

# THE WOMAN'S DREADNOUGHT

Published by the East London Federation of the Suffragettes.  
 Edited by SYLVIA PANKHURST.

No. 50.

SATURDAY, FEBRUARY 27TH, 1915.

PRICE ONE HALFPENNY.

All donations in money or kind should be addressed to the Financial Secretary of the E.L.F.S.:-  
 Miss N. L. Smyth,  
 400 Old Ford Road, Bow, E.

## THIS WEEK'S MEETINGS.

Sunday, Feb. 28th, at 3 p.m.—Hyde Park—Mr. E. Duval. Chair: Mrs. Bouvier.  
 8 p.m.—Bow Baths—Miss Sylvia Pankhurst, Lady Emily Lutyens.  
 Monday, Mar. 1st, 3 p.m.—Bow, Women's Hall—Miss Sylvia Pankhurst, Miss Chesley.  
 8 p.m.—"Peacock," Freemason's Road—Miss Feek.  
 8 p.m.—Hackney, Powerscroft Rd. Mrs. Bouvier.  
 8 p.m.—Poplar, Cotton St.—Mrs. Drake and others.  
 Tuesday, Mar. 2nd, 3.0 p.m.—175 Dalston Lane, N.E.—Mrs. Walker.  
 8 p.m.—Limehouse, Burdett Road—Mrs. Walker.  
 8 p.m.—Poplar Women's Hall—Mrs. Bouvier.  
 8 p.m.—53 St. Leonard St.—Miss Barry.  
 Wednesday, Mar. 3rd, 8 p.m.—Christ St.—Mrs. Drake.  
 Thursday, Mar. 4th, 8 p.m.—124 Barking Road—Mrs. Schlette.  
 8 p.m.—Bow Obelisk—Mrs. Bouvier.  
 8 p.m.—175 Dalston Lane—Miss Sylvia Pankhurst.  
 Friday, Mar. 5th, 3 p.m.—Poplar Women's Hall—Mrs. Thompson.  
 8 p.m.—Canning Town, Beckton Rd.—Mrs. Davies.  
 8 p.m.—Poplar, Piggott St.—Mrs. Walker.  
 8 p.m.—Bow Women's Hall—Members' Meeting.  
 Sunday, Mar. 7th, 8 p.m.—Poplar Women's Hall—Miss Sylvia Pankhurst, Mr. E. Duval. Chair: Mrs. Drake.

## THE POPLAR SUFFRAGE CLUB,

20 Railway Street, Poplar, E., open Tuesdays, Thursdays and Fridays, 7 to 10. All women welcome. Membership fee, 1d. a month. Members of the E.L.F.S. free.  
 We wish to appeal for Books and illustrated papers for the Poplar Suffrage Club.

## MOTHERS AND BABIES.

We urgently need subscriptions to help us to pay the heavy milk bill for our centres in Bow, Bromley, Poplar and Canning Town; also gifts of:

### EGGS.

For invalids and babies who are too ill to digest milk, and are given the white of egg beaten up in water.

ARROWROOT, BARLEY & RICE, BORACIC POWDER, BORACIC LINT, VASELINE, ZINC OINTMENT, COD LIVER OIL AND MALT, GLAXO AND VIROL.

We lend necessitous mothers outfits for their babies, for the first months.

### FOR BABY.

Four gowns, four barrows, two flannel bands, twelve napkins, three vests and a cot blanket.

### FOR MOTHER.

Two nightgowns, a woollen shawl, three towels, two sheets and one pair pillowcases.

Doctor attendances and baby weighing—400 Old Ford Rd., Bow, Mondays 2.30 p.m.; 20 Railway St., Poplar, Mondays 3 p.m.; 53 St. Leonard's St., Thursdays 2.30 p.m.; 14 Butcher's Rd., Canning Town.

Mothers may have the leaflets on baby-feeding by applying at any of the centres.

## OUR COST-PRICE RESTAURANTS

400 Old Ford Road, Bow, E.  
 20 Railway Street, Poplar.  
 53 St. Leonard's Street, Bromley.

Two-course meals 2d. (children 1d.)  
 Soup 1d. a pint with a piece of bread.

Will you send us a gift of provisions to reduce our bills, which are growing rapidly with the rising prices?

## OUR FACTORY.

Price lists for our toys, garments and shoes may be had on application to 400 Old Ford Road, Bow.

Help us to produce skilled work at a living wage.

Special—"Dreadnought" £500 Fund.  
 Already acknowledged £6 1s.  
 Mrs. M. R. Mackenzie £20 os.

## GREAT PROCESSION AND DEMONSTRATION

TO PROTEST AGAINST RISE IN FOOD PRICES.

SUNDAY, FEBRUARY 28.

START EAST INDIA DOCK GATES, 1.30 p.m. (Beckton Road, 1.15.)

"Salmon and Ball," 2 p.m.

Mile End Waste, 2.30 p.m.

Gardiner's Corner, 3 p.m.

## TRAFALGAR SQUARE,

4 p.m.

