



Five Months on an Ice-Floe

Bovril saves life of Shackleton's Men

See ERNEST SHACKLETON wrote:—

"When the *Endurance* sank in the Weddell Sea, we had to seek refuge on the shifting ice. Most of the stores had to be scrapped, as the avoidance of weight was of great importance. It was then that the Bovril rations were of such splendid help. During our five and a-half months' drift on the floe, the Bovril rations formed one of the staple diets; and after the ice broke up, and we took to the boats, they were our mainstay. I think it is not too much to say that without them, few, if any, of us would have survived."

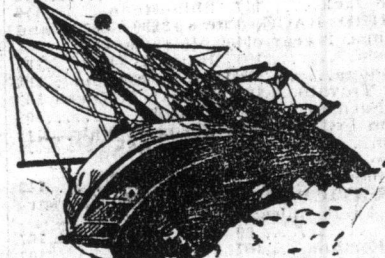
In spite of the increase in the cost of Beef (the raw material of Bovril) there has been no increase in the price of Bovril during the War.

Body-building powers of Bovril proved to be from 10 to 20 times the amount taken

The following is an extract from the published official cable relating to the party left on Elephant Island under Mr. Frank Wild:—

"When Sir Ernest left there were rations for six weeks, but, realising that rescue might be delayed long beyond that period, Wild determined to exercise most stringent economy."

"He decided to husband the Bovril ration, which was to form the staple sustenance. The stocks of tea and coffee having been exhausted months before, this was, too, the only form of hot beverage they possessed, and it was issued in this form once a day. Twice weekly it was given out to each man without water as a meal."



CATHOLIC WOMEN MEET.

Literary Association holds First Meeting of Season With Mrs. O'Donoghue.

The Catholic Young Ladies' Literary Association held their first meeting for the season at the home of Mrs. J. G. O'Donoghue, Dunn avenue, with a good turnout of members. Mrs. M. L. Hart presiding. It was decided to meet on the first Monday evening of every month. Subjects to be taken up are "Problems of the Day," social science and special work, which may suggest itself as the season advances. Mrs. O'Donoghue gave a most interesting paper on a summer with "cow-boy cousins on a ranch," and the introductory talk on social service was given by Mrs. Hart. Mrs. Wm. Parsons and Miss Maud Landy, accom-

Just One Application And the Hairs Vanish

(Toilet Talk) Any woman can keep her skin free from unsightly hair or fuzz if she will follow these simple instructions: When hairy growths appear, apply a simple paste, made by mixing some water with powdered delectate. Apply this to hairy surface and after 2 or 3 minutes rub off, wash the skin and the hairs are gone. This is a harmless treatment, but be sure you get the real delectate.

WILTON LODGE HAS VISITORS.

At last night's meeting of Wilton Lodge, No. 22, L.O.O.F., in the Odd-fellows' Temple, presided over by M. A. Sorrell, N.G., a fraternal visit was paid by Bro. Dr. Hermiston, G.W., of the Grand Lodge of Ontario; Bro. Malcolm Sinclair, G.S.W., of the Encampment, and Bro. S. C. Parks, P.G.W., who addressed the meeting. There was a large attendance, this being the second event in the newly arranged winter program.

CORNISH ASSOCIATION SOCIAL.

The Cornish Association of the city held an enjoyable social evening at S.O.E. Hall, Bert street, yesterday. T. Robertson was in the chair. Informal speeches were given by T. Roberts, A. H. Gardner and J. H. Reynolds, and Messrs. A. Butler, J. Guy and J. Cotton entertained the evening with songs.

WOMEN CANDIDATES.

Local Council Asked to Help in Choice of These.

The monthly meeting of the local council of women was held on Tuesday afternoon at Sherbourne House Club. In the absence of the president, the chair was taken by Mrs. Campbell Myers, one of the vice-presidents. The Presbyterian Women's Social Service Council was accepted in federation and Mrs. L. M. Watt as an individual member.

Reduce Your Fat Without Dieting

Years ago the formula for fat reduction was "diet"—"exercise." Today it is "Take Marmola Prescription Tablets." Friends tell friends—doctors tell their patients, and thousands know and use this convenient, harmless method. They eat what they like, live as they like, and still lose their two, three or four pounds of fat a week. Simple, effective, harmless Marmola Prescription Tablets are sold by all druggists—a large case for 75c. Or if you prefer you may write direct to the Marmola Company, 364 Woodward Ave., Detroit, Mich.

WAR MENUS

How to Save Wheat, Beef and Butter for the Front—issued from the Office of the Food Controller for Canada.

MENU FOR THURSDAY
Breakfast.
Rye-wheat Pancakes, Corn Syrup, Baked Apples, Milk, Sugar, Tea.
Luncheon.
Baked Beans in Tomato Sauce, Baking Powder Biscuits, Butter, Apple Sauce.
Dinner.
Mutton Stew, Mashed Potatoes, Baked Pumpkin, Mashed Potatoes, Bread Pudding with Raisins.

The recipes for Baked Beans in tomato sauce and bread pudding with raisins, mentioned above, are as follows:
Baked Beans in Tomato Sauce—Put the beans to soak over night in cold water. In the morning pour off this water and with fresh water and one-half teaspoon soda water to boil slowly. Then drain off the water that has the soda. Add fresh boiling water and a few small bits of fat pork. Season with a little salt and some black pepper. Cook for two hours on enough water to prevent burning. When nearly done put into tomato sauce. Cover closely and bake until done.
Bread Pudding with Raisins—Two cups stale bread crumbs, One quart scalded milk, One-half cup sugar, One tablespoon vanilla or one-quarter teaspoon spice.

Seak bread crumbs in milk, set aside until cool, add sugar, butter, egg slightly beaten, salt, raisins and flavoring, bake one hour in buttered pudding dish in slow oven; serve with milk and sugar.
Official and meat saving recipes by domestic science experts of the Canadian food controller's office.)

Society—Conducted by Mrs. Edmund Phillips

Her Excellency the Duchess of Devonshire has graciously extended her patronage and signified her intention of being present on Thursday, October 18, at the musicale and tea to be held at the Church of England School, 339 Kent street, Ottawa, on the occasion of the twenty-fifth anniversary of the opening of the academy in the capital.

Mrs. W. F. Eaton was the hostess of a tea last Saturday at the Burns Club, of which Dr. James L. Hughes is the president and Mr. T. O. Anderson is the vice-president. The evening was held in the theatre of the Technical School, to which the invitations will shortly be issued. The president and General Sir Sam Hughes will be among the speakers.

Major Tom Anderson has been appointed to one of the tribunals in Ottawa and has left town.

Dr. and Mrs. J. F. Ross have sold their house in Huntley street and moved into the Ainger.

Mrs. James Primrose, Picton, Nova Scotia, is in town for a few days.

Mrs. Chaitan Stephens, Montreal, is spending a few days in Ottawa with her father, Hon. Sir Edward Kemp.

Lieut. Terence Sheppard, C.E.F., of the 10th Battalion, has returned to Cobourg.

There was an extremely large and appreciative audience at the concert and variety show given by the theatrical stars in the C.O.T.C. for the auxiliary of the Canadian Buffs.

The evening was so popular that it will be repeated on Thursday week in Convocation Hall. Among those present were General Sir Henry and Lady Pollack, Mrs. John A. Cooper, Mrs. W. J. Hanna, Miss Hanna, Mr. Edward Greig, Mrs. Victor Lewis, Miss Greening, Miss Laura Hyerson, Mr. Robert Beaudry, Madame Grace Smith, Mr. Harris, Dr. and Mrs. Thistle, Miss Brock, Mrs. Breyne O'Reilly, "the Misses Close, Miss Edith Boulton, Miss Kenrick, Mr. and Mrs. Apter, the Misses Hayes, Mrs. Wise, Miss Wise, Mrs. V. Henderson, Mrs. Henderson, Mrs. Mavor, Miss McKellar, Mrs. Ernest Gault, Mrs. Van der Linde, Mrs. Eby, Miss Eby, Mrs. and Miss McLaughlin, Mrs. Stearns Hicks, Mrs. Johnston, Mrs. Hunter, Mrs. Robert Scott, Miss Stuart and fifteen of the girls from Glen Mawr, Mr. and Mrs. William Tyrrell, Mr. and Mrs. Charles Innes, Mrs. Frank Hodgins, Miss Scott, Mrs. Bull, the Misses Bull, Mrs. McEwen, Mrs. Melville White, Mrs. Flaken, Mrs. Bryden, Mrs. Herbert, Mrs. Marank, who have been visiting from England; Mr. Keys, Mrs. Murnaghan, Mrs. Leslie Wilson, Mr. and Mrs. Laren Harris, Mr. James Scott, Mr. and Mrs. Charles Booth, Mrs. Wallace, Mrs. and Mrs. Dimmock, Mr. and Mrs. Freyseng, Mr.

