catch Miss Nellson-Terry before luncheon, I entered the elevator.

Luck was with me, for the minute I stepped into the upper corridor an unseen hand, or, rather, voice, was leading me. Somewhere down that never-ending hallway behind one of those non-committing doors was the subject of my quest, singing "do-rame" in a lovely lyric soprano. I walked bravely on until I came to the very last door, the soft notes coming more distinct and pleasing at every step. I hesitated, listened and knocked gently. But the voice continued on its bridlike flight up the well-known scale. So I opened the door very quietly and there she was seated at a desk with her back to the door in a pose truly reminiscent of the "Triky" days.

Alarmed Over Voice.

"Do you know, I can't sing a bit this morning. Why, I'm losing my voice." said Trilby—I mean Phyllis—with mingled comedy and tragedy in her eyes. She wasn't a bit annoyed at my unconventional entrance—in fact, she quite fancied the situation, especienced in getting a doctor to locally the "Trilby" episode, for, as I explained to her, if k hadn't been for the voice that she thought she was losing I shouldn't have had my story, most likely.

"Do you know, I believe it is the weather, here; but I really am having worries over my voice." confided Miss Terry. "And I do love Canadas So. I hate to blame the climate, she added gracefully. "Don't woith in Maggie' has something to do with the trouble?" I ventured.

"Yes, you are quite right," she replied in finest Irish-American, slipping into her new role almost under the stiffing distance.

HOW HOTELS COULD HELP.

"P. Q. Foy, editor of The Daily Market Report, testifying in New York."

"Yes, you are quite right," she replied in finest Irish-American, slipping into her new role almost unconsciously. "I believe it is the way I have to yell—shouting at the flunkies and poor 'Dinny' in turn. It can't be the best treatment for my vocal the best treatment for my vocal to the property of the country serves at least three potatoes with each meal.

In spite of her modest assertions
Miss Neilson-Terry is in no danger of
spoiling her lovely voice. It is one
of her many natural gifts—she can't
help singing any more than she can
help looking beautiful, loving Canada,

MENU FOR FRIDAY

Cornmeal Porridge Parsley Omelet Tea or Coffee Dinner Fried Cod Tomatoes Fruit Tart Potatoes

Cheese Relish on Toast
Emergency Biscuits War Cake
Plum Preserve
The recipes for Cheese Relish
and War Cake, mentioned above,
are as follows:

Cheese Relish-1 cup stale bread crumbs
1 cup milk
1 tablespoon butter cup grated cheese

1 egg ½ teaspoon salt Few grains cayenne Soak bread crumbs - fifteen minutes in milk, melt the butter, add soaked crumbs, cheese, egg slightly beaten and seasonings. Cook three minutes and pour over toasted crackers which have been spread sparingly with

War Cake-

2 cups brown sugar
1 teaspoon ground cinnamon
2 cups hot water
1 teaspoon ground cloves
4 tablespoons lard
1 cup raisins
1 teaspoon salt

Boil together for five minutes. Then cool and add 3 cups of flour and 2 teaspoons soda dissolved in 1 teaspoon of hot water. Bake in two loaves in slow oven an hour and a quarter. (Wheat and meat saving recipes

by domestic science experts or the staff of the food control-ler's office).

The result is obvious. The consumpwheat will be saved." Mr. Foy added that his study of food consumption in fotels disclosed that the average per-son was inclined to eat all the potatoes served and leave bread.

PARIS BREAD RATIONS,

Paris, Tuesday, Jan 22.—The government has decided to apply the breadrationing system to the Paris district on Jan 29, extending it gradually thruout the country. Victor Boret, minister of provisions, explained the plan today at a conference with the prefect of police, the president of the municipal council, and suburban mayors. Every man, woman and child will be entitled to tenounces of bread daily.



CHARMING ACTRESS
GOOD HOUSEKEEPER
Phyllis Neison-Terry Receives
Interviewer in Characteristic
Natural Manner.

PLAYING AT PRINCESS
Requires No Red Tape to See
Delightful English
Siage Favorite.

Requires No Red Tape to See
Delightful English
Siage Favorite.

Phyllis of the seed of



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 writter in ink and a 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.

More Scared Than Hurt.

