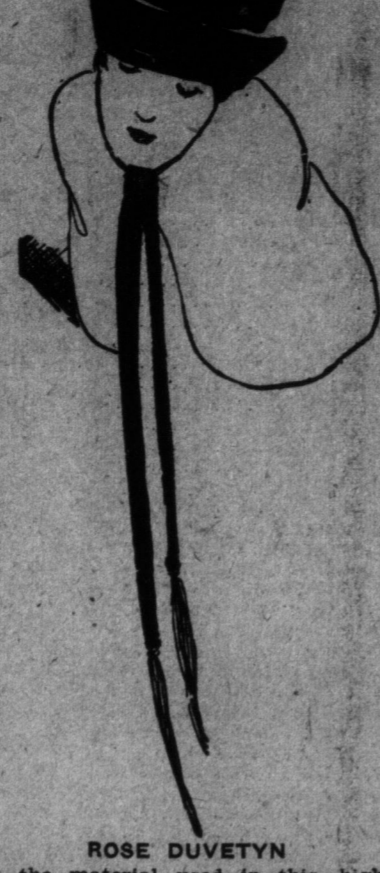


SOCIETY CONDUCTED BY MRS. EDMUND PHILLIPS

Their excellencies the governor-general and the Duchess of Devonshire, accompanied by Lord Richard Neville and Capt. Burky Johnston, arrive at Government House this morning. They will attend the Red Cross council meeting at 66 Church street and his excellency will present medals to soldiers and next of kin to those deceased at the parliament buildings today. On Wednesday their excellencies will be present at the annual meeting of the Canadian Red Cross Society in Convocation Hall at 3 o'clock.

His honor the Lieutenant-governor of Ontario will open the coming session of the legislature this afternoon at 3 o'clock. Madame Barrientos, who sings at Massey Hall tonight for the Red Cross under the auspices of the Women's Musical Club, is staying at the King Edward. Lady Hendrie has invited her to tea at Government House on Wednesday afternoon, and the officers of the musical club are also invited. The Hon. T. W. McGarry and Mrs. McGarry have taken a suite of rooms for the session, at the Queen's Hotel. Mrs. Miller Leach, president of the Women's Musical Club, has invited the executive of the committee and a few musical friends to meet Mrs. Barrientos after the concert tonight. Mr. Archibald Huestis is expected home shortly from England, being now on the ocean, and will be accompanied by Mr. Ashworth Fellows. Miss Kathleen Saunders is the guest of Mrs. Edmund Bristol, Beverley street. Mr. and Mrs. R. J. Mackenzie are in Vancouver, having traveled there in their private car from New York. Miss Hazel Campbell, who has been visiting her aunt, Mrs. W. W. Pope, this winter, is accompanying Mr. Pope to Montreal on Thursday for a few days' visit.



ROSE DUVETYN Is the material used in this high-crowned model, while a high collar of failles ermine is tied with rose-velvet ribbons.

WOMEN'S ACTIVITIES THROUGHOUT THE WORLD

Many Kinds of Work Attempted and Accomplished by Women Workers.

Women of Calgary urge the federal government to send all bacon overseas and to take same off the market. Miss Clara Whitney of Butler, Penn., has been called to active duty in the signal corps of the United States army.

The council of national defence of the United States is calling for women volunteers to become four-minute speakers.

Women of western Canada observe Saturday as the "Red Cross day," when they purchase home cooking from the Red Cross stall in the markets.

The Girls' Club of Hamilton is an enthusiastic organization. The annual session will be held Feb. 14.

The women of Vancouver have asked the food controller to inaugurate a definite system for them to follow in regard to refreshments served at meetings.

An excellent lotion to whiten the skin is made of one-fourth ounce of white rose leaves steeped in one-fourth pint each of fresh lemon juice and brandy for three hours. Fresh strain and decant. Do not apply oftener than once a day.

For ordinary use the best polish for furniture is a mixture of equal quantities of turpentine and paraffin oil. This should be rubbed on with a woolen cloth, the surface being polished with a soft woolen cloth and finally with a piece of fine linen.

Announcements

Notices of any character relating to future events the purpose of which is the raising of money, are inserted in the advertising columns at 25 cents an agate line.

75TH BATTALION WOMEN'S CLUB extend urgent invitation to relatives of men of 75th Battalion for Wednesday, 2:30 p.m. in Dominion Express Building, King and Simcoe. Important announcement and program.

A MEETING of the Samaritan Club will be held in the Gage Institute today. Mrs. H. S. Strathy will speak and Mrs. John Walker will sing.

A very simple and palatable cup custard can be made by beating very thoroughly two eggs with one cup of sugar, a pinch of salt and bit of nutmeg, if it is liked. Pour over this mixture a pint and a half of hot milk, stir rapidly and pour into butter cups. Set cups in a pan of hot water and bake slowly.

The best thing to do if you happen to overboil potatoes is to drain off the water as much as possible. Put them, still in the saucepan, but without the lid, over the fire and stir with a wooden spoon till the water has evaporated and the potatoes become floury. Mash them until no lumps are left. Add salt, pepper, a lump of butter or dripping and a little milk. Mix and beat well and serve as mashed potatoes.