Join the E.L.F.S. Contingent!

## WORKING WOMEN PAY THE PRICE.

Dear Editor,—Harder and harder gets the struggle each week to keep the home together; more and more does it make us think. The other week I was asked to attend a committee meeting at the school to explain why I could not afford to pay the 1s. fine for teeth. I don't think you would want much explaining to, dear editor, but these are the figures I gave the committee (a man, of course):—

| Before the War. |     |
|-----------------|-----|
| s               | d   |
| Rent            | 6 0 |
| Bread           | 5 0 |
| Boots           | 1 0 |
| Clothes         | 1 0 |
| Coals           | 1 6 |
| Insurance       | 1 0 |

Husband's wages 25s. per week, 4d. Insurance, 6d. Sick Club, 3d. Trade Union, leaving 23s. 11d. to start with.

Total 15s. 6d., leaving 8s. 5d. to keep six people in all other things for a week. That's without baby. A member of the committee asked if I had any children at work. I said the eldest was 10. He asked did I do any work myself. (Hardly!)

I asked did he mean go out to work, because I believed the woman's place, as they so often told us, was the home! and in the home I meant to stay. Then he asked whether the children have their dinners at school. I said "No, I detest charity and prefer to get them their meals at home."

My husband is a teetotaler, and gives up every farthing; but I know it to be an impossibility to keep, clothe, and pay rent for seven people on 25s. per week at present.

### A READER.

To the Editor of WOMAN'S DREADNOUGHT.

May I send these few lines through your little paper; small though it may be, it is worth all the Dreadnoughts of England, Germany, or any other nation, if it only peeps into one poor home and enlightens one poor woman. What a life for a poor mother of to-day to think that her boys, that she faced death to bring into this world, fought and struggled to bring them up as decent as she could, should be snatched away, many to certain death, without the sanction even of their dearest friend, their mother. My mother was left a widow very soon, has worked and slaved to keep her home together, and bring up my sister and I and two brothers. My sister and I are now married, with little families, and just when my brothers were helping my mother a bit, they are dragged into this War—sent off to the front. What are they doing for my mother? What miserable pittance are they allowing her for her sleepless nights,

her days of waiting in misery and suspense? When will the women wake out of their slumber?

Yours, etc.,  
 A WORKING WOMAN.

3s. a head for EVERYTHING.

Dear Miss Pankhurst,—I am writing on behalf of a friend, Mrs. B., who is in straitened circumstances through the War. Her children, last Tuesday, had nothing to eat till 6 o'clock in the evening, until she went to 400 Old Ford Road to get some soup and milk for the baby, for which she is very thankful. Her children, of which there are five, went short of food before the War, but since the outbreak of the War, food has risen so high that they get less than before.

The only food they get is bread and butter, and not enough of that to keep the body properly nourished. The wages she receives from her husband is 17s. and 4s. she earns herself, making a total of 21s. per week for man and wife, and five children to exist on. How can a Government expect children to grow up to serve their country when they are half-starved in their infancy?

|                     | Prices of things |            |
|---------------------|------------------|------------|
|                     | Before war       | During war |
| s                   | d                | s          |
| Rent                | 7 6              | 7 6        |
| 14 cwt. of coals    | 2 0              | 3 0        |
| Soap                | 0 3              | 0 3½       |
| Gas                 | 1 0              | 1 0        |
| ½ lb. Tea           | 0 7              | 0 9        |
| 3 lbs. Sugar        | 0 5½             | 0 10½      |
| 9-qt. Bread         | 3 9              | 5 7½       |
| 3 tins milk at 2½d. | 0 7½             | 0 9        |
| 2 lbs. Margarine    | 1 0              | 1 4        |
| " " at 8d.          |                  | 1 4        |
| Soap and Blue       | 0 1½             | 0 1½       |
| Wood                | 0 2              | 0 2        |
| Sundries            | 0 6              | 0 6        |
| Meat                | 2 0              | no meat    |
| Total               | 19 11½           | 20 0       |

You see the accounts will not balance although they have given up meat.—J.S.

## Starving on the Old Age Pension.

An old couple, over 80 years, both getting old age pension:—

|                   | Before War began. |                     | After. |     |
|-------------------|-------------------|---------------------|--------|-----|
|                   | s                 | d                   | s      | d   |
| Rent              | 1 9               | 1 9                 | 3 9    | 3 9 |
| Coal              | 2 0               | 2 6                 | 2 6    | 2 6 |
| Oil               | 0 9               | 0 9                 | 0 9    | 0 9 |
| Meat & Vegetables | 2 0               | 2 6                 | 2 6    | 2 6 |
| Tea               | 0 6               | Cheaper quality 0 6 | 0 6    | 0 6 |
| Sugar             | 0 3½              | 0 6                 | 0 6    | 0 6 |
| Butter            | 0 6               | 0 6                 | 0 6    | 0 6 |
| Soap, etc.        | 0 6               | 0 6                 | 0 6    | 0 6 |
| Bread             | 0 6               | 1 0                 | 1 0    | 1 0 |
|                   | 8 9½              | 10 6                |        |     |

Leaving 1s. 2½d. for extras. The old woman has had to pawn almost everything to make up extra sixpences. The balance for extras has disappeared. They have to do with less coal, meat, and other things.