Letter from a reader dealing with a popular condition—Everybody's Aliment:
"We find much pleasure in reading your column, and have come to place great reliance on your medical judgment. (My husband is a professional man.) Yet I am coming to you for advice on a subject that has caused me no end of worry since our daughter was born. She is now thirteen years old. She has always been constipated. For months no natural or unaided evacuations occur: I have to employ enemats or laxatives. Then been constipated. For months no natural or unaided evacuations occur: I have to employ enemata or laxatives. Then for weeks at a time the bowels will act naturally, only to be succeeded by another period of months of obstinate constipation, We have had the advice of some excellent physicians without any appreciable benefit. An X-ray picture (or several of them) threw no light on the trouble. We have tried about every scheme of diet, exhaustal the mineral oils, and faithfully followed courses of the various mild laxatives. We have insisted upon regular habit of answering or helping the call of nature, as suggested in one of your talks, but all in vain. I am terribly worried. I know that troubles of this kind lead to about everything else. The little girl is perfectly well, aside from this trouble—is doing fine work in school. Is there no relief?"

As a matter of scientific truth, consti-As a matter of scientific truth, consti-pation and autointoxication are not sy-nonymous. Autointoxication is noted in marked degree in a great many indi-viduals whose bowels act with perfect regularity. Indeed, the condition is fre-quently seen in patients who have chronic diarrhoea.

Good physicians, some whose practice is limited to stomach and intestinal troubles, assert that most of the symptoms—headache, that tired feeling, mental depression, drowsiness, sometimes tal depression, drowsiness, sometimes nervousness or restlessness—popularly ascribed to failure of the bowels to act, are in reality caused by worry about the failure of the bowels to act.

We advised the writer of the letter that her own condition was much more serious than her daughter's. The daughter's What causes pimples and blackheads?

ANSWER.—Oxygen, two miles. To be taken three times a day, on the hoof, sunny side of the street. Condition of the blood has nothing to do with pimples and blackheads. Send S. A. E. for data on this subject,

Announcement has been made of the recent marriage in London of Mr. Godfrey Frampton, Heutenant, C.E.F., son of Mr. A. T. Frampton, Victoria, to Mabel, daughter of Mr. F. Gundelach, Upper North Wood, England.

Mr. H. L. Mann is visiting the coast cities

QUESTIONS AND ANSWERS.

Do Cats Have Ringworm? My four-vear-old son has seven sore places on his scalp, which the doctor has pronounced ringworm. The largest spot is an inch across, round, raised, and covered with a brown crust which comes off when I wash it, leaving a reddened patch covered with pinhead spots of white pus. These places start as a whitish pimple. The boy plays with a neighbor's kitten which we have been told has ringworm. Could that be the source of infection?

Mrs. C. E. L.

ANSWER—Yes Kittens may have ANSWER.—Yes Kittens may havingworm and infect children. Causes of Insanity.

Would a fall be sufficient to cause insanity? What are the common causes of insanity? sanity? What are the common causes of insanity?

ANSWER.—An injury to the head night possibly produce insanity, tho this is certainly a very rare occurrence in practice. The usual causes of insanity are (1) syphilis, (2) alcoholism, (3) bad heredity and bad home environments, (4) war, (5) disturbances of ductless gland function, and (6) the toxemia accompanying Bright's disease, arterial degeneration, autointoxication and other conditions due to bad hygiene.



The wool question is of intense interest to women at the present time. "Save the wool for the soldiers" appeals to the mother instinct within every womanly heart. The wool conservation propaganda will spread, and we will all very soon be wearing the substitutes as another wartime sac-

rifice.

No one asks if the new spring materials are of wool. We know that there are lovely materials made up with a minimum amount of wool; the with a minimum amount of wool; the whole process of tashion is toward the elimination of wool and the introduction of satin, silk, foulard and crepe gowns and suits. These gowns are known in the shops as "economy gowns." If there still remains a woman who clings to the fancy of a skirt about instep length, then I can find it in my heart to pity her. Not a skirt offered in the shops today is ankle length.

"The skirts are to be longer, are they not?" I asked the salesgirl in John Northway's. She smiled. "Maybe so," she said, "but we have none, indeed, the new ones are very short."

"In January a woman's fancy lightly turns to thoughts of clothes. As the year grows older, stronger still that fancy grows."

What a picture those lovely Crown Staffordshire chintz china decorative pleces in Ryrie Bros.' store! The dream of a rose room, soft lights under the pretty shades, and here and there a gleam of silver. A room one reads about, thinks about and sometimes talks of—but rarely, if ever, sees. EGYPTIAN HAIR ORNAMENT. A fan-shaped, uncurled ostrich fea-ther of taupe shows a jade stone in a green-gold setting. It makes a very

In a world of weariness and sorrow the effort to cheer and keep the "bright side turned inside out" de-"bright side turned inside out" deserves more praise than we usually give. The shops which are now featuring St. Valentine's Day are preaching the gospel of good cheer, and are reasserting a faith in the future that puts many of us who pass by to shame. Red is Cupid's color, and Huylers' show window on Yonge street today has a brave showing of red hearts with an added inducement that 20 per cent. goes to the Red Cross the association.

