The Toronto World The Germans, as the officer sta

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THURSDAY MORNING, JUNE 28.

Canada Strong for the War.

There is an impression in some quarters that Canada as a nation is when charity is not merely local and against the democratic idea of conscription under the form of selective draft. We believe that this is entirely an erroneous view. It is possible that and pitiful claimants, but there are where the old idea of the press gang always more, and this week a special and its methods still lingers there might be some objection to that method of recruiting, but it is absurd and square-dealing system of the light of metropolitan interest and out to suppose that when the equitable selective draft is explained to anyone of sight in quiet country towns, do he would oppose it. Labor and the not receive the aid or attention which farmers, two elements which are they require as badly as the bigger inalleged to be strongest against it, will stitutions. be strongest in its favor when it is properly operated. Will any farmer object to Col. Arthur's statement that fit of these small hospitals in France, 15,000 men, now in England and unfit several hours away in the train from for duty at the front, should at once the front, which are kept just as busy be returned to Canada for proper as the larger ones, with all the tragic needed? labor service here? This is the prin- business for which they exist. After ciple behind the selective draft and three years of work their supplies are the people will have it in their own completely exhausted and their rehands to see that it is properly car- scurces are of the slenderest. ried out. It has been shown that we In Poitiers, for example, a small have twice as many men as will sup- place, there are flifteen hospitals, all ply what is needed, but we cannot get trying to support their wounded on the as many as are wanted under the 35 cents a day per man granted by voluntary system. The only thing to the government. This is a peace time be done is to choose those who can allowance, but it may be judged how

The people of Canada, except in one province, are generally and profoundly interested in the war, for their friends and relatives are engaged in it. According to the minister of militia the enlistments in Canada number 155,000 British born, 121,000 money and almost without clothing. native born, and 14,000 French-Canadians. These represent roughly 290,- many severely wounded, direct from 000 families and many more besides of their kin and friends. This per- for these wounded men. Cocoa, rice, for no man with child or friend at pital supplies, clothing, towels, blanthe front will hesitate about a mea- kets, hot water bottles, old linen, anyto a victorious conclusion. Beyond this there are the appeals

objection to this but the few who

worse construction upon it.

of principle and of patriotism. These count for more than some people fancy. Their power can be estimated and the most grateful acknowledge by their reverse operation, in Quebec, where principle has been converted into self-interest, and patriotism into parochialism. But even Quebec is Canada goes either to Germany or in In either case there is an end of Quebec as such and bilingualism, and all those things which the rest of Canada is fighting Germany to maintain. Quebec either does not know or see this, or the whole basis of the war has been misinterpreted to the for this the prolonged debate in parliament has already shown. If the people of Canada were against

the war they would not have turged in their money for the war loans as hey have, nor would the voluntary enistments have been even what they are. nother sign of the solid opinion of out exception the newspapers are winagain be ignored, for the Quebec people do not seem to have heard or grasped the facts. When the people of Quebec understand that the whole civilized world but themselves is in the war against Germany, and that Quebec for its stupidity, they will adopt another attitude.

The unanimity of the country in regard to the war should be reflected in the government of the country, and it is evident that a new government is being incubated. Just what may hatch out no one is in a position to say, for an incubator gives no indication of the breed of fowl that may emerge as a motherly and businesslike hen might.

The Need for Action.

In the strong statement made in yesterday's World by a military authority recently from the front, move even Quebec if it were properly presented to the people. The most difficult thing in the world is to get the facts before those who need to hear them. All the suggestions made by this officer may not be agreeable to everybody, but they indicate the direction taken by the minds of

In the days of the deluge is no time for splitting hairs. In a famine the question is not what we shall eat, but shall we get anything to eat? In the war it is not what Canada should do that is to be considered, but the hard fact that there won't be any Canada if we do not all exert our utmost effort. Those who refuse to do anything cannot expect much reward if the others pull the country out of the hole.

The war is still yery far from ever

are as determined as we, and it will be a fight to a finish.

The vast amount of talk in parliament is naturally irritating to practical people who perceive an urgent necessity and no good reason for delay for the sake of palaver. If there were any decided leadership all the talk would be unnecessary, but as it is there appears to be a dim hope that out of all the oratory there may come some oracle of wisdom.

"Friends of France."