## "Poor every-day living."

Dear Editor,—I have been asked by Miss R. if I minded sending a budget of food prices before the War and after. I have a family of four little children, and this is the experience of just poor every day living:—

|                         | Before the War. |       | Since the War. |   |
|-------------------------|-----------------|-------|----------------|---|
|                         | s               | d     | s              | d |
| 14 loaves Bread at 2½d. | 2 11            | 4 8   |                |   |
| 1½ cwt. of Coal         | 2 4             | 3 6   |                |   |
| 1 lb. of Meat           | 0 6             | 0 9   |                |   |
| ¼ quarter of Flour      | 0 2½            | 0 4½  |                |   |
| ½ lb. of Tea            | 0 8             | 0 10  |                |   |
| 3½ lbs. of Sugar        | 0 5½            | 0 10½ |                |   |
| 1 tin of Milk           | 0 4             | 0 5   |                |   |
| Rent                    | 6 0             | 6 0   |                |   |
| Insurance               | 1 0             | 1 0   |                |   |
| A week                  | 14 4½           | 18 5  |                |   |

## BOW BATHS, Sunday, Feb. 28,

AT 8 P.M.

## A LECTURE

BY LADY EMILY LUTYENS,  
 ON  
 The Theosophic Ideal.

CHAIR: MISS S. PANKHURST.

ADMISSION FREE.

## A Sweated Worker's Budget.

Dear Editor,—Miss R. asked me to send you a budget to show how I manage on 11s. 6d. a week:—

|                     | Before the War. |      | Since the War. |      |
|---------------------|-----------------|------|----------------|------|
|                     | s               | d    | s              | d    |
| Rent                | 2 0             | 2 0  | 2 0            | 2 0  |
| 1 lb. Sugar         | 0 1½            | 0 3  | 0 1½           | 0 3  |
| Tin of Milk         | 0 3             | 0 3½ | 0 3            | 0 3½ |
| ½ cwt. Coals        | 0 8             | 1 0  | 0 8            | 1 0  |
| 1 qt. Paraffin      | 0 2½            | 0 4  | 0 2½           | 0 4  |
| 7 bundles of Wood   | 0 3½            | 0 5½ | 0 3½           | 0 5½ |
| 1 lb. Meat (Sunday) | 0 6             | 0 9  | 0 6            | 0 9  |
| 4 lbs. Potatoes     | 0 2             | 0 2½ | 0 2            | 0 2½ |
| 3 Loaves            | 0 6½            | 1 0  | 0 6½           | 1 0  |
| National Insurance  | 0 3             | 0 3  | 0 3            | 0 3  |
| ½ lb. Margarine     | 0 4             | 0 4  | 0 4            | 0 4  |

It costs me 1s. a week to get a little for dinner each day near my work.

In addition to this I pay 1s. for a little furniture I had when I began to live alone, and 3d. a week for soap, soda, etc. Out of 11s. 6d. I have 2s. for boots and clothes.

## Ends that don't meet.

Dear Editor,—I am writing you to let you know how some of us in Bromley have to exist since the prices of food and coal have gone up. My husband is a casual labourer, earning sometimes £1 2s. 6d., sometimes a little more when he is able. Sometimes I hardly know how to make both ends meet, as I have five children, the eldest not yet twelve, and the youngest one year and five months, and I am expecting another one in June. This is how I spend my money:—

|                                   | Before the War. |          | After. |        |
|-----------------------------------|-----------------|----------|--------|--------|
|                                   | £               | s d      | £      | s d    |
| Rent                              | 5 6             | 5 6      | 5 6    | 5 6    |
| Coals                             | 1 2             | 2 0      | 1 2    | 2 0    |
| 3 Loaves a day, at 2½d. each      | 4 4½            | 0 7 0    | 4 4½   | 0 7 0  |
| 4 lbs. of Flour per week          | 0 7 2           | 0 7 2    | 0 7 2  | 0 7 2  |
| Gas                               | 0 9             | 0 9      | 0 9    | 0 9    |
| Insurance                         | 0 9             | 0 9      | 0 9    | 0 9    |
| Milk, ½ pt. of morning for a week | 0 7             | 0 7      | 0 7    | 0 7    |
| 18 lbs. of Potatoes for the week  | 0 6 12          | 0 6 12   | 0 6 12 | 0 6 12 |
| 1½ lbs. Margarine                 | 0 10            | 0 10     | 0 10   | 0 10   |
| Meat                              | 0 2 6           | 0 3 6    | 0 2 6  | 0 3 6  |
| Tea, 6ozs. week                   | 0 6             | 0 6      | 0 6    | 0 6    |
| Sugar, 4 lbs. at 1½d. lb. a week  | 0 7             | 0 7      | 0 7    | 0 7    |
| Odds and ends                     | 1 0             | 1 0      | 1 0    | 1 0    |
|                                   | £1 2 7½         | £1 3 11½ |        |        |

I have pawned many things to make up the difference, but that cannot go on, and we have gone without much we used to have.

