

## OF INTEREST TO WOMEN

There are a few women who have marvellous success with house plants. As a matter of fact, women who are successful in plant growing rarely know why they are so. Usually they love their plants. It follows as a natural thing that they do not do the things that are injurious.

The most difficult and most necessary thing to regulate, if you would have your house palms and ferns successful, is the temperature. If furnace fires go out, move the palms to a warm window, until the fires are rebuilt. If the room becomes overheated, open your windows so that the draft of cold air entering comes nowhere near your plants. The difference in temperature of rooms during day and night is analogous to the natural difference out-of-doors, and can be withstood, but sudden changes during the day are dangerous.

The second necessity is water. The small amount poured upon the plants daily is insufficient. About once in two weeks the entire plant, pot and all, should be placed in a tub of tepid water rising to the pot level and allowed to remain there from six to twelve hours. The pots are porous and the water soaks through.

Palm leaves should be washed with soap and water at least once a week. The plant breathes through holes upon the lower surface of the leaf. When these become clogged with coal dust or soot its whole process of digestion and assimilation is impaired. In the natural state hard rains cleanse the leaves thoroughly; indoors you must find a substitute. A good oil soap (not a borax or drying soap), a sponge, or very soft brush, will leave the leaves clean and lustrous. As it is impossible to clean the leaves of ferns in this manner, a small atomizer is effective. Spray the under side as well as the upper side thoroughly.

A teaspoonful of house ammonia in two quarts of water weekly is a good tonic for palms and ferns. When palm leaves begin to brown trim them with sharp scissors. When they finally die, cut them off as close to the base as possible. Stubs are good places for disease germs. If your fern seems hopeless, cut it to the root, keep it moist and away from strong sunshine for several weeks and it will come up again stronger than ever. Ferns may be divided and repotted at almost any time and are benefited by the process, as the root growth frequently is too great for the pot. To divide a fern remove it, earth and all from the pot, select the portion you want for your new pot and cut through the earth. The roots are so tangled that it is impossible to tear them apart without far more injury than that inflicted by the knife. Repot your two portions, saturate with water, keep moist and away from strong sunlight for three weeks.

Palms and ferns are usually free from insects. If they are attacked, spray morning and night with tobacco water made by boiling tobacco stems in water and diluting until a pale brown.

When the growth is not too large it is a good idea to stir up the earth at the surface with a fork. This permits the air to enter and neutralize acidity. Be sure your pots have proper drainage; and don't be afraid of your plants. They will repay you gloriously if you help them out.

Most of us get a little jaded and "run down" occasionally, so it's well to know of those simple, "natural" tonics that cost little, cause no reaction and speedily build up depleted nerves and tissues.

The nervously exhausted woman will find a good friend in bran lemonade—made by boiling or steeping three heaping tablespoonfuls of clean, sweet bran in a quart of water, then adding the juice of a lemon. This may be taken as a beverage, with meals, sweetening a little if liked, or a glass of it may replace one of the glasses of cool, clear water that should be taken in the middle of the morning and afternoon, at rising and at night. If the lemon taste is not fancied, the bran tea may be used hot or cold, with a pinch of salt to add savor. This is a tonic that will soon prove its value. It is fine for adding color to pale cheeks and strengthening falling hair. The reason, of course, is in the unwanted elements, removed from the fine wheat flour, with which the bran is rich.

Another admirable tonic consists of

equal parts of good olive oil and lemon juice, beaten together, and taken three times a day, with, before or after meals. This is good for the woman who entertains grave suspicions of a "lazy liver," and wants to lose her weariness and sallow complexion. It may be used on salad or bread if liked, or taken clear. Those who do not care for French dressing—in which the oil predominates—or who cannot digest clear oil will have no trouble with the proportions named.

Another good "natural" tonic consists of vegetable soup—real vegetable soup made without meat stock—composed of minced carrots, onions and so on boiled in sufficient water and well seasoned.

Buttermilk, hot milk, not boiled, but brought close to the boiling point and salted, and "apple tea," made by boiling sliced apples and pressing the thin resulting sirup through a sieve, are other good "natural" tonics fine for feminine health and appearances, and with which no doctor could find fault save as they may avert a doctor's bill.

The woman of today does not intend to lag behind the man in any deed requiring pluck and skill, if she can possibly compete with him. Miss Peck and others have shown themselves as daring Alpine climbers as any known man, and now, as a matter of course, women are becoming aviators. They have driven automobiles long enough to become more or less bored with them; besides, they are now so common that it's not worth while; but going up in an aeroplane is quite exciting, and even more dangerous than speeding an automobile. Apparently the likelihood of losing control of the machine and hurtling to the earth is quite enthralling.

Mrs. Helen Benedict Harmon, wife of the well-known aviator, who took Mrs. Vanderbilt for her initial flight in an aeroplane, is an old hand at it herself. She says of her sensation:

"Naturally one is a little nervous before the start, but the moment the machine leaves the ground you are simply intoxicated with the sensation that follows. You feel somehow that you have cut loose from the weary old earth and all its cares and troubles. You delight in breasting the waves of air in the way that a swimmer does the water—only without having to exert yourself as he does. The easy, graceful, sweeping motion of an aeroplane is totally unlike any other form of motion. You become so exhilarated that you want to rise to greater heights and go faster and faster. There is not a trace of nervousness left. Even the rattle and roar of the motor and the propeller are forgotten after a time. All you know and feel is that you have wings, that you must use them; and that the whole world of air is full of you. Oh, yes, I know that I'm using a figure of speech, and that one's flight is limited by the supply of gasoline. But aeroplaning is just glorious all the same, and if a woman wants to enjoy a new sensation she cannot do better than persuade the owner of a flying machine to take her along."

Among other American women who are aeroplanists are Mrs. Frank Griswold, Mrs. Foxhall Keene and Mrs. Bourke Cochran. In England and France are Lady Abdy, of England, who has offered to back an aeroplane line between London and Paris. Mrs. Spencer Kavanagh and Miss Edith Creasey, both women of wealth, are promising pupils of Grahame-White, the well-known English aviator. Mr. White's mother is a veteran of the air. The Countess of Lambert is still another air-woman of promise. The accident that befell the Baroness de la Roche at Rheims in July last will not have been forgotten by the reader. She is an expert aviator, but while flying met with one of those unlooked-for mischances that seem to be unavoidable at this stage of the game, and injured herself terribly.

Then there is Mlle. Dutrieux of Paris, who owns a Santos-Dumont machine that she flies with much skill. Mme. Palier, who is said to hold the women's record for distance flight; Mme. Branger, Mlle. Franck, who has essayed some ambitious feats; Mme. Farnham, wife of the aviator and inventor; Mlle. Marvingt, Mme.

Collier, Mme. Cobron, Frau Warchalowski. The fact that fifty aviators have been killed in a year has no deterrent effect.

It's the question who has the most complex complexion troubles, the summer girl or her winter sister.

The winter girl's complaints are less imaginary than those of the summer girl, for there is no doubt that a red nose and a chapped skin are more disfiguring than a hundred freckles and a coat of tan.

Most complexion troubles are due primarily to food. Much food is eaten in summer, far too much in winter. Blotchy faces, red noses and yellow skins usually owe their existence to highly soiced or rich dishes that have been eaten because they were so good and not because the eater was hungry.

Whenever you eat food that you don't really crave; whenever you eat without an appetite or viands you know don't agree with you; whenever you indulge in too much tea or coffee or in meats covered with thick and creamy sauces; in wines and rich cakes and pastries, you should know that you are running the risk of spoiling your complexion.

No amount of external treatment will whiten your skin if you continue to eat too much and to clog and overtax your alimentary tracts. Overeating and injudicious eating cause a flabby and unhealthy condition of the skin and give the face that puffy look which cannot be expressed in more elegant terms.

A careful diet and exercise for ten minutes a day should accompany all the following rules for the treatment of the complexion. The exercise should consist of deep breathing and bending movements for strengthening the abdomen and exercising the liver. These have been described on this page many times.

