

NATIONAL SERVICE FOR THE WOMAN

A Page for the Canadian Woman Who Wants to Help the Empire Win The War

Your Health for National Service

IN August, 1914, Canada had practically no army. But Canada had men who quickly responded to the country's call. These men were not only untrained and unskilled in war, but they were not up to their own physical standard. They were far below the standard of health to which each one could attain; and did attain.

What the Nation did with these men, each man, woman, and child should do. War's efficiency requires the best in health from the soldier; the Nation's efficiency requires the best in health from each citizen; the individual's efficiency requires the best in health from himself.

During the twenty-seven months following the outbreak of the War, 17,350 persons died throughout Canada from typhoid fever and tuberculosis; during the same period 15,766 men of the Canadian Expeditionary Forces died. As a nation we lamented these 15,766, but it was a price that had to be paid. As a nation we did not lament those 17,350 deaths, which might have been prevented.

Talk to your School Nurse; to your Health Officer. Write to the Department of Agriculture at Ottawa, and to the Department of your own Province for bulletins, leaflets, and pamphlets on health. If your library does not contain books on health and disease, see that they are bought. If you have not a library, agitate at once until you get one.

Get in training.

Do You Know the Laws?

In five Provinces women have the vote, and it is but a question of time until Equal Suffrage will be a fact throughout the entire Dominion. What do you know about Canadian politics? What do you know of the men who are making the laws? How can you vote intelligently unless you do know?

Go to your library and ask for Agnes Laut's "Canadian Commonwealth," Parkman's History, and those by Bourinot and Charles G. D. Roberts; and "Sons of Canada," by Augusta Bridle. If these are not in your library, see that they are bought.

The problem of the returned soldier is urgent, and you should know what has been done and what is to be done. A Quarterly Bulletin, giving all this information, is issued by The Military Hospitals' Commission, Ottawa. Send for it.

The Paper Scheme

Paper is scarce. Newspapers are cutting down the number of pages; magazines are forced to raise their prices; shops are skimping on wrapping paper.

It is a National Service to save all scraps of paper, all old books, papers, and magazines.

Write to E. C. Grant, Esq., 22 Metcalfe Street, Ottawa, who is the Honorary Manager of the Paper Scheme, which is now a big business carried on by the Laurentian Chapter of the Imperial Order of the Daughters of the Empire, where thrift—and cash payments for waste paper—go hand in hand. Mr. Grant will tell you how to co-operate with the main committee, and how to organize a Paper Scheme for yourselves.

To-morrow's Citizens

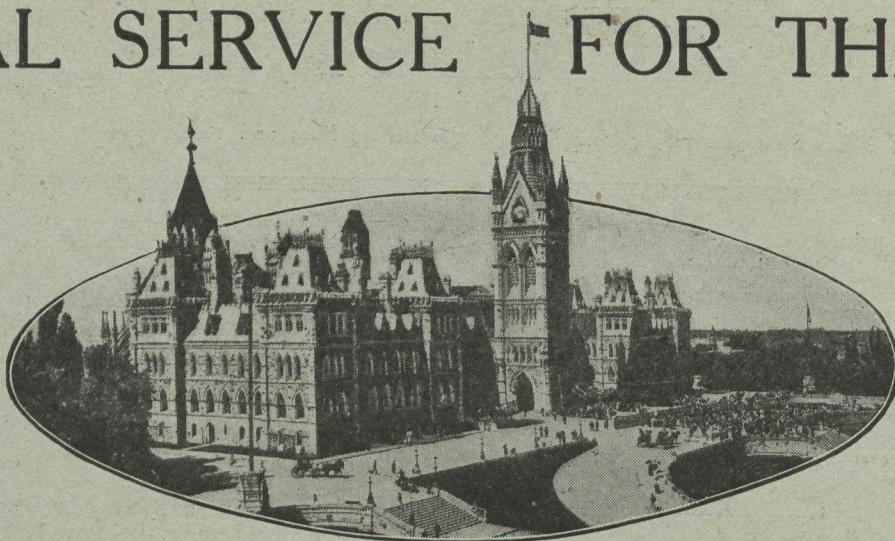
Right thinking is necessary to right living. You cannot live right if you do not think right. And if you really think right, you cannot help living up to it!

The Canadian citizen of to-morrow depends very largely on the beliefs of the Canadian mother of to-day. Books that will help you are "The Century of the Child," by Ellen Key; "How to Know Your Child," by Miriam Finn Scott. These should be in your library.