It is difficult to stir up interest in the far-away and little khown charities when the greater organizations with their insistent needs and their periodic demands will not be denied. But it is a mark of high civilization selfish but widely diffused and uni- he won't be. versal in its sympathies. Toronto has done well for many of these distant effort has been made for the smaller French hospitals, which on account of their situation, away from the fierce

"The Friends of France" Club is holding a donation week for the bene-

best be spared at home, who are fitted for military duty, and send them coal at fifty dollars a ton is a specito the front. No one can have any

In a hospital of 300 beds reported suffer from lack of nerve, to put no to the "Friends of France" Club, the men arrive destitute, and the poverty of the place affords little to give. They need pyjamas, socks, sweaters and similar articles. The men from invaded districts have no help to hope for and leave the hospital without Another hospital with 178 beds with

the front, actually appeals for tood sonal interest alone counts for much, sugar, prunes, oxo, malted milk, hos thing of use to men being discharged or for the women and children refugees or any other form of assistance would be welcome. The goods are sent in packages direct to these hospitals. ments have been received.

Canada in all her abundance car surely help a little in this way the gallant France that is bleeding at aware that if Germany wins the war, every pore. Mrs. Arthur Wells, 218 Poplar Plains road, president of the self-protection to the United States. "Friends of France" Club, is receiving the contributions.

MUSHROOMS AS FOOD.

Editor Word: You very kindly reported our meeting of last Mon-bined in one sweet dose if you will day night in your valuable paper but seek health among the flowers. Quebec people. Who is responsible I am afraid I must take exception to one of the statements made by the phase of health, but in particular its reporter to the effect that mushrooms were more of an appetizer than a food. I do not know where he got that information from, certainly not

Since the war the German Government has been investigating the food into the garden and work they will do the nation is the press. Almost with- value of mushrooms an common with all sources of food supply and the the war advocates. Quebec may here that mushrooms, weight for weight, report issued on the subject states contain twice the nourishment of fresh vegetables and half that of lean meat.
That mushrooms yield their nourishment very readily to water and that a broth made from mushrooms is twice as nourishing as a broth made from lean meat.

the war against Germany, and that According to the imperial ferment all the other nations are jeering at institute of Berlin a process has been found for turning the waste product of breweries into a fungus (fungi toscher omyces) having three and one-third times the nourishment value of medium fat beef. They claim to have obtained 105 million kilos of eries of Germany and Austria.

I have recently received a sample of this food from an American conpany in Batavia, N. Y., who are mak-ing it under the trade name of Peotaral.

E. H. Bickford, Hon. Sec.-Treas., Mycological Society

TO SING ON DOMINION DAY. Miss Irene Humble, composer of the patriotic song, "We're From Canada," has received nearly a score of invitations from different parts of the Dominion, asking her to sing her song an at Dominion Day celebrations. "I wi have not yet decided where I will go," she said, "but I shall certainly do my Do

OTHER PEOPLE'S **OPINIONS**

bit on that occasion.

The Toronto World invites correspondence on subjects of current interest. Letters must be short and to the point-not more than 200 words at the outside. The editor reserves the right to cut any letters to make them conform to space requirements. Names will not be published if the writers wish them withheld, but every letter must be signed with writer's name and writer's name and address, to ensure authenticity.

WINIFRED BLACK WRITES ABOUT Letting the Sunlight In



A man was arrested the other day for carrying his umbrella wide open above his head while the sun was shining and there wasn't a drop of rain.

The policeman who saw him doing this thought it feally looked suspicious. He felt more than convinced that the man must have stolen the umbrella or he would not he doing another than the stolen the umbrella or he would not he doing another than the stolen the umbrella or he would not he doing another than the stolen the umbrella or he would not he doing another than the stolen the umbrella or he would not he doing another than the stolen th brella or he would not be doing anything so un-

L do not know what will become of the Suspicions Person who was so deep in thought that he had not noticed that the sun had chased away the storm clouds. I hope the poor man won't be punished for thinking. We all have to make the best of such an army of non-thinkers every day.

I hate to think of the Suspicious Person being punished at all—and perhaps

I was genuinely interested in it all because I've seen the same thing happen ever so many times. I live in a city where at certain seasons of the year it rains rather easily and clears quite as easily, too, and I've been interested to watch for the Suspicious Persons who walk right along with umbrellas held carefully over their precious heads and the sun looking down at them and chuckling kindly all the while.

No Sunshine Anywhere.

