

Non-Stop Flight of 22,000 Miles.

Flower, curlews and gulls have been known to fly to feeding grounds 22,000 miles in a single flight. The osprey, or sea hawk, has a tremendous rate of speed as it dives to its prey in the water.

Mrs. Good Inspects Office Of Victorian Order Nurses

Is Greatly Interested in Supply Chest Filled With Clothing.

Mrs. Good presented herself at the door of the office of the Victorian Order of Nurses early one morning and producing a book and pencil from her capacious bag, announced to the superintendent of nurses:

"Now tell me all about the office and of your work. I'm sorry I can't stay long, my husband comes home on the noon train, so I can only stay a couple of hours."

"We'd better begin at the beginning then," responded the nurse, and with that she pulled forward a card index and began forthwith. "Here we keep a tabulated list of our cases, name, address, conditions, etc.; as soon as a new case is reported, a special card is made out, and even after we have finished with the case, the record is kept on file for reference. I'm not showing you any of the records as, of course, they are all strictly confidential. These, pointing to a set of loose leaf records, 'are the reports we send into Ottawa every month.' "That box in the corner we call our 'supply chest,' and from it, in emergency, we get all sorts of clothing for children, bed linen, and surgical supplies. We also have two air cushions, and an ice cup, which we use at different times. The clothing is supplied by the many active girls and mothers' clubs in the city, and those who like yourself, have time to make things for our children."

Contributes Shirts. "Oh! that reminds me!" exclaimed Mrs. Good. "I brought my large bag with me this morning, because I've just finished several shirts and handkerchiefs, so I'll give them to you now."

"That's lovely," cried the nurse. "Our bayettes are getting low, and I'll put some of your things in at once. We keep several bayettes on hand, as we often come across destitute cases, where the prospective mother has not been able to make any provision for the coming child, and we are always glad of things which will keep up the supply."

As she spoke she lifted the cover of one of the cases beneath her hand and placed some of the little shirts on it. While replacing the cover, she brought back her bag and crossing to the other side of the room, she opened a cupboard door and brought out a large, flat envelope. She handed this to Mrs. Good, saying:

"This contains a set of patterns for a bayette. We supply them free to any mother who will send them to any mother who will send them. And all the mothers who have used them like them, as they are economical and save for the absolutely necessary things."

The District Bag. Seeing Mrs. Good's eyes resting on a narrow, black bag standing on the table, she went on:

"That's our district bag." She opened it, and displayed a neat array of small bottles, a bundle of surgical dressings, an apron and rubber gloves, and all the things necessary for emergency work. "The nurses always carry one of these on their rounds," the nurse explained, and was proceeding to more details when Mrs. Good, looking at her watch, exclaimed:

"I'm so sorry, but I must be off. It's nearly train time. It's so good to have let me see this part of the Victorian Order work, and I've learned a lot."

"It's very good of you to take so much interest," replied the nurse, "we would like everyone to know as



VICTORIAN ORDER OF NURSES.

much about what we do as you do now. But before you go, I wish you would put this package of literature in your bag and look over it when you get time. It is what we supply to the patients we attend telling them about the order, what the nurses do, what supplies, to get, how to take care of themselves and the children, and all sorts of things necessary for their welfare."

Mrs. Good thanked the nurse, put the package in her bag and went off, feeling that that morning and the two days previous had been well spent, giving her, as they had, such an interesting insight to the activities of the Victorian Order of Nurses.

C. E. F. CHAPTER DANCE TUESDAY A BIG EVENT

Members Aim to Raise Goodly Sum for Relief Work Among Soldiers.

On the night of Tuesday, December 11, the members of the C. E. F. Chapter I. O. D. E., take over the Winter Garden, and the proceeds will be devoted to relief work among the returned soldiers' families of the city. The aim of the chapter is to sell 5,000 tickets and make the dance one of the biggest yet held here this season. Relief work among needy soldiers' families is the chief work of the chapter and much has already been done by their members to relieve many a critical situation in a returned soldier's home. The chapter is also working toward a permanent decoration day for the whole of Canada. It has hitherto been the custom of the chapter to place flags on the graves of men who gave their lives in the great war, on a certain day in June.

But the members, under the regency of Mrs. R. J. Dunlop, want to extend this custom to the whole of Canada. And at their dance on Tuesday, Mayor Wenig will broach the question of having London take the initial move in this matter. The members believe that a permanent recognition day should be the Sunday nearest June 15, the day on which the Battle of Givenchy was fought.

WORTLEY ROAD CLUB HAS SPLENDID BAZAAR

Many Visit School Kindergarten to Purchase Attractive Wares.