Bulletin No. 186, "Children: Their Care and Training," may be had free from Mr. J. J. Kelso, Department of Agriculture, Ontario, and is short, definite, and very much to the point.

"I am superior to my child," was once the parent's cry, but now we know that if our children are not better than we ourselves, we have failed in our duty.

Each generation must be a step forward.



Beat Germany in Your Own Back Yard

Long, long years before the War, Germany recognized the important part food would play in the War when it came, and the German people were taught thrift in food and in food production. Land, no matter how small the space, was not allowed to go to waste; land, no matter how poor, was fertilized and cultivated; the people, no matter how uneducated, were taught to understand soil cultivation and crop rotation.

After thirty-two months of war, we are but beginning to wake up to the meaning of thrift, to a realization of the vast quantities of food that are wasted every day, to an understanding of what can be done with even a patch of ground four feet square.

The French and English women have proved that there is no form of agricultural work that a woman cannot do, and find health and pleasure in it.

The Federal Government is doing all it can to distribute information on farming and gardening, and has numbers of helpful bulletins, leaflets, and pamphlets which are free. Write the Department of Agriculture, Ottawa. The Provincial Governments are

doing the same, and are preparing bulletins, leaflets, and pamphlets dealing with the particular soils and needs of each Province. Write the Department of Agriculture of your Province.

"Vegetable Gardening" and "Potato Growing in Alberta" are both excellent, and may be obtained free from the Department of Agriculture, Alberta. "Gardening on a City Lot," sent out by the Department of Agriculture, British Columbia, is splendid for the beginner in the city. "Vegetable Growing," which gives diagrams and pictures, is particularly helpful and may be obtained from the Department of Agriculture, Ontario. "The Home Garden," and "A Patriotic Gardening Competition," are both issued by the Department of Agriculture, Ottawa. "Crop Rotation and Soil Cultivation," from the Dominion Experimental Farm, Ottawa, and Bulletin No. 223, on soils and fertilizers, from the Department of Agriculture, Ontario, both give helpful information to the beginner.

See also advertisements of seedsmen in this issue of EVERYWOMAN'S WORLD.

The Fifteen-Cent Investment

The War is costing Canada, in round numbers, one million dollars a day. Part of this huge amount is made up from the war taxes, which we pay every time we buy a postage stamp, a patent medicine, a railroad or steamboat ticket, etc., and in the increased price of many articles. But all the revenue received from these sources is not sufficient to entirely meet the heavy expense of the War.

Therefore the Government has had to borrow money. The first War Loan was issued in December, 1915; the second in October, 1916; the third on the twelfth of March, 1917. All these Loans bear interest at 5 per cent. and are for amounts from \$100.00 up. In addition to these, the Government issues War Savings Certificates which may be bought at any time and at any post office or bank for \$21.50, \$43.00, and \$86.00, maturing in three years at \$25.00, \$50.00, and \$100.00. These War Savings Certificates are for those who can invest only small amounts.

The huge amount needed to carry on the

War must be supplied either by us or borrowed from other countries. If we must borrow from other countries, the heavy interest must be paid out of Canada; if we supply it ourselves, the interest is paid to ourselves and remains in Canada.

If every man, woman, and child saves and invests fifteen cents a day, we can supply the money needed to carry on the War ourselves and keep the interest money in Canada.

A Penny Savings Bank is a good beginning for a real savings account in a real bank. All banks will open accounts for one dollar and upwards, on which interest is paid at the rate of 3 per cent. Banking may be done by mail just as easily as in person.

Marry your money to a bank account and watch the family interest grow! Make the fifteen-cent investment a real live business proposition and invest your savings in that huge enterprise—THE DOMINION OF CANADA. Become a shareholder and take an interest in the company.

What a Dry Canada Would Mean

Men! More Men!! And again, More Men!!! is the need of the country. More Workers and yet More Workers is the demand of the Government. Increased efficiency and production is the call from pulpit and press.

And yet we permit the manufacture, use, and sale of intoxicating liquors.

Medical authorities agree that the habitual use of stimulants—even in small quantities—reduces the efficiency of the user by about fifteen per cent. Before Prohibition was passed in any of the Provinces, Canada had, at the lowest calculation, at least one

million such "users," and about one hundred and fifty thousand persons were, at the same time, employed in distilleries, breweries, etc.; in bars, hotels, restaurants, clubs, and in other occupations involved in the making, selling, and distribution of alcoholic drink; and as extra policemen, jailers, wardens, hospital and asylum attendants, shippers, porters, expressmen, and in many other occupations which are by-products of the liquor traffic.

