

MANY YOUNG GIRLS ARE READY TO BE VOLUNTEER NURSES

Must Be Financially Able to Care for Expenses During Training.

THIRTY-SIX DIVISIONS Nurses Must Have a High Standard of Physical Fitness.

Quite a large number of V.A.D.'s will leave for overseas this spring. The number will all be selected from Ontario divisions this time. So quietly is this great work carried on that few realize the many young women who are now in training in the many divisions of the St. John's Ambulance Brigade.

The young women of Canada are deeply interested in this work as evidenced by the many applications received at the headquarters, 544A Yonge street. There seems to be a growing desire for service among capable girls who are financially able to undertake the training required, which means living at their own expense until detailed for duty.

Many girls who would apply are not able to do this, and so this work appeals directly to a class that is independent of wages while training. In fact this is one of the requirements for the volunteers.

Terms of Service. Each volunteer must undergo a strict medical test and be physically fit and between 18 and 35 years of age. They must train for six weeks, and if at the end of that time they are approved, they must sign on for the duration of the war.

Efforts are now being made to have the V.A.D.'s receive recognition from the hospitals as nurses in training. No doubt this will soon be accomplished. It was suggested that as these young women give their services to the country, they should receive more recognition than they do at present, and should at least have street car transportation provided by the provinces.

There are 36 nursing divisions in Canada from Montreal to Vancouver. From each of these in turn the nurses are taken for work overseas.

Overseas Prayer Book Fund. The Bishop of Toronto again requests contributions to the Overseas Prayer Book Fund. It is the prayer book of the principal chaplain request for three thousand more copies. All contributions for the purpose of the fund should be sent to the Sees House, 112 Howard avenue, will be gratefully acknowledged.

Woman is the Better--Better Half

Man only thinks he is the lord of creation. His reality is the puppet crown. The power behind the throne pulsates the strings. Woman rules by wit, by subtlety, but chief of her weapons are beauty of face and grace of line.



GRACEFUL EVENING FROCK. The last silhouette for the winter is not only scant in its lines, but is equally so in its material. The fact that the solid colors give emphasis to the saving of materials and the avoidance of extravagance of the products of the loom.

GRANITE CLUB IS KEEPER OF THE CUP

Keen Contests Show Women Are Enthusiastic Lovers of the Game.

Perhaps the players in the women's bonspiel were the only people in Toronto yesterday who welcomed the cold wave. They rejoiced exceedingly as they gathered in the Granite link early in the day. "It is one beautiful day-for us," exclaimed a member of the Granite as she tried her sweeping abilities on the surface of the sparkling ice. So it proved--the cup defied the trophy.

Officers Elected. Mrs. Wilson of the Toronto Club was elected president of the Women's Curling Association and Mrs. W. Percy Robinson of the Granite Club secretary-treasurer. There are only two officers and both are in Toronto.

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SOCIETY CONDUCTED BY MRS. EDMUND PHILLIPS

Mrs. David Jamieson was at home yesterday afternoon in the Speaker's chambers at the parliament buildings. Lady Hearst and Mrs. I. B. Lucas received with the hostesses, who looked remarkably smart, in Havana Van Raalte net over satin, the corsage arranged over bands of gold and trimmed with gold embroidery, a necklace of pearls and diamond pins in her beautiful hair.

ADVICE TO GIRLS By Rosalind

MY DEAR RUTH: If marriage is a union at all, the two people concerned must be of one accord on vital subjects. Religion is one of them. I have known Roman Catholics and Protestants to love each other very dearly, but they gave each other up, for it is not happiness in marriage. For it is not a union of hearts, but a union of heads.

ROYAL YEAST CAKES advertisement with logo and product image.

CHILLING WINDS COOL ASHUR'S ARDOR.



EXERCISE SHOULD BE A REAL PLEASURE AND NOT A DUTY

Fourth of a series of physical culture articles by Vera Roehm.

Make exercise a pleasure and not a duty. A girl enjoys its play, which consists mainly of running, jumping or using the arms in such a way that each and every part has a chance at some time during the day of being used.

Mothers think of their growing children needing air, little considering that they, being older, and having so much more to ward off should have done so.

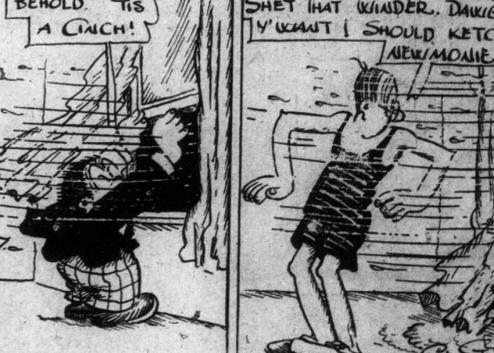
Women who have been ill are advised against any of the strenuous exercises at first, but should attempt the lighter ones. The school exercises, breathing and stretching poses can't do any harm until the body becomes stronger and can stand more.

ADVICE TO GIRLS By Rosalind

MY DEAR ROSALIND: I have been going with a young fellow about my own age for over two months and all at once he stopped coming to see me, and as we have had no quarrel between us, I was very much obliged to keep him to do. You are young, Blue Eyes, and you would be glad to see him again, but you cannot go out of your way to do this. You are young, Blue Eyes, and you have plenty of friends. So don't cheapen yourself trying to win back someone who may be happier elsewhere.

DEAR ROSALIND: I have seen so many people writing to you asking for advice that I thought I would like to ask you a few questions. I am a young girl, eighteen years old, and have a boy friend of the same age of whom I am very fond, and he always wants to be kissing and hugging me. Is it right for me to let him do so?

CHILLING WINDS COOL ASHUR'S ARDOR.



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THE E. B. EDDY COMPANY LIMITED HULL, CANADA

MERRYWEATHER'S ROSES

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Announcements

Notice of any character relating to the raising of money, or inserted in the advertising columns at 75 cents an agate line.

Announcements for churches, societies, clubs or for any other purpose in the advertising columns at 25 cents a word, with the sum of fifty cents for each insertion.

THE WOMAN'S GOOD GOVERNMENT

C. A. 36 College street, Room 7, on Friday, Feb. 22nd, at 8 p.m. All women are urged to attend. In co-operation in building up an enlightened and intelligent electorate.

Recipes By Toronto Women

Carrot Pudding. Three large carrots boiled and put thru the mincer, three bottons of stale loaves soaked in a cup of milk or cream and put thru the mincer when soft, one-half pound of chopped suet, one-half pound of brown sugar, two eggs, a quarter of a pound of raisins, in which should be rolled one-half pound of raisins, and one cup of currants, a small amount of citron and peel, a small amount of nutmeg, one teaspoonful of salt. Mix all well together and put in two pudding basins (greased) cover with parchment paper and steam four hours. Serve with any sweet sauce. This is as good as a Christmas pudding and a great deal cheaper.

BISURATED MAGNESIA

For Dyspepsia, Indigestion, Heartburn, Belching, Sour Acid Stomach, Gas in Stomach, etc. Take a teaspoonful of Bisurated Magnesia in a half glass of hot water after eating. Is safe, pleasant, and harmless to use and gives almost instant relief. It neutralizes stomach acidity and eases the food contents so that digestion is easy and painless. Sold by druggists everywhere.

By Sterrett



Large advertisement for POLLY AND HER PALS featuring a cartoon and text: DIDST EVER PERCEIVE ANYTHING SO PREPOSTEROUS AS THIS HOUL. WINTER BATHING? STILL WE GOTTA HAHD IT TO 'EM, UEEWAH. THEYRE A GAME GANG!