

Red Cross Society Must be Prepared to Meet Emergencies

Because the Red Cross must be prepared to meet emergencies all over the world at a moment's notice, the Canadian Red Cross Society, meeting in Central Council in Toronto recently, decided to continue its policy of holding its appeal for funds separate from that of any other body. It was announced yesterday by Dr. Fred W. Routley.

There has been some suggestion that all war-time appeals should be combined in one joint effort, the suggestion being that the Red Cross cannot join this "Community Chest" idea. Through the government, we have assumed the unique responsibility of caring for the sick and suffering, while the work of most other organizations engaged in war-time activities is recreational and educational.

"We have no idea how big the demands made up us will be in the months to come, and so it is impossible for Red Cross to have a fixed budget. We must be free to undertake a campaign at any time, often on short notice."

"We don't know how many Canadian prisoners of war there will be. Our job is to look after them all, for Red Cross is the only organization permitted to provide for prisoners in belligerent countries."

"During the last war, the Canadian Red Cross cared for 2,500 Canadians interned in Germany at one time. The total number during the whole war was, of course, much larger. We can tell, either, how many Canadians will be wounded in hospital."

"Our hands must be free to act at a moment's notice in any emergency. There is the additional consideration that our contributions must be free to designate the purpose for which they wish their money used. Through Red Cross, huge sums of money have been sent to Poland and Finland."

Dr. Routley pointed out that in peace time and war, Red Cross acted immediately when disaster struck anywhere in the world, and especially right here in Canada, such as the tragic explosion in Halifax in 1917, forest fires, and so on.

He referred also to the relief and rehabilitation work done in past years in the Western Canada drought areas and the food-stricken districts of Western Ontario.

"The extent of Red Cross services

can only be measured by the willingness and ability of the Canadian people to provide the money at any time they want us to do. We think very few would be defeated if we combined our appeal with that of groups doing a different type of work."

"The people of our own have been right behind us so far in all we have done. They approved our war-time action right from the start, when we asked \$10,000 to be raised for the relief of victims of the Athens torpedoing the day war was declared, and when we had supplies and medical attention ready for these passengers on their return to Canada."

"Red Cross is a missionary organization because the work of every branch goes far beyond the confines of the community in which it is located. Each branch does its part in meeting all emergencies, such as recent earthquake disaster in Turkey. It helps in the upkeep of all services, peacetime and war, provided by Red Cross health, outpatient hospitals, and so on."

MRS. ALEX. GREIG HOSTESS TO MEMBERS OF I.O.D.E.

The regular monthly meeting of the Council of Strathmore Chapter I.O.D.E. was held at the home of Mrs. Alex. Greig, Monday evening, May 6th.

The Regent presided in the chair. The meeting opened with the members repeating the prayer of the Order. The minutes of the previous meeting were read and approved and the Regent gave her report. The wool convener gave her report on funds had work handed in.

Red Cross—12 pair socks, 2 large scarves, 4 small scarves, 6 pair wristlets, 2 helmets, 1 arvo cap.

I.O.D.E.—1 sweater, 3 small scarves, 2 large scarves, 6 pair socks, 3 pair wristlets.

Mrs. Lambert gave a splendid talk on "The Refugee Problem."

A motion was passed to join the Soldiers' Comfort Committee, Mrs. A. Beaumont being appointed as representative from the I.O.D.E.

The correspondence and business being attended to, the meeting adjourned with the singing of the National Anthem.

Up for Love

By NINA SMOAN SNELL
(Released by McClure Syndicate—WFO Service.)

"YOU gotta girl outside, buddy?" Gleason's voice was ingratiating.

The younger convict put down his magazine. "I haven't, but it's a cinch you have." He mumbled, resignedly. "You been stalling for an opening to talk about her ever since I came. Go ahead, brother. Get it over."

Gleason laughed sheepishly. "I guess it was your coming from her town started me thinking about her." He said, "Not that I don't do that a good deal, anyhow. It's what's kept me from blowing my top these nine years."

