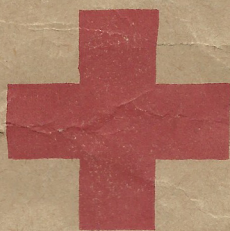




WINTER 1918



WAR WORK

Containing Official Instructions
for Red Cross Supplies and
Soldiers' and Sailors'
Comforts

RED CROSS
TORONTO BRANCH

92 KING ST. WEST, TEL. ADELAIDE 784

(Superseding all Previous Editions)

THE NATIONAL RELIEF COMMITTEE

The members of the National Relief Committee are as follows :

Chairman :

The Assistant Director General of Medical Services.

Hon. Secretary :

Lt.-Col. R. J. Birdwhistle, Ottawa.

Executive :

Brig.-Gen. Sir John M. Gibson, K.C.M.G., Hamilton.
Lt. Col. Noel G. L. Marshall, Toronto.
Surgeon-General G. Sterling Ryerson, M.D., Toronto.
Fred Cook, Ottawa.
F. Montizambert, M.D., C.M.G., I.S.O., Ottawa.
W. F. Angus, Montreal.
Col. Sir H. M. Pellatt, C.V.O., Toronto.
C. J. Copp, M.D., Toronto.
Lt.-Col. R. H. Pellatt, Toronto.
Mrs. A. E. Gooderham, Toronto.
Mrs. H. P. Plumptre, Toronto.

The National Relief Committee is the Executive Body of the joint organization of the Canadian Red Cross Society, the St. John Ambulance Association, the St. John Ambulance Brigade and the Medical Branch of the Department of Militia and Defence. It was organized at a meeting held at Government House, Ottawa, called under the auspices of Field Marshall His Royal Highness the Governor-General, for the purpose of co-ordinating the work of relief in supplying auxiliary aid to the troops at home and abroad. Representatives were present from all the organizations mentioned, and the duties of the respective bodies were defined as follows :

Canadian Red Cross Society : The collection of funds and material, together with the distribution of the same.

The St. John Ambulance Association : The formation of Voluntary Aid Centres, and instruction generally in First Aid.

The St. John Ambulance Brigade : The formation of Voluntary First Aid and the provision of personnel to the Army Medical Corps.

At a subsequent meeting the National Committee of Women for Patriotic Service (commonly known as the National Service Committee) was added to the conjoint organization, and the duty allotted to them of collecting comforts for the troops. In consequence of the creation by the Government of a Director of National Service, and in order to secure a direct appeal in Canada under the name of the Canadian War Contingent Association, the National Service Committee has resigned the duty in favor of a Dominion Branch of the C.W.C.A., including both men and women.

Arrangements were later made with the Canadian War Contingent Association, with headquarters at 123 Victoria Street, London, S.W., England, for the distribution of all comforts, while the Canadian Red Cross Society's London Office, York Hotel, Berners St., London, W., would look after the distribution of Red Cross supplies. The Hon. Sir George Perley, M.P., Canadian Commissioner, is President and J. G. Colmer, Esq., C.M.G., is Secretary of the Canadian War Contingent Association; and Lt. H. Blaylock, is Canadian Red Cross Commissioner in London.

THE CANADIAN BRANCH OF THE ST. JOHN AMBULANCE ASSOCIATION

President :

Fred. Cook, Ottawa.

Vice-Presidents :

Mrl Justice Chisholm, Halifax.
Brig.-Gen. The Hon. James Mason, Toronto.
C. G. Pennock, Vancouver.
Sir Augustus Nanton, Winnipeg.
W. F. Angus, Montreal.

Chairman of Executive :

Fred. Cook, Ottawa.

Honorary Treasurer :

Sir George Burn, Ottawa.

Honorary Secretary :

Charles G. Cowan, Ottawa.

General Secretary :

Lt.-Col. R. J. Birdwhistle, Ottawa.

Head Office : 15 Castle Bldg.

Executive Committee :

The above-named Officials and A. D. MacTier ; Brig.-Gen. Sir Henry M. Pellatt, C.V.O. ; Dr. C. J. Copp ; J. M. Courtney, C.M.G., I.S.O. ; Robert Gill ; Dr. C. H. Godin ; Col. D. T. Irwin, C.M.G. ; Gen. G. Carleton Jones, C.M.G. ; Dr. F. Montizambert, C.M.G., I.S.O. ; J. F. Orde, K.C. ; Hon. N. A. Belcourt ; Hon. Sir L. H. Davies, K.C.M.G. ; Sur.-Gen. G. S. Ryerson ; Lt.-Col. Alfred Thompson, M.P. ; M.D., Lt.-Col. J. Alex. Hutchison, M.D. ; Sanford Evans.

The St. John Ambulance Association is the Ambulance Department of the Order of the Hospital of St. John of Jerusalem in England, a most ancient Order possessing an unbroken record dating back to the eleventh century, and from which the Red Cross movement, to-day so largely in the public eye, derives its origin. From this most historic Order of St. John of Jerusalem is descended the distinguished Order as it is known to the present generation, and this, in its turn, brought into existence the St. John Ambulance Association as we now know it. Such is, in very brief form, the background of history from which the St. John Ambulance Association and its offshoot, the St. John Ambulance Brigade, have evolved, and never surely had a good cause such inspiring memories to draw upon.

The device of the Red Cross was adopted at the time of the Geneva Convention in 1863, the Congress adopting the arms of the City of Geneva, only reversing its colors. The order of St. John of Jerusalem in England, as it then existed, was represented at the international Conference of Red Cross Societies held in Berlin (*obsit omen*) in 1869, but the real beginning of the ambulance movement as we know it, dates from the Franco-German War of 1870, when it was seen that no Red Cross Society could fulfil its duties in time of war unless it were properly organized in time of peace. What has been done for field hospitals by Florence Nightingale has been done for ambulance work generally by the St. John Ambulance Association. For the last forty years its powers and organization have been rapidly developing, not only in the British Isles, through the Empire, so that India, Canada, Africa, Australia, and all the other Dominions have now their own splendid organizations, while in Jerusalem it maintains the British Ophthalmic Hospital. All these are integral parts of the Ambulance Department of the Order of St. John.

The Association was founded in 1877 and the Canadian Branch was organized in 1910, with headquarters at Ottawa. The objects are :

(a) The instruction of persons in rendering "First Aid" in cases of accidents or sudden illness, and in the transport of the sick and injured.

(b) The instruction of persons in the elementary principles and practice of nursing, and also of hygiene and sanitation, especially of a sick room.

(c) The manufacture and distribution, by sale or presentation, of ambulance material, and the formation of ambulance depots in mines, factories and other centres of industry and traffic.

(d) The organization of Ambulance Corps, Invalid Transport Corps, and Nursing Corps.

(e) And generally the promotion of instruction and carrying out works for the relief of suffering of the sick and injured in peace and war, independently of class, nationality, or denomination.

It is not the object of the Association to rival the medical man, but to aid him, and the subject matter of the instruction given at the classes has been defined by the Medical Committee of the Ambulance Department with the object of qualifying the public to adopt such measures as may be advantageous pending the doctor's arrival, or during the intervals between his visits.

The needless suffering frequently caused by the ignorance of unskilled persons is as undoubted as it is deplorable. By rough handling, or even the mere want of the slightest knowledge of how to support an injured limb, a simple fracture has been made compound, or even complicated. The method of arresting bleeding from an artery is quite easy, yet thousands of lives have been lost, the very life-blood ebbing away in the presence of sorrowing spectators perfectly helpless because none among them had been taught one of the first rudiments of instruction of an ambulance pupil—the application of an extemporized tourniquet. Again, how frequent is the loss of life by drowning, yet how few persons comparatively understand the way to treat properly the apparently drowned.

A class consists of 30 members or under, of one sex. Each class pays a fee to the Canadian Branch of \$5.00, to help defray expenses, and as a slight return for the literature furnished. The usual way to form a class is for a lady or gentleman to collect a suitable number of names, charge each pupil an entrance fee sufficient in amount to cover the expenses, including those incurred locally for hire of room, local printing, postage, etc. It is generally advisable to hold a preliminary meeting, at which the objects and benefits of the instruction to be given can be explained. The Local Secretary will, on being requested, arrange for a lecturer and for a supply of necessary material, including books, bandages, etc.

Any doctor (male or female) who is duly registered and qualified to practise medicine in the Province in which the class is located, provided he or she adheres to the authorized official syllabus of the Association, can lecture to a class with the concurrence of the Local Executive. From twenty-five to thirty is the best number for a class. It is not desirable to have more than thirty, as the instructor cannot give sufficient time to each pupil if this

number is exceeded. The course of instruction consists of at least five lectures, with an interval of not less than a week between each. The syllabus can be divided into more lectures than five at option. Each lecture lasts about two hours, as much time as possible being devoted to practical work, such as bandaging, application of splints, etc. Classes are also held by the Association in Home Nursing, Home Hygiene, and Sanitation.

The General Council has the supervision of the work in Canada as a whole, but the administrative work in each Province is under the general direction of the Provincial Council, to which organizations applications should be made by all desirous of taking up the work. The names and addresses of Provincial Secretaries are as follows :

BRITISH COLUMBIA—William Burns, 732 Granville St., Vancouver, B.C.

ALBERTA—H. H. Gaetz, University of Alberta, Edmonton, Alta.

SASKATCHEWAN—A. E. Counsell, Regina, Sask.

MANITOBA—Geo. Luckhurst, Box 1893, Winnipeg, Man.

ONTARIO—C. J. Copp, M.D., 554½, Yonge Street, Toronto, Ont.

QUEBEC—S. A. Gidlow, 227 Windsor Station, Montreal, Que.

NEW BRUNSWICK—Miss Lilian Hazen, 66 Hazen Street, St. John, N.B.

NOVA SCOTIA—W. H. Studd, Prov. Auditor's Office, Halifax, N.S.

PRINCE EDWARD ISLAND—Major Ira J. Yeo, Charlottetown, P.E.I.