## GIVING WITH ONE HAND—

The "War Bonus" offered to the London dock labourers is an excellent illustration of the need for Government intervention in the matter of food prices. As an offset against the increased cost of living the dockers are to be paid a bonus of 3s. a week, or 6d. a day extra. The Times adds:—

"In view of the increased expenditure incurred by the Authority (P.L.A.), the schedule of rates and charges on shipping and goods is being revised."  
 This will be made an excuse for higher prices in bread and other foodstuffs which are partly imported, and the dockers' wife will speedily find that the extra 3s. is swallowed up in this way, leaving her no better off than she is now. Nothing but Government intervention will be any good.



WOMEN! JOIN THE East London Federation of the Suffragettes

WE NEED YOU!

I wish to become a member of the EAST LONDON FEDERATION OF THE SUFFRAGETTES.

Name

Address

I enclose 1d. to cover membership and postage.

I enclose 4s. 4d. for a year's WOMAN'S DREADNOUGHT.

Name

Address

Catholic Suffragist

Organ of the Catholic Women's Suffrage Society.

No. 2.—NOW READY.

Published Monthly. Price 1d. Annual Subscription, post free, 1s. 6d.

Send for Specimen Copy to— Catholic Women's Suffrage Society, OFFICES: 55 BERNERS STREET, LONDON, W.

TROIS AGES DE L'HOMME

Etude de l'Evolution de l'Humanite.

GEORGES EDES BOXALL.

PARIS: LIBRAIRIE FISCHBACHER Societe anonyme

33, Rue de Seine, 33

1914

May be bought from the Author at Hampden Residential Club, Phoenix Street, N.W.

The Woman's Dreadnought.

Published by the East London Federation of the Suffragettes.

321 ROMAN ROAD, BOW, E.

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Temple Avenue, E.C.

Can be obtained at the Bookshops of Messrs. W. H. SMITH and

SONS, and Messrs. WILLING.

Annual Subscription Post free, 5s. 4d.

No. 50.—Saturday, Feb. 27th, 1915.

Bravely and willingly we bear our

share of the World's burdens. Why,

then, deny us the right to Vote, which

would dignify our labour and increase

our Power of Service.

"THE DEVIL TAKE THE HINDERMOST."

The Government has refused to

take any action to keep down the

food prices. Mr. Asquith callously

declares that the cruel law of supply

and demand, which means the

triumph of the most powerful and

unscrupulous, and the crushing of the

weakest, must continue to dominate

the situation.

"Fight for your own material

interests, regardless of your fellows"

is, in effect, the advice of the Govern-

ment to the people in the hour of

National crisis. And since the

Government has refused to regulate

the struggle for making money out of

the nation's difficulties, the majority

of the people must perforce follow

this harsh piece of advice, or be

pushed down below the poverty line.

The strong Trade Unions in all

parts of the country, especially those

whose members are engaged in work

on which the Government depends

for military necessities, are demand-

ing increases of pay to meet the

rising cost of living; 10,000 Clyde

dockers are on strike.

In many districts increased pay

has been secured by carters, dockers,

engineers, employees of gas and

railway companies, and others. But

though in some cases the increases

amount to 4s. a week, as a rule they

are no more than 1s. or 2s., and even

the greatest increase in wages

received does not compensate for

the higher cost of necessities. More-

over, the majority of the workers

throughout the country have received

no increase of pay, and those whose

work is precarious at the best of

times will probably fear to strike.

Old age pensioners and recipients of

Poor Law and other relief doles

in patience or riotously help them-

selves to the necessities of life.

Yet it is true that at the present

time the strike has become a more

compelling weapon in the hands of

the workers in certain industries than

it has ever been before. If a couple

of million men are in the Army, there

are the fewer skilled workers to

replace any who may decide to go on

strike. And the Government must

have ships, guns, food, boots, and

clothes for its troops; the Govern-

ment cannot afford that there shall

be a delay.

Sweated women, makers of khaki

suits and bandoleers, remember this!

The Government has refused to fix

decent rates of pay for you, though

they have fixed profitable rates of

pay for the contractors who employ

you. They have been paying a man

at the rate of £60,000 a year to buy

timber for them. Remember that if

you will act unitedly you can more

easily force them to pay you a little

more of what is due to you, just

now, than you ever could before.

The Government has refused to

interfere with the big business in-

terests that are forcing up the prices

of things that are necessary both

for the maintenance of the people at

home and the prosecution of the War

abroad. But, though Mr. Runciman

told Labour Members of Parli-

ament, who asked the Govern-

ment to keep down food prices, that

the best way to meet the higher cost

of living is to raise wages, the

Government is forging for itself a

weapon to prevent the workers from

striking for increased wages. It pro-

posed to introduce compulsory arbi-

tration, and a statement has been

issued from which the following is

an extract:

"With a view to preventing loss

of production caused by disputes

between employers and work-

people, no stoppage of work by

strike or lock-out should take place

on work for Government purposes.

