

NEWS OF SPECIAL INTEREST TO WOMEN

Secrets of Health and Happiness

Schoolrooms Should Be Absolutely Dust Proof

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

MORE interesting perhaps from a mother's point of view than to the vast number of school children who have poor hearing, bad eyesight, sore throats and effects of one sort or another, is the desire to learn some way by which the dust of the schoolhouse can be kept out of the lungs and on the skin.

Dr. E. Ward Cragmont, the New York director of physical training in the city schools, has developed a campaign of attack against the devastating influences of measles, mumps, diphtheria, scarlatina, "colds" and the rest of the Tartar brood.

The basic principle involved in all offensive movements against microbe invasions must be concerned with the improvement of the infectious materials and the prevention of its extension to other children by coughing and sneezing and the stirring up of schoolhouse dust.

There will be no one to dispute the fact that all the ailments to which children are liable in the school are caught and picked up by the spray from the particles expelled in the acts of talking, singing, coughing, sneezing and the like.

Up and down the world of dirt and dust there is no better or happier hunting grounds for the bacilli of lockjaw, diphtheria, whooping cough, "cold," influenza and the whole legion of black-headed distempers than the dusty, turbid, soiled and uncleaned fifth of the schoolroom.

Alpha sanitary cowstables are nowadays built with concrete, stone or marble floors and walls to obviate the dangers of disease germs, classrooms should be constructed of wood, swept once a day at the most, and scrubbed once a week or less often.

I, myself, have planted the dust from the crevices of comparatively clean and new school floors to observe the types of malicious microbes present, only to find that the germs of tuberculosis, tonsillitis, bronchitis and the whole host of distempers spread among children dwell and endure in the cracks of benches, floors and walls after the usual cleaning.

The day may come when everything on the school will be built of cement or marble. Perchance in the not too distant future some antiseptic oil dressing with a flash point not above 150 degrees will be used twice a day as a mop on the floors, walls and crevices. Not only will this destroy contagion, but it will make the life and health of teachers, janitors and principals no less than the children free from some afflictions of the flesh.

TWO DOZEN NIGHTGOWNS GIFT TO PREVENTORIUM

Veteran Chapter, I.O.D.E. Work for the Sick—Heather Chapter Busy.

The preventorium will receive a very practical gift next Saturday, consisting of two dozen nightgowns, from the Veterans' 66 Chapter, who have been at work on their behalf. Ten dozen, together with a large supply of



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Unsettled conditions should not discourage the efficient sales manager. His problem is to increase sales and reduce selling costs, and the long distance telephone helps solve the problem.

Many of your customers who are nervous about the outlook would be glad to have a talk with you. A suggestion from you as to what to buy would be appreciated.

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DOCTORS ASK HANNA TO CHECK CHIROPRACTICE

Whole Profession Opposed to Establishment of Training School, Deputation Urges.

Physicians and surgeons of the province, with their legal counsel, went before Hon. W. J. Hanna yesterday to urge that the chiropractors now operating in Ontario be restrained from erecting a college and establishing their practice by the training of students. Arguments were put forth to show that the whole medical profession was opposed to any such move. On the other hand, the chiropractors urged upon the minister the increase in numbers of their doctors and the demand for a training school. The arguments on either side were not new to the provincial secretary, the case having almost become a yearly annual, and again his decision was deferred. It will be remembered that Sir James Whitney at one time spoke of establishing a medical commission, which would deal with this matter among others.

The deputation was in charge of the Ontario College of Physicians and Surgeons and was presided over by President J. A. MacArthur of London. Messrs. J. S. Hart, A. J. Johnston, E. F. King, C. K. Clarke and others were in attendance. H. S. Oiler appeared for the college and A. Grier for the others.

At a short business session which followed, the doctors discussed the grievance that they were discriminated against when going to serve in English military hospitals. Action was urged.

WOMEN DRAW FOR DOLL PROCEEDS FOR BELGIANS

Beaches W. P. L. Will Hold Lottery Tomorrow—Meetings of Women Today.

Adolf Bein has presented the Balm Beach branch of the Women's Club with a doll, for which 400 tickets have been issued, and which will be drawn tomorrow in the Masonic Temple, Balsam avenue. Proceeds in aid of the Belgian relief fund. The Girl Guides are giving a patriotic play and entertainment in the Masonic Temple, Balsam avenue, this evening, under the auspices of the Beaches Progressive Club.

The Ladies' Auxiliary of the Army Medical Corps will meet for sewing this afternoon at 3 o'clock, at Mrs. C. Currie's, 175 College street. This evening, in the yellow room of the King Edward, a reception will be given by the Toronto Suffrage Association, to the delegates and new officers of the Canadian Suffrage Association. A presentation will be made to the retiring president, Mrs. F. M. Denison. The annual meeting will precede.