Many correspondents insist that they cannot wash their faces in winter with water, scrubbing brush and soap.

"The scrubbing brush irritates my skin and in cold weather I cannot touch water to my face, anyhow," writes one.

before you wash your face, the harsh faces will be taken away.

The water in which the face is washed should always be warm, and in winter, as well as summer, a cold spray of rinsing should follow after the face has been thoroughly cleaned in the warm water. When the complexion brush is really too hard old linen rags or cheesecloth that has been washed or boiled to make it soft may be used instead. For people whose faces are ultra-sensitive, absorbent cotton moistened with warm water in which bran or corn meal bags have been placed will be found soothing to the skin. Instead of using pure soap, take a pound of sweet almonds, blanch them, and when they are dry reduce them to a fine meal; mix with the same quantity of powdered orris root and perfume with oil of geranium. This should be kept in an air-tight jar and can be used on the most sensitive skin instead of soap.



HON. C. W. LABILLOIS.  
The Senior Member of the House.

## HERE'S A CHANCE.

The Daily Mail will be sent by mail to any address from now until the close of the ensuing session of the Legislature, for only twenty-five cents. It will contain full reports of the debates and committee meetings and as this will in all probability be the last session of the present Legislature, the proceedings promise to be of exceptional interest. The paper will be sent from the date the order is received.

Black lace may be sponged with green tea and wound around a bottle to dry. Be careful not to place it near a fire, as it will make the lace look rusty.



PROVINCIAL PARLIAMENT BUILDINGS.

Probably your brush is too hard, undoubtedly the ordinary city water doesn't agree with all skins. A few drops of tincture of benzoin in the water will improve it in certain cases. Other women cannot touch benzoin, but they will find that a small piece of borax will soften the water sufficiently to make it pleasant. Rain water is delightfully soft but of course it cannot always be obtained; however, if you prepare small bags of cheese cloth and fill them with either bran or corn meal, putting the bag in the basin of water

## RUSSIA WANTS NO JEWS IN GOVERNMENT SERVICE

St. Petersburg, Mar. 1—The All-Russian Nobility Congress today adopted a resolution, demanding the unconditional expulsion of Jews from the government service and from the military service. It demands also that they be prohibited from legal and legislative activity. The fact that they may change their faith is not to be considered.

108  
NOX A COLD IN ONE DAY

108 is the number of a prescription by an eminent doctor, and it cures Coughs, Colds, Bronchitis and Sore Throat. Try it. 25 cents a bottle at Arthur J. Ryan's.

POLICY OF LIBERALS  
BROUGHT PROSPERITY

## Strong Endorsement Given to Government of Sir Wilfrid Laurier--New Markets will Assist Development--Largely Attended Meeting of North Toronto Liberals Takes Emphatic Stand.

(Toronto Globe.)

Moved by Mr. T. C. Robinette, K.C., and seconded by Mr. Zeleg Howland:

"(1) That the great prosperity of Canada is the result of the freer trade policy inaugurated by Sir Wilfrid Laurier in 1896, which resulted in the development of the trade of Canada and its natural resources; that the policy now proposed with a view of opening other markets on fair and reasonable terms will undoubtedly still further assist in the proper development of Canada's trade and resources for the benefit of Canada as a nation within the Empire, and will undoubtedly result in the material advantage of her people as a whole, while not in any way checking the natural and profitable development of trade between Canada and the various parts of the Empire; that freer trade in natural products will result in advantage to Canada by increasing the wealth of its people, and such a result cannot possibly be to the detriment of the true interests of Canada or of Canada's nationality.

"(2) That the agreement now being considered by the House of Commons of Canada is undoubtedly a great boon to the farmers, the fishermen and the consumers, and must necessarily by reason of the increased wealth of the people result in a large increased trade for the manufacturers and therefore, an increased traffic to the carrying companies. The benefits accruing to the people as a whole will be of such a character that the loss or injury (if any) to any particular section will be of such a trifling character that the people of Canada will rejoice at the foresight and wisdom shown by Sir Wilfrid Laurier and his government.