In the event of differences arising

which fail to be settled by the

parties directly concerned, or by

their representatives, the matter

shall be referred to an impartial

tribunal nominated by His Majesty's

Government for immediate investi-

gation and report to the Govern-

ment with a view to a settlement."

The so-called "impartial tribunal"

consists of three Permanent Officials:

Sir George Askwith (Board of Trade),

Sir Francis Hopwood (Admiralty),

and Sir George Gibb (War Office).

Working women, can you trust

these Government officials to protect

your interests? What do they know

of you and your lives?

You have had no voice in electing

the Government that controls them,

and can therefore bring no political

pressure to bear either on them or

the Government.

We want to know what form of

compulsion is to be used against those

who refuse to abide by the decisions

of these gentlemen.

Working women you cannot afford

to leave your interests to be guarded

by other people, you, yourselves,

must fight together to protect your

interests. You must strive as hard as

you can for the Vote, which, if you

combine in sufficient numbers to use

it properly, will make it possible for

you to sweep away the poverty and

misery around you, and to change

absolutely the management of our

National affairs.

E. SYLVIA PANKHURST.

GIVE THIS PAPER TO A FRIEND.

THE DEFENCE OF THE REALM ACT.

We are profoundly dissatisfied with

the Government's proposals to amend

the Defence of the Realm Act. The

Manchester Guardian says that the

Government has not gone so far in

amending the Act as it would like,

but that in order to meet the views

of the Conservative opposition, has

adopted a middle course between the

present provisions of the Act and the

restoration of the complete supre-

macy of the Civil law as it existed

before the passage of the Defence of

the Realm Act.

This is the sort of excuse that some

Liberals always make for a so-called

Liberal Government that proves, as

this one has done, to be reactionary.

But the Defence of the Realm Act is

of the Government's own drafting,

and their followers cannot pretend

that any but the Government should

bear the blame.

In its proposals for amending

their Defence of the Realm Act, the

Government makes it plain that in

cases of grave emergency or cir-

cumstances of exceptional difficulty,

Martial law shall supersede the Civil

law. Martial law may be introduced

in any district where and as the

Government may think fit.

Under ordinary circumstances

where the Civil Courts are still

available, any accused person of

British birth may be tried by the

Civil law, if he or she claims to be so

tried within four days from the time

"when the general nature of the

charge was first communicated."

Why is this provision made at all?

Why, when the Civil Courts are

available, should there be any ques-

tion of court martial for the ordinary

civil population?

The Attorney General said that

there is no reason now why the right

of trial by the ordinary tribunals

should not be restored. Why not

restore it then, intact? This new

regulation which forces an accused

person to claim the right to a civil

trial, or to forfeit it, is either stupid

and unnecessary, or is a dangerous

power which may be used unjustly

towards poor and ignorant people.

Already unfortunate women have

been cruelly dealt with under this Act.

The Government proposes that only

British subjects shall have the right

to claim a trial by the ordinary Court,

and Sir J. Simon said that he was "sure

no one would suggest" that this

"privilege should be conferred on

enemy aliens."

The Times reports that Members

of Parliament said "hear, hear" to

that. We are sorry that they should

have done so, and, as women, we

should be glad that we had no part

in electing these men. What an idea

of the British sense of fair-play this

will give to the other countries!

Surely we should be unanimous

in the wish to secure absolute justice

for every person tried within our

shores, however mean, despicable,

as hostile to ourselves that person

may chance to be. Surely the very

fact that we may be in danger of

feeling racial or political prejudice

should make us specially scrupulous

in this.

Justice, we must remind you Sir

John Simon, is no "privilege" but a

right!

GERMAN WOMEN RIOT.

An Exchange telegram states that

rioting by women has taken place at

Schönberg, in Germany. The municipal

authorities had announced a sale

of cheap potatoes to soldiers' wives.

After waiting a long time the

women were told that only those

who could produce a receipt for the

last payment of their taxes might

buy potatoes. The women returned

to their homes for these papers, but

PLIGHT OF A SOLDIER'S WIFE.

The case of the soldier's young

wife, Muriel Scott, who tried to

commit suicide because she was

deserted, and was not eligible for

separation allowance, reminds us of

the fact that in time of peace pro-

vision was made by the Government

for only 4 per cent. of the wives and

children of our soldiers, and that

large numbers of them lived lives of

very desperate poverty.

Before taking position this young

woman wrote:—

"I would not have done this, but I am

alone in this cruel world, and it is only

those who have great sorrows who know

how very cruel people can be. I feel that I

am growing mad.

Enclosed in the letter was a com-



## DISTRICT REPORTS.

## BOW.

Organiser: MISS MANTICOM, 321 Roman Rd.