CANADIAN PACIFIC RAILWAY—S. A. Gidlow, Room 227, C.P.R. Windsor Station, Montreal, Que.

CANADIAN GOVERNMENT RAILWAYS—J. E. Long, Moncton, N.B.

GRAND TRUNK RAILWAY SYSTEM—F. A. Bourne, Montreal, Que.

The St. John Ambulance Brigade Overseas within the Dominion of Canada

HEADQUARTERS : 554½ YONGE ST., TORONTO, ONTARIO.

Deputy Commissioner for Canada :
Brigadier-General Sir Henry M. Pellatt, C.V.O.

Assistant Commissioner for Ontario :
Charles J. Copp, Esq., M.D.

Organized for the purpose of assisting the Metropolitan and City Police in the crowded thoroughfares of the City of London, during the Jubilee of Her Most Gracious Majesty, Queen Victoria, in 1887, the St. John Ambulance Brigade has developed into an imperial organization, with its divisions in all parts of the Empire ; and from a group of men meeting at St. John's Gate for Ambulance practice and drill for the purpose of rendering public duty, to an organization of over thirty-thousand men and women serving under their officers and rendering succour to their fellows wherever and whenever the occasion may offer, without thought of reward or remuneration of any kind.

The Brigade is an offshoot of the parent Association, its distinguishing feature being that it is a voluntary organization for rendering first aid to the public in a systematic manner by members holding the certificate of the St. John Ambulance Association, whose efficiency is periodically tested.

The details of the formation and discipline of local corps and divisions have been so far systematized that they form parts of one complete and harmonious whole, and the members are not only available for local purposes, but under certain conditions may volunteer to serve in case of national emergency.

The objects of the Brigade are thus defined in the General Regulations approved for the guidance of the Brigade Overseas, by His Royal Highness the Grand Prior and the Chapter General of the Order of the Hospital of St. John of Jerusalem in England.

1. To afford holders of First Aid Certificates from the St. John Ambulance Association, opportunities of meeting together for ambulance and nursing practice, with the object of combining individual efforts for the public advantage.

2. To render first aid to the sick and injured on public occasions, with the sanction of the police and other authorities, and to maintain in readiness for such duty a body of trained men and women qualified so to act.

3. To enrol a body of civilians, qualified in first aid and trained in ambulance drill and nursing duties, willing to be placed at the disposal of the military and other authorities as a supplement to the public medical services in case of necessity, either at home or abroad.

4. To train men in Ambulance transport service.

5. To develop and promote every means of rendering first aid to the injured.

As regards the employment of the Brigade Overseas in aid of the military and other medical services in time of war or other necessity, it should be clearly understood that no obligation is incurred by persons joining the Brigade Overseas to serve in conjunction with the Army and Navy ambulance or nursing services, and that any undertaking to do so in case of national emergency would be a purely voluntary act.

The Brigade Overseas works under the general supervision of the Ambulance Department of the Order of St. John and is centrally controlled by the Chief Commissioner of the St. John Ambulance Brigade Overseas. Major-General James Cecil Dalton (late R.A.) at St. John's Gate, assisted by a Deputy Commissioner for each of the Colonies, who in turn is assisted by Assistant Commissioners, each of whom is officer-in-charge of a definite district. In Canada districts are regulated by the Provinces of the Dominion.

Brigadier-General Sir Henry M. Pellatt, C.V.O., D.C.L., is Deputy Commissioner for Canada. Lieut.-Colonel F. L. Vaux, P.A.M.C., is Assistant Commissioner for the District of Manitoba, and is seconded while on Active Service, and Dr. C. J. Copp is Assistant Commissioner for the District of Ontario and Acting Officer-in-Charge of all the Districts in Canada for the time being.

The unit of the Brigade is the Division. An Ambulance Division is composed of at least sixteen men, exclusive of the Divisional Surgeon, and a Nursing Division of not less than twelve nursing Sisters with a Divisional Surgeon and Nursing Officers.

A Corps consists of at least three Ambulance Divisions, each with its full complement of officers, with a minimum aggregate of one hundred members, exclusive of Officers, Sergeants and Corporals. When a Nursing Division forms part of a Corps, not more than twenty-five nursing sisters count towards the minimum number of one hundred.

The instructions for the routine work of the Division are contained in the General Regulations, and nearly the whole of the routine correspondence with District and Brigade Overseas Headquarters is conducted by means of Brigade Forms.

The Division must be self-supporting and funds necessary for the maintenance of the unit are collected locally and disbursed by the members of the Division, as provided for in the General Regulations, Brigade Overseas. There is no contribution to Headquarters at St. John's Gate or in Canada.

The essential conditions of membership in the Brigade Overseas are as follows :

(a) Good character and suitable physique. Age not under seventeen years or over fifty-five years. Height for men, not under 5 ft. 4 in. Chest not under 32 inches.

(b) The possession of a First Aid Certificate (not a Junior Certificate) of the St. John Ambulance Association. This is absolutely necessary for all members of the Brigade Overseas, with the sole exception of registered medical practitioner or a trained nurse, i.e., a nurse who has completed a three years' course in a general hospital, having a recognized nurses' training school attached, and who, having qualified in the examination of the institution, has received a certificate to that effect. For membership of a Nursing Division, a certificate in Nursing from the St. John Ambulance Association must be obtained in addition to the certificate in First Aid.

(c) The maintenance of efficiency as defined in Brigade Overseas General Regulations.

This conditions entails :

1. Attending in each official year at least twelve drills (or practices in the case of Nursing Divisions)

at each of which there must be some practice of First Aid.

2. Passing an annual re-examination in First Aid (and also in nursing in the case of Nursing Divisions and of men who hold nursing certificates) conducted whenever practicable by a medical officer of the Brigade Overseas.

3. Attending an annual inspection (chiefly as to administration, discipline, general appearance, efficiency in stretcher drill, and elementary Infantry Drill) whenever such inspection is ordered by a duly authorized officer of the Brigade Overseas.

4. Being certified by the officer in charge of the unit as efficient in drill or nursing duties as the case may be.

5. Turning out to public duty to the satisfaction of the officer in charge of the unit.

In the formation of Divisions it is to be fully understood that the object of forming divisions of the Brigade Overseas is not for the main purpose of attending solely to accidents that may occur in a particular manufactory, work yard or other private establishment; there must be, in addition to this, a bone fide intention of doing public duty whenever practicable.

The Brigade Overseas, within the Dominion of Canada, was organized in 1912, and has since that time developed in most of the Provinces of the country. It has provided from its personnel a Contingent of one Surgeon, two women orderlies and forty-six orderlies to the hospitals of the Allied forces, under Dr. W. R. Mason and Mr. Albert Keen. The men have been enlisted into the ranks of the Royal Army Medical Corps. Ten, with a Sergeant, are serving in the St. John Ambulance Brigade Hospital at Etaples, France. The Surgeon has returned to Canada. The others are serving in all parts of the world.

Also 400 men have united with the Canadian Army medical Corps and in other services of the Canadian Militia.

The St. John Ambulance Brigade overseas is also responsible for the sending forward of members for service as V.A.D.'s in the Naval and Military Hospitals in England for the duration of the War. These members are selected on the nomination of the officers in charge of Nursing Divisions in possession of specific qualifications.

The following is a list of the Divisions of the Brigade and location:

Division.	No.	Location.	Officer or Member in Charge.	Address.
Forest City.....	1	London, Ont.	W. B. Clark	204 Regent St.
Central Division.....	2	Toronto	Chas. Linforth	1067 Dufferin St.
Fort Garry.....	3	Winnipeg		
Parkdale.....	4	Toronto	T. L. Stevens	59 Armstrong Av.
West Toronto.....	5	Toronto	A. C. Kline	24 Kenneth Ave.
Riverdale.....	6	Toronto	J. J. Williams	31 Bartlett St.
Can. Westinghouse A.	7	Hamilton	M. B. Little	121 Balsam Ave.
Owen Sound.....	8	Owen Sound	Geo. Swain	561-3rd Ave. E.
Winnipeg Fire Dept.	9	Winnipeg		
Earls Court.....	10	Toronto	H. W. Winter	35 Homesdale rd
Welland.....	11	Welland	J. McIlwride	Welland
St. James.....	12	Winnipeg		
Cope Chatterson.....	13	Brampton	J. Axworthy	Brampton, Ont.
C.P.R. Div.....	14	Winnipeg	J. T. Ward	402 Dufferin St.
McClary.....	15	London, Ont.		
Muskoka.....	16	Muskoka		
Saskatoon.....	17	Saskatoon		
Oshawa.....	18	Oshawa	G. E. Judd	Oshawa, Ont.
Angus.....	19	Montreal	S. A. Gidlow	231 Windsor Sta.
Trades and Labor...	20	Winnipeg		

Division.	No.	Location.	Officer or Member in Charge.	Address.
Montreal.....	21	Montreal		
Sutherland.....	22	Sutherland		
Steel Co., Canada.....	23	Hamilton		
North Bay.....	24	North Bay		
Wheat City.....	25	Brandon		
London Police.....	26	London, Ont.		
Queen City.....	27	Regina, Sask.		Glascow House
Windsor Central.....	28	Windsor	J. T. Gresty	215 Church St.
St. Catharines.....	29	St. Catharines	H. Lewis	6 Duke St.
Sarnia.....	30	Sarnia, Ont.	Arthur Parsons	123 Stuart St.
Saskatoon Police.....	31	Saskatoon		
City Light & Power.....	32	Winnipeg	E. P. Pielou	516 Windsor Av.
Active S. Contg.....	33	Toronto		
Moose Jaw.....	34	Moose Jaw		
Fort William.....	35	Ft. William	G. G. Miller	500 Brock St.
Duncan.....	36	Duncan, B.C.	Kenneth Duncan	Mutter & Dun'n, Duncan, Vancouver I., B.C.
Saskatoon Central ..	37	Saskatoon	Jas. T. Hall	Box 1098
Vancouver Central ..	38	Vancouver	Wm. Pattison	Vicosa P.O.
Can. Westinghouse B	39	Hamilton	J. C. Williams	62 Cheever St.
Edmonton.....	40	Edmonton	Col. E. B. Edwards	1215 McKay Ave

List of Nursing Divisions of the St. John Ambulance Brigade Overseas, within the Dominion of Canada

ALBERTA DISTRICT

No.	Nursing Div.	Officer in Charge.	Address.
20	Edmonton Central ..	Mrs. C. A. Lucas.....	9671 87th Ave., Edmonton, Alta.
35	Celia Lucas.....	Mrs. C. S. Webb.....	9946-86th St., Edmonton, Alta.
39	Calgary Central.....	Mrs. E. E. Nelson.....	330-18th Ave. W., Calgary, Alta.