The unworn parts of a woman's umbrella cover were used for hat linings by an economical home-miliner. She says they were just right.

SOLDIERS' COMFORTS ARE SENT OVERSEAS

Mrs. Arthur Vankoughnet, convener soldiers' comforts of the Women's Patriotic League, 89 West King street, reports for the week the following shipment overseas: 766 pairs socks, 120 towels, 500 ration heaters, 25 trench coats, 50 suits pajamas, and stretcher caps, 52 suits pyjamas, 75 chest and abdominal bandages, 50 pneumonia jackets, 24 handkerchiefs, 22 service shirts, 13 suits gauze underwear, and a quantity of slippers, scarves, personal property bags.

The convener further reported that there was still much congestion with incoming freight and express, and urged that extra comforts be sent in from Toronto in order to make up the necessary numbers, as the appeals from overseas still far exceed the supplies.

To the Brant House, Newmarket, Mowat Memorial military hospitals, and the military patients of the Muskoka free hospital, donations of gloves, dressing gowns, magazines, books and playing cards. The Upper Canada Tract Society is sending special gifts of books to many of the hospitals.

MRS. VANKOUGHNET'S ADDRESS

At a meeting of the Riverdale Patriotic League, held in the Broadway Y.M.C.A. building yesterday afternoon, Mrs. Ewart Wilson in the chair, an interesting address on the activities of the soldiers' comforts, Queen Mary's Guild and other patriotic societies, was given by Mrs. Arthur Vankoughnet. There was a good attendance and the returns from the calendar contest were reported amounting to \$3200, which amount will be used for the patriotic work of the league. It was reported that during the past three months 1000 pounds of wool had been purchased.



It bears the Seal of Purity All over the world the name Sunlight stands for purity in Soap. Our \$5,000 guarantee of Purity is something more than an advertisement. It marks the high standard we have set for ourselves to give you the best laundry soap it is possible to produce at any price.

Sunlight Soap

HEALTH TALKS BY WILLIAM BRADY M.D.

Dr. Brady will answer all signed letters pertaining to health. Writers' names are never printed. Only inquiries of general interest are answered in this column, but all letters will be answered by mail if written in ink and stamped, self-addressed envelope is enclosed. Requests for diagnosis or treatment of individual cases cannot be considered. Address Dr. William Brady, in care of this paper.

Fattening Up For Service

How to fatten up for service. That is easily enough if you are not an actual invalid. First, make sure you are not an invalid. Get all the fool medicine you've been trying wiped out of your system and have your complete physical examination made. If your doctor does not find tuberculosis, diabetes, Bright's disease, cancer, duodenal ulcer or anything like that, then go home and get into bed early and often and stay there late every morning. Laziness makes fat. Cultivate a lazy disposition. Sit around all the time and try to be cheerful and good-natured about it. Good nature makes fat. Good nature and fat are compatible up to a reasonable limit; as soon as the fat becomes excessive or superfluous then good-bye good nature. Fat folks are so ill-tempered that you have to handle them with kid gloves. A smooze after the heavier meal of the day, preferably mid-day. But in the open air, or the nearest imitation your facilities will afford. Sleep warm, but have fresh air. (That's our copyrighted improvement upon the antique rule. "Secure fresh air, but avoid drafts.") Wear a wide, firm belt or bandage as a support to the lower abdomen. Lie around the house after every meal. Take enough oxygen between meals to burn up the waste by-products so that digestion may keep going strong. An hour after lunch and dinner take your cod liver oil—the pure unadorned spoon; immediately preceding and following the cod liver oil by a few swallows of hot milk. Cod liver oil is rich in vitamins which aids nutrition apart from the food value of the oil itself. Carbohydrates of all kinds, as well as

ROSE DUVETYN

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work there was engaged in war relief work. Mr. and Mrs. T. H. Riddell are in Vancouver. Mr. and Mrs. Alan Mackintosh spent a few days in Victoria last week.

It is with much pleasure that the many friends in Canada of Bishop Brent, especially in Ontario, have heard that he is soon to be a near neighbor, as he has accepted the bishopric of Western New York. Bishop Brent, formerly in France with the American Expeditionary Force, having gone there on the receipt of a cablegram from General Pershing, who is in command, and who was confirmed by the bishop recently.

Mrs. Basil Morphy, who has been visiting her parents, Mr. and Mrs. C. W. Badgley in Kingston, has returned home. Receptions. Mrs. Wilfred Davies (formerly Miss Dorothy Wright) will receive for the first time since her marriage this afternoon, with her mother, Mrs. Wright, at 35 Chestnut Park road.

Engagements. Mr. and Mrs. Charles Hartnoll Bishop, 2221 Roxborough street, announce the engagement of their daughter, Ethel Gertrude, to Mr. William Clayton Huff, son of Mr. and Mrs. Albert J. Huff, Belleville, Ont., the marriage to take place very quietly the end of February.

Ex-Fire Chief John Thompson Celebrates Golden Wedding Today ex-Fire Chief John Thompson and Mrs. Thompson will celebrate their golden wedding at their home, 18 Wilburton avenue. Their six children and eleven of their twelve grandchildren will be with them. The eldest grandson, Gunner John H. Thompson, is at the front.

