opinion of Prof. Goodwin of Queen's University, Kingston. A search is being made for the mineral in the hope of obtaining the \$25,000 reward offered by the Ontario Government for the discovery of radium in this province.

\$1.95 Bradford and Return from Toronto

The Grand Trunk Railway System will sell round trip tickets from Toronto to Bradford, Ont., at \$1.95, good for 14 days, leaving May 18th and all trains May 14th, valid to return until Friday, May 15th, account "Bradford Annual Horse Show." Trains leave Toronto 8.30 a.m., 1.30 p.m., 6.45 p.m., and 8.30 p.m.

Secure your tickets at City Ticket Office

Secure your tickets at City Ticket Office, northwest corner King and Yonge streets, Phone Main 4299.

FRENCH CREW RESCUED

ST. PIERRE, Miquelon, May 12.—The captain and seven of the French fishing schooner St. Solens were brought here today on the schooner Marion, which was sent to the east Grand Banks a week after it had been in collision with an iceberg. The St. Solens crashed into the berg on the east Grand Banks on April 28. The men pumped continually until May 1, when they were sighted by the Marion bound here from St. John. It is believed that the St. Solens sank a short time after being abandoned.

THE STERLING BANK OF CANADA

SAVE, BECAUSE— No. 124

The skeleton in the cupboard of every man is the thought of old age unprovided for.

HEAD OFFICE, COR. KING AND BAY STS., TORONTO.

Adelaide and Simcoe Streets. Queen St. and James Ave. College and Grace Streets. Wilton Ave. and Dundas St. Yonge and Carlton Streets.

Branches and Wilton Ave. Dundas and Korte Streets. Wilton Ave. and Parliament St. Yonge and Carlton Streets.

GENERAL MANAGER A. H. WALKER.

THE GARDEN

How to Make it Beautiful

Obtain a Copy of the Spring Edition of

THE GARDEN

By Rachel Todd, M.D.

When in doubt as to the proper method of planting and caring for your plants, consult this wise little book. It will make clear what to do.

Clip the Coupon from another page, and present or mail to THE WORLD

40 Richmond St. W., Toronto, or 15 Main St. E., Hamilton.

THE GARDEN

CONDUCTED BY RACHEL TODD, M.D.

What to Do and What Not to Do Now, With Your Clematis Vine

There is no lovelier perennial vine that the climbing clematis. The plant stands alone, among all vines, as the most profuse bloomer, the richest in coloring and the easiest to manage, considering its beauty, all vines. Clematis vines improve with age, and being left alone, I mean by this, last statement just what it says. Clematis plants once planted should be left absolutely and entirely undisturbed, except under two conditions only. Like the wistaria, which will be spoken of tomorrow, clematis will not tolerate, pleasantly, any careless root-handling.

Therefore, before you plant your new clematis root decide on a permanent position. Then dig a deep hole, not six inches deep, but a big hole, yard square, and at least two feet deep, then fill that hole up almost to the brim with straw manure loosely packed in. Then shake a spadeful of loose earth upon the raw material. Then set in the new root. No matter how small that new root is—mind a hole one third square.

And just before you set that root in upon that forcing bed stop a minute and look at it. Then you will understand (if you know the least little thing about roots), why plenty of loose medium is necessary to allow of root expansion. And look at the queer rootlets. Fearsome? What does it look like?

Spread those rootlets out in as loose a manner as possible so that the feelers may be ready to start out upon their foraging journey the very minute the soil covers them up. Pack the top earth down as firmly as possible upon that covered-up root. You may even tramp the soil down upon your heavy gardening boots, because, of course, there is at least three inches of earth between the root and the tramping. Then try to drown out clematis every morning with a whole pailful of water and wait results. Oh no! Hardly bloom this year.

Those who have old vines have, doubtless, learned long ago to leave them alone in spring. You may dig around the root, never coming near the root, or exposing the least tiny fibre of a rootlet, and after making a careful search for the root, you may get hold of it. This is an extra feeding ground to coax the feelers out for more food. And do not prune the vines. I want to do so before learning that the vines, if left, will almost certainly lose out young branches likely to be loaded with bloom. The older the vine the more likelihood of many side blossoms.

Even if there is not the least sign of lateral buds when the new shoots come up from the lower roots, still leave the old vines on. They will serve as climbing supports for the new shoots. So do not prune.

The two reasons for disturbing clematis root mentioned above are: First, if there is a sign of the climbing bug I spoke about last year. And second, if the vine is so old that it is a very poor reason, too, for the help needed to keep the clematis in the best of health. The benefits will be immediately apparent. They will sleep better, enjoy their meals better, and feel as youngsters should. Sold by the Owl Drug Stores, Toronto.

Selling agents: 252 College St., corner Bloor and Brock, 390 Bathurst St., corner Bloor and Spadina, 181 Dundas St., corner Parliament and Carlton, 770 Queen East, corner Balmora and Queen.

Children Need a Safe Spring Tonic

Strenuous outdoor play and close study for midsummer examinations is a strain the average boy or girl cannot meet and keep the organs of health. A good Spring Tonic is needed to strengthen them up, a tonic that can be depended on. If your children are dull, languid or even if they are over-excitable and easily irritated, it is a sign they need a tonic. Sanguinol is a safe body-builder, a food for blood and nerves. A treatment of Sanguinol is just the help needed to keep the children in the best of health. The benefits will be immediately apparent. They will sleep better, enjoy their meals better, and feel as youngsters should. Sold by the Owl Drug Stores, Toronto.

Selling agents: 252 College St., corner Bloor and Brock, 390 Bathurst St., corner Bloor and Spadina, 181 Dundas St., corner Parliament and Carlton, 770 Queen East, corner Balmora and Queen.

PIANO BARGAINS

Readers who may be looking for a piano bargain should call on J. C. O'Brien of Heintzman and Co., Ltd., 133-135-137 Yonge Street. In square or uprights special values on every term are obtainable. If a resident out of town drop a postcard and you will be sent you.

Dear Ann

I have a handsome, about him was out of my mind. I should be every or as

A WHIM where

I lived. Any man in the street, I think you are a valiant and now I am thinking of you crazy to love

Dear Ann

I have a handsome, about him was out of my mind. I should be every or as

A WHIM where

I lived. Any man in the street, I think you are a valiant and now I am thinking of you crazy to love