One of the most successful bazaars of the season was that held by the Wortley Road Mothers' Club last night in the kindergarten of the school. The red and green decorations of Christmas were effectively given the room a festive appearance. A very popular stall was the ice cream table, while people thronged about the Fish Pond in great numbers. Mrs. William Love was general convener and credit for the success of the bazaar goes largely to her and to her energetic committee which was as follows: fancy goods, Mrs. L. Hamilton, Mrs. C. Finch and Mrs. H. C. Spencer; children's wear, Mrs. W. E. Smith, Mrs. C. Bright, Mrs. Toulton; ice cream, Mrs. W. Richmond and Mrs. H. Evans; fish pond, Mrs. G. Monahan and Mrs. W. Dutton; country store, Mrs. R. Wray and Mrs. C. Quick; post office, Mrs. J. Mowat; candy, Mrs. E. Rogers, Mrs. T. Campbell and Mrs. G. A. Brown; home cooking, Mrs. F. Floyd, Mrs. T. Barnes; aprons, Mrs. C. Martin, Mrs. C. W. Vollick and Mrs. F. Chambers.

Radio Programs

SUNDAY, DEC. 9.
KDKA—East Pittsburgh, Pa.—920 Kilocycles, Frequency—326 Metres Wave Length.

(Eastern Standard Time)
11 a.m.—Services of the Calvary Episcopal Church, Pittsburgh.
2:30 p.m.—"The Night Before Christmas," the children's Bible story.

2:45 p.m.—Concert.
4:45 p.m.—Vesper services of the Shady Side Presbyterian Church.
6:30 p.m.—Dinner concert.

8 p.m.—Services of the Point Breeze Presbyterian Church.
WBZ—Springfield, Mass.—890 Kilocycles, Frequency—337 Metres Wave Length.

(Eastern Standard Time)
10:45 a.m.—Church services direct from the Church of the Unity.
6:45 a.m.—Sunday Vespers on the Springfield Municipal Chimes.
8:30 p.m.—Church services.

9:55 p.m.—Arlington time signals.
KWY—Chicago, Ill.—560 Kilocycles, Frequency—536 Metres Wave Length.

(Central Standard Time)
11 a.m.—Central Church service.
6:30 p.m.—Excerpts from the New Testament—An American Translation.
7 p.m.—Chicago Sunday Evening Club service.

WGY—Schenectady, N. Y.—790 Kilocycles—380 Metres.
(Eastern Standard Time)
10:30 a.m.—Service of the First Baptist Church, Schenectady.
3:30 p.m.—Program by WGY Symphony Orchestra.

7:30 p.m.—Service of the First Baptist Church, Schenectady, N. Y.
WWJ—Detroit—400 Metres—580 Kilocycles.
(Eastern Standard Time)
11 a.m.—Services of St. Paul's Episcopal Cathedral.
5 p.m.—The Detroit News Orchestra.

MONDAY, DEC. 10.
KDKA—East Pittsburgh, Pa.—920 Kilocycles, Frequency—326 Metres Wave Length.
(Eastern Standard Time)
9:45 a.m.—Union live stock market reports.
11:35 a.m.—Arlington time signals.
12 m.—Market reports.
6:15 p.m.—Dinner concert.
7:15 p.m.—Radio Girl Scout meet.

This amount has been Given Away FREE also hundreds of Merchandise Prizes. \$200.00 more IN CASH will be Given Away as follows:
1st Prize, \$50.00 in Cash
2nd Prize, \$40.00 in Cash
3rd Prize, \$35.00 in Cash
4th Prize, \$25.00 in Cash
5th to 9th Prizes—Each \$10.00
TOGETHER WITH MANY MERCHANDISE PRIZES



GOOD HOPE MANUFACTURING COMPANY

575 CRAIG STREET WEST. MONTREAL, CANADA.



A NEW PHOTOGRAPH OF MRS. LYDIG HOYT.

who, writing under the name of Julia Hoyt, emphasizes in her articles the importance of studying one's type, not only in buying a dress, but in the arrangement of one's hair and in all the other details involved in the making of a well dressed woman.

7:45 p.m.—The children's period.
8 p.m.—Market reports.
8:15 p.m.—"The Romance of Meat Packing."
8:30 p.m.—Artists from the Studio of Anne Griffiths presents Handel's "Messiah."
9:55 p.m.—Arlington time signals; weather forecast.