Sometimes the absorbed Suspicious Person is a lovely young girl. You can just tell she's on a shopping tour because there's going to be a wedding tour before many days. Little does she know whether it is raining or the sun is shining. Mother handed her the raised umbrella and she'll carry it so until some doorway she wants to enter is rude enough to stop her and make her close the poor unnoticed umbrella.

Then, again, it's an older woman. Something is troubling her. It may be that baby is ill and she fears to be long away from him. It was raining when she hurried out and-

Once the Suspicious Person was a woman, middle-aged and bitter-faced. Life had been one long storm to her. There was no more sunshine anywhere. Some heavier storm than usual was darkening her eyes that day. How could she know that the sun was shining and the umbrella no longer

Another April-like day I saw two youths huddled under one umbrella and talking very earnestly. As they passed me one of them said: "Well, it's not my fault that you went in so heavy. Why did you bet at all if you feel like this?" In the land where those youths dwell there is no sunshine, I'm afraid, aren't you?

Right down the middle of the crowded sidewalk came the Drunken Man one day when sun and rain were battling as does a strong man for mastery of himself. Here he came, the Suspicious Person, with his umbrella sticking into first this person and then that and he making elaborate apologies to one and all. And up in the sky I looked to see if there was even one little cloud left of all the scurrying mass that had darkened the day but a few minutes before. No, there was not one. Away they had all gone and there was the good old sun shining in the good old way he's done for so many, many days.

A young man stepped from the crowds on the sidewalk and took the imbrella from the hand of the Drunken Man, lowered it and handed it back to him—all quite respectfully and pleasantly. The Suspicious Person thanked the man for telling him that it was no longer raining and that the sun was shining, and we all hurried on-in fact, we hadn't really stopped at all-but I think we were all glad the young man had done what he did and that he did it because the sun was shining-at last.

On one of those rain-and-shine days I went to buy a newspaper of the old, old man who never seemed to have very many customers. He was quite a philosopher, I had found, and I had rather grown to like a word with him now and again. I peered under the wet, rusty, old umbrella that had protected him for so long, nailed by its ugly old handle to the little wooden rack that held his papers.

There was no answering word. The worn old hand did not reach for a paper in the accustomed way. I stopped and looked again under the

"What is the matter?" I called to him, thinking that he slept. "Don't The tired old man had gone to his rest. Whether it rained or shined a damn fool to get into this, but I but it will be inevitable. mattered not to him ever again.

I hope the sun shines always in the land where he has gone and that there is rest and gladness for all those who have grown old—allone.

And I hope that if your umbrella is raised and that you have not discovered that the rain is over you'll notice right now, and let the sunshine of love and happiness warm your very soul, dear friend who reads.

How to Make Garden Work Aid Beauty

By LUCREZIA BORI The Famous Spanish Prima Donna

and beauty, and both may be com-

Exercise has its bearing on every find that gardening is an inexhaust-ible source of healthful pleasure. relation to beauty is a matter of grace. The pliant, agile form, the charming carriage—all these are the

direct outgrowth of proper exercise.

Work in a gymnasium will not appeal to the majority of heanty seek. so willingly. In every garden, seeds are planted.

When the time comes for transplanting the seedlings do not get down upon your knees, but bend from the waist, reaching to the ground, digging up the tiny plant and depositing it in its permanent growing place. You can plainly see how this exercise will strengthen, the muscles of the back, arms and shoulders and wear away any superfluous flesh about the waist.

Digging Good Exercise.

The earth about growing plants must not be allowed to harden. It must be

kept light and loose, digging about the roots of each plant with a trowel. This exercise is excellent for the hands. wrists and arms, making them graceful and strong. Rose bushes require constant atten-

tion, the gardener with her pruning shears should clip the blooms and trim off the withered leaves and dried branches. Unconsciously, while doing this work, you will exercise the muscles of the arms, back and lower

If the roses climb high up the side of the house or over a trellis so much the better. In reaching up to train the young shoots and tie the older ones in place it is necessary for you to stretch. This form of exercise will much toward making you graceful and lithe. Do the work systematically, without haste, and keep in mind the fact that you are working for a pur-

When the flowers are blooming you will gather them into baskets and distil their fragrance into sweet lotions the their fragrance into sweet lotions to aid you in your quest for beauty. Surely this will reward you enough for the care you have bestowed upon the growing plants.

Every garden grows weeds aplenty. Every day the new ones that have sprung up must be destroyed. In pulling the weeds bend over

ing the weeds, bend over from the waist and straighten up to throw each handful into the garden basket; bend

alone. You will find that it will be less tiring and that the exercise will this easily place the fruit in a basin add greatly to your freedom and grace and pour boiling water over it. You

Fresh air and proper exercise are of condition," means hours and hours two essentials in the quest for grace of hard work. If you are really interested in watching the growth of "green things" and are proud enough of your flowers to give them a certain unt of attention each day you will Wear Comfortable Clothing

The rose bushes, as well as other plants and vines, must be kept free from destroying bugs and worms. This means that you will have to spray the foliage with an insect-destroyer. Tall chrysanthemums, must be supported by stakes or the wind will break and tear them, garden walks must be kept neat, and the grass about the flower beds cut and trimmed about the edges, all of which is work and health-giv-

Remember when working in garden to wear loose, comfortable clothing. Stiffly-boned stays are not even to be thought of. An elastic girdle corset should be substituted i out any support. After your muscles have become accustomed to being without this stiff armor you can dis card it.

The garden, smocks are neat look ing, comfortable and picturesque. They have taken the place of the once popular garden apron, and are better suited to the gardener's need for com fortable "working togs."

That modern women lawyers and even Portia celebrated from the "Mer-chant of Venice" had their prototypes in ancient days is the evidence to be found on ancient Babylonian tablets On these tablets it is given as a mat ter of interest that in the year 550 B. C., a woman appeared in the high case without assistance from any

The oldest bell in the United States hangs in the rectory of the little vil-lage of East Haddam, Ct. The bell bears the date A. D. 1803. But the bears the date A. D. 1803. But the first bell that ever rang out over the fields of the country is said to have been the "bell of the fig tree" which is still preserved in Chicago and which is said to have been used in the town of Isobella in San Domingo, founded by Columbus in 1495 and named in hence of his every

Oilcloth can be preserved by putting two ounces of glue into a pint of water and standing it in a warm It oven until it malts. needs no explanation to tell you what should be cleaned and allowed to dry, such exercise will accomplish.

The earth of the large flower beds must be kept loose and this will require the use of a rake. Grasp the handle of this very necessary garden handle of this very necessary garden will be left, and only dusting will be needed for some time.

Tomatoes should always be skinned before being used for salad. To do will find that the skin can be removof movement.

A sarden of it is kept in the "pink" ed without any trouble

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What Every Man Knows.

Editor World: I enlisted for service with the Canadian forces in this war among the first. I've been in France and Belgium and I know the stink and mud of the trenches. Today man, with conscription giar. stink and mud of the trenches. Today a young man, with conscription staring him in the face, came to Toronto to join up and this is what he said to

want to enlist because my brother

Somehow this remark made me hot wrong. I am not listening to con-it doesn't have to be said that this scientious objectors. I do not consider young man has come to his conclusion to enter the service about two years too late. The important part s this: Even new his heart is not in what he is going to do. It will take a long time for his opinion to change and to allow him to become an effi-

He is in the same position as the negroes of the States were in '61. He doesn't know what is good for him. Few people do. The negro wanted his Women, a great number of them, want want booze, not work; lawyers want law, not justice. You could go on in this way until the end of time and you would still find those beings who would

This does not make for progress. it means extinction. And this young man. who came to me today, can be classed world has willed it to change. as one of these.

Two years and more of opportunity have gone by and this sort of fellow has sat in the shade, whistled to his bulldog and dropped his cigaret ashes or his \$50 suit while the man he has never seen, even the man of the street. is over in Europe doing a man's job you wish to be master of your soul. and answering grimly but proudly to turn your face to the east. The honors

I am not considering men's opinion political, commercialized warfare, its ignorance or its unfairness to the one

than another. But I do say: given two

the countries have been thrown into it; but the point of view has now changed definitely, and the new standard of judging a people's worth is at hand. Everything has turned into the military. The only melting pot now being used to turn out manhood is that of blood and guns. It isn't a question of right or wrong-it's the

Schools, churches, mines, railways manufacturing, education, sports -- all longer. The prisons are open. The college faculty are sleeping in front would still find those beings who we do not not use every ounce of their strength to do the very things that would harm of empty desks. Progress of the kind we dreamed has been tripped up and has fallen into the gutter. Things have changed because the

> men and women will change. And the standard by which they will be judged heart that you really are a man, if

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