"(3) Be it therefore resolved that in the opinion of this Association, the consummation by legislation of the trade proposals between Canada and the United States is most desirable and calculated to bring untold benefits to Canadians without in any way interfering with British connection or Canada's destiny within the Empire."

Moved by Mr. N. W. Rowell, K.C., and seconded by Mr. J. E. Atkinson: "That this Association desires to express its approval of the policy adopted by the government of the Right Honourable Sir Wilfrid Laurier in 1897, by which Canada voluntarily extended a preference under the customs tariff to imports from the Mother Country and other parts of the Empire. Under this policy there has been a great enlargement of Inter-Imperial trade, and this Association has read with satisfaction the declaration which was made in Parliament by the Finance Minister that it is the determination of the government to continue unimpaired the British preference as a permanent feature of Canada's policy."

Moved by Mr. J. F. Edgar, and seconded by Mr. Stewart Lyon:

"That this association believes that the time has come when Canada should take its fair share in the naval defence of the Empire and that the formation of a Canadian navy as provided by the naval service act is the only effective and permanent method of assisting Britain and at the same time affording protection to our own coasts and commerce and we believe that the steps taken by the Dominion Government in carrying into effect the provisions of the said act are those best calculated for the progressive development of the navy, so that the training of seamen will keep pace with the furnishing of ships.

"That the Conservative proposal of cash contribution to the Imperial navy is inconsistent with the principles of self-government and unworthy of the dignity of this country and that we regard the Conservative-National alliance as a reckless bid for votes on the part of the Conservative party without regard for the best interests of Canada and the Empire."

## A WELL ATTENDED MEETING.

The meeting of the North Toronto Liberal Association last night brought out the largest gathering of active Liberal workers that has been seen in the riding for some years and one that bodes trouble for Mr. Foster when the next election comes on. There never has been any doubt of the quality of North Toronto Liberalism, and the gathering together of 40 delegates and onlookers for an annual meeting proves that the quantity is increasing encouragingly.

A keen contest for the Presidency between the friends of Mr. C. W. Kerr, K. C., the retiring president and Mr. G. Tower Ferguson, in

which Mr. Kerr won was one of the reasons for the large attendance, but another reason was unquestionably the desire to show that Liberalism in Toronto stands with Sir Wilfrid Laurier for greater freedom of trade. The resolutions presented above indicate the views of the delegates. They were passed without a dissenting voice, amid great enthusiasm.

## PAST EFFORTS FOR RECIPROCITY

Mr. T. C. Robinette, K.C., in speaking to the motion passed favoring reciprocity, pointed out that Sir John Macdonald and others of the great Conservative leaders of the time had given an argument in favor of the National Policy of protection that it would tend in the end to secure for Canada reciprocity with the United States. He quoted not only from the remains of the great Conservative Premier, but from Mr. J. S. Willison's "History of the Liberal Party" to show that the opinion of most of the public men of Canada had been that free access to American markets would bring enormous benefits and that the British authorities had worked hand in hand with Canadians to try to secure a renewal of reciprocal trade when the first treaty had been denounced. He told of how in 1874 the matter had been nearly revived through the efforts of Hon. George Brown and Sir Edward Thornton, the British Minister, only to be killed in the U. S. Senate, though acceptable to most Canadians except the manufacturers and the Boards of Trade. He quoted from a speech delivered by Sir John Macdonald before the Albany Club in 1891, claiming that every measure of reciprocal trade gained from the United States had been gained by the Conservative party. He showed that not only Sir John Macdonald but Sir John Thompson, Hon. George E. Foster, Sir Charles Tupper and Sir Leonard Tilley, together with the great rank and file of their party had advocated and struggled for access to the great southern market, unsuccessfully it is true, but yet without anyone charging them with being either disloyal or in favor of annexation. But in 1911, when Liberal ministers had accomplished what they did not and returned successful beyond expectations the old flag is brought out and indignantly waved, while instead of being thanked and accorded a Roman triumph, they are reviled, persecuted and pilloried on every side.

