WEDNESDAY MORNING

WINIFRED BLACK WRITES

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ISS MARIE HOLMES of Ch

THE TORONTO WORLD

MAGAZINE PAGE FOR EVERYBOD

MAY 10 1916

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and were going to take a good supply of books and things of that sort. We never see and things of that sort. We never see an attent to see or hear of a man again."
I hope there is a newspaper woman in the Bachelor Girls' Social Club, what a story she could get in a week's visit! Talk about the traveling peak committee and its contributions to the interest of the hour-why, they'd be mere moral tales for babes in comparison!
What on earth is getting into the mere moral tales for babes in comparison!
What on earth is getting into the mere moral tales for babes in comparison!
Man-made world!" Who made it, Miss Holmes, honestly, now? If you and your women are so clever and so in the world, and all the wise women in the world, and all the wise men, too.
And oh, the glory of the sun-and, oh, the foy of the sun-and, oh, the glory of the sun-and, oh, the joy of the sun-and, oh, the misery is a kind of joy that no mere "level-headed woman" can ever pretend to know.
More are a totally unnecessary conting is a kind of joy that no mere "level-headed woman" can ever pretend to know.

Men unnecessary? Woll, if they are, then so in life to every normal woman. The woman who says she can live

then underseary: well, it they are, then so in life to every normal woman.
Fudgel No real woman was ever really happy in her life without a man of some sort somewhere in the horizon. The sort of woman who never wants to fall in love needn't worry; nobody will ever want her to.
A woman who has never loved and who never will love is of about as much use in this world as the little old green nubbin' crabapples that used to grow on the little, old, stunted, gnarfed tree in my grandmother's kitchen garden. Even the boys from "across the tracks" wouldn't steal them -not if there wasn't another tree in the whole neighborhood.
She'll get over it in time, of course, Nobody can stay at the top note of the scale all the time. But she will be a ficher and a better and a finer woman for having loved—even if she has loved some one who is utterly unworthy.
Love is not always a happy thing—perhaps it was never meant to be so- but no woman is accur to the scale and is a structure to be some to the woman is accur to be some one who are tired of a man-made



in accomplishin so small a mem

ibers present wes oline Brown, Mis McNichol, Mrs. I ⁶. H. Pratt, Mri Miss Grieves, Mri crace, Mrs. Whale

RMAN WILL RONTO SOOI

ladame O'Gorman n of the 10th Hus test of T.F.H. th of Connaught. making a tour here she was ser ross Society, wit

working in th past two year 1 States has bee ud of the Frenc She is expecte k and will spen



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INTREAL

King St. 1

ORES

should be held to-sether more ten-aciously than is human custom. It is said that 147,600 -men and women of the best flesh and blood of this land die un-heralded and un-sung each year of DE HIBSEN sung each year of DE. HIESHBERG tubercolosis, the black field marshal of

NE life may

be only a lit-

tle gleam of time between two eternities, but it should be held to-

How You Really Can

Help Make Life

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man maladies! others are reported annually incapaci-tated from whooping cough, the drum-

is given as the army of wage-earners laid up for repairs without earning power each year because of so-called industrial sickness. Eighty-two thous-and five hundred and thirty deaths oc-cur among these, traceable to accidents which are multiplied to accidents

which are really due to carelessness, inattention, fatigue and illness of those

who must attempt to work or starve. Seven hundred thousand others fall victims to disability lasting four weeks or more from factory injuries, which the application of the knowledge we have would almost wholly prevent. The maternal and paternal murder of

The maternal and paternal murder of beloved children by the practice of "letting all of them catch the measles" and other contagious diseases "in order to be done with them all at the same

time" is one of the responsible sources of thousands of deaths each year.

Eight hundred thousand children and adults are said to die from communidiseases each year in the United states. The ill they did is not buried with their unhappy bones, because there are over 5,000,000 others sick as result of the typhoid, scarlatina, meases, mumps and other infections which the half-million who gave up

elf-satisfaction of the very persons who read such articles as this and learn the truth is in large measure re-spinsible for the machinery not being set in motion and prevention applied. The proof of this is to be found in the use of diphere anti-torin. This

-en insidious and commonplace dan-

perhaps it was never meant to be so- women who are tired of a man-made but no woman is ever really a woman world-wouldn't you? Secrets of Health And Happiness

crimini,

mined.

or delay in its use, 18,000 still die of it-bad enough, indeed, but a notable achievement in the diminution of diph-theria ravages. Unhappily, the knowledge possessed by us for the prevention of most of these ailments, lacks the emotional, dramatic atmosphere. It is actually uninteresting and not for lazy, crowd-ed or indigent persons. To save yourselves from sickness and often death, dry, cold labor as well as a good memory and eternal vigilance are de-manded. Few people are willing to learn, and still fewer will apply what they learn. Safer and Better By DR. LEONARD KEENE HIRSHBERG A.E., M.A., M.D. (Johns Hopkins University)

learn, and still fewer will apply what they learn. The upshot of this is that the figures given in the first paragraph of this article will be equalled, perhaps ex-ceeded this coming year. The charge is murder, and you are "particeps crimini" Eternal Vigilance Demanded

Eternal Vigilance Demanded What should you do? Why, apply the facts you gain from such articles as this. Have yourself and your children vaccinated against typhoid. Use lockjaw anti-toxin the in-stant a rusty nail, a bullet or other puncture wound enters the flesh. Do not delay the injection of diphtheria anti-toxin. See that your town's water supply is improved. Study methods to

HEALTH QUESTIONS.