and Mrs. Frederick Mercer, Miss Estelle Kerr, Mr. Merrill, Mrs. Percy Parker, Mr. and Miss Wedd, Miss Givens.

Major Higgins and Mr. Langston have left town for Texas with others of the Royal Flying Corps.

The engagement is announced of Miss Marjorie Constance McHenry, daughter of Mr. and Mrs. C. A. E. McHenry, Toronto, to Mr. Charles Kenneth Hoag, D.C.M., lieutenant 4th C.M.R., son of Mr. and Mrs. J. P. Hoag, Toronto. The marriage will take place, probably the first week in November.

Major Everett Bristol, private secretary to Sir Edward Kemp, was in Hamilton for the week-end.

Hon. Arthur Meighen and Col. Northcliffe in Washington.

Mrs. Holton has returned to Montreal after visiting her niece, Mrs. Philip Gilbert.

Mrs. A. D. Braithwaite, Montreal, is spending a few days with her daughter, Mrs. Turnbull Warren.

Mr. and Mrs. C. A. Larkin and their family, formerly 19 Elm avenue, are now making their home at Longacres, Oakville.

Mr. and Mrs. Kenneth McLachlin have returned to Ottawa from Toronto, and have taken a house in Russell avenue.

Mrs. C. C. Ross is a guest of Mrs. W. E. White, St. Matthew's Church rectory, Hamilton.

Mr. W. H. Vaughan has gone to spend a holiday at the coast.

The executive of St. Joseph's College Alumnae Association held a very good business meeting yesterday.

Mrs. J. D. Warde, the president, was in the chair.

Mrs. W. R. Young will receive at the parsonage, 225 Dunn avenue, on Thursday, 18th inst., from four to six in the afternoon and from eight o'clock in the evening.

Mr. and Mrs. F. D. Porter are visiting the coast cities.

Mr. and Mrs. Arthur W. Throop announce the engagement of their youngest daughter, Jessie Marguerite, to Lieut. Matthew Henry Scott, M.C., second son of Mr. and Mrs. H. J. Scott, Victoria, B.C.

TORONTO CONCLAVE CAMPAIGN.
Knights of Sherwood Forest Are Gaining Many New Members.

The Toronto Conclave, No. 3, Knights of Sherwood Forest, A.O.F., are now conducting an active membership campaign, which takes the form of fraternal visits paid every week to sister lodges. Last week they visited Court Queen of the West at St. James' Hall, when they were entertained to a smoker and progressive euchre.

Last evening they visited Court York in Snell's Hall, East Gerrard street, accompanied by A. Martin, high court secretary; A. R. Wickert, high court senior woodward; W. H. Goddard, high court junior woodward, and other high court officers, when many important questions relating to the institution were discussed. So far as the result of these campaigns over the last year, new members have been added to this conclave.

3 Spoonfuls of Red Rose Tea go as far as 4 and often 5 spoonfuls of ordinary tea

Kept Good by the Sealed Package



RED ROSE TEA is good tea

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 a week.

Announcements for churches, societies, clubs or other organizations of future events, where the purpose is not the raising of money, may be inserted in the columns at two cents a word, with a minimum of fifty cents for each insertion.

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CANADA WORKS

Lieut.-Col. Never Reg.

SURGEON

Ottawa M. Corrects Ex. ports

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Polly and Her Pals



ASHUR'S FINISH ISN'T FAR OFF.



By Sterrett



By Sterrett



By Sterrett



By Sterrett