BRITISH COLUMBIA DISTRICT

No.	Nursing Div.	Officer in Charge.	Address.
18	Vancouver Central.	Miss J. Campbell.....	1075 Comox St., Vancouver, B.C.
34	Victoria Central....	Mrs. C. E. Wilson.....	1447 Hampshire Rd., Victoria, B.C.

MANITOBA DISTRICT

No.	Nursing Div.	Officer in Charge.	Address.
2	Fort Garry.....	Miss E. Allen.....	203 Eugene St., Norwood, Man.
6	Fort Rouge.....	Miss I. Paton.....	200 Dromore Ave., Winnipeg, Man.
8	C.P.R.....	Dr. Mary Crawford.....	503 Kenmore Apts., Winnipeg, Man.

NEW BRUNSWICK DISTRICT

No.	Nursing Div.	Officer in Charge.	Address.
27	St. John Central ..	Mrs. G. A. Kuhring ..	.81 Sewell St., St. John, N.B.
31	Fredericton Central	Mrs. John Black.....	692 Queen St., Fredericton, N.B.

NOVA SCOTIA DISTRICT

No.	Nursing Div.	Officer in Charge.	Address.
17	Halifax.....	Mrs. G. A. MacIntosh.	464 Robie St., Halifax, N.S.

ONTARIO DISTRICT

No.	Nursing Div.	Officer in Charge.	Address.
1	Toronto Central ..	Miss C. A. O. Durand ..	96 Charles St. E., Toronto, Ont.
3	Owen Sound.....	Miss L. McCullough ..	Box 77, Owen Sound, Ont.
4	London.....	Mrs. J. F. Thomson ..	36 Riverview Ave., London, Ont.
5	Cobourg.....	Miss Annie Russell ..	Cobourg, Ont.
11	Windsor Frontier ..	Mrs. E. B. Reynolds... .	51 Windsor, Ave., Windsor, Ont.
14	West Toronto ..	Miss C. Harris.....	190 Osler Ave., Toronto, Ont.
15	College.....	Dr. Margt. Patterson ..	97 Walmer Rd., Toronto Ont.
16	Hamilton.....	Miss Jane Wholton ..	236 West Ave. N., Hamilton, Ont.
21	Kingston.....	Mrs. G. H. Ogilvie ..	119 Earle St., Kingston, Ont.
22	St. Catharines.....	Miss B. A. L. Thompson.	68 James St., St. Catharines, Ont.
25	Guelph.....	Dr. Annie Ross.....	Macdonald Hall, Guelph, Ont.
28	Lord Kitchener.....	Mrs. J. B. McKillop ..	326 St. James' St., London, Ont.
30	St. Thomas.....	Miss F. C. Hobson ..	46 Metcalfe St., St. Thomas, Ont.
32	Ottawa.....	Miss Hazel Todd.....	129 Powell Ave., Ottawa, Ont.
33	Peterborough.....	Miss K. E. Read ..	King St. E., Peterborough, Ont.
36	Brockville.....	Miss H. Sherwood ..	King St. W., Brockville, Ont.
42	Chatham.....	Mrs. Wm. Coltart ..	132 William St. N., Chatham, Ont.
43	Maple Leaf.....	Miss B. P. Bartindale.	156 Stinson St., Hamilton, Ont.
44	Fort William.....	Mrs. Fanny Jones.....	P.O. Box 266, Ft. William, Ont.
45	Perth.....	Mrs. J. L. P. McLaren	Perth, Ont.

PRINCE EDWARD ISLAND DISTRICT

No.	Nursing Div.	Officer in Charge.	Address.
41	Charlottetown.	Mrs. S. R. Jenkins	57 Grafton St., Charlottetown, P.E.I.

DISTRICT OF QUEBEC

No.	Nursing Div.	Officer in Charge.	Address.
12	Sherbrooke Central	Mrs. Sarah Jones	7 High St., Sherbrooke, P.Q.
19	Montreal Central	Mrs. J. A. Henderson	575 Roslyn Ave., Westmount, Montreal, P.Q.
24	Montreal North	Miss E. I. Mussen	Bk. Montreal, Peel St., Montreal, P.Q.
26	Mount Royal	Miss L.E.P. Thurston	2599 Hutchinson St., Montreal, P.Q.
29	Quebec Central	Miss F. Burstall	Box 37, Quebec, P.Q.
38	Montreal Western	Mrs. Lucy Clarke	107 St. Luke St., Montreal, P.Q.

SASKATCHEWAN DISTRICT

No.	Nursing Div.	Officer in Charge.	Address.
7	Saskatoon	Mrs. J. T. Hall	Box 1098, Saskatoon, Sask.
10	Regina	Mrs. J. H. Armour	1952 Albert St., Regina, Sask.
13	Edith Cavell	Mrs. E. F. Weston	Central Chambers, Saskatoon, Sask.
40	Devonshire	Miss H. M. Matthews	2717 Victoria Ave., Regina, Sask.

Persons desirous of uniting with Divisions of the St. John Ambulance Brigade Overseas should communicate with these officers and in the event of there being no Brigade Division in their locality, the possibility of the formation of such should be taken up with Headquarters Office, 554½ Yonge St., Toronto.

Rule 3, Schedule V., General Regulations, 1916, reads:

"That any person desiring to join the Division shall provide such reference as may be required, shall be proposed and seconded by two members, and shall have his or her name posted on the notice board for one month, at the expiration of which his or her name will be brought before the next meeting of the Division for election."

Qualifications and terms for Special Service as Volunteer Probationer (V.A.D.) in Naval and Military Hospitals in England are as follows:

Qualifications.

- A British subject of British birth.
- Age—23 to 38 years.
- Good education.
- Good health.
- Certificate of physical fitness for active service by Surgeon.
- Certificate of vaccination and inoculation.
- Absence of varicose veins.
- Absence of flat feet, or other deformity.
- Absence of organic disease.
- Some hospital experience most desirable.

Membership in a Nursing Division of the St. John Ambulance Brigade Overseas within the Dominion of Canada, is essential, and certificates of the St. John Ambulance Association in First Aid to the Injured and Home Nursing must be held before this membership may be secured. On securing membership in a Nursing Division, application for service is submitted through the Officer-in-Charge of the Division to Brigade Headquarters.

Acceptance of application is not guaranteed, but the above qualifications must be held before application will be considered.

Terms of Service.

Service for the duration of the war and six months after, if necessary, in Hospitals in England.

Pay by British Government at the rate of £20 per annum for first six months, gradually rising to £30 per annum.

Allowance for uniform £4 per annum, paid by the British Government.

Reasonable expenses from date of landing in England until posted to Hospital as Probationer, paid by Joint War Committee of the Order of St. John and the British Red Cross Society, when this Joint Committee's liability ends.

Transportation to London and return from place of residence in Canada and uniform provided.

No liability for illness or accident assumed by the St. John Ambulance Brigade or other organizations.

You will be required to work under fully trained nurses and will be under the direct control of the Officer-in-Charge and the Matron of the Hospital.

You will be required to live in quarters provided for the nursing staff of the Hospital under the control and supervision of the Matron.

You will receive board, lodging and laundry allowance.

CANADIAN RED CROSS SOCIETY

Head Office : 77 King St. E., Toronto

Patron :

Field Marshal H.R.H. The Duke of Connaught, K.G.
His Excellency The Duke of Devonshire.

President :

Her Excellency The Duchess of Devonshire.

Past Presidents :

Hon. Brig.-Gen. Sir John M. Gibson, K.C.M.G.
Surg.-Gen. G. Sterling Ryerson, M.D., R.M.O.
H.R.H. The Late Duchess of Connaught.

Executive Committee :

Lt.-Col. Noel G. L. Marshall (Chairman) ; Dr. Jas. W. Robertson, C.M.G. ; J. K. Dunstan, Esq. ; Col. A. E. Gooderham ; Lt.-Col. R. W. Leonard ; W. R. Miller, Esq. ; Hon. F. Osler ; Miss G. Brook.

Hon. Treasurer :

F. Gordon Osler, Esq.

Hon. Solicitor :

John T. Small, K.C.

Hon. Secretaries :

Mrs. H. P. Plumptre.
B. S. MacInnes, Esq.

Commissioner Overseas :

Lt.-Col. H. Blaylock.

The Canadian Red Cross Society is the representative in Canada of the International Red Cross Society with its Executive Committee in Geneva, Switzerland.

The work of the Red Cross Society is to co-operate with the Medical Services of the Navy and Army in the relief of sick and wounded sailors and soldiers.

To this duty, assigned to the Red Cross Society by the Geneva Convention of 1863, the Hague Convention has added that of ministering to the needs of prisoners of war.

In Canada, by an agreement already described (see page 3), the work of the Red Cross Society has been limited to the collection and distribution of funds and material for these objects.

The Society conducts its operations through chartered Provincial or Local Branches, of which there are now over 1,000, while thousands of organizations of all kinds are contributing to the funds and stores of the Society.

Provincial Branches of the Canadian Red Cross Society

NOVA SCOTIA—Halifax. Mrs. Wm. Dennis, Dennis Building, President.