10 p.m.—Greb-Tunney lightweight championship fight from Madison Square Garden, New York.
WBZ—Springfield, Mass.—890 Kilocycles, Frequency—337 Metres Wave Length.
(Eastern Standard Time)
11:55 a.m.—Arlington time signals; weather reports; Boston and Springfield market reports.
6 p.m.—Dinner concert.

7 p.m.—This week in history: late news from the national industrial conference board; humorous program.
7:30 p.m.—Twilight tales for the kiddies; new books at the Springfield City Library by Edith Little; farmers' period, "Why the Farm Loan Is Adapted to Agriculture."
8 p.m.—Concert.
9 p.m.—Bedtime story for grown-ups.

9:55 p.m.—Arlington time signals.
KWY—Chicago, Ill.—560 Kilocycles, Frequency—536 Metres Wave Length—24-Hour Station.
(Central Standard Time)
9:30 p.m.—Late news and financial comment.
10 a.m.—Market reports.
10:30 a.m.—Late financial news and comment.
10:58 a.m.—Naval observatory time signals.

11 a.m.—Market reports.
11:05 a.m.—Weather report.
11:30 a.m.—Late news and financial comment.
11:35 a.m.—Table talk.
12 m.—Market reports.
12:30 p.m.—Late financial news and comment.

1 p.m.—Market reports.
2:15 p.m.—Late financial news and comment.
2:30 p.m.—Closing stock quotations.
3 p.m.—Late financial news and comment.
3:30 p.m.—News and sport bulletins.
4 p.m.—Late news and sports.
4:30 p.m.—News and sport bulletins.

5 p.m.—Latest news of the day.
6:30 p.m.—News, market and sport summary.
6:50 p.m.—Children's bedtime story.
WGY—Schenectady, N. Y.—790 Kilocycles—380 Metres.
(Eastern Standard Time)
11:55 a.m.—U. S. naval observatory time signals.
12:30 p.m.—Stock market report.
12:40 p.m.—Produce market report.
12:45 p.m.—Weather report.
2 p.m.—Music and address, "Christmas Plants and Flowers," Mrs. William J. Cramb.

6 p.m.—Produce and stock market quotations; news bulletins.
7:45 p.m.—Musical program.
WWJ—Detroit—400 Metres—580 Kilocycles.
(Eastern Standard Time)
9:30 a.m.—"Tonight's Dinner" and a special talk by the woman's editor.
9:45 a.m.—Public Health Service bulletins and talks on subjects of general interest.

10:25 a.m.—Official weather forecast.
11:55 a.m.—Arlington time.
3 p.m.—The Detroit News Orchestra.
3:30 p.m.—Official weather forecast.
3:35 p.m.—Market reports.
7 p.m.—The Detroit News Orchestra, program by the Detroit Institute of Musical Art.

Satin Corset.
New York, Dec. 7.—The satin corset, which fastens at the side, is being much used with evening gowns; more this season than ever before. The beauty of the corset is that it presents a smooth foundation for the slinkiest and snuggest of gowns.

CLUB NEWS

NORMAL SCHOOL "LIT."

An interesting and inspiring talk on "The Development of Canadian Literature" was given at a meeting of the Normal School Literary Society, held yesterday afternoon at the school. The program also included a musical number by Percy King, who sang "In Flanders Fields." At the close of the meeting tea was served, so that the students could meet the guest of honor personally.

PUBLIC HEALTH ASSOCIATION.
Dr. Hill is scheduled to address a meeting of the Public Health Nurses' Association on Monday, December 10, at the Institute of Public Health. All of the nursing bodies of the city are invited under this single organization, which meets monthly.

MANX SOCIETY.
The Foresters' Hall was recently the scene of a successful euchre held under the auspices of the Manx Society. Twelve tables were in play. When it came to the giving out of the prizes it was found that the first prize went to Miss Osborne, the second prize to D. Callister, and the third prize to Mrs. Warner. Mr. Curry was the winner of the booty prize. This is but one of many parties which will be given during the winter season, the proceeds to be used for the benefit of Manx families in needy circumstances.

THAMESFORD WOMEN MEET.
The Thamesford Presbytery women met recently for their annual election of officers, with the result that Mrs. G. Hogg was elected president, Mrs. J. G. McKay and Mrs. Eyre, vice-presidents; Miss Dickson, secretary; Mrs. Sandick, treasurer and Messenger secretary; Mrs. Eyre, press secretary; Mrs. Leonard, home helpers, and Mrs. McColl, literature. Mr. (Rev.) Galbraith, conducted the devotional exercises, and Mrs. J. D. McKay gave a brief talk from the story book. The retiring president gave a brief address, making an earnest appeal for greater effort during the coming year.