"I would do it all over again," said the former fire chief, telling of his runaway marriage half a century ago. John Thompson and Miss Agnes Boyle were married in County Antrim, Ireland, on February 5, 1868, and set sail for America next day. They lived in Jersey City for a few months and then came to Toronto. Mr. Thompson was with the fire department for forty years and was chief of the brigade for twelve years. Three sons and three daughters reside in the city. The three sons are: John Thompson, of the customs house; Alex. of the Star; and Thomas H. of the waterworks department of the city hall. The three daughters are: Mrs. Elizabeth Wolfe, wife of George Wolfe, of the T. Eaton Co.; Mrs. Mary Hilton, wife of ex-Alderman Hilton; and Mrs. Margaret Sinclair, wife of George Sinclair, district chief of the fire department.

WHITE SHRINE ENTERTAINS.

Toronto White Shrine, No. 4, W. S. of J., held a very successful euchre in the Orange Hall, Euclid avenue, last night.

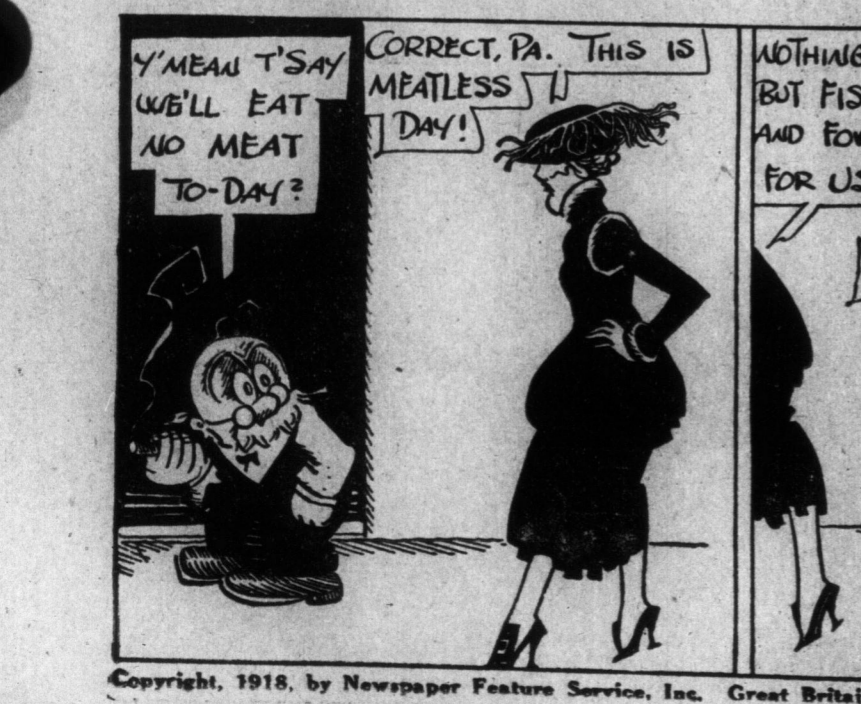
Lose Your Fat, Keep Your Health

Superfluous flesh is not healthy, neither is it healthy to diet or exercise too much for its removal. The simplest method known for reducing the overfat body two, three or four pounds a week is the Marmola Method, tried and endorsed by thousands. Marmola Prescription Tablets, containing exact doses of the famous prescription, are sold by druggists at 75 cents for a large case, or if you prefer you can obtain them by sending direct to the Marmola Company, 384 Woodward Ave., Detroit, Mich. They are harmless and leave no wrinkles or flabbiness. They are popular because effective and convenient.



How to fatten up for service. That is easily enough if you are not an actual invalid. First, make sure you are not an invalid. Get all the fool medicine you've been trying wiped out of your system and have your complete physical examination made. If your doctor does not find tuberculosis, diabetes, Bright's disease, cancer, duodenal ulcer or anything like that, then go home and get into bed early and often and stay there late every morning. Laziness makes fat. Cultivate a lazy disposition. Sit around all the time and try to be cheerful and good-natured about it. Good nature makes fat. Good nature and fat are compatible up to a reasonable limit; as soon as the fat becomes excessive or superfluous then good-bye good nature. Fat folks are so ill-tempered that you have to handle them with kid gloves. A smooze after the heavier meal of the day, preferably mid-day. But in the open air, or the nearest imitation your facilities will afford. Sleep warm, but have fresh air. (That's our copyrighted improvement upon the antique rule. "Secure fresh air, but avoid drafts.") Wear a wide, firm belt or bandage as a support to the lower abdomen. Lie around the house after every meal. Take enough oxygen between meals to burn up the waste by-products so that digestion may keep going strong. An hour after lunch and dinner take your cod liver oil—the pure unadorned spoon; immediately preceding and following the cod liver oil by a few swallows of hot milk. Cod liver oil is rich in vitamins which aids nutrition apart from the food value of the oil itself. Carbohydrates of all kinds, as well as

Polly and Her Pals



PA SUCCESSFULLY MEETS A DIRE EMERGENCY.



By Sterrett

