

# The Woman of To-Day

## When You Remodel a Garment.

If you are one of those unfortunate women who can buy what you want when you want it, and let someone else sweat over the bills, do not read this. But if you belong to the lucky majority who get a suit this fall, a hat about Christmas, and the gloves, shoes and hose that properly belong to the suit, when it is in its second season, this may be of help to you. Perhaps after you read it you may decide to make the old suit last another year in a new guise, and buy the accessories this fall.

Up in the attic you may have an old black broadcloth suit which went out of style before the war. If you have you are in luck, for both broadcloth as a fabric and black as a color are in high favor this season. And while the ultra dress has the long lines from shoulder to hem which look discouraging to the home dressmaker seeking to convert a suit into a dress, there are really good models with girdle which give one a chance to utilize the suit coat. Or a long black broadcloth coat might be converted into a smart new dress by using a front panel of satin or silk.

In making over the suit the first step is to get your material ready. It should be first ripped, using a safety razor blade, or a good sharp knife if you haven't the razor blade. Then take out doors and brush the pieces with a stiff brush, taking care to remove all stitches and lint. Pure wool may be washed with soap flakes or a good wool soap and soft warm water. Make a lather before entering goods. Do not rub on soap. Be sure that the water in which the goods is washed and in which it is rinsed, is of the same temperature. Do not use too hot water. Changing the temperature causes the wool fibres to stiffen. It is better to leave a little lather in the rinsing water, as otherwise the natural oil of the wool is removed. The soap that adheres to the cloth will be removed when the material is hung outside. If the water is hard, soften with borax or ammonia.

Run the material through a wringer, do not twist with the hands, and hang on the line to partially dry. Then wring it lightly, let stand for an hour, then press with a cloth, on the wrong side.

If you are not sure of the quality of the wool it would be better to clean it in gasoline. To do this only a high grade gas can be used, as the low grade oils remain in the wool and

the cloth becomes a dirt catcher. To test the gas, put a little on a sheet of writing paper, and allow it to run off to the side. If it evaporates quickly and leaves no marks on the paper it is all right to use.

Silks are better washed in gasoline. Or perhaps you will want to dye it. Georgettes, crepe de chine, and foulards dye well. If you decide to dye, first remove all the color possible. Make a heavy suds of a mild soap added to water enough to cover the goods. Enter the silk and boil until color is removed. Thirty minutes should be sufficient, fifteen is often enough. A little washing soda added to the water hastens the process.

In dyeing, follow directions on the package you select implicitly.

Before starting your work of cleaning, study well your garment and decide on a pattern. Be sure that you have material enough to carry out your idea before you start ripping up the old garment. There are many good patterns on the market, and all will tell you how much material you need. If you are at all clever with the needle, you will be able to do the work yourself. If you have doubts as to your skill it would be economy to hire a dressmaker to do the work.

## Good Cheer From the Sick.

Is there anything quite so beautiful as a radiant, happy soul in a deformed body? Many of the happiest people I have ever known were crippled; but how they spread sunshine and cheer over the whole house!

I know a woman who has spent the largest part of twenty years in bed with a hopeless spinal malady who writes, "I am anxious to give sunny thoughts to people, to help my complaining, fault-finding, pessimistic friends." This brave woman is trying to give sunny thoughts to people when she has been a semi-invalid for twenty years. One would think that if anyone had a right to be pessimistic, gloomy, sad, and discouraged, it would be such a woman. But no! She cheers people up. This ought to make those of us who are sound well ashamed of our fault-finding, complaining, and pessimism.

If there is a blessed quality in the universe it is found in those who express sunshine, who radiate happiness and good cheer under great suffering.

## For the Lunch Pail.

Mothers who are at their wits' end

in planning the children's school lunch will welcome the following suggested combinations.

Sandwiches with sliced, tender meat for filling; baked apple, cookies, or a few lumps of sugar.

Slices of meat loaf or bean loaf; bread and butter sandwiches; stewed fruit; small frosted cakes.

Crisp rolls, hollowed out and filled with chopped meat or fish, moistened and seasoned or mixed with salad dressing; orange, apple, a mixture of sliced fruits or berries.

Lettuce or celery sandwiches; cup custard; jelly sandwiches.

Cottage cheese and chopped green pepper sandwiches; fruit cake.

Hard-boiled eggs; crisp baking powder biscuits; celery or radishes; brown sugar or maple sugar sandwiches.

If the sandwiches are wrapped in oiled paper, the lunch packed neatly and a paper napkin put in, the children's enjoyment of the lunch will be doubled and the mother will be amply repaid by their enthusiasm for a mother who cares.

## WHAT TO DO FOR STOMACH TROUBLE

Good Advice From One Who Had Suffered Much.