Mr. and Mrs. W. S. Hodgens, Russell Hill road, gave a small dinner on Tuesday night for Miss Neilson-Terry and Mr. Cecil King.

Mrs. Soames and Miss Honor Soames are leaving shortly for Jacksonville, Flordig. 20 per cent. goes to the Red Cross patriotic compaign fund.

Mr. Gordon Bradfield, lieutenant, C.E. F., has been gazetted to the 19th Bat-talion and second division.

The marriage is announced of Violet Beatrice, eldest daughter of the late Mr. John Monteith, Rosseau, Muskoka, and Mrs. C. M. Monteith, Toronto, to Mr. William Langtree Carr of the firm of Mearns & Carr, barristers, Toronto.

A young woman called at the waretailon and second division.

The engagement is announced of Mr. Philip Livingstone, R.N.V.S., formerly Vancouver, to Lorna Muriel, only daughter of Mr. Logassicke Crespin, Kensington, London.

Mr. and Mrs, Draper Dobie have left for New York and the south.

Miss Dorothy Kennedy, Guelph, is the guest of Miss Mildred Gooch, Crescent road.

Among the well-known Canadian women who assisted in the Petticoat Lane fair, held in the Albert Hall, London, recently, were the following: Lady Perley.

Among the well-known Canadian women who assisted in the Petticoat Lane fair, held in the Albert Hall, London, recently, were the following: Lady Perley, Lady Allan, Lady Beaverbrook, Mrs. Grant Morden, Mrs. Donald Armour, Mrs. McLaren Brown, Mrs. Orr-Lewis and Mrs. Stewart-Gordon. These ladles presided over the produce stall, which realized a large amount of money in aid of the concerts for the amusement of the troops in France.

Mrs. T. A. Rowan, Bloor street, gave a small bridge party, musicale and tea yesterday afternoon for the Commander Tyrwhitt Chapter, I.O.D.E.. Mrs. Clark the opportunity to hear the best music.

terday afternoon for the Commander
Tyrwhitt Chapter, I.O.D.E., Mrs. Clark
Macklem and Mrs. C. A. Simmons, regent
of the chapter, receiving with the
hostess. Twelve tables of bridge were
played and afterwards Mrs. B. Chappman and Miss Loura Ellis sang. The
carved mahogany tea table was centred
with real lace and a crystal and silver
stand of white, pink and rose carnations, the lovely conservatory adding
greatly to the effect. Those assisting Mrs.
Rowan included her daughter, Miss Kathleen Rowan, Miss Ethel Cotton, Mrs. F.
H. Lee, Miss McArthur, Miss Helen
Wardell, Miss Mary Laidlaw. A few of
those present were Mrs. Boehke, Mrs.
E. Ward Mrs. M. Lyons, Miss Orpen,
Mrs. A. B. Ormsby, Mrs. Boone, Mrs. F.
J. Lennox, Mrs. H. Beemer, Mrs. Percival Leadley, Mrs. R. Knowles, Mrs. J.
B. Laidlaw, Mrs. McConkey, Mrs. Dillon.
Announcement has been made of the
recent marriage in London All.

The commander
women living in the largest cities had
the opportunity to hear the best music
played by the best artists. Yet today
"to earth's remotest bound" Mischa,
Elman and Caruso and McCormack
and Scotti and the Chicago Symphony
orchestra are as well known as they
are in New York or Toronto. The artists of tomorrow will find audiences
all over the workl.

DELMONICO POTATOES.

Four cups cold dicad potatoes, onehalf- cup grated cheese, pepper and
salt, two cups is had.

Four cups cold dicad potatoes, onehalf- cup grated cheese, pepper and
salt, two cups is had.

In our cups cold dicad p Sprinkle the top with potatoes. Sprinkle the top with grated cheese and bake in hot oven

RECEIPT FOR WARDING OFF AGE

WARDING OF AGL

william Langtree Carr of the firm of Mearns & Carr, barristers, Toronto.

INSTALLATION PROSPECT LODGE

Prospect Rebekah Lodge, LOOF, enjoyed installation ceremonies last night in their lodge room at the Temple, College street. The officers installed were: Noble grand, Mrs. Armstrong; recording secretary, Mrs. Armstrong; recording secretary, Mrs. Armstrong; recