



OUR HOME PAGE



HOUSEHOLD NOTES

FINE FLAVOURED MEATLESS DISHES

Those who are enthusiasts on the non-flesh diet can find much pleasure in experimenting in the making of meatless meals, in the blending of different nuts and flavourings.

For a quickly made, light digestible meal, butter well a small pie-dish, cover the bottom with chopped onion, cover the onion with thin slices of cheese, pour over the whole a batter made with a gill of flour, one egg and a little milk. The batter should only just cover the cheese. Bake in a moderate oven. This dish goes well with fried tomatoes, or it can be served with onion sauce or cheese sauce (made with milk, lump of butter, grated cheese thickened with a little flour, and stirred while boiling.)

Very nice pinekernel sausages can be made with a quarter of a pound of grated pine kernels, the same quantity in bulk of brown breadcrumbs, a teaspoonful of mixed herbs, mixed with one egg, shaped into sausages, dusted with flour and fried in butter till nicely brown.

For those who can afford a rich nut meat, pinekernels and walnuts blend nicely. A tasty dish is made with three-quarters of a pound of pinekernels, a quarter-pound of walnuts, half a teaspoonful of marmite (which must be dissolved in a little hot water before adding,) mixed with four eggs. A ball of stuffing is made with breadcrumbs mixed herbs, and chopped butter, and a good pinch of salt, and baked in this nut dish, in a moderate oven, well basted with butter.

This quantity is sufficient to last three people two days, and is just as nice cold as hot.

All vegetables should, of course be steamed but if you have not time to steam them it is almost as good to place them in a saucepan with a very little water (about half an inch) and simmer them. When done, the water will have practically boiled away, but any left should be added to the gravy.

ROUGHER FOOD

Oatmeal, the skin of baked apples, figs with their little rough seeds—these are foods which the body has need of, rough foods that pass through it and do good.

Our diet is far too smooth, on the whole, because we are afraid of these body-stirrers, these rougher foods. Not only does it not hurt our digestions to have seeds, stems, rough cereals pass through the body, but it definitely helps digestion, reducing constipation, that worst of our daily ills.

Apple Peel is Healthy

Grown folk and children alike need these rougher particles of food to pass through the digestive tracts. When you eat an apple, you do your health good: when you eat an apple and its kin also you do yourself yet more good.

The morning or evening dish of oatmeal is wonderfully good for the same reason. So is the dish of prunes and figs. So, too, are oranges with their fine coverings, the rougher parts of green vegetables. Wholemeal bread is healthier than white, because it is rougher. Seeds do far more good than harm in passing through the body of a healthy child or person.

Don't eat soft paps all the time. Eat the rougher foods and get better health.

VOCATIONAL EDUCATION IN CANADA

(Continued from page 1)

Trade schools, which give a complete training in any one occupation, do not exist in Canada except as private institutions or apprenticeship systems of the railways and a few industrial corporations. In some of the larger vocational schools, time spent in shops is allowed for when the graduates enter apprenticeship, and in a number of instances apprentices are required to attend classes in the vocational schools during the regular working hours. The student's time is divided in the same manner as in pre-vocational courses, but the academic subjects are more advanced and the classroom work is not the same as that given in the corresponding grades of the high schools. An attempt is made to relate class instruction to the shop-work and to the immediate interests of the pupils. For example, the mathematics for boys in home-making, or to students in the commercial department. The problems and the type of work covered are organized to meet the special needs of students in each department. An effort is made to place students in the most suitable course of study, and provision is made for transfer from one department to another during the first two years. After the second year, students usually specialize in one branch of a department's work and prepare for employment in their chosen occupations. The training received however, is not limited to the vocational requirements of the students; they receive a cultural training which is equal to that given in any secondary school.

Students desiring to enter engineering or other faculties of a university may do so after completing a four-year technical matriculation course. The instruction received in this course covers all the requirements of senior matriculation and also provides a good general education and training for graduates entering industrial employment in office positions and work other than the skilled trades.

In addition to the regular full-time day courses, vocational schools in Ontario provide part-time courses in each department for the benefit of boys and girls under sixteen, who have left school before completing a secondary school training. These courses are operated under the provision of the Adolescent School Attendance Act which requires such children to attend day classes for four hundred hours each year, between the ages of fourteen and sixteen.

Special Courses

Special day classes for unemployed workers of any age are conducted in a number of schools throughout the Dominion during slack seasons, and are greatly appreciated by employees and employers. Short-term classes in highly specialized work are conducted during the summer and winter months to suit the convenience of the workers in various occupations. For example, during the slack period in the winter, special courses in oxy-acetylene welding, battery service work, electrical ignition, etc., are given to garage workers in different provinces.