Nine tenths of all forms of indigestion or so-called stomach trouble are not due to the condition of the stomach at all, but are caused by other influences. The great contributing cause of indigestion is thin blood. Good blood and plenty of it is required by the stomach to take care of the food. If the blood is thin the stomach functions sluggish, food lies undigested, gas forms and causes pains in various parts of the body. Instead of getting nourishment from the blood the system gets poison.

Relief from this condition can be obtained by the tonic treatment which Mr. D. Shaw, Mt. Stewart, P.E.I., tried and now warmly recommends to others. Mr. Shaw says: "I suffered from indigestion for over four years, and have tried many of the well-known remedies for such troubles, but never obtained more than temporary relief. The trouble was aggravated by constipation setting in owing to the stomach failing to do its work, and laxatives only gave relief to the bowels and left the stomach in worse condition. The result was my blood was growing more and more anaemic, I did not sleep well at night and was growing despondent. I was in this wretched condition when a friend advised me to try Dr. Williams' Pink Pills. I got three boxes and by the time they were finished there was some change for the better. This greatly encouraged me and I continued taking the pills for some three months, by which time my stomach was all right again, my blood good, nerves strong and life was again worth living. My advice to all who suffer from stomach trouble is to give Dr. Williams' Pink Pills a fair trial."

Dr. Williams' Pink Pills can be obtained through any medicine dealer, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## Jews From Russia Flooding Palestine.

The sacred ways of Palestine, where Christ walked nineteen centuries ago, may be the national home for the Jews, but now it seems probable that the dominant element there will be Russians.

Tens of thousands of sufferers from Southern Russia are fleeing from fear of famine, thanks to funds contributed by the Zionist Emigration Society, which has been organized by American Jews of Russian extraction.

The steamer Cleopatra, of the Lloyd-Triest line, has been chartered to carry the pilgrims on their new flight toward, and it is understood that a second steamer will commence direct operation from Trieste to Jaffa early in January. The majority of these Israelites have succeeded in reaching Rumania and Poland after months of walking with only a small bundle of clothing as mementos to remind them of the Russian hardships.

They had intended going to the United States, but immigration restrictions interfered, and their friends in America solved the problem by sending them to Palestine as a nucleus of the nation which is to show light to the rest of the world when real peace comes.

Greatest care has been taken to select these emigrants, nearly every profession and trade being included, with special attention to doctors and lawyers and those who have had farming experience, so that the community life of new Zion may be established as soon as possible after the allotment of homes.

People think religion is confined in an edifice, to be worshipped at an altar. In reality it is an attitude toward divinity which is reflected through life.—David Starr Jordan.

—and the worst is yet to come



## Success Nuggets.

We scatter seeds with a careless hand And dream we ne'er shall see them more;

But for a thousand years Their fruit appears, In weeds that mar the land.

—John Keble.

No one truly lives until he conquers the devil of fear and worry and arrives at the mental poise which will not allow his life to be marred or even annoyed by the things which have never happened or things which do happen.

That only which we have within, can we see without.

If we meet no gods, it is because we harbor none.

If there is grandeur in you, you will find grandeur in porters and sweeps. He only is rightly immortal to whom all things are immortal.—Emerson.

In battle or business, whatever the game—

In law, or in love, it is ever the same; In the struggle for power, or scramble for pelf, Let this be your motto, "Rely on yourself."

For whether the prize be a ribbon or throe, The victor is he who can go it alone.

—Saxe.

Women farmers in the United States number over 260,000

## THE FALL WEATHER HARD ON LITTLE ONES

Canadian fall weather is extremely hard on little ones. One day it is warm and bright and the next wet and old. These sudden changes bring on colds, cramps and colic, and unless baby's little stomach is kept right the result may be serious. There is nothing to equal Baby's Own Tablets in keeping the little ones well. They sweeten the stomach, regulate the bowels, break up colds and make baby thrive. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## Forest Fires Injure Everyone.

Forest fires burn up millions of dollars worth of property annually. This is a dead loss, benefiting no one; injuring everyone. Canadian governments, railway commissions, forest protective associations, and lumbermen, spend a million and a half dollars annually in fighting forest fires, but these organizations are powerless unless supported by the co-operation of citizens. An alert public opinion is one of the greatest safeguards of our forests.

Submarines are forbidden to Germany by the terms of the Peace Treaty.

## Fortunes Waiting to be Won

Everybody declares that we live in a wonderful age, and when everybody says a thing it is supposed to be true. Yet what a lot of things are waiting to be discovered and invented!

Considering what a great advance dentistry has made, for instance, how is it that no antidote for the decay of teeth has been discovered?

Nobody has been found yet who can prevent a man from growing bald. Though fortunes have been made by men and women who professed to have found preventatives, these are as nothing compared with the fortune awaiting the inventor who can produce something which will make a man's hair grow again.

## The Secret of Sleep.

Sleeplessness is a thing that nobody can cure. Although a doctor can give a man a sleeping-draught, and thus induce a kind of comatose state, natural sleep cannot be forced. The doctor who could put a wakeful patient into an "infant slumber pure and light" would be able to retire on his fortune in less than six months.