We are starting a Suffrage Club at once. Come on Friday evening at 8 p.m. Gifts of money, small tables, books, games and easy chairs would prove acceptable, and would be duly acknowledged in our paper. A formal opening night will be announced later.

Next Monday afternoon at 3 p.m., the speakers will be Miss Sylvia Pankhurst and Miss Chesley, who will tell us about Votes for Women in the Suffrage Stages.

Have you paid your subscriptions yet? There is still time, begin this month.

Will all members be sure to keep next Sunday afternoon and evening free to join in the great demonstration to protest against the rise in the price of food. A procession will start from the Dock Gates at 1.30 p.m. Be sure to come and make the E.L.F.S. contingent a success. We shall finish up at Bow Baths in the evening. Tea can be had at the Women's Hall after the demonstration. Will you please let the organiser know how many to expect to tea?

A social is being held at 20 Railway St., Poplar, on Saturday next. Tickets can be obtained at 321 Roman Road for Bow members.

Another very energetic canvass is needed in Bow with the *Dreadnought*. Will someone volunteer to help?

*Dreadnoughts* sold week ending Feb. 20, 1917.

## BROMLEY.

Joint Hon. Secretaries:

Mrs. McCHEVNE & Mrs. MANTLE,  
53 St. Leonard Street.

Very pleasant meeting held on Tuesday evening. We wish to thank Miss Pankhurst for visiting us, and very pleased to hear she will continue to do so once a month. Four new members were made. Will not some of the members try to sell four papers each week? It would help the circulation so much. Members are also reminded that monthly contribution of one penny is now due, so will they please call in and pay as soon as possible?

## POPLAR.

THE WOMEN'S HALL, 20 RAILWAY ST.  
Organiser: MRS. DRAKE.

On Sunday, March 7, we begin a series of Sunday meetings at 20 Railway Street. Members must do themselves credit and get these meetings well attended, as well as those on Tuesday evenings and Friday afternoons. The members had made up their minds to have a piano, and have now done so. They are subscribing to it and will be pleased to welcome some more subscribers at 1d. or 2d. weekly. Poplar members now collect for milk regularly outside Spratts' and Green's works. We should like a collector for Webb's in Stepley. Will someone who lives near give an hour from 1 to 2 for this?

On Tuesday, Miss Chesley, from America, proved conclusively that good work women have done in the United States since they have had the Vote. Shall be pleased to welcome more gentlemen to these evening meetings. Good meeting on Friday afternoon, Miss Barry speaker. Mrs. Walker spoke at Piggott St. in the evening. A good meeting and a number of papers sold.

Members and friends are heartily invited to our Social which will be held here on Saturday, Feb. 27, commencing 7.30 sharp. *Dreadnoughts* sold, week ending Feb. 20—154.

Distributors—Mrs. Schlette, Mrs. Giles, Mrs. Allen, Mrs. Churcher, Mrs. Burgess, Mrs. Bird.

## SOUTH WEST HAM.

Centre for Tidal Basin and Custom House—  
55 Fife Road, Tidal Basin.

Hon. Sec.—MRS. DAISY PARSONS,  
94 Ravenscroft Road.

Monday's meeting was cancelled on account of General Meeting at Bow. Tuesday night we had our first sale at 55 Fife Rd. It realised £1 0s. 5d. There is to be another sale on Tuesday at 8 p.m., but members please note they must attend meetings on Thursdays in order to find out correct evening and time of sale. On Thursday at the members meeting at which there were 42 present, Miss Pankhurst gave an enthusiastic speech, and afterwards there was a good response to an appeal for things for the shop. We were also pleased to welcome nine new members. All members and friends are thanked for helping with the Public Hall meeting, which was a splendid one. The tickets are out for the Monthly Party for Saturday, 27th inst. All persons wanting one must come to the shop. It is our turn to entertain the last Saturday in March, so all be making up your minds what you can do to help with it. Many can help two people, but two people cannot do the lot. The speaker was unable to be at Beckton Road on Friday on account of illness.

## OTHER SOCIETIES.

## NORTH LONDON M.P.U.

Hon. Sec.: MR. H. G. EVERETT,  
c/o Mr. Innes, 31 Balmes Road, Southgate Road.

No meeting in Finsbury Park Sunday next as all members are asked to rally at the Great Demonstration in Trafalgar Square.

Date of our big North London meeting at which Miss Sylvia Pankhurst has promised to speak will be announced later. Tickets 6d. and 3d. will be ready shortly. All members and sympathisers are asked to do all in their power to make this meeting well known and a great success.

## R. S. P. U.

Hon. Sec.—J. W. BONARIUS, 89 Wyke Road.  
We are arranging to hold joint Social with E.L.F.S., Women's Hall, 400 Old Ford Road, in aid of Babies' Milk Fund. Joint committee to meet next Tuesday, 400 Old Ford Road, 8 p.m. Tickets for Social from Hon. Sec., or G. Stone, 4 Eglington Road, or any other members of R.S.P.U.