Evening Classes

New types of day classes are being organized each year and over 16,000 pupils are being trained in day schools, but the bulk of the work in vocational education is being done in evening schools which are operated in over 150 municipalities, and attended by over 50,000 students.

Evening classes are open to any one sixteen years of age or over who can profit by the instruction provided. In most provinces, ten or more students applying for instruction in any subject will be provided with a teacher, if one is available. Classes are operated from October till March inclusive. During the past winter, instruction was provided in over 100 subjects. In some schools, shopwork instruction is restricted to those engaged in such work during the day but, as a rule, the classes are open to any one, on the understanding that preference will be given to the students to whom the instruction is of direct benefit in their daily occupations.

Correspondence Courses

Three of the provinces, viz.: Nova Scotia, Alberta and British Columbia, have organized correspondence courses for students in isolated districts, and for men engaged in mining and stationary engineering. Nova Scotia has developed an extensive correspondence department which has enrolled over 500 pupils in 57 subjects. These courses, in order to be effective, must be directly related to the everyday work of the students, but with proper supervision they produce very good results and offer a splendid opportunity for young people in small centres to improve their general education and industrial efficiency.

Lab. Church Talk on Drug Traffic Menace

William Ivens Discusses Addicts and Treatments, Disapproving Manitoba Plan

Winnipeg—William Ivens, M. L. A. spoke recently at the Labor church meeting in the Regent Theatre on "The Menace of the Drug Traffic." He quoted extensively from the writings of Dr. A. K. Hayward, superintendent of the Montreal General hospital. The article which he used the most was one dealing with vice and drugs in Montreal.

Dr. Hayward had stated that in 1921 there were 128 cases of narcotic poisoning admitted to the institution in an unconscious condition, due to an overdose. Fourteen of that number had died before they could be rallied. In the year 1922 there had been 1,000 cases of drug addiction before the courts of the city of Montreal alone. Dr. L. A. Amyot, deputy minister of the Dominion department of health, had estimated that there were between 12,000 and 15,000 cases in Canada alone. In the United States, the senate investigation committee had reported that there were in the United States not less than 1,000,000 addicts. Mr. Ivens also quoted various authors on the effects of prohibition on the drug traffic. He said that most were agreed that prohibition had practically no influence on the drug traffic. Most were agreed, he said, that prohibition had no influence upon the increase of the drug traffic but almost the reverse. Most of the drug addicts were young and only one per cent. lived to 50 years of age.

Methods of Treatment

There were three methods of treatment of victims, instantaneous, gradual and rapid reduction of dosage. The speaker maintained that the first method was the most favored by physicians. He said that ambulatory treatment as practiced in Manitoba was condemned by almost all authorities.

In Manitoba there was no institution for the treatment of addicts and consequently such were forced to plead guilty of vagrancy and be treated as criminals and sentenced to jail. Such treatment was not effective, declared Mr. Ivens. He was certain that there should be individual treatment for at least six months, followed by an effectual follow-up system. H. M. Rutherford spoke on "The Cigarette Evil" and urged fathers and mothers to see that their children never use tobacco in any shape or form. He demonstrated the evils of the habit by several experiments.

Protest City Hall Delay

The Montreal Trades and Labor Council has sent a letter of protest against the tardiness exhibited in the reconstruction of the city hall. It is over two years since the edifice was burned, and since that time many large buildings have been erected the communication reads. The letter asks a reason for the delay, or more speedy action.

Garment Workers Not Badly Treated

Denies Hochman's Charge of Low Wages and Unsanitary Conditions

Toronto, Ont.—As President of the Toronto Board of Trade, as Vice-Chairman of the Ontario Minimum Wage Board, charged with the responsibility of seeing that wages for women and girls do not fall below the cost of living margin, and as a large employer of female help in Toronto for over 20 years, R. A. Stapella recently took strong exception to the statement of Julius Hochman, organizer of the Ladies' Garment Workers' Union, published in The Globe. Mr. Stapella says Mr. Hochman, judging from his statements, does not know conditions in Toronto.

Act is Enforced

"First of all Mr. Hochman says that wages are low in Toronto and that the Minimum Wage Act is not being enforced," says Mr. Stapella in a formal statement in reply. "I want to say most emphatically that the vast majority of employers of garment workers in Toronto are paying well over the minimum wage levels and that the rest are obeying the Minimum Wage Law. There have been a few, but very few instances, we have found where they have not, but it was only necessary for us to draw the attention of the offender to his error in this connection and he immediately corrected it. In such cases we have always insisted that back wages be paid."