Indigestion still awaits a permanent cure. Mr. Rockefeller's offer of a million dollars to the man who will give him a new stomach still holds good. As, in addition, the famous millionaire is almost as bald as a billiard ball, he might be induced to give the same amount to the man who is able to make his hair grow again.

In spite of advances made in aviation and navigation, we are still very much at the mercy of the weather. We have to accept any weather that Nature provides, and look on while our crops are destroyed, our ships sunk, and our trees blown down. True, we are able to fly, but we cannot fly in the face of storm, like the gull, while the sea remains our master.

It is not the man who can turn off Nature's tap who is wanted, but the man who can turn it on. Too much rain is preferable to too little or none at all. An invention for producing rain when and where required would mean fabulous wealth to the world. It would create new empires in the Sahara and the vast salt wastes of Western America, and it would make the centre of Australia as fertile as Tasmania.

No man has ever made a noiseless engine or a noiseless gun. The one would make work in a mill or forge almost a pleasure, while the other would remove one of the horrors of warfare. Incidentally, of course, the latter would be a great asset to the strategist. Silencers have been invented for engines, but they only reduce noise. They do not kill it, and, though smokeless powder has almost been attained, a noiseless explosion is a thing unheard of. When there is a burst, there is a bang.

## Dodging Father Time.

Nobody has ever discovered a plan for preserving the natural color of human hair. It still persists in losing its coloring matter with the approach of age, and sooner or later goes grey and then white. The genius who succeeds in discovering a device to enable the hair to maintain the color of youth even in old age will reap a rich reward.

The plough and the harrow, though a little better constructed, are much the same implements as our grandfathers used, and so are the spade, the axe, and the pick. The wheel, too, has never been improved upon as a means of locomotion, the only differences being the addition of spokes instead of the solid wheel, the addition of cogs for machinery, and the invention of flanges for rails.

## HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

Diet is a matter of great importance at any time of life, but at weaning time it is especially so. When the baby is about twelve months old it begins to demand something more than a milk diet for its ordinary sustenance; it has passed from the infant stage and begins to train its stomach for the mixed diet of childhood. What to give the child at this crucial time of life is of very great concern. The best substitute for a whole diet of milk is cereal, such as oatmeal, cornmeal or cracked wheat, which should be well cooked and fed to the baby twice a day; for two or three months the cereals should be strained. In addition to the cereal he should have four cupfuls of milk daily, and a little fresh fruit juice.

When fifteen months old he may have at first a teaspoonful, later one tablespoonful of rare scraped beef, mutton or chicken; when eighteen months old, he may have one-half of a mealy, baked potato, daily.

During the second year, the child should have four meals a day, at 6 a.m., 10 a.m., 2 p.m., and 6 p.m. Nothing but water should be allowed between meals.

When two years old he may have most of the fresh green vegetables when they are thoroughly cooked and finely mashed.

Tea, coffee, cider, wine, beer, soda water and candy should NEVER be given a young child, nor should pies be given it. It would be a good plan indeed to tell the child when it grows older not to touch pies, as they are not good for little children. This can usually be done before the child acquires a taste for pies or pastry, and I remember a few months ago meeting a child of five who did not know the taste of pie and did not want to know, because the parents had taught her to avoid it.

Although the juice of fruits is the

best, cooked fruits such as baked apple or apple sauce, are appetizing and helpful. They should be given once a day after a child is eighteen months old, but the fruit should first be strained. Stale raw fruits are dangerous, especially in the city in summertime.

For a child of from two to three years of age, a suitable diet is as follows:

Breakfast—7.30 a.m., the juice of one sweet orange, or the pulp of four or five stewed prunes, or apple sauce. Either a well-cooked cereal—cornmeal, oatmeal, cracked wheat, wheatena—all well salted and with not more than one-half teaspoonful of sugar and milk added; or, soft boiled or poached eggs with stale bread or crisp toast. Glass of warmed milk. 10.30 a.m. Glass of warmed milk.

Mid-day lunch—1.30 to 2 p.m. One-half cup of broth or soup, which may be chicken, beef or mutton, thickened with barley or rice. Chop, rare roast beef, rare steak, chicken or broiled fish, boiled or baked potato. Asparagus tips, carrots, string beans, peas, spinach. All vegetables should be very thoroughly cooked and mashed. The vegetables should be cooked quickly, and not allowed to stay long in the water and lose any vitamins they may contain.

Baked apple, plain bread or rice pudding, corn starch, custard, junket, or stewed prunes with skins removed. Supper—5.30 p.m. Well-cooked cereal, bread and milk, bread and butter and cocoa, stewed fruit, apple sauce. Glass of warmed milk. No food between meals. Water several times a day.

If the lady signing herself "A. T. Turfiff" will kindly send her name and address to Dr. Middleton at Spadina House, Spadina Crescent, Toronto, he will answer her letter.