PRINCE EDWARD ISLAND—Charlottetown. S. R. Jenkins, Esq., M.D., Secretary.

NEW BRUNSWICK—St. John. Miss Elsey Clements, Secretary.

QUEBEC—Montreal. J. J. M. Pangman, Esq., 45 Belmont Park, Secretary.

ONTARIO—Toronto. Mrs. H. P. Plumptre, 77 King Street East, Toronto, Secretary.

MANITOBA—Winnipeg. Chas. F. Roland, Esq., Industrial Bureau Bldg., Secretary.

ALBERTA—Calgary. Miss M. Pinkham, Rex Theatre, Secretary.

SASKATCHEWAN—Regina. P. H. Gordon, Esq., New Armour Block, Secretary.

BRITISH COLUMBIA—No Provincial Branch.

Vancouver, B.C. I. I. Rubinowitz, Esq., 220 Rogers Bldg., Granville St., Secretary.

Victoria, B.C. Chas. Williams, Esq., 521 Fort St., Secretary.

The Headquarters Office and warehouse of the Society are situated at 77 King Street East, Toronto, with shipping warehouse at Montreal.

All contributions and supplies from Local Branches should be sent in to the Provincial offices or receiving warehouses as directed by Provincial Branches.

The distribution of the Society's stores is under the supervision of Lieut.-Col. H. Blaylock, Canadian Red Cross Commissioner, with the aid of two assistant commissioners, Lady Drummond in England and Capt. David Law in France.

The Society has its receiving warehouse in England at Tooley Street, London, with branches at Shorncliffe and in France. There are also in France a Headquarter Depot at Boulogne and a depot at Paris, besides branch depots near all the large Canadian hospitals. The officers commanding the hospitals are invited to indent upon these stores. A system of electric motor lorries carries supplies to the advanced casualty hospitals and field ambulances of the Canadian Expeditionary Force and needy French hospitals.

In order that every wounded Canadian in whatever hospital he is placed may profit by the stores of the Society, the Information Bureau of the C.R.C.S. in London receives the names of all wounded Canadians, and corresponds with each man, whether in France or the British Isles, and sends him a parcel of "comforts," also arranging for a visitor to call upon him. Mrs. David Fraser is in charge of the distribution of parcels. The Department also does much good work in corresponding with the friends of the sick and by tracing 'up "missing" men. Lady Drummond presides over this Department.

The Prisoners of War Department sends to every Canadian prisoner three 10-lb. parcels of food a fortnight. Each parcel costs \$2.50. Thirteen lbs. of bread and a supply of tobacco and cigarettes are sent fortnightly. The Society also sends two complete outfits of clothing a year. This is the maximum amount of food and clothing that prisoners are allowed to receive under international regulations. In its budget for 1918 the Society has put aside \$600,000 to finance the Prisoners of War Department, which at the present time is looking after about 2,500 prisoners.

THE SOCIETY'S NEEDS

(1) MONEY.

To buy ambulances ; to equip and enlarge hospitals ; to purchase surgical appliances, rubber goods, and drugs (an ever-increasing source of expenditure), and the many "extras" not included in the Government issues asked for by the doctors, and to minister to the needs of the many Canadian prisoners in German prisons.

The demand for supplies which involve cash expenditures is constantly increasing, and therefore all supporters of the Red Cross Society, especially its chartered Branches, are asked to remit an increased proportion of cash, as well as the supplies asked for in the appended lists.

(2) SUPPLIES.

Supplies needed in the largest quantities are marked with two asterisks—**; those next in quantity with one asterisk—*.

In view of the need for cash stated above, it is clear that money raised for the Society should only be spent in purchasing materials for those articles which are definitely asked for through our Commissioner.

By the courtesy of the Butterick Publishing Company we are able to offer a set of patterns of the garments required, and we urge all workers to apply for these, not forgetting to enclose ten cents to cover expenses of mailing each set. Apply to the Red Cross Head Office or Local Branch and not to the Butterick Company. We also give full instructions for making all knitted garments, and directions for packing the same, so that every working party in Canada should be able to make and pack its contributions correctly, so avoiding waste of time and valuable materials.

All the articles described in this book are wanted continuously unless notice to the contrary is issued.

Flannel shirts, pyjamas, and dressing gowns are never over-stocked, but the garment most in demand is socks. We appeal to expert sock-knitters not to knit wristlets, scarves and helmets, but to knit only socks.

We cannot have too large a quantity of the following garments (besides knitted goods described afterwards), which are supplied to the sick and wounded and prisoners, and not to the "well" soldiers in camp or in the trenches.

PLEASE DO NOT USE COTTON EIDERDOWN FOR GARMENTS IF IT IS INFLAMMABLE. TEST IT FIRST.

All **Collars** should be at least 15½ inches and should vary up to 17 inches. Mark all garments with size of collar and tie up each size in a separate parcel, six garments in each.

* **Pyjamas**—Flannelette or lightweight flannel. Finish trousers with tape running string. One button and hole in trouser fly. Large arm-hole necessary to admit bandaged arm. Put top button and hole below (not in) collar-band and last button 7 inches from bottom of coat.

Helpless or Surgical Shirts are not required.

* **Day Shirt**—Flannel or union flannel, with collars. Put top button and hole on (not below) collar band. Cuff open, with button and hole.

Dressing Gowns—Heavy flannel or soft-thick tweed. In choosing material be especially careful, remembering the danger from matches and cigarettes.

Hospital Suits—Blue or gray flannel, lined white flannelette—NOT WANTED AT PRESENT.

Surgeons' Ward Coats—Heavy bleached cotton, heavy white sheeting.

** **Surgeons' Operating Gowns**—Heavy white sheeting.

Nurses' Aprons—White sheeting, 72 inches wide.

Slippers required, but must have stiff soles, preferably leather or heavy felt. Pattern at Dominion Headquarters.

Ward Boot—For bandaged foot. Pattern at Dominion Headquarters.

** **Bed Sock**—Made of Canton flannel or flannelette lined with eiderdown. Open in front to within 3 inches of toe. Pattern at Dominion Headquarters.

Helpless Pyjama Coats—With split sleeve or cape sleeve. Pattern at Dominion Headquarters.

Fomentation Wringer—¾-yard plain crash, hem (½-inch) each end. Tie up in dozens.

Hot Water Bottle Cover—Make of eiderdown or two thicknesses of flannelette. Size, 14 x 12 inches, drawstring in top.

Amputation Dressings Cover—Apply to Dominion Headquarters for pattern.

Laparotomy (or Operation) Stockings—To cover patient from foot to thigh. White flannelette or canton flannel. Pattern should be obtained from Dominion Headquarters.

** **Stretcher Caps**—Can be made of remnants of cloth or tweed and lined with flannelette. Pattern at Dominion Headquarters. See also Woollen Caps, page 25.

Crutch Pad—Pattern at Dominion Headquarters.

* **Pneumonia Jacket**—For pattern apply to Dominion Headquarters.

* **Bed Pad**—17 x 17 inches. Six layers of newspaper, 1 layer of non-absorbent cotton, covered cheap gauze (not cheese cloth). Pattern at Dominion Headquarters.

KNITTED GOODS

Yarns and Knitting Needles—Owing to the many different names under which yarn is sold, giving little guidance as to weight of yarn or size of needles required, the following information is furnished:

In order to ascertain the size of yarn, take a one-ounce knot or skein and count the strands in it.

Yarn which runs 30 to 36 strands to the ounce is suitable for socks and would require about No. 12 needles.

The coarse yarn is generally sold in quarter-pound skeins or knots and runs about 96 strands to the skein. This requires about No. 11 or 12 needle, and makes a heavy sock.

Needles—All needles, bone, celluloid and steel, are supposed to be numbered according to the same scale. No. 10, for instance, should be exactly the same in steel as in bone.

The standard gauge is Morall's Bell Gauge, and needles should be tested by being passed through mouth of opening into round hole, with the exception of Nos. 1 to 5, which must be passed through the holes.

SOCKS

The Canadian Red Cross Society has yarn especially suitable for their requirements and will send samples and prices upon application to workers for patriotic purposes.

Socks must not have a ridge under the heel nor at the end of the toe.

Do not knit coarse yarn on fine needles.

Do not use red if knitting colored stripes into cuff of socks. Be sure to use fast colors only for this purpose.

Never finish a toe by placing stitches on two needles and casting off from both needles together; never do this under the heel.

Break any knots in the wool and join again by running each end into the other with a darning needles for about six inches.

Always wash the socks carefully and sew them together loosely before giving them in.

To avoid blood-poisoning from dyes, wash yarn thoroughly in boiling water and rinse in several waters before knitting.

Cast on loosely round the top of the leg.

****Day Sock—**

Directions for Hand-knitted Regulation Socks:

Length of foot when finished, 11 inches.

Four and three-quarter ounces of 4-ply Fingering.

Needles: No. 11, by Bell Gauge.

Cast on 60 stitches, rib 3 inches, 2 plain, 2 purl.

Knit 7 inches (10 in all).

HEEL—Knit plain 28 stitches on to one needle, turn, purl back these 28 stitches, turn, knit plain. Repeat these two rows (always slipping the first stitch) 11 times (12 in all), or 24 rows.

With the inside of the heel towards you, purl 15 stitches, slip 1, purl 1, pull slipped stitch over, purl 1.

Turn, knit 3 stitches, slip 1, knit 1, pull slipped stitch over, knit 1, turn, purl 4 stitches, slip 1, purl 1, pull slipped stitch over, purl 1.

Turn, knit 5 stitches, slip 1, knit 1, pull slipped stitch over, knit 1, turn, purl 6 stitches, slip 1, purl 1, pull slipped stitch over, purl 1.

Turn, knit 7 stitches, slip 1, knit 1, pull slipped stitch over, knit 1, turn, purl 8 stitches, slip 1, purl 1, pull slipped stitch over, purl 1.

Turn, knit 9 stitches, slip 1, knit 1, pull slipped stitch over, knit 1, turn, purl 10 stitches, slip 1, purl 1, pull slipped stitch over, purl 1.

