

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 bad and good marketing. They have been prepared by the president of the Toronto Food Reform League, Dr. McCormick:

Table with 2 columns: Item, Cost. Includes items like 1 pt. Oysters, 1 lb. Pickles, 1 lb. Sausage, etc.

GOOD MARKETING. Food Value, Cost. Vegetable Oysters, Celery, 2 lbs. Beans, 1-2 lb. Cream, Cheese.

Table with 2 columns: Item, Cost. Includes items like 1-2 doz. Bananas, 1-2 lb. Shredded, Wheat, 1 lb. Macaroni, etc.

PURCHASING POWER OF 25c. Beefsteak, Roast Lamb, Lamb Chops, Beef Stew, Eggs, Cream, Butter, Cheese (cream), Bacon, Almonds, Rice, Potato, Beans, Macaroni, Oatmeal.

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.

GOOPS

By GLETT BURGESS. Tessa Rantipole is five. She is the laziest. Goop alive! She cannot dress herself at all.

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.

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.

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.

NEWCOMBE PIANOS

EXQUISITE BEAUTY AND DELICACY. The only Piano equipped with Howland's Patent Straining Rod. Newcombe Piano Players have a human-like control.

THE WORLD'S FAMOUS "KNABE"

AND The High-Grade "WILLIS" Limited. Call at our Warerooms or upon our nearest agents and make careful examination of our Pianos.

SUSPECTED COUNTERFEITERS

EDMONTON, Alta., May 12.—The mounted police have in custody 10. Let after hearing many complaints of spurious coins and counterfeit currency had been passed in the city district. The police confiscated many dies and stamps alleged to have been used for Spudnik, 1821 Dundas St. E., in connection with the counterfeit coins and bills.

EVERY WOMAN

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

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



Wanted—A Mothers' Cooking School.

'YOU eat too much,' declare critical visitors to our country and then they proceed to advise that we do without breakfast. But we never will, we need our breakfast, for we are a hard working nation that finds a big fund of good nature in our crisp bacon with eggs, hot toast and fragrant coffee.

There are few faults with this scheme; we do not regulate our meals as to quantity and quality of food used, we do not always use what we have to the best advantage. Food materials do not change, our beef, mutton and fish are the same as ever, and we get hungry in the same old way, but because environments and modes of living are different from those of our ancestors we need this food prepared in various ways.

CHILDREN WILL HAVE JOY RIDE

Ontario Motor League Decides on Annual Outing in June. At a meeting of the board of directors of the Ontario Motor League, held at the National Club yesterday, 260 new members were elected.

Thin Folks Who Would Be Fat

Increase in Weight Ten Pounds or More. A Physician's Advice. 'It certainly give most anything to be able to put up a few pounds and stay that way,' declares every excessively thin man or woman.

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.

FRENCH CIGARETTE RESCUED

ST. PIERRE, Miquelon, May 12.—The captain and 21 seamen of the French fishing schooner St. Solenne were brought here today on the schooner Marion, which rescued them from their sinking vessel a week after it had been in collision with an iceberg. The St. Helen 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.

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.

'To whom it may concern: This is to certify that on different occasions, during my absence, I have left 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.

'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 handling of 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 ratio of 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. Durbin, when he reported to the members the success of his work so far, and explained his plans in connection with the subscription and membership lists.

'Mrs. Durbin emphasized the urgent need of financial aid in furthering the work of the S. P. C. A. and put in a strong plea for the 11-union 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 centres.

SENT BACK TO SCHOOL

CHATHAM, May 12.—Lorne Brandy and Melville Smith, two Stratford boys, 12 and 13, were arrested here this morning and taken back to Stratford. The two youths had got tired of going to school and had spent their savings coming to Kent County where they worked for farmers. They bought tickets from Stratford to Chatham and were going to work for a week on the farm.

CIVIC WORK HELD UP

KINGSTON, May 12.—The city council is in a middle and as a result the paving of Princess street and the work of the city council has been held up. The civic utilities commission has no money for this work, but assumed that the city would provide the money. The council refused to pass the accounts for paving today with a big staff of men, while work on the main extension has been rushed all week.

ST. PIERRE, Miquelon, May 12

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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.

THE GARDEN ... AND ...

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.



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

There is no lovelier perennial vine than 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 of all vines. Clematis vines improve with age, and being left alone, I mean by this, the soil covers them up. Pack the top of tomorrow, clematis will not tolerate, pleasantly, any careless root-handling.

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 best of health. A good Spring Tonic is needed to get them up to a tonic that can be depended upon. 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.

PIANO BARGAINS

Readers who may be looking for a piano bargain should call on the Piano Bargain Store, 181 Dundas St. W., Toronto. Uprights special values on every lot of town drop a postcard and you will be sent you.