Isabelle, Kingston, Ont.: Q .-- I am suf-

A Reader, Hamilton, Ont.: Q.-Kindiy advise a remedy for rough skin on the

treatment do you advise for this ?

supply is improved. Study methods to better the milk supply. Shun open markets and open fruit and grocery stands. Learn about scientific sewage disposal. Lead your neighborhood in an anti-fly comparison. Bout out the

oil of bitter almonds. 3 drops; oil of lily of valley. 3 drops; finely-powdered orris root, 2 ounces; finely-powdered pumice stone, 6 drams. 2. Peroxide will not promote the growth of hair on the face. if the hair roots are not already present in the skin. Use a little of the following about twice a week: Calcium sulphate, 2 parts; zinc oxide, 1 part; starch, 1 part. Make 4. paste with water and apply to the part. Leave this one for about five minutes, then remove with a soft cloth. tated from whooping cough, the drum-mer boy of militant ailments. The appailing number of 13,500,000 is given as the army of wage-earners wit, outdoor sanitorium life and fuil feeding. If you do these you will be doing your share toward making life safer, happier and better.

Worried, Toronto, Ont.-Q.-I have a dry mark on my neck and sometimes it becomes red and itches. What do you advise? A -Apply each night to the affected parts, calamine, 2½ drams; zinc oxide, 2 drams; phenol. ½ dram; glycerine, 2 drams; lime water and rose water enough to make 3 ounces. M. D., Lindsay, Ont.: A.-If you will send a stamped, self-addressed envel-ope repeating your query I will be glad to help you. o make 3 ounces.

fering from excessive uric acid. What A.—It is a fallacy of old doctors to blame everything on "uric acid" when they don't know what alls a person. Every one must have uric acid in their body or die. Have a correct diagnosis made and your trouble definitely deter-mined.

advise a remedy for rough skin on the arms. • A.—Just after a wash or bath and while still wet dry the skin with a little of the following: Fine almond meal, 4 ounces; finely powdered borax, 6 drams; oil of bitter almonds. 3 drops; oil of lily of valley, 3 drops; finely powdered orris root, 2 ounces; finely powdered pumice stone, 6 drams.

which the half-million who gave up tailey 3 drops: (inely powdered purities of the proof of this is to be found in the ast in the truth is in large measure repensible for the machinery not being report of this is to be found in the truth is in large measure repensible for the machinery not being report of this is to be found in the truth is in the truth is in large measure repensible for the machinery not being report of this is to be found in the truth is in the truth is in the truth is in the totat twice daily with a kitaline and income the strengthened by taking its report full diluted three the strengthened by taking its report of this is to be found in the totat twice face? What will remove the growth of the totat twice the the totat will be taken in the form of Biaud's before the manaic and simple method, and threat twice the strengthened by taking the totat twice the strengthened by taking

they hadn't been spying on Big Sister, how on great seriousness and formality, "Will you marry me?" earth did they learn THIS game? Beth has Goodness me, WHAT a surprise for Big Sister! "borrowed" Sister's cloak and her favorite fan. But SHE doesn't mind, and neither does HE. They're and she's trying to look as much like her as she too HAPPY to mind anything, save the JOY singing can contrive. Bobbie has Big Brother-to-Be's coat and in their hearts. They feel that no one in all the shiny high hat and gloves-and Bobbie's saying, with world can imitate THAT.

The Old Gardener Says That Frau Karl Druschki re-mains the best white rose for the amateur's garden. It is very hardy, pure in color, perfect in form and flowers several times in the annual flowers are the summer if in the course of the summer if kept well fed and cut back after each burst of bloom. There are newer kinds, but few so good. It is worth while remembering, the, that rose bugs seem to have a decided partially for white roses. They will pass by a pink Killarney almost every time to feast on a Frau Karl-Druschki.

rreals, a tablespoonful of milk of mag-resia before meals and a wineglassful of olive oil about half an hour after meals. 3-Have the eyes re-examined. Per-haps your glasses do not suit you. Bathe the eyes in warm boracic acid water. Keep the bowels active. How to Have Irons in Condition

How to Have Irons in Condition for Ironng New Styles in Flower Beds

Much of one's success in ironing de-pends on the condition of the iron. For ordinary household use sizes from 4 to 6 are perhaps most useful, and then one wants a couple of polishers, and a small iron is handy for getting up into small gathers. All irons should be kept in a dry place, they should not be allowed to cool on the heating stove, and should not be put right on to a fire to heat, as this spoils the smooth surface. Rubbing on brown paper sprinkled with bathbrick is a good way to clean irong a little paraffin and emery powder will