Turn, knit 11 stitches, slip 1, knit 1, pull slipped stitch over, knit 1, turn, purl 12 stitches, slip 1, purl 1, pull slipped stitch over, purl 1.

Turn, knit 13 stitches, slip 1, knit 1, pull slipped stitch over, knit 1.

Pick up and knit the 12 stitches down the side of the heel piece and knit 3 stitches off the front needle.

Knit the 28 stitches of the front needles on to one needle, the last 2 stitches knit on to the 3rd needle, on which pick up and knit the 12 stitches at the other side of the heel piece. Divide the heel stitches on to the 2 side needles and knit right round again to the centre heel.

First needle, knit to within 3 stitches of the front end of side needle, slip 1, knit 1, pull slipped stitch over, knit 1.

Front needle plain.

Third needle, knit 1, slip 1, knit 1, pull slipped stitch over, knit plain to end of needle.

This reducing to be done every other row until there are 56 stitches on the needles (front needle 28, side needles 14 each).

Knit plain until the foot from the back of the heel measures 9 inches.

Kitchener Toe—To DECREASE FOR TOE—Knit 6 stitches, then slip 1, knit 1, pull slipped stitch over, knit 6 stitches, slip 1, knit 1, pull slipped stitch over. Repeat this round the 3 needles. Then knit 6 rows plain, then knit 5 stitches, slip 1, knit 1, pull slipped stitch over, and repeat round the 3 needles. Then 4 plain rows, then knit 3, slip 1, knit 1, pull slipped stitch over, repeat to end of 3 needles then 3 plain rows. Then knit 2, slip 1, knit 1, pull slipped stitch over, repeat, to end of 3 needles, then 2 plain, then knit 1, slip 1, knit 1, pull slipped stitch over, repeat to end of three needles. Then 1 plain row, then 1 row decreasing, if necessary, so as to leave 7 stitches on front needle and 4 on each of the back needles. Knit the back stitches on to 1 needle. Break off the wool, leaving about 10 inches. Thread this into a darning needle, put it through the 1st stitch on front needle as if for purling, but do not take the stitch off. Then put the darning needle through the 1st stitch on the back needle as if for purling and take off. * Then through next stitch on back needle, as if for knitting and do not take off. Then through the 1st stitch on front needle, again knitting and slip off. Through the 2nd stitch on front needle purling and do not take off. Through the 1st stitch on back needle purling and take off. Repeat from * till all the stitches are worked off. N.B.—Each stitch must be gone through twice, except the first and last on back needles. Always keep the wool under the knitting needles.

When reducing it is better to slip 1 and pull the slipped stitch over instead of taking 2 together.

In finishing off end of yarn run yarn once down the toe so as not to make a ridge or lump.

These directions are given for those knitters who are not accustomed to knitting socks. Other patterns may be used provided they have not the defects mentioned on page 16.

Day Sock, No. 2—For those who wish to use wooden needles, size 10 is recommended and the number of stitches cast on should be 52.

Large Amputation Sock (Thigh)—Four No. 9 needles, 2½ oz. double knitting wool, or No. 10 needles and 2½ oz. soft 4-ply fingering.

Cast on 84 stitches, rib 2, purl 2, plain for 4 inches.

Knit plain 8½ inches.

To finish end:

1st row, knit 5, decrease (slip 1, knit 1, pull stitch over); repeat to end of row.

2nd, 3rd, 4th rows, knit plain.

5th, knit 5, decrease; repeat to end of row.

6th, 7th, 8th, knit plain.

9th, knit 4, decrease; repeat to end of row.

10th, 11th, knit plain.

12th, knit 2, decrease; repeat to end of row.

13th, 15th, 17th, knit plain.

14th, 16th, 18th, knit 1, decrease; repeat to end of row.

This should leave 12 stitches.

Finish with Kitchener Stitch (see above).

Small Amputation Sock (Ankle or Arm)—Four No. 9 needles, 2 ounce double knitting or 2 ounce soft 4-ply fingering, No. 10 or 11 needles.

Cast on 72 stitches.

Rib 2, purl 2, plain for 4 inches. Knit plain $8\frac{1}{2}$ inches.

To decrease for end :

1st row, knit 5, decrease (slip 1, knit 1, pull slipped stitch over) ; repeat to end of row.

2nd, 3rd, 4th rows, knit plain.

5th row, knit 4, decrease ; repeat to end of row.

6th, 7th rows, knit plain.

8th row, knit 2, decrease ; repeat to end of row.

9th, 11th, 13th rows, knit plain.

10th, 12th, 14th rows, knit 1, decrease ; repeat to end of rows.

This should leave 11 or 12 stitches.

Finish off as for sock (see above).

**** Trench Caps**—See page 25.

**** Small Kit Bag to take the place of Comfort Bag**—Material : Khaki or other colored denim, unbleached crash or drill ; Turkey-red cotton ; white tape, $\frac{3}{8}$ inch wide.

Directions for making : Make a bag $12\frac{1}{2}$ inches deep by 10 inches wide ; hem at top ; leave the hem open at each end and stitch it along the centre to form a $\frac{3}{4}$ -inch casing for a double draw-string of white tape. Make a cross of two pieces of turkey-red cotton, cut $4\frac{1}{2}$ inches by $1\frac{3}{4}$ inches ; turn in $\frac{1}{2}$ inch all round ; sew the cross on to side of bag (the top of cross should be $3\frac{1}{2}$ inches from the bottom of the casing), then join the edges of the bag with a French seam. Each bag requires 50 inches of tape.

$28\frac{1}{2}$ inches of material 44 inches wide will make four bags.

One yard of Turkey-red cotton 27 inches wide will make sixty crosses. Contents of bag to be as follows :

Face Cloth	Toilet Soap	Razor
Tooth Paste	Shaving Soap	Tooth Brush
Writing Pad	Brush	Small Comb
and Pencil	(military)	Envelopes

This list must not be deviated from, as this is an official issue, and no man is allowed to have any articles except those mentioned above.

N.B. No shaving brushes are to be placed in these bags on account of serious danger of anthrax poisoning.

No tobacco, cigarettes, or candies in these bags.

DO NOT MAKE THESE BAGS UNLESS YOU CAN FILL THEM COMPLETELY, AS DIRECTED. EMPTY BAGS NOT WANTED.

**** Housewives**—These are required in large numbers, as the wounded men almost always come into hospital without these useful articles. Do not make them too elaborate.

Material : 18 inches of grey or khaki denim or linen, $5\frac{1}{2}$ inches wide, with $1\frac{1}{4}$ yard tape or braid for binding, or simply hem all edges.

Size : Cut off about 3 inches to make second pocket, then turn up one end to form first pocket, about 3 inches deep. Size should then be 12 inches by $5\frac{1}{2}$ inches.

Take strip of flannel $5\frac{1}{2}$ inches by 3 inches and tack it at each end to strip of denim $\frac{1}{2}$ inch above pocket. Then place strip of material $\frac{1}{2}$ inch from flannel opposite pocket, stitch down side nearest flannel to make a second pocket, bind or hem

around edges of two pockets and edge of housewife, finish with a dome fastener at opposite end to first pocket, pointing this end.

In first pocket place yarn and thread for darning, pair of boot laces, lead pencil, and blunt-pointed scissors. On flannel place large darning needles, thread with grey or khaki yarn, and large sewing needles threaded with grey or khaki thread. On the second pocket pin safety pins, large and medium, and also buttons. In the second pocket put court plaster. When folded, the housewife should measure about $3\frac{1}{2} \times 5\frac{1}{2}$ inches.

N.B.—When fastening buttons to housewife, please use a separate thread for each, so that when one is removed the others will not become loose.

**** Personal Property Bags**—Denim or linen in any color, $10\frac{1}{2}$ to 12 inches deep, 9 inches wide. Make a $\frac{1}{2}$ -inch hem at top and run a tape draw-string through the hem, bringing the ends through on the outside of the bag. On one side of the bag at the bottom stitch a white linen (or cotton) label, 5 inches long and 3 inches wide, on which can be recorded the patient's name, number and regiment. (The measurements of these bags may be varied slightly to save waste of material. Double seams should be used if material is thin. Chintz or chintz cretonne, print or gingham pieces may be used. Bright colors liked. Very urgently needed.

Pillows—28 x 18 inches. Clean ticks. Feathers only.

Pillow Slips—To fit pillows, with no tapes or buttons, but about 9 inches longer than pillow.

Sheets—60 x 90. Ready laundered. Good quality not necessary. Tie in half-dozens.

**** Towels**—Huckaback or Turkish, about 36 x 18 inches. Tie in half-dozens.

*** Dusters**—Cheesecloth or flannelette, hemmed, about 20 x 20 inches.

Blankets—Grey or brown, 80 x 60 inches.

Quilts—No quilts except white or white and red autograph washing quilts, size for single bed.

*** Men's Handkerchiefs**, dark colors, of ordinary size, ready laundered, are acceptable. Tie up in dozens.

**** Buttercloth Handkerchiefs**—Good quality buttercloth, hemmed, about 15 inches square.

**** Face Cloths**—Hemmed Turkish Towelling, or knitted cotton, about 9-11 inches square.

SURGICAL DRESSINGS, INCLUDING PADS, WIPES AND COMPRESSES, AND ROLLER BANDAGES, ARE NOT REQUIRED.

Triangle Sling—Khaki cotton ; 44 inches square makes two slings. Leave bias side unhemmed. One safety pin.

Shaped Slings—Patterns at Dominion Headquarters.

Long Bandages—White or gray flannelette 4 inches wide, 6 yards long. These must be cut on the bias and edges left raw. To make requisite length join by over-lapping the selvages and herringboning them firmly together. Roll lightly and fasten with 2 safety pins.

Cotton Binders—Take a piece of heavy factory cotton, 64 x 31 inches. Fold across, turn in all edges and baste carefully. Then stitch around entire binder. Finished measurements, 63 x 15 inches. Fold and fasten with 6 large safety pins.