Plans for the winter will be discussed at the October meeting of the Heliconian Society, which takes place at the Brown Betty, from 4 to 6 o'clock tomorrow. The Women's Musical Club are holding a general business meeting, followed by an informal tea, at St. Margaret's College, tomorrow afternoon, at 4 o'clock. Past members are cordially invited. The regular musettes will begin on Nov. 26 and continue weekly throughout the season.

The Canadian Business Women's Club are holding a Halloween party at 114½ Yonge street, tomorrow at 8 p.m.

HELPERS' LEAGUE MEET.

At the Helpers' League meeting last evening, at the home of Mrs. H. D. Warren, 55 Wellesley street, great stress was made on the clothes and knitting which the club will later distribute to those in need. Musical numbers and an address on Valcour, by Mrs. VanKoughnet, were on the entertainment program.

CIVIC BUREAU WANTS TO KNOW YOUR WANTS

Men for Any Kind of Household Job Can Be Supplied Quickly.

Altho the registrations of unemployed at the civic bureau have been very large, the officials are doing their utmost to provide work for as many men as possible, and are managing to send a certain number of men to some kind of a job each day.

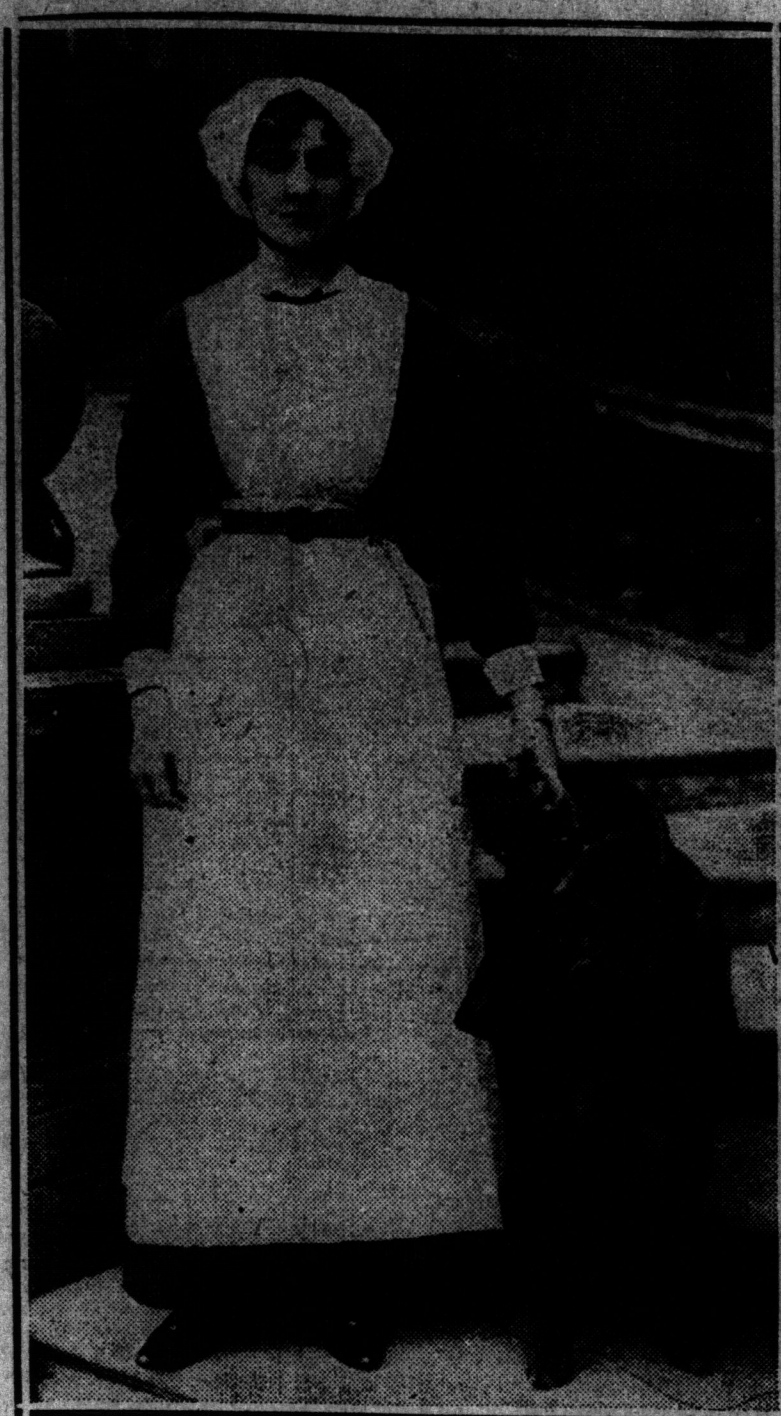
Each morning 200 odd of the applicants are sent out to the city parks, where they are put to work putting up with the fall cleaning. Those in charge of the bureau wish it made known that householders or citizens requiring odd jobs or work by the day of any kind done can secure help by applying at the bureau or calling Adelaide 3388.

Men required for farm work out of town can also be secured by letter application to Civic Employment Bureau, 107 Adelaide west, Toronto, or by long distance telephone call to Adelaide 3388.