Prohibition in some of the Provinces has freed a part of this great army, and Dominion Prohibition would free the rest. Then we

The Object of This Page

THE tide of National Service is sweeping the Empire from the centre of its throbbing heart in London to its farthest bounds in the islands of the sea; and we, in this broad and wide, prosperous and resourceful Dominion are not behind in our wish to accomplish, in our desire to "do our bit."

Woman is serving the Empire well—in recruiting, in caring for the soldier, in giving of her best. But in these great works, which are most imperative, others equally important have been neglected.

The Government is now bringing these less imperative, but equally important, subjects before our notice, and in our National Service Page we shall, each month, give you practical information on definite ways and means by which you may "do your bit" and help to win the War.

The Government stands back of us with its accurate and reliable information, its pamphlets, publications, statistics—free for the asking—and its demands for your hearty co-operation.

Write for information on economic subjects to Kathleen K. Bowker, EVERYWOMAN'S WORLD, 62 Temperance Street, Toronto.

Edited by

KATHLEEN K. BOWKER

should have men of increased efficiency and men for production.

Many of the men thus freed from an occupation which is not necessary to the country's welfare would enlist for active service in the country's defence. Many of the "users" would be suited to production, and the out-door, active life would be most beneficial. The rest would take the jobs and fill the places of those who could aid in production.

Dominion-wide Prohibition would mean generally increased efficiency and largely increased production.

At present certain Provinces prohibit the sale of liquor, but allow the importation of it. Other Provinces allow the manufacture, but not the sale.

From the view-point of the man who believes in equality, this is an unjust law. It permits the rich man to buy all the drinks that he wants, and deprives the poor man of any drinks at all.

From the view-point of the Prohibitionist, it is an unjust law, for while protecting the poor man, it allows the rich man to drink himself to death in his own home if he wants to do so.

Liquor may be made in A, but not sold there. So it is shipped to B. The people in A may then order it and have it shipped back again.

From the view-point of the express companies, this is a very good law. But from the view-point of any one who believes that National Service means necessary work—and necessary work only—it is an atrocious and ridiculous law.

How can women help to have this law adjusted?

Every woman who favours Prohibition knows what she is willing to do, and what she can do, in her own home to support it. I heard of one woman who smashed a whole case of brandy that her husband had imported from Montreal. I dare say that he had the next case delivered at his office.

The woman who is bent upon Prohibition need not drink anything alcoholic herself, nor need she offer it to guests. And every woman knows how much legislation she can enact at home! She can also interview or write to the representative of her district, and go on record in favour of Prohibition.

Free discussion in the woman's clubs upon this subject can be crystallized into resolutions in favour of Prohibition—in the wet areas—and an adjustment of the law—in the dry areas. Copies of these resolutions should be sent to the Provincial and Dominion Members of Parliament for the districts where they are passed, and should also be published in the local press.

Make your opinion public if you want to make public opinion.

Careful Consuming

It is possible to eat much and yet be underfed. It is not the amount we eat, but the amount we digest and assimilate, that furnishes nourishment. And food to be digested and assimilated must be in the correct proportion and proper combination.

The body needs: protein to build and repair tissue; fat and carbohydrates to give heat and energy; mineral water and ash to aid digestion and build bone; water, which helps all other foods in their work.

In serving fats, do not serve rich desserts. In serving lean meats, blend richer foods. In serving pork, use acid fruits. Beets, cabbage, and cauliflower may be used with potatoes. Milk should not be used at the same meal as meats, nor butter when fats are served.

By studying food and food values, you can greatly increase your health and greatly decrease your food bills. Bulletin No. 245 on "Food Values," by R. Harcourt, may be had free from the Ontario Agricultural College, Guelph, and the Department of Agriculture, Ontario.

Cheese Instead of Meat

Do you know that there is as much nourishment in a pound of cheese as in a pound of meat?

The price of all meats has gone up, and up, until the thrifty housewife must needs look for a substitute or let her family suffer.

Cheese is one of the best of these. Cream cheese, as most of us know it, is a yellow substance bought in pots, but this same cream cheese can be easily and successfully made at home. The Dominion Experimental Farm turns out large quantities, but cannot supply (Continued on page 53)