Flannel Binders—Grey flannel, 13-14 inches wide, 50-56 inches long. Lightly oversew or blanket-stitch edges.

Pin 6 safety pins in each binder.

Scultetus Bandage—Material: Unbleached canton flannel. Sizes: For large sized bandage have 5 strips 56 x 5 inches and a centre piece 14 x 8 inches. For small sized bandage have 5 strips 56 x 4½ inches and a centre piece 12 x 8 inches. All edges must be oversewed. The strips should be lapped over each other and stitched or herring-boned together for 4 inches on each side of the centre and then joined to the centre piece by stitching or herring-boning. Fold and fasten with 4 or 5 good sized safety pins. Sample at Dominion Headquarters.

T-Bandage — Material: Strong, unbleached factory cotton. Size: The strip for the belt should be 55 inches long and 8 inches wide. The strip for the tail 35 inches long and 8 inches wide. Fold the strip in two and baste carefully to prevent puckering. By inserting the top of the tail strip exactly in the middle of the belt on the lower side, instead of sewing it on the belt, the bandage will be kept quite smooth and flat. Stitch around entire bandage by machine. Finished measurements: Belt, 54 x 3 inches; tail, 34 x 3 inches; 3 safety pins. Sample at Dominion Headquarters.

Triangle Bandage—Material L Strong, unbleached factory cotton. Size: Square of 42 inches cut diagonally will make two bandages. Do not hem raw edges. One safety pin.

McNaught Head Bandage—Made by hand of cheesecloth. Pattern at Dominion Headquarters.

Knitted Chin Bandage—Dexter cotton No. 6, steel needles No. 13. Cast on 12 stitches, knit 3 inches. Then widen on 4th stitch of each row until you have 24 stitches, then knit 2 ribs or 4 rows across. Decrease until you have 12 stitches. Then knit 19 inches.

Red Cross Labels—Our Commissioner Overseas strongly advocates the use of labels to be sewn upon garments and bedding, showing that they come from the Canadian Red Cross, or at any rate from Canada. The Commissioner thinks that the labels are the best possible way of advertising the fact that the Canadian Red Cross is assisting both the Canadian and Allied Military and Naval Hospitals. These woven labels are supplied gratis from Dominion Headquarters.

Sphegnum Moss—The Society has received a request for sphegnum moss dressing to be used in Canadian Military Hospitals overseas, BUT THE SOCIETY DECLINES TO RECEIVE DRESSINGS from any source which has not first submitted samples of moss to be approved by experts appointed by the Society for this purpose. Samples of moss should be addressed to the Secretary, C. R. C. Sphegnum Moss Committee, McGill University, Montreal, P.Q.

or to Provincial Branches of the Society, most of whom have appointed experts on their staff.

Trench Candles—Made of newspaper and wax. We are informed that these articles are not satisfactory and therefore request that no more be sent to our warehouses, as they cannot be shipped overseas.

INSTRUCTIONS FOR OLD LINEN, COTTON AND FLANNEL

N.B. ** Linen and Cotton, Flannel and Flannelette (white only)—Urgently needed.

1. Old linen and cotton must be boiled before being sent in to any Red Cross Branch or to the Head Office.

2. Do not cut up large articles into mouth wipes. Cut off the seams and hems and fold flat. The odd pieces will make slings (40 inches square). Sell smaller pieces for the funds of the Society.

3. Cases of old cotton and linen must be labelled, as follows, **on the outside**:

"White cotton and linen only. All contents have been boiled."

4. Flannel and flannelette **MUST** be carefully washed.

It must not be packed with cotton and linen, but separately, and cases labelled: "Washed flannel or flannelette only."

Pieces of clean old flannel and white blankets are useful for fomentations.

The Red Cross cannot receive any other worn articles whatever; nor must old cotton or linen be used for dressings or bandages.

PACKING AND SHIPPING DIRECTIONS

N.B.—If these directions are not carried out your cases will be detained and repacked and much extra work caused.

Tie up all articles in dozens or half-dozens, according to size and material.

REGULATIONS RE UNSUITABLE SUPPLIES

Owing to the difficulty in obtaining sufficient transportation for the supplies of the Red Cross, and after consultation with the heads of Departments and nurses recently returned from work under the Canadian Red Cross overseas, we have decided that until further notice we will not accept for shipment to England or France any of the following articles: Cheesecloth pads filled with paper, ravellings, moss, etc.

Provincial and District Branches are asked to notify contributing centres of this decision, which has been communicated to our shippers at the ports.

Any supplies of the kinds mentioned above received will be disposed of for the good of the Society, but will not be placed on board ship.

Branches are asked to co-operate loyally with the Society in carrying out the instructions laid down in "War Work," and refusing to accept articles of poor quality or bad shape, as the space at our disposal on the ships must be reserved for the stores which are really valued in the war zone.

In addition to our warehouse at 77 King St. E., Toronto, we have now a shipping depot at 446-8 St. James St., Montreal, Quebec.

In order to facilitate shipping arrangements, we would ask all workers who have not already been advised, to write to Toronto for information as to which warehouse their shipments should be sent to.

1. Shipments should be made by freight, charges collect, with the exception of packages weighing twenty-five (25) pounds and under, which may be sent by express, collect rather than prepaid, to avoid the necessity of waiting while claims are made to the Express Company for refund.

2. List of contents, giving approximate value, postal address and name of sender, should be placed inside and outside of every package, and forwarded by mail, together with a copy of railroad or shipping receipt, to destination of the package.

3. Packages for Dominion Headquarters or Montreal Warehouse should be addressed to the Canadian Red Cross Society, and shown on railroad or express receipt as Red Cross Supplies, not boxes or dry goods.

4. Only one kind of article should be packed in each package, e.g., a case of sheets, a case of socks, etc., etc.

5. Shirts with collars must not be packed with shirts without collars. Specify on parcel whether shirts have collars or not.

6. Bed socks and socks should be lightly sewn together in pairs, not pinned. Wash knitted goods carefully before packing.

7. Articles subject to duty, such as tobacco in all forms, playing cards, candies and all forms of sugar, all forms of spirits, and soaps, must be packed in separate cases to facilitate arrangements with Customs.

8. All shipments of fruit, whether cooked or raw, must be prepaid by the senders, as fruit in any form is not carried free of charge by freight and express companies. There will be no refunds on charges on fruit.

IMPORTANT—For Red Cross Provincial and City Branches only :

(a) Small parcels can always be sent in to the Head Office, or Provincial Receiving Centres, but **NO LARGE SHIPMENT OF GOODS SHOULD BE MADE WITHOUT CONSULTING THE HEAD OFFICE AS TO THE CORRECT DESTINATION OF THE GOODS, AS SHIPPING INSTRUCTIONS MUST VARY WITH THE SEASON.**

(b) Copy of Report Form "B," covering all shipments, should be sent to the Canadian Red Cross Society, 446 St. James St., Montreal.

(c) Cases should measure 27 x 15 x 15 inches outside, sides $\frac{5}{8}$ inch thick and ends $\frac{3}{4}$ inch thick ; to be complete with rope handles and bound with hoop iron.

11. Consignments addressed to individuals cannot be accepted by the Red Cross Society. All goods go into a general fund, on which the Canadian medical officers commanding hospitals and ambulances are invited to indent.

12. Great inconvenience is caused to our shippers by regulation Red Cross cases for overseas reaching the Port and Headquarters warehouses with all sides covered with names and addresses and contents, painted on the case itself. To obviate this,

labels have been printed to be nailed on to the cases, and will be supplied from the Mailing Department, 77 King St. East, Toronto, on demand, to all Branches and Auxiliaries packing for overseas in regulation cases. Nothing should hereafter be painted on the cases except the contents on one end (not the side). Covers of cases must be nailed down before iron hoops are put on.

N.B.—None of the supplies entrusted to the Red Cross Society are sold with the knowledge or consent of the Society.

FRUIT PRESERVING

The Fruit Kitchen established at Hamilton in 1916 has proved so successful and the experience gained in the past two years dictates that it is more economical to have the fruit put up in our own kitchen than to accept preserved fruit from outside points, as the fruit and labor is provided free. It has therefore again been decided not to accept any donations of preserved fruit for the overseas hospitals.

Many branches have desired to be represented in this important part of the work, so we have again made arrangements which will allow them to do so in the most economical manner.

Any Branch of the Red Cross or other Society that desires to be identified with the work of the Fruit Department can do so by sending cash donations, earmarked for the Fruit Department, to the Canadian Red Cross Society, 77 King St. E., Toronto. For every \$25 remitted there will be shipped 50 gallon cans of jams, jellies and canned fruits, each can carrying a label bearing the name of the donors.

The Fruit Department this year is using tin cans in place of glass jars, which will effect a saving of four-sevenths of the shipping space and 65 per cent. of the packing cost, and will enable the Department to conserve the use of sugar to a great extent without impairing the quality of the production.

Make all cheques payable to the Canadian Red Cross Society, 77 King St. E., Toronto.

WAR WORK

Copies of this will be sent, free of charge, to officers of Red Cross and Patriotic Relief Societies.

Apply at Provincial or Local Red Cross Branches, or to the Head Office, C.R.C.S., 77 King St. East, Toronto.

Individuals desiring copies for private use should send 5 cents to cover postage.

Canadian War Contingent Association

DOMINION BRANCH

The object of this Association is to minister to the comfort of Canadians in camps and trenches or serving by sea and air. For this purpose the Association appeals for funds and supplies as described below.