Ottawa Via C. P. R. Comfort and convenience are among the important features connected with the evening service to Ottawa via Canadian Pacific Railway. Leaving Union Station at 10.40 p.m. daily, through train to Ottawa carries electric-lighted compartment and standard sleeping cars, first-class coach and smoking car, arriving Ottawa at 7.25 a.m. Electric-lighted standard sleeping car is also operated on 10.00 p.m. train from North Toronto daily. The New Lake Ontario Shore Line is proving a popular day route to Trenton, Kingston, Smith's Falls and Ottawa. Train leaves Toronto 8.05 a.m., arriving Ottawa 4.50 p.m. daily, except Sunday, and returning leaves Ottawa 10.00 a.m., arriving Toronto 6.50 p.m. Full particulars and reservations from C.P.R. ticket agents, or write M. G. Murphy, district passenger agent, corner King and Yonge sts., Toronto, 55

NEW DEPUTY SHERIFF. CORNWALL, Ont., Oct. 29.—W. J. Cornwell of Cornwall has been appointed deputy-sheriff for the united Counties of Stormont, Dundas and Glengarry, in succession to Robert A. Shearer, M.P., who resigned the position to contest this election for the Ontario Legislature.

A TITLED NURSE



The Duchess of Westminster, who is serving as a Red Cross nurse in France.

A BRIDE'S OWN STORY

By ISOBEL BRANDS

WHY NOT A REALLY WHOLESOME KITCHEN?

AT breakfast this morning we discussed cooks, and I told Aunt Julia about father's funny superstition that a good cook is invariably a crosspatch. He always advised mother to pick the crosspatch of the day by leaving it open, near the window, when no one is in the kitchen. But if you have any kind of stove, a ventilating hood overhead will absorb cooking aromas and carry them outside.

"Is just that enough to make the kitchen as good as outdoors?" I enquired.

"No, that's just half. Equally important is the lighting. The kitchen should be sunny all over, if possible, but if there are dark corners, never have working tables there. Use the dark corners for storing things, for your refrigerator, or supply closet. But your preparing table, sink and stove, the places where you sit or stand doing kitchen work, should be placed in the best light, as near a window as possible.

"As for artificial lighting, it is best not to depend on a central light unless it is the indirect system which diffuses the light over the whole room without forcing a glare on any one particular spot. If possible have the side lights at the walls near your working surfaces.

"In some cases where there was a gas jet suspended in the centre of the room, I've known people to use reflectors which could be moved about in back of the light and so send it to any part of the room desired.

"If you make sure that the kitchen is properly lighted and kept freshly ventilated, you not only make it a more wholesome place to stay in, but it really makes it possible to work better and faster, not to speak of its excellent effect on the disposition of the cook!"

"Next, eliminate the kitchen odors that are so unpleasant. If you have a fireless cooker, of course, no cooking odors get into the room, and the fireless itself can be ventilated at the end of the day by leaving it open, near the window, when no one is in the kitchen. But if you have any kind of stove, a ventilating hood overhead will absorb cooking aromas and carry them outside.

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TO MAKE GERMAN SPECIFIC.

OTTAWA, Oct. 29.—The Dominion patents office has received six applications from medical men and druggists to pre-empt the German-held

patent for the preparation of the 606 specific, the ingredients of which are arsenic and free mercury. The medicine is the discovery of Prof. Ehrlich of Berlin and his Japanese assistant, Hada. No decision has been reached.

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For bedding purposes we have the following list of exceptionally fine varieties:

Single Named Tulips		Narcissus	
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La Reine	Yellow Prince	Crocus	
Double Named Tulips		Mammoth, Yellow	Mammoth, Purple
Rex Rubrum	Murillo	Mammoth, White	Mammoth, Mixed
Gloria Sol	HYACINTHS		
Single Bedding		Double Bedding	
Pink	White	White	Red
Red	Light Blue	Light Blue	Dark Blue
Dark Blue	Also a most complete stock of all other Fall Bulbs for indoor or outdoor planting. Prices reasonable. Catalogue free.		

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"I tell you what! Brown and Jones and the other fellows have nothing on me now. They can't brag to me about their Victrolas and classy records any longer, because I've as good as they have."



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Heintzman & Co., 193-197 Yonge Street
Nordheimer Company, 15 King Street East
R. S. Williams & Sons Co., 145 Yonge Street
Mason & Risch (All Records Carried), 230 Yonge Street
Bell Piano Company, Home of the Victor, 146 Yonge St.

BELGIAN RELIEF FUND AUGMENTED BY \$725

First Performance at Grand Opera House in London a Big Success.

The first of the entertainments in the theatres donated by A. J. Small for the relief of the Belgians, was held in London at the Grand Opera House, and netted the committee in charge of the performance the sum of \$725. There was not one cent of expense attached to the performance—artists, house staff and all help giving their services free and, of course, the house and all appurtenances being donated by Mr. Small.

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