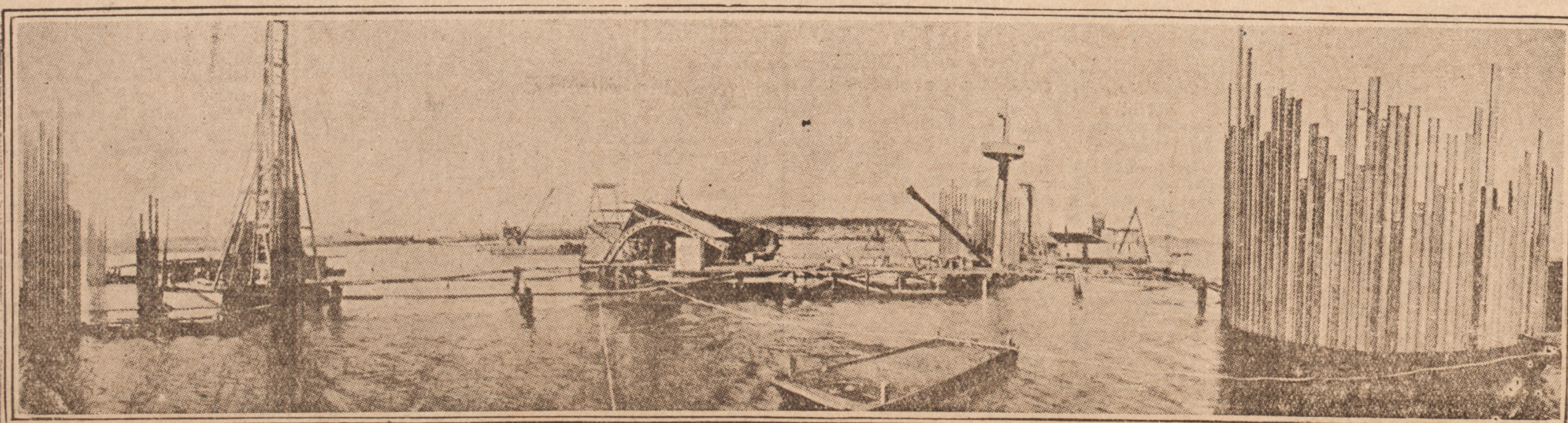
Mr. Robinette told how prosperous the reciprocity years had been, and how during them, satisfaction with British connection had waxed rather than waned, and that the only resolution by prominent men favoring annexation with the United States was signed in 1849, before the term of reciprocity. He finished with a strong resume of the advantages of reciprocity and of British connection.

Mr. Peleg Howland seconded the resolution. He gave a short summary of the advantages to be gained by each province of the Dominion in reciprocal trade with the United States, and showed that all had something to gain, whether in lumber, grain, cattle and what not.

PREFERENCE WITH BRITAIN. Mr. N. W. Rowell, K.C., in a speech which was enthusiastically endorsed by cheers of approval, moved the resolution expressing the entire concurrence of Liberals with the preference granted Great Britain by the government of Sir Wilfrid Laurier in 1897.

"The Liberal party," said Mr. Rowell, "shows its loyalty by its deeds. It proposes to stand by the preference, and I for one, would be quite prepared to see that increased if it would suit the wavering loyalty of some of our Conservative friends at this time. It is possible that those who believe Canada would not remain within the Empire unless the preference were given to her food-stuffs from Britain now believe that free trade in food-stuffs with the United States may carry Canada out of the Empire. Liberals believe, on the other hand, that as Canada's loyalty to the Mother Land does not depend on a preference given in the British markets to Canada's food-stuffs, but on tradition, on a common language, a common history and literature, and upon the blood shed by Canadians for the Empire in South Africa as well as in Canada, a thing they remember on this day (Paardeberg Day). Canadian loyalty will not be in any way lessened by better trade relations with the United States."

(Continued on page three.)



BUILDING THE WALL OF COFFERDAMS ROUND THE WRECK OF THE MAINE.