Executive Committee:

Chairman: Lieut.-Col. A. E. Gooderham.
Vice-Chairman: Lt.-Col. Noel G. L. Marshall.
Hon. Secretary: Mrs. H. P. Plumtre.
Hon. Treasurer: Mrs. John Bruce.
 Mrs. W. T. Armitage.
 H. W. Auden, Esq.
 Lady Beck.
 Captain C. W. Bishop (Y.M.C.A.).
 Lieut.-Col. J. Bruce.
 Miss Chapman (W.I.).
 Lady Falconer (Y.W.C.A.).
 Sir John M. Gibson.
 J. J. Gibbons, Esq.
 Mrs. Graham (W.I.).
 Mrs. A. E. Gooderham (I.O.D.E.).
 Mrs. Hawkins.
 Mrs. Edmund Starr (W.C.T.U.).
 Mrs. Torrington (N.C. of W.).
 Mrs. Waagen.
 Mrs. Watt.

The distribution of Soldiers' Comforts to the Canadian Expeditionary Force is undertaken by the Canadian War Contingent Association, officially recognized by the British Government for this purpose.

Of this Association Sir George Perley, High Commissioner for Canada, is President, and it includes in its membership all prominent Canadians resident in England.

The Secretary of the Association is Mr. J. G. Colmer, while Mrs. McLaren Brown is the Secretary of the Ladies' Committee. The offices of the Association are at 123 Victoria Street, London, S.W.

By courtesy of the Canadian Red Cross Society, and in consideration of a contribution to office and warehouse expenses, these gifts, generally known as "Soldiers' Comforts," are collected in the Society's warehouses and forwarded by its packing staff, but these goods are not reckoned as Red Cross goods not included in its returns; as the Red Cross Society deals only with sick, wounded and prisoners, while "Soldiers' Comforts" go to fighting men.

Confusion is sometimes caused by the fact that both classes of men need the same articles, i.e., socks or cigarettes. Socks and cigarettes sent to the Red Cross go to sick, wounded or prisoners; while socks and cigarettes sent to the Canadian War Contingent Association go to the men in camp or in the trenches, and are known as "Soldiers' Comforts."

The needs of the fighting men have been ascertained by direct correspondence with Canadian officers commanding at the front, and the following lists are compiled from requisitions which have been actually made by these officers and can therefore be absolutely relied upon.

NEEDS

1. MONEY—To purchase the following articles:

(The cheques should be made payable to the Treasurer, Mrs. John Bruce, and addressed to 56 Church Street, Toronto.)

(a) **Toilet Articles**—Towels, soap, tooth brushes, tooth powder, insect powder, sponges, carbolic soap.

(b) **Food**—Hard candy and chocolate, cakes, tinned fruits, dried fruits, chewing gum, cocoa, curry powder, etc.

(c) **Other Things**—Tobacco, pipes, cigarettes, games, matches and tinder lighters, books and magazines, writing paper and envelopes, lead pencils, pen nibs, mouth organs, toilet paper, candles.

2. Field Glasses—Write for information.

3. Khaki Handkerchiefs—Tie up in dozens.

*Shirts, khaki preferred. (See page 14.) Tie up in half-dozens. No collars for field shirts.

5. Vermin Shirts and Knee Pants—Not required.

6. **Socks—In unlimited quantities. Sew each pair together and tie in half-dozens. (See pages 15-17.)

7. Scarves—Grey or khaki yarn or heather mixture. No. 7 or 8 needles. 58 inches long, 10 inches wide. Knit loosely.

8. Towels—Small, Turkish or huckaback.

9. **Balaclava Cap**—Four No. 9 bone needles, pointed both ends; 4-ply yarn (coarse or inferior yarn not suitable for socks may be used) in grey or khaki, or navy blue for sailors.

Cast on 88-92 stitches, rib 4 and 4 for 8 in. Cast off 32 stitches and rib the remaining stitches for 1½ in., then cast on 30 stitches again and rib as before for 5 inches. The space left by casting off 30 stitches leaves the hole for the face.

To shape the top, divide the stitches equally between the 3 needles. First row knit together, the second and third stitches and last 2 stitches on each needle. Repeat this every row till only 6 stitches are left; draw these together with darning needle and fasten off.

Tie up in half-dozens.

10. **Trench Cap—Needles and yarn as above.

Cast on 88 to 92 stitches. Rib, 4 plain, 4 purl, for 4 inches. Knit plain 7 inches, then shape top as above. Roll the ribbed portion up over plain portion. Tie up in half dozens.

11. **Cobalt Crochet Trench Cap**—Materials: 3 ounce 4-ply fingering or coarser yarn if possible. Crochet needle to suit wool. Stitch: double crochet, putting the needle through the front and back parts of the top of the stitch in last row.

Start in centre of crown with ring of 4 chains, double crochet into this and continue round and round, increasing gradually till you have a perfectly flat top 6 inches in diameter, then continue the

double crochet round and round for 5 inches more without increasing.

Ear flaps and tie : Double crochet 18 stitches, turn, double crochet 17 stitches, turn, repeat, decreasing 1 in each row till only 1 stitch is left. From this one crochet a chain 6 inches long, turn, and make a double crochet stitch into each chain. Finish off wool.

Leave a space on the edge of the cap of 3 inches from the first ear flap and then begin the 18 stitches for the second one.

12. Wristlet or Half Mitten with Hole for Thumb—Materials : 2 ounce khaki or grey fingering ; four No. 12 needles.

Cast on 60 stitches. Rib 2 plain, 2 purl for 6½ inches.

To form hole for thumb : Instead of knitting round and round, rib backwards and forwards on the 3 needles for 2 inches, slipping the first on each row. Then continue to rib round and round for 2 inches, and cast off fairly tightly. Reinforce the thumbhole by over-sewing it with wool.

Trench Candles—Made of newspaper and wax. We are informed that these articles are not satisfactory and therefore request that no more be sent to our warehouses, as they cannot be sent overseas.

DIRECTIONS FOR PACKERS AND SHIPPERS

The C.W.C.A. has been most fortunate in obtaining ocean transportation for its supplies ; but, in order to facilitate shipment, it is most important that these instructions should be exactly carried out.

Much unnecessary work, both at Headquarters and in England, is caused by neglect of the following instructions :

All who wish to help will follow them carefully.

1. Tie up all garments in half-dozens.
2. Sew socks together in pairs and tie up half a dozen pairs in a bundle.
3. Lists of contents with name and address of, sender, should be placed inside and outside every parcel and a copy also forwarded by mail to the destination of the package.
4. Only one kind of article should be packed in each package ; e.g., a case of shirts, a case of socks, a case of soap, etc., etc.
5. Articles subject to duty, such as tobacco in all forms, playing cards, candies and all forms of sugar, all forms of spirits, and soaps, must be packed in separate cases to conform with Custom regulations.
6. Packages should be sent to

CANADIAN RED CROSS WAREHOUSE,

77 King St. East, Toronto.

clearly marked "Soldiers' Comforts" on the outside of the case.

Or to

CANADIAN RED CROSS WAREHOUSE,

446-8 St. James' St., Montreal.

Or to Local Receiving Centres.

7. Use packing cases, not bales, which admit the damp and dirt.

8. All parcels addressed to individuals should be sent through the Parcel Post direct to the recipient, and not through the Canadian War Contingent Association. The sending of private parcels through a Society only causes confusion and delay in delivery, and the Parcel Post exists to fill this need. The Association requires undesignated supplies of money and goods in order to meet the immediate needs of the men in the camps and trenches.

SAILORS' COMFORTS

It is very desirable that there should be on hand a stock of sailors' comforts which can be used when necessity arises for men in the Navy and Mercantile Marine.

The special needs are as follows :

1. Socks, any color ; size, from those suitable for boys of fifteen upwards.
2. Mufflers, 1½ to 2 yards long, any color.
3. Woollen caps which can be pulled down over the ears. (See page 25.)
4. Woollen gloves or mittens (see page 26), and leather gloves such as lumbermen wear.
5. Sweaters.
6. Fruit or candies.
7. Comfort Bags. (See below.)
8. Money to buy any of the above.

In addition to the cruisers, there are the patrol boats which patrol the coast round about Labrador, Gaspe, West Coast of Labrador, Bay of Fundy, etc. and the mine sweepers, who work unceasingly every day from 4 a.m. to 4 p.m. Many of the men and boys in the Navy are new recruits—some of them our own Canadian boys unaccustomed to the cold of the North Atlantic. The Mercantile Marine ought not to be forgotten. On it Great Britain and her Allies depend for troops, munitions, food, etc. These men, with a full knowledge of their danger from submarines, sail from port with a smile on their face and their lives in their hands.

A **Comfort Bag** for each man would be a slight recognition from the women of our country of what we owe the Merchant Marine. The bag should be of navy blue or navy blue and white duck, or galatea, 12 inches long by 10 inches wide, with a double draw string of white tape. On one side, near the top, stitch a white label, 4½ inches long by 4 inches wide. The contents of the bag may be selected from the following list of articles : Socks, muffler, handkerchiefs, briar pipe, clay pipe, tobacco, cards or puzzle, sweets, small book, writing pad and pencil, housewife, etc.

A Sailors' Comforts Committee has been formed in Halifax, who will take charge of these comforts. The stock will be drawn upon by the Officials of the Dockyard and Capt. Kneale of the Y.M.C.A., as they are needed.

Mrs. W. J. Armitage, Spring Garden Road, Halifax, is convener of the Committee, and any contributions of money or communication should be sent to her, and all parcels or boxes should be addressed plainly : Mrs. W. J. Armitage, Convener, Sailors' Comforts, Red Cross Warehouse, Pier 2, Halifax, N.S.

None of the supplies entrusted to the National Service Committee or Canadian War Contingent Association are sold with their knowledge or consent.

CORRESPONDENCE FOR EXPEDITIONARY FORCES

The following rules have been prepared for the Red Cross by the courtesy of the Deputy Postmaster-General, Ottawa, and may therefore be regarded as official.

Letters, postal parcels and other mail matter for members of the Canadian Expeditionary Force should be addressed as follows :

- (a) Regimental Number.....
- (b) Rank.....
- (c) Name.....
- (d) Squadron, Battery, or Company.....
- (e) Battalion, Regiment (or other unit), Staff Appointment, or Department.....
- (f) Canadian Contingent.....
- (g) British Expeditionary Force.....
- (h) Army Post Office, London, England.....