## MORE MILK!

Canning Town members have decided to take another Special Milk Collection on Saturday.

The following members will collect:—

Mrs. Kulin, Mrs. Reiff, Stratford Town Hall, Mrs. Mears, Miss Penn, Stratford Empire.

The following members will have a box at home for a week:—

Mrs. Roper, Mrs. Sands, Mrs. Bachmayer, Mrs. Munroe.

Canning Town members are each giving what they can to furnish the new office, but they do not want their names published.

Four friends are promising a dozen tea cups and saucers; Miss C., a dozen plates; Mrs. P., milk jug and basin; A friend, tea pot and curtains; Mrs. S., chair; Mrs. M., chair; Mrs. B., half dozen teaspoons; Mrs. R., table; Mrs. S., piece of carpet.

The E.L.F.S. appeals urgently for help in the following ways:—

## Clerical Work for our Central Office.

Clerical work should always be arranged for in advance. Friends are specially asked to try to give a regular one or more days a week, as work that can be counted on and arranged for is always worth twice as much as what is given merely at odd times.

## Help in the Nursery

and in taking the nurse children out for walks. Help from friends who have experience of Montessori or Kindergarten work is especially needed.

We are anxious to get in touch with any friends who have experience in domestic economy and catering on a large scale.

## WANTED.

Chest of drawers and fire irons for our Bromley centre.

## LEAGUE OF RIGHTS FOR SOLDIERS' AND SAILORS' WIVES AND RELATIVES.

To protect the interests of all wives, mothers and other relatives of soldiers and sailors, to secure for them adequate separation allowances and pensions, to act on their behalf in all cases of neglect and delay, and generally to secure for them an improvement in their conditions.

Meetings have been arranged for the Canning Town Public Hall, on March 4th, 8 p.m., and the East Ham Town Hall (Minor Hall), on March 8th, 8 p.m. Meetings are also to be arranged at Bromley and Islington shortly. Mrs. Hunter of Preston writes that she will be glad to help with a meeting at Preston to form a branch of the League. Membership cards may be had on application to Mrs. Geo. Lansbury, 103 St. Stephens Road, Bow, E., or Mr. J. Banks, 6 Campbell Road, Bow, E., from 400 Old Ford Road, Bow; 20 Railway Street, Poplar; Mrs. Thompson, 5 Alexandra Terrace, Goosley Lane, East Ham; Mrs. Millo, 1 Ravenscroft Road, Canning Town.

## EMPLOYERS AS SLAVE OWNERS.

Messrs. Cohen, Weenan and Co., cigar makers, have been trying to secure a magistrate's order to force a girl of 18 to continue working for them for five years. The prosecutors' foreman stated that the trade took seven months to learn, and that an apprentice should be a competent worker in 18 months; yet during the last three years of the girl's apprenticeship she was only to receive half of a journeyman's wages, if she could show "all work done to satisfaction."

The foreman said that the girl's wages averaged 4s. to 7s., but she protested, "I have only had that two weeks." The case was adjourned.

Attempts by Members of Parliament to induce the President of the Board of Education to insist even that children shall not be taken prematurely from school to become wage-earners, unless the medical inspector pronounces them physically fit, have hitherto proved useless.

## THE "HERALD" LEAGUE (Bow Branch).

The above are holding a—

## Grand Variety Concert

AT THE BOW BATHS HALL, ON

March 6th.

The "Merrymaids" Concert Party will give a first-class performance, and tickets, 3d. each, can be obtained from—

J. BERG (Sec.), 13 Vernon Road, or at THE WOMEN'S HALL, 400 Old Ford Road, E.

## FROM A VEGETARIAN.

In this short article I only propose to consider staple foods which in themselves contain the necessary body-building elements requiring the simplest treatment in their preparation. All provisions have risen in price lately and fuel is very dear, and "Time is Money," especially from the workers' point of view!

I shall therefore only deal with the subject on these bare lines.

First, I must appeal to the plain commonsense of the workers themselves and ask them to consider quite seriously this question, which so vitally concerns them now and always! It is a difficult matter to uproot long-standing prejudices and fixed habits. The conservatism of the workers with regard to their food is no small hindrance to their relative prosperity and comfort.

One of the prejudices so hard to remove is the fixed belief that animal food is necessary to keep us in health, and that it gives us strength. This has been incontestably proved not to be the case. Besides this, meat is the dearest food you can buy if you want to be fed and properly nourished.

Beef contains 72 per cent. water; when you buy beef you buy one part food and three parts water. *Brown bread* and *cheese* are more than substitutes for butcher's meat of any kind, at a much cheaper cost. Bread and cheese are eaten just as they are sold, and thus save the cost of fuel. But, my friends, by bread I do not mean the white loaf called by that name—supposed to be the "Staff of Life," which it is not by any means! Genuine bread consists of the whole wheat-berry, stoneground, from which the outer part (containing the most valuable properties of the grain), has not been removed.