"That long? You are an old-timer. Does your girl visit you often?"

"Well, buddy, she ain't been to see me—yet. I ain't encouraged her to. I figured it wouldn't look too good for a rich, society lady like her to be running up here all the time."

A skeptical snicker came from the bunk. "What's the idea of ribbing me?"

"I ain't," he protested, earnestly. "My girl's among the highest. Honest! Why she's so up in society they put her picture in the papers sometimes. I cut one out last week. Wait!" He rose and went to a shelf, returning with a newspaper portrait of a beautiful woman.

The new prisoner took the picture. He squinted down at it a moment, then handed it back. "Uh-huh," he assented, grinning. "This here dame's a swell all right. But so's Mrs. Roosevelt and the queen of Greece. Why didn't you pick one of them 'stead of Katherine Vanstone?"

"Because they ain't neither of them my girl and Katherine is," Gleason avowed firmly. "How'd you yuh come to recognize her?" he asked. "Have you seen her face before?"

"A hundred times. Whatever Mrs. Vanstone does is front-page stuff. I guess it's partly because of the talk there was about her at the time her husband was murdered."

Gleason swallowed. "Queer you'd remember," he murmured.

"I don't. Not all the facts."

"You never knew all the facts. Nor anybody else didn't. I kept my mouth corked. And I reckon I better keep on keeping it corked."

"Pshaw! shoot the works, brother. This is getting hot, I'm interested. And I won't let it go no farther. Let's see—wasn't you the Vanstone's gardener?"

"Their chauffeur," the older man corrected. "I'd been working there a few months. And it was funny," he went on, musingly, "that I didn't have an inkling Katherine had fell for me until the night of this—this trouble. Gosh! I was dumb."

"Hain't she said nothing to let you on?"

"She never spoke to me, except to give an order. Then, this particular evening, she called to me over the house phone. She wanted her car brought around. Said she'd be waiting at the porte cochere. And she was. But I didn't hardly recognize her, at first."

"Why?"

"She looked younger, somehow—and smaller, and—well, sort of pitiful."

"Well, she put her head down on my shoulder and commenced to cry. I—I couldn't hardly believe I was awake."

"Well, after a while, Katherine let out that she and Vanstone had quarreled—about me. She'd told him straight that she loved me, and it sent him off his nut. The row ended by his rushing out of the house threatening to get even with her. Which he did. The skunk!"

The young convict made a gesture of protest. "You're going too fast for me, brother," he objected. "Let's turn back to the page where you and Mrs. Vanstone are driving around—"

"—discussing plans for our future," Gleason resumed. "Think of it, buddy! She was willing to ditch her rich husband and give up her fine place in society and all her high-toned friends, just to marry me. I could have listened all night; but she finally decided we'd best go home. And it was after we did that the works got gummed."

"I don't sabb."

"You will. It was the servants' night out and the house was dark. Katherine asked me to go in with her; because she was afraid. It was good she asked it. For the first thing we seen, after I snapped on the lights, was Vanstone's body. The dirty coward had shot himself. At the inquest, they said it happened three hours before we found him."

"Oh! So you took the rap?"

"What else could I do, buddy? Vanstone had used his wife's gun. He'd fixed things so she would have had trouble proving her innocence if somebody hadn't took the blame. An' look what she'd been willing to do for me!"

"I'm not forgetting, brother. But did she really give you—well, so much as a kiss, before you was sent up?"

Gleason shook his head sadly. "No. It was always kind of wicked she had. But she couldn't—hardly. You see they took me to jail—"

"Sure, I see. Thanks for the entertainment. That dame cert'nly copped herself off a bargain!"

