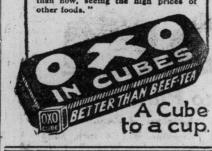
MEDICAL WOMEN'S





HOME-MADE BREAD

Home bread-making reduces the high

cost of living by lessening the amount

of expensive meats required to supply

the necessary nourishment to the body.

The increased nutritious value of

ROYAL YEAST CAKES

should be sufficient incentive to the thoughtful

housewife to give this important food item the

attention to which it is justly entitled. Bread

made with Royal Yeast will keep fresh and moist

Made in Canada

bread made in the home with

longer than that made with any other.

chrysanthemums were used for dancing, and small tables were brought out for supper. Members of the family present included Mrs. Mayer, in Nile green chiffon velvet and silver; Mrs. Cameron,

SOCIETY NEWS

Williamy Discourse of the Control of

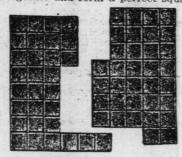
BY SAM LOYD. 14 Minutes to Answer This

No. 58. In each of the following sentences vord is to be placed in the first space, then its letters rearranged into another word for the second space, so that the sentence will then read cor-

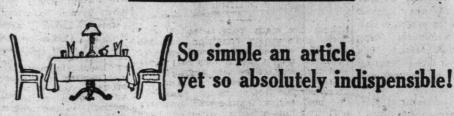
The owner of the --- house had a fine collection of - coins. It would be dangerous to cross the

in a small -After saying a few complimentary the King handed him a —.
Despite his ——leg, he stood as firm

ANSWER TO No. 57. The diagram shows the two pieces grandma's gingerbread which will fit together and form a perfect square



PAPER



Paper Servielles PERHAPS you have never considered how many household conveniences are made of paper. Eddy's paper napkins-economical and in perfect taste for the informal occasion. Eddy's paper towelling-saves laundry bills and is safe and sanitary. Eddy's toilet paper in various forms made from the finest tissues.

When buying these articles insist on Eddy's-then you



EDDY'S Paper Specialties

> Paper Bags Sanitary Towels Serviettes Toilet Paper News Print Paper

The E. B. EDDY Co., Limited, Hull, Can. Makers of the Famous Eddy Matches



Eddy's Onliwon The ideal toilet

paper fixture. Used in leading hotels and in many private homes.

The Boys' Club of St. Matthew's Church, First avenue, have arranged to play three teams: Junior, Juventle and midgets, at basketball during the week in connection with the Inter-Church League.

The Boys' Club of St. Matthew's tic states at Dorpat regarding the exchange of prisoners, and who is now in Copenhagen for similar negotiations with entente representatives. Karl Radek is expected to come from Berlin to join the mission.

Paris, Dec. 6.—In the second to the matter of the second to play three teams: Junior, Juventle and midgets, at basketball during the second to play three teams: League of prisoners, and who is now in Copenhagen for similar negotiations with the experience of prisoners, and who is now in Copenhagen for similar negotiations with the experience of the second to play three teams: Junior, Juventle and midgets, at basketball during the second to play three teams: League of prisoners, and who is now in Copenhagen for similar negotiations with the experience of play three teams: Junior, Juventle and midgets, at basketball during the second to play three teams: League of prisoners, and who is now in Copenhagen for similar negotiations with the experience of play three experiences and midgets, at basketball during the second to play three experiences and midgets, at basketball during the second to play three experiences and midgets, at basketball during the second to play the second to play the experience of prisoners, and who is now in Copenhagen for similar negotiations with the experience of play three experiences.

ESTHONIANS AND REDS

black, beaded net; Miss Jean Mitchell, Mr. Lee Weisover, Mr. Philip Weisover, Mr. Blogg, Mr. Jack Tyrrell, Mr. Eric Holdenby, Mr. Jack Tyrrell, Mr. Eric Holdenby, Mr. Robin Holdenby, Mr. Jas. York, Mr. Spence, Mr. Harry Boothe, Mr. L. Calvert, M. Roy Lucas, Mr. W. B. Harvey, Hon. F. Nicholls, Mr. C. McKee, Capt. P. Jarratt, Mr. Claude McMurty, Mr. William Sommerville, Mr. Gordon Denison, Mr. W. J. F. Jenner, Mr. G. Mitchell, Capt. Burritt, Major J. Gillespie, Mr. Paul Gillespie, Mr. Geoffrey Beatty, Mr. Edward Wright.

Mr. Edward Wright.

BESTHONIANS AND REDS

HOLD PEACE MEETING

Reval, Dec. 7.—The Esthonian and Russian Bolshevik peace delegates had their first meeting on Friday. M. Krassin, Bolshevik minister of trade and commerce, presided, and Adolph Joffe, the former Bolshevik ambassa-Joffe, the former Bolshevik ambassa-

dor to Germany, was present. Both sides are holding secret conferences. The Bolshevik mission, which consists of 28 persons, is expected to be

BOYS' CLUB HAVE THREE TEAMS. joined by Maxim Litvinoff, who carried on the negotiations with the Bal-

ANNOUNCEMENTS

Notices of future events, not intended to raise money, 2c per word, minimum 50c; if held to raise money sole? for patriotic, church or charitable nurposes, 1c per word, minimum \$1.00; if held to raise money for any other than these purposes, 6c per word, minimum \$2.50.

MEMBERS of Sir Henry Pellatt Chap-ter, I.O.D.E., are invited to meet Madame Clemerceau-Jacquemaire at Sherbourne Club on Tuesday evening at 8,30.

TWENTY SOCIALISTS ELECTED

loting in the municipal elections today, twenty unified socialists were



What Does Health Mean to You? II AVE you ever waited to think out the dition and thereby preventing serious

answer to that question? Or are you like the great majority,

who only appreciate good health after it is

round to the idea of preserving health so as to avoid serious disease. The old way of waiting until you are seriously ill before sending for the doctor is

all wrong. We all know the old saying, "an ounce of prevention is worth a pound of cure," but

we neglect to carry it out in actual practice. If you are familiar with Dr. Chase's Receipt Book you know that "Dr. Chase's Plan of Health" is built up on this idea of preventing disease, and the same applies to his

well-known medicines. Take Dr. Chase's Nerve Food for example. This food cure has established a wonderful record as a cure for nervous prostration, nervous exhaustion, nervous headaches and indigestion, and all forms of nervous disorders. And yet above all it is blood rich, the nervous system in good con- Book author.

nervous disorders. To most of us our health is our work-

ing capital. We cannot afford time or money for

Slowly, but certainly, we are getting rest cure in a sanitarium or expensive trips down South. For this reason we must seek other means of keeping the health up to high water mark.

So long as the blood is kept rich and pure the nervous system is well nourished, and it is by this means that Dr. Chase's Nerve Food effects such splendid results in the building up of the system when there are signs of exhaustion.

When you cannot sleep and begin to feel tired and irritable it is time to call in the aid of Dr. Chase's Nerve Food. You may also find your appetite failing and your digestion slow, for as the nerves become exhausted every organ of the human body is bound to lag in its work.

Dr. Chase's Nerve Food, 50 cents a box, 6 for \$2.75, all dealers, or Edmanson, Bates & Co., Limited, Toronto. Every box of the genuine bears the portrait and signature of recommended as a means of keeping the A. W. Chase, M.D., the famous Receipt