

BAKERS MEET IN WAR CONFERENCE

New Laws Governing Flour and Food Products Subject of Discussion.

AS WAR MEASURES

Over Two Hundred Bakers of Bread Endorse New Rulings of Government.

Two hundred and twenty-five bakers from all parts of Ontario met in conference yesterday afternoon in the Musician's Hall, University avenue.

Prof. R. Harcourt of Ontario Agricultural College, Guelph, was present to explain the new regulations governing flour and bread, which comes into force March 15.

The regulation forbidding the wrapping of bread brought forth much discussion. Many of the bakers in the smaller towns did not favor this measure, as they had gone to considerable expense to equip shops with machinery and had paper on hand.

Someone asked: "Must we use standard flour for cakes, buns and breads?"

"Yes," answered Prof. Harcourt. "For wedding cake, too?"

"I am afraid we must also use it in wedding cakes also," was the reply.

The conference passed a vote of thanks to Prof. Harcourt for being present and assisting the discussion.

Prof. Harcourt said he hoped the bakers of Canada would not visit the sins of the government upon him.

He had been asked to visit the bakers and take up the matter with them. The working out of the details of the whole scheme would have to be left to the food control board.

He had just started the work but was not carrying it on. In answer to a question if the cake and pastry trade would be affected, Prof. Harcourt said he had no knowledge of what was in store for these branches.

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Madame Grace Smith, assisted by Mrs. W. B. Woods, Givens Sonata-Concerto Program.

Madame Grace Smith, assisted by Mrs. W. B. Woods, gave a "Sonata-Concerto" program at the meeting of the Women's Musical Club yesterday afternoon.

The first number was the concerto for piano and orchestra in A major, Mozart. This was followed by sonata for piano in E-flat major, Op. 7, No. 2, by Beethoven.

Madame Smith played with wonderful grace and poetry of expression, her technique appearing to be perfectly flawless.

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ODD SILK EFFECTS. A smart one-piece frock with oddly draped turban and sash to match of polka-dot taffetas.

Recipes

By Toronto Women

Mrs. George Moxam, Belleville, asks for a recipe for homemade laundry soap. The following are good and have been tested:

For One Cake. Always wear rubber gloves or paper bags on hands for protection when soap making.

Dissolve one tablespoonful lye in one cup cold water. Add one pound of melted fat and stir with a stick or wooden spoon always in the same direction until soap is thick and smooth.

Four into a wet mould of tin. Be careful to give plenty of time to set or it will crumble.

Economy Soap. One can lye, three pints cold water, one tablespoonful ammonia, five and a half pounds of fat.

Under the baton of Frank S. Weisman the Toronto Symphony Orchestra made its appearance at Massey Hall last night in the third concert of the season.

As on former occasions the concert was a most successful one, the players and director were conspicuous throughout, the aggregation establishing itself even more firmly than in the past as the highly artistic character of its work.

The symphony in G minor, Mozart, which is regarded as the highest product of the genius of the composer, is a number in which delicate technique and clear, crisp phrases are more abundant than climatic effects.

The exports of butter last year from South Africa amounted to 779,492 pounds.

Washington, March 7.—A call for 5000 nurses between now and June 1 for services in military hospitals at home and abroad has been made upon the Red Cross by Surgeon-General Gorgus of the United States army.

Nearly 7000 nurses already have been supplied by the Red Cross.

But restore your hair and faded hair to their natural color with LOCKYER'S SULPHUR Hair Restorer.

This world-famed Hair Restorer is prepared by the great Hair Specialist, J. P. Lockyer & Co., Ltd., Bedford Laboratories, London, England, and can be obtained of all druggists.

Its quality of deepening grayness to the former color in a few days, thus securing a preserved appearance, has enabled thousands to retain their position.

Lockyer's gives health to the hair and restores the natural color. It cleanses the scalp and makes the most perfect Hair Dressing.

Arthur Middleton, the assisting artist, became a favorite on his first appearance and gained in popularity throughout his program.

His voice is rich and of a resonant quality that pervades even the runs, which he takes with fine ease, giving them a rolling

flow rather than the staccato-like work which distinguishes many singers. His sustained notes and flexibility of voice were noticeable features.

In his first number, the Art. from "Le Tambour Major," from Le Caid by Ambrose Thomas, those qualities were all apparent and the hearty applause of the audience broke out spontaneously at the close.

The artist was twice recalled and in the encore to which he responded, he revealed himself as an adept in the facile dexterity of words as in the flow of vocal sound.

The second offering was a group in which the "Smuggler's Song" was perhaps the favorite. Other numbers were, "Mother of Mine," "Follow Me Ome," and "Damosos's "Danny Deever." Applause and recalls followed Mr. Middleton through his program.

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SOCIETY CONDUCTED BY MRS. EDMUND PHILLIPS

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Mrs. Grant received for the first time yesterday at the principal's residence at Upper Canada College when she looked extremely well in dark blue tulle with collar of white georgette crepe.

Mrs. F. E. Kilvert, Winnipeg, is at the King Edward.

Miss Ada Ward, who has talked in most of the cities in Canada and the United States, is leaving shortly for Australia.