Unnecessary mention of higher formations, such as brigades, divisions, is strictly forbidden, and causes delay.

RATES OF POSTAGE

Letters—2 cents for each ounce or fraction thereof, with 1 cent additional as war tax on each letter.

Post Cards—2 cents each.

Newspapers—1 cent for each 2 ounces or fraction thereof, unless the addressee is known to be in the United Kingdom, in which case Canadian newspapers may be sent at the Canadian inland newspaper rates.

Parcels—While parcels for the troops must, in all cases, be addressed in care of the Army Post Office, London, England, this in no way affects the rates of postage, which depend entirely upon the location of the person for whom the parcel is intended.

Parcels for troops known to be in the United Kingdom are subject to the Parcel Post rate for the United Kingdom, which is 12 cents per pound or fraction thereof. The limit of weight for the United Kingdom is 11 pounds.

Parcels for the Expeditionary Forces in France and Flanders are subject to the following rates :

For parcels weighing up to 3 pounds..... 24 cents
For parcels weighing over 3 pounds and not more than 7 pounds..... 32 cents

The limit of weight in this case is 7 pounds.

Parcels for the Mediterranean and Salonika Expeditionary Forces are subject to the following rates :

1 lb.....	32 cents.
2 lbs.....	40 "
3 lbs.....	48 "
4 lbs.....	74 "
5 lbs.....	82 "
6 lbs.....	90 "
7 lbs.....	98 "

The limit of weight in this case is 7 pounds.

It is absolutely necessary that all parcels for the troops should be very carefully and securely packed, as, owing to the conditions of transit, parcels not packed with more than ordinary care run great risk of damage or loss of contents.

Thin cardboard boxes, such as shoe boxes, and thin wooden boxes should not be used, nor does a single sheet or ordinary brown paper afford sufficient protection.

The following forms of packing are recommended :

(1) Strong double cardboard boxes, preferably those made of corrugated cardboard, having lids which completely enclose the sides of the boxes.

(2) Strong wooden boxes.

(3) Several folds of stout packing paper.

Additional security is afforded by an outer covering of strong linen calico, canvas, or other textile securely sewn up. It is recommended that all parcels be strongly and securely packed in covers of this nature.

The address of the parcel should be clearly written in ink on the cover, preferably in two places.

The name and address of the sender should also be clearly written in ink on the cover of the parcel. Parcels which do not comply with this condition will be refused. The contents of the parcel should be stated in writing on the cover.

In the case of parcels for the Mediterranean and Salonika Expeditionary Forces, not only must every parcel have an outer covering of strong linen, calico, canvas, or other textile, securely sewn up, but these parcels should be as nearly round as possible and well padded with shavings, crumpled paper, or other protective material, particularly if wooden or metal boxes with square corners are used, as such boxes are liable to damage other parcels.

No perishable articles may be sent and anything likely to become soft or sticky, such as chocolates, etc., must be packed in tins well fastened down.

The address must be written in bold letters on the covering in ink and not on a label, whether tied or pasted on. The name and address of the sender must also be written clearly on the covering of the parcel. Parcels which do not comply with this condition will be refused.

DIRECTORY OF PATRIOTIC ORGANIZATIONS

As there is a general demand for information as to organizations for War Relief not included in the National Relief Committee, the following information is given.

Further correspondence concerning these organizations should be addressed to the respective secretaries and not to the Red Cross Office.

CANADIAN PATRIOTIC FUND

115 Vittoria Street, Ottawa

Object—The Canadian Patriotic Fund has been incorporated for the purpose of rendering financial aid, in case of need, to the dependent relatives, living in Canada or Newfoundland, of men fighting in the ranks of the Allies, no matter of what nationality they may be or in which army or navy they are serving. It may also assist, should necessity arise, soldiers or sailors discharged from the forces by reason of wounds or sickness.

The Head Office of the Fund is at Ottawa, the Honorary Secretary being Sir Herbert Ames, Kt., LL.D., M.P., the Honorary Treasurer, the Hon. Sir Thos. White, K.C.M.G., M.P., and the Asst. Secretary, Mr. Philip H. Morris. In the provinces of New Brunswick, Quebec and Ontario, county and town branches have been formed, and correspondence affecting families or matters in those provinces should be addressed to the Head Office. In the other provinces provincial associations act as clearing houses and communications may be sent to them direct. The Headquarters and Secretaries are as follows:

Prince Edward Island—C. R. Smallwood, Esq., Charlottetown.

Nova Scotia—A. S. Barnstead, Esq., Halifax.

Manitoba—D. M. Solandt, Esq., Winnipeg.

Saskatchewan—T. M. Bee, Esq., Regina.

North Alberta—John Blue, Esq., Edmonton.

South Alberta—P. T. Bone, Esq., Calgary.

British Columbia—F. Nation, Esq., Victoria.

SAILORS OF THE GRAND FLEET

Help is being sent by Lady Jellicoe's Fund to the sailors of the Grand Fleet, and special contributions of **money only** may be sent to Lady Willison, President of the National Ladies' Guild of the British and Foreign Sailors' Society, at 10 Elmsley Place, Toronto.

COMFORTS FOR INDIAN SOLDIERS

NEEDS:

(a) **Warm Clothing**—Socks, mitts, mufflers, shirts, fine soft flannel undervests and drawers, colored cotton handkerchiefs (see instruction, pp. 14-26), sweaters, waterproof capes and ground-sheets. **Flannel belts**, 2½ yards long, 13 inches broad, not shaped, 4 steel safety pins.

(b) **Food and Sundries**—Sweetened condensed milk, 1 pound packets of tea and brown sugar, chocolate, candies in ¼-pound packets, soap, tobacco (black-rolled), etc., etc., or

(c) **Money to buy the above.**

Address—Secretary for India, I.O.D.E.,

Miss Muriel Bruce,
77 King Street East,
Toronto.

SERBIAN RELIEF

Object—To support the Serbian refugees in Southern Europe and educate their children. To supply food and clothing to Serbian prisoners of war and interned civilians, who are being starved. To get relief to the Serbians who remained in Serbia, who are in terrible want.

Wanted—Money. Contributions may be sent to A. H. Campbell, Esq., 4 Wellington St. E., Toronto, Hon. Treasurer of the Canadian Serbian Relief Committee.

BELGIAN RELIEF FUND

Secretary-Treasurer of Fund for Canada:

L. S. Colwell, Esq.,
59 St. Peter St.,
Montreal.

Object—To relieve destitute Belgians.

Needs:

(a) Money to buy food.

(b) Money to send debilitated children from Belgium to Holland, France and Switzerland.

(c) New clothing, which should be sent to 59 St. Peter St., Montreal, or to the Ontario Branch, 95 King Street West, Toronto.

Address for Money—Local Belgian Relief Committees, Treasurer of Ontario Branch, or Sec.-Treasurer as above.

FRENCH RELIEF (Secours National)

Object—To relieve the impoverished civilians of Northern France and collect materials for French Hospitals.

Needs—

(a) Money.

(b) Clothing of all kinds in good condition.

(c) Hospital Supplies.

Address—Local Branches in Ottawa, Montreal, Toronto, Hamilton, Winnipeg.

The Canadian Red Cross Society is assisting the Red Cross Societies of the Allied Nations with grants of money and supplies.

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CANADA FOOD BOARD.
HEAD OFFICE : OTTAWA, ONT.

Through its various branches all over the Dominion the Canadian Red Cross Society may do much during the fall and winter months to help along the cause of food production and conservation. Particular emphasis is laid upon the latter, for now that the harvest is under way there is a temporary lull in production activities.

The paramount needs where the Allies are concerned are the same as were emphasized at the beginning of the food shortage—wheat, beef, bacon, sugar and fats. It is incumbent upon all women, whether they belong to organized bodies or not, that they do their utmost to relieve the pressure on the flour barrel, and the Food Board is simplifying matters for them by the arrangements it has made for the manufacture in Canada of ample supplies of corn flour, barley flour and other substitutes. The use of these should not be limited to the regulations of the Board, but every woman should make a point of trying them out in all her home cooking. The recipe book on bread-making issued by the Board and sold at five cents a copy indicates how the best use of the substitutes may be made.

The war gardens have reached the stage where they have pretty well exhausted themselves for this year, and the next step is to see that the utmost use is made of the vegetables grown so abundantly. They should be eaten freely and all that is left over should be canned, dried or stored. The Food Board has issued another booklet which deals with this phase of food conservation and is particularly timely now.

Cheese, butter and other fats are badly needed in Europe. For months past necessity has forced the people of France and Italy to kill off their breeding stock. The Red Cross Society might do much to stimulate the dairy industry and to encourage girls to take up dairying as a war-time occupation. This year's experience has proved that the farmerette who can milk a cow is infinitely more desirable to the farmer than the girl who cannot.

Jam-making should be encouraged as a means to save butter. An abundance of fruit is available and now that the apple crop is on, jam and jelly might be made on an extensive scale. Canada has only been meeting 1½ per cent of the Allies' requirements in butter, despite her vast possibilities in this direction.

The sugar situation need be no deterrent force where the making of preserves is concerned. While it is still necessary to exercise the utmost economy in the domestic use of sugar, there is a sufficiency to stand all the canning and preserving that Canadian women are willing to take upon themselves. In the past the tendency has been to go by the old jam recipe of one pound of sugar to one pound of fruit. As a matter of fact, a better preserve can be made where only three-quarters of a pound of sugar is used and, in the case of sweet fruit, half a pound.

The regulations issued by the Board relative to public eating places apply to functions of any kind and it is incumbent on all the Red Cross Societies to observe, in the strictest sense, both the letter and spirit of such regulations as are issued from time to time.

Being the most representative of organizations the Canadian Red Cross Society can do a vast amount to spread the doctrines of food conservation and to give solid support to any propaganda or scheme calculated to further a cause which ranks with its own in the relief of the distressed and the furtherance of humanitarian principles.