The difference between wholemeal and white bread is, that the former will nourish us and support life while the other will not. A dog fed only on white bread will be starved to death! Buy a good wholemeal loaf such as Allinson's, Bermaline, or that sold by the Aerated Bread Company and you will receive your full money's worth in food. Make your cakes and puddings with wholemeal flour—which is the same price as white flour.

CHEESE is a wonderful food. It contains 64 per cent. of nutriment while beef supplies only 28 per cent. Cheese is one of our cheapest foods. It is 10 per cent. richer in body-building proteid and fat than meat, and in addition is largely free from adulteration.

Don't buy White Sugars! Sugar is made white by a refining process in which injurious chemicals are used to produce the required whiteness. It is not so wholesome as the dark moist and more natural sugars and is not so economical, so buy the brown moist West Indian sugar.

Let your children have black treacle, which is pure, on their wholemeal bread or with their porridge. This they will enjoy and thrive on!

POTATOES should be boiled or steamed in their jackets *always*. "A potato peeled is a potato spoiled." Do not throw away the valuable salts which lie just underneath the skin. I cannot emphasise this too strongly! *These salts are so necessary to keep you in health—and the true flavour of the potato is in its skin.* Irish workers live chiefly on potatoes and they never peel them. It is waste of time and waste of food. Eat a whole potato not half of it.

Cocoa is nourishing, and more sustaining than tea, which like alcohol is purely a stimulant, and a harmful one when drunk so freely as it generally is.

Foods which are rich in starch, which keep the body warm, like wholemeal bread, oatmeal, barley, macaroni, rice, also vegetable foods, onions, carrots, lentils and beans, (which contain protein of a more suitable nature than that contained in meat), are the foods the workers need!

I have only given you a few facts about the natural and cheap foods which supply in themselves necessary

nourishment, and which are cheap and easily obtainable. I have not entered into the question of combinations or the preparation of made dishes, but I shall be pleased to send to those who have the time and facilities for cooking in their homes a booklet "Pure Food for British Workers," written by Mrs. Backett, in which she tells us how to make nourishing and economical dishes at a rate of 1d. per head, on receipt of a postcard stamped, or unstamped. I hope to receive many applications for this most useful and helpful little book.

ALICE M. BUCHAN.

Ivy Cottage, Shropham, Thetford.

## THE SWISS WOMEN'S DAY.

For several years the working women of the continent have met once a year to demand the emancipation of women—the vote for women.

This year the Swiss women are organising a tremendous Peace Demonstration on March 7th, and many organisations of Swiss women-workers have issued the following manifesto:—

Comrades,—The 5th Swiss Women's Day is over-shadowed by the sign of the War. All around us are burning towns and villages. Mountains high might be piled the corpses of men and youths who have been felled on hostile soil by the hands of their comrades. The wounded lament in pain and torment. Women and children weep in sorrow and misery at the loss of their brothers, husbands and fathers. Shall we postpone our persistent demand for votes until better times come? No! In face of the things that are taking place, our demand resounds stronger than ever!

## "VOTES FOR WOMEN!"

This call should be heard particularly by those who are against the War, who are against fratricide and the annihilation of culture, by those who are enemies of capitalism which bolsters up militarism. We women ought to be born anti-militarists.

No promises of governments shall blind us and induce us to expose the lives of our sons for capitalistic interests. We wish our sons and daughters to be heroic, but not on the battlefield, where people murder and are murdered. In our daily struggle against exploitation, and against the ignorance and indifference of the masses, we will sacrifice our lives if necessary. Swiss women raise their voices to the call of Votes for Women and Peace.

Down with War!"

## RELIEF OF DISTRESS.

Mr. Theodore Dodd has written to the Press urging that meat, milk, and other nourishment shall be counted as medical relief, and given by Boards of Guardians to all necessitous old age pensioners, as the purchasing power of 5s. a week has now much decreased.

The Rochdale Local Representative Committee, was recently asked to grant one nourishing meal per day to any and all nursing and expectant mothers, and to babies under three, whom the health visitors consider to be underfed. The resolution was heavily defeated, and the local Press referred to this and similar resolutions as "heroic and sweeping measures"—commending the committee for rejecting them.

The Star published the following letter the other day.

Central Bureau for the Employment of Women,

5 Princes Street,  
Cavendish Square, W.

Dear Madam,  
My brother, of the — Guild, tells me that you are in difficulties owing to the War. We are administering a special grant from the National Relief Fund here especially for professional people, and we should be so very glad to be of any service. Will you call here as soon as you can, and ask for Mrs. Lock the Secretary of the Bureau Relief Committee? Of course, everything is done quite confidentially.

I am venturing to send a cheque for 20s. in case you may have immediate need for it. Please let me have receipt. I am away myself until next week, but am writing Mrs. Lock to say you will come. It is a terrible time for many of us.

Yours faithfully,

MARY G. SPENCER.

[We have no objection to offer to the tone of the letter, but we wish the same courteous and generous solicitude were extended to the ordinary working men and women who are suffering through the War.]

Canadian Wheat has reached 67s. a quarter,