Mr. Harold P. Boucher, accountant and teller of the Bank of Montreal, Lunenburg, has joined the Imperial Royal Flying Corps and has arrived in Toronto.

With food none too plenty in England the suggestion has been made by Lady W. Grant, who is always taken very seriously by parliament, that some gulls' eggs be systematically gathered and used as food.

Dr. Oliver, Halifax, now manager of the west end branch of the Bank of Montreal, London, has just returned from a visit to the front, having some over with Sir Arthur Currie as his guest, traveling in company with Mr. Douglas Haig.

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ADAMS BLACK JACK

Everybody likes chewing gum and there is one gum that people seem to prefer to all others—Adams Black Jack. A stick a day keeps indigestion away.



ADAMS Pure Chewing Gum

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MAKING CRIPPLES OF MODERN WOMEN

Footwear Reform League Speakers Declare Against Stylish Shoes.

HIGH HEELS CONDEMNED

Lack of Information, Cause of All Troubles of the Feet.

A great many of the ill sicknesses and diseases, especially among women, are caused by ill-fitted, badly constructed shoes," said Mrs. L. A. Hamilton at the meeting of the Footwear Reform League in the Central Y. M. C. A. last evening.

Mrs. Hamilton, who is the provisional president of the league, presided at the meeting and explained the aims and objects of the organization, which is the first and only one of its kind in America.

Miss Amy Sternberg, instructor of dancing in her address, stated that fully one-third of those who come for instruction in dancing must first be taught how to stand and how to walk before they can be taught how to dance.

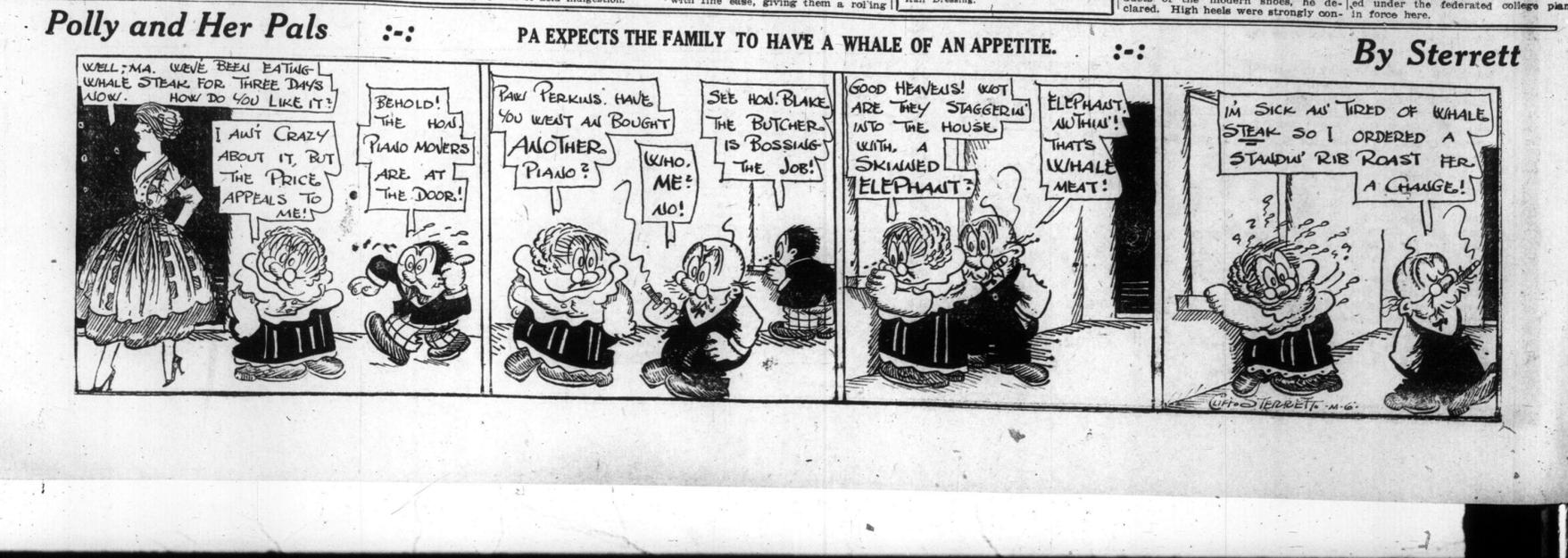
Reform is Needed. Thirty-five per cent. of foot troubles, said Miss Sternberg, were caused by improper shoes, high heels, short stockings and narrow shoes.

Dr. W. S. Verral, superintendent of the construction of the human foot, saying it was, when normal, a perfect machine. Ingrowing toenails, hammer toes and corns were all products of the modern shoe, he declared. High heels were strongly con-

WILL TAKE OVER COLLEGE.

Montreal, March 7.—The Presbyterian College here will be taken over on March 15 by the military authorities for the care of neurotic cases among soldiers. The students will be absorbed under the federated college plan in force here.

By Sterrett



Polly and Her Pals

PA EXPECTS THE FAMILY TO HAVE A WHALE OF AN APPETITE.

By Sterrett