"Mr. Hochman further says that there are unsanitary conditions obtaining in the factories of Toronto. I would refer him to Mr. Burke head of the Factory, Shop and Office

Building Branch of the Department of Labor, and Dr. Hastings, Medical Officer of Health of the City of Toronto. The latter is looked upon as one of the greatest authorities on the continent, and Mr. Burke no less so, in his sphere of activity. I can say from an intimate knowledge of their work that sanitary conditions in the factories of Toronto are well looked after by these two gentlemen.

"So far as long hours are concerned," Mr. Stapella continues, "I am in a position to say they do not exist in Toronto. It is true the Factory Act allows a firm to work its employees 60 hours a week, but the custom is better than the law in this connection. Forty-four, forty-six and forty-eight hours generally obtain. Mr. Burke keeps very strict control over the question of overtime, and he does so through the permit system. He is a first-class man and manages his department with ability and efficiency."

"I will admit that female workers in Toronto are not organized very extensively and therefore are to some extent helpless, but the disposition of the better class of employers in Toronto is such that the women and girls do not suffer very much as a consequence."

Conditions Are Good

"I don't think it is quite fair for Mr. Hochman to come here from the United States, where in some cities, the very conditions he complains about are notoriously bad, and find fault with our conditions that I maintain are uniformly good without first of all acquainting himself with the facts."

"In conclusion I reiterate unsanitary conditions do not obtain generally in Toronto, abnormally low wages are not prevalent, excessively long hours are not in vogue and the Minimum Wage Act is being lived up to by the vast majority of employers, and being enforced to the limit where a trifling few seek to evade it."

Man Tied Himself Up for Five Years

Interesting Case Tried by Mr. Justice Walsh in the Supreme Court

Calgary Alta.—When a man who signs a contract with his employer not to work at the same business in Alberta for five years after leaving the company, and then, in order to save himself from starving to death, accepts a similar job with another firm, should he be restrained from continuing in this employment.

According to evidence given in the case, Drew accepted a position with the Totem Manufacturing Company, which owns the majority of the gum machines in the city, in November, 1921. At that time he signed a contract agreeing not to work at the same job in Alberta for five years, after he terminated his engagement with the company. In March, 1923, the company notified him that his services were no longer required.

Drew, with the contract in mind, endeavored to secure employment in a different line, and for a time was successful. He was thrown out of a job again, however, and when his money supply ran out and was in danger of having to get help from his friends, Drew decided to accept a position with S. Dworkin, a local tobacconist, who owns a number of gum machines. He worked there for a short time. When the officials of the Totem Manufacturing Company learned that he was working there, they applied to Chief Justice Harvey of the Supreme Court for an injunction to restrain him from working until a test case was taken to see whether the contract was valid or not had been disposed of in court. Chief Justice Harvey refused to grant an injunction, however. In the meantime, believing that Drew was still under contract to the Totem Company, Mr. Dworkin dispensed with his services and engaged another man, and Drew is again out of employment.

The plaintiffs in the case charge that Drew had agreed not to become engaged in manufacturing, repairing or operating automatic gum vending machines, or to engage in any other similar business either as owner, partner or employee.

A McLeod Sinclair, who appeared for the defence, contended that the agreement was unreasonable and not according to public policy.

Last Chance for Evolution

Sacramento, Cal.—At the close of the hearing for and against removing from the public schools of California text-books teaching evolution, the

state board of education dodged the issue by referring the matter to a committee made up of the presidents of the nine colleges in California. A majority vote of this committee is to determine the question. Five of the nine colleges are under denominational or other religious control.

A Shortage of Road Labor

Ottawa, Ont.—Difficulty in getting labor is apparently the only obstacle now to the fixing up of the road in Wakefield, according to a letter from the Quebec deputy minister of highways Mr. J. Boulienger, addressed to Mr. H. K. Carruthers, secretary of the board of trade. The divisional engineer has been trying to get labor at the department's price which are: \$2 a day for one man; \$3 a day for a single team; and \$4 a day for double teams. The municipal council of Wakefield has to contribute 25 per cent. of the cost as its share.

Call for Help

Hamilton Stonemasons Secure Work at Ottawa

Hamilton.—Officials of the government employment service's local bureau were pleased recently at the receipt of two outside orders for help. From Ottawa came a request to supply eight or ten stonemasons to work for a contractor on a government job. The wages offered was the union rate at Ottawa—\$1.10 an hour. The superintendent secured a number of masons and expects he will be able to get the full quota soon.

The other order, for eight railway construction hands, was filled within an hour.

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