 Torm this of the neighbors and different from this of the neighbors bedding favore colous and the other old bedding favore colous and the other old bedding favore them excervibles. But till is therease to a colous and the other old bedding favore colous and the other of the bedding favore colous and the other of the bedding favore colous the other of the bedding favore colous the tother of the bedding favore colous the bed will support the bed will support the bed will support of the standard the plant and week tore tother on the colous the following the tother of the standard the plant tother of the standard the forms, which should be variably has been a weak growth in the house for the standard colous the bed will support and the forms, which ease, and the forms well, if the standard the plant when the following the tother of the show and development that they were tother standard the forms, which should be variably has been a weak growth in the house for the standard color. The show and the forms, which should be variably has been a weak growth in the house form and the forms, which should be variably has been a weak growth in the house form that the dabilis should be var Today's Fashion

Butter a baking dish and chop finely four cupfuls of cold cooked cabbage four cupfuls of cold cooked cabbage or cauliflower. Grate one-half cup of bread-crumbs very finely and one and one-half of cheese. Make one-half pint of white sauce and arrange the cabbage in layers in the baking dish with the sauce spread between each layer. Cover the top with the grated cheese and, lastly, put a crust of the breadcrumbs, dotting it over with little dabs of butter. Bake in a moderate oven until the top is a good brown The cheese straws that are served so often in hotels and restaurants and 15 12

so often in hotels and restaurants and so very seldom at private homes are not at all difficult to make and, add a party air to a simple dinner.

PLAIN CAKE.

Very Newest Boudeir Cap of Lace and Ribbon. THE very latest boudeir cap is of Russian inspiration. It is a dainty confection of lace flowers and rib-bon, closely resembling the gale head-dress of the Russian peasant. Two eggs, 1 tablespoon of butter, 1 cup of sugar, ½ cup of milk, 2 tea-spoons baking powder, 2 cups of flour, 1 teaspoon vanilla. Cream butter, add sugar, eggs well beaten, and flour in which baking powder has been sifted; add milk, and beat well for five min-utes; add vanilia and beat again. Bake Very Newest Boudoir Cap of Lace

dress of the Russian peasant. There is a crown of lace gathered into

TP

a head band of pale blue ribbon.". A frili of lace, graduated to form a high point of lace, graduated to form a high point in the centre front, edged with blue rib-bon, extends across the front of the car. Pink satin roses ornament the sides, and from beneath one hang loops and enue of pale blue ribbon.

MORE WOODEN SHOES.

Little Stories Told in Homely Rhyme

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THE IDOL AT WORK

Copyright, 1916, by the Author, Bide Dudley. S HE grabbed a knife and stabbed the child and then she took a rock and beat the poor old cobbler till his screams were heard a block. When he'd expired she got some oil and poured it on the bed. A match! A flame! By 10 o'clock her two small sons were dead. She sought the preacher in his home and said: "You married me. Take that!" She threw a bomb at him at twenty after three. When he'd been blown to bits she laughed and her three here a streat car off the track. It caused took some dynamite and blew a street car off the track. It caused her keen delight. That afternoon she shot a cop and brought about his end. At 5 o'clock she got a rope and hung her dearest friend. "Who was this friend?" I hear you ask. Now, now, don't talk that way! 'Twas Fanny Filmdom acting in a modern movie play.

The Amateur Gardener

FOLKS.

RECIPES FOR THE CARD INDEX COOK BOOK

Indian Oysters

METHOD

Bone and skin the sardines and rub into Bone and skin the sardines and rub into a coarse paste with the rice; roll on a well-floured board and shape into round flat cakes the size of oysters. Fry in boiling fat until a golden brown and serve with tomato ketchup and thin slices of graham bread and butter. bread and butter.

in two layer tins,

Tomato ketchup. 2 cupfuls boiled rice,

INGREDIENTS box sardines.

My little grandson was noted for his courtesy and sociability, says a writer to The Chicago Tribune. He had a pet puppy that he was tending carefully. One day a neighbor stopped at the gate and, calling Billy, asked how his dog was setting on. "Oh," answered Billy, plea-santly, "just fine. How are all your folks?"

TOO CHANGEABLE.

The men about whom Answers tells the following story were the roughest,

rawest lot of recruits the sergeant had ever had to tackle. He worked hard at them for three hours, and at last thought they were getting into some sort of shape. He decided to test them. "Right turn !" he barked. Then before they had got fairly under way he gave the order: "Left turn !" One burly yoket slowly left the ranks and made off toward the barrack room. "Here, you !" yelled the sergeant an-grily. "Where are you off to ?" "Ah've had enough." replied the re-cruit in disgusted tones. "Tha socan't know tha mind for two minutes hun-nin' !"-Youth's Companion.