TESTED RECIPES

SPRING MENUS

With the advance of Spring comes a natural desire for the foods which appear on the market at this season, and for meals which have a springtime appetite appeal. The Consumer Section, Marketing Service, Dominion Department of Agriculture suggests the following dishes for inclusion in the menu at this time of the year:

Eggs in Tomato Aspic

1 1/2 tablespoons gelatin
1/2 cup cold water
2 cups tomato juice
1 teaspoon onion juice
1 teaspoon sugar
1/2 teaspoon salt
6 devilled eggs

Soak gelatin in cold water. Combine tomato juice, onion juice, sugar and salt. Heat to boiling point. Dissolve gelatin in juice. Half-fill individual moulds with jelly mixture. When partially set, place half a devilled egg, yolk down, in jelly. When jelly sets, add remaining tomato gelatin mixture. Allow to set. Unmold on crisp lettuce. Garnish with watercress or paparragus tips. To devill eggs, remove shells from hard-cooked eggs, cut eggs in half, remove yolks. Mash yolks, season and mix with a little salad dressing. Pack yolk mixture into whites. Serves 6 to 12.

Rhubarb Sponge with Custard Sauce

1 1/2 tablespoons gelatin
1/2 cup cold water
2 cups hot, stewed, sweetened rhubarb
1 tablespoon lemon juice
2 egg whites
Pinch of salt

Soak gelatin in cold water. Add to hot rhubarb. Stir until gelatin is dissolved. Add lemon juice. When mixture is partially set fold in stiffly beaten egg whites. Serve cold with Custard Sauce made with 2 egg yolks. Serves 6.

Custard Sauce

2 egg yolks
2 tablespoons sugar
Pinch of salt
1 cup scalded milk
1/2 teaspoon lemon juice

Beat eggs slightly. Add sugar and salt. Gradually add scalded milk. Cook over hot water, stirring constantly until mixture thickens and coats the spoon.

Maple Rice Pudding

1 cup rice
2 cups milk
2 1/2 tablespoons cornstarch
1 cup maple syrup
2 egg yolks
2 egg whites
1/2 cup maple syrup

Boil rice in salted water until tender. Scald milk in a double boiler. Stir cornstarch and add gradually to the hot milk. Stir until mixture thickens, and cook 15 minutes. Add rice and well-beaten egg yolks. Place in but-

HEALTHY

The value of systematic and unrelenting combatting of diseases is shown in the decline that has been brought about in the incidence of tuberculosis in recent years, the Health League of Canada pointed out today.

But now, when the Dominion is engaged, with the rest of the Empire, in a more spectacular war with the voracious and blatant enemy, there is need of a reminder that the insidious White Plague still lurks in ambush. War periods are always favorable to the spread of tuberculosis, and more than ordinary precautions must be used to prevent its advance.

Of first importance, particularly in the case of children, is an adequate supply of nourishing food—not necessarily expensive food, but a diet which will contain all the essential minerals, proteins and vitamins. For those who are ignorant on such subjects, the Dominion Government and the Health League of Canada issue instructive and valuable leaflets.

Sunshine and fresh air are of almost equal importance, and children should be encouraged to spend as much of their day as possible in the open air during the brighter months.

Modern schools are so built and arranged that the child is almost always in healthful surroundings while at his studies, and up-to-date educational methods preclude the probability of his being over-worked. There is more possibility of his being "over-played."

Both exercises and rest are needed by the growing child, and too long and too strenuous play should be guarded against. A child may be injured by indulgence in games and sports which are beyond his strength, even more easily than his father may by long and arduous labor.

Windows of bedrooms should be kept open at night, but at the same time the child should be protected against draughts. And don't think the child does not need a good breakfast. It is one of the most important meals of the day, taken after a fast of perhaps fourteen hours or more, and it must provide the child with strength and energy until noon. His breakfast should always include milk, a cereal, perhaps an egg, and if possible raw fruit.

A child is better if he is not "pampered" but unobtrusive supervision of such matters as health habits, clothing and companions should be exercised.

Be sure to attend the Baseball meeting in the McGill Hotel on Thursday (to-morrow) night.

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