Boudoir Ornaments.
New York, Dec. 7.—Boudoir ornaments, in the daintiest of pastel shades, are now the height of fashion. There are glorified pin-cushions, concentric circles of pastel, blue, mauve, pink, and yellow, silk, and others which are merely big rosebuds surrounded by a swirl of gauze.

Taffeta Wrist Bags.
New York, Dec. 7.—There is a fad today for rather small taffeta wrist bags to be carried to the opera. These are something new for them—new situation, a new pleasure, a new and graceful figure, easily found by anyone who is passing beyond the limits of slimness. Everyone has heard of the Marmola Prescription, a harmless combination of fat-reducing elements, perfected by one of the foremost physicians in America. In case of high authority, there comes another idea—the idea of condensing these same, pure, harmless ingredients into a pleasant little tablet. Taken after eating and at bedtime, they help the stomach to digest, beyond the limits of slimness, into compact, solid flesh, muscle and energy, without dieting or exercise. Marmola Prescription Tablets regulate the entire system—do for you what bodily exertion and self-denial cannot do, and the fat once routed, is gone for good. You can prove all this at a trifling cost. Marmola Prescription Tablets are sold by all druggists or sent postpaid by the Marmola Company, 4612 Woodward Ave., Detroit, Mich. A box—sufficient to bring results—is but one dollar—Adv.

NEW SYSTEM OF Fat Reduction

Here's a new way for all fat people to "hug" together at that old bugaboo "Obesity." The saying that "there is nothing new under the sun" does not now apply to fat people any more. Here is something new for them—a new situation, a new pleasure, a new and graceful figure, easily found by anyone who is passing beyond the limits of slimness. Everyone has heard of the Marmola Prescription, a harmless combination of fat-reducing elements, perfected by one of the foremost physicians in America. In case of high authority, there comes another idea—the idea of condensing these same, pure, harmless ingredients into a pleasant little tablet. Taken after eating and at bedtime, they help the stomach to digest, beyond the limits of slimness, into compact, solid flesh, muscle and energy, without dieting or exercise. Marmola Prescription Tablets regulate the entire system—do for you what bodily exertion and self-denial cannot do, and the fat once routed, is gone for good. You can prove all this at a trifling cost. Marmola Prescription Tablets are sold by all druggists or sent postpaid by the Marmola Company, 4612 Woodward Ave., Detroit, Mich. A box—sufficient to bring results—is but one dollar—Adv.

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First American Newspaper.

The first American newspaper, Public Occurrences, was established in 1690 by Richard Pierce of Boston, for the main purpose of exposing liars. The first issue was the last.

Just Think!

The twenty-five cent piece you spend carelessly each day on things you don't actually need, if saved and invested in a Manufacturers Life Endowment Policy would be worth thousands of dollars to you twenty-five years from now. Let us show you exactly what it would buy for you at your age. Write us. Use the coupon below.

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BRANCH OFFICE, 201 ROYAL BANK BUILDING, LONDON.
W. H. HUTCHISON, B.A., BRANCH MANAGER.

Without obligation will you kindly submit one of your Long Term Endowment propositions showing the deposit necessary to accumulate \$..... in years. I am years of age, nearest birthday, married or single.
Name..... Address.....

Good Health for Good Results



Keep Efficient by Keeping Well

This Letter Will Tell You How

Brantford, Ontario—"I was always tired and the least exertion would put me out for a day or two. I had a pressing pain on the top of my head, pain in the nape of my neck, and when I stooped over I could not get up without help because of pain in my back. I did not sleep well and was nervous at the least noise. I kept house but I was such a wreck that I could not sweep the floor nor wash the dishes without lying down afterwards. A friend living near me told me what Lydia E. Pinkham's Vegetable Compound had done for her, so I began to take it. With the first bottle I felt brighter and got so that I could wash dishes and sweep without having to lie down. I have taken ten bottles all told and am now all better. I can truly say that your wonderful medicine cannot be beat for putting health and vim into a woman."—Mrs. JAMES H. MACPHERSON, 309 Greenwich Street, Brantford, Ontario.

This letter is but one of a great number received every year from women, young and old, and from almost every walk of life. These letters testify to the merit of Lydia E. Pinkham's Vegetable Compound.

Mrs. Wiley suffered mentally as well as physically, because her home and her children demanded the care and attention which she was unable to give because of her wretched health. Finally she tried Lydia E. Pinkham's Vegetable Compound, and in this letter tells what it did for her.

The Vegetable Compound contains no narcotics or harmful drugs, and can be taken in safety by any woman. Your livelihood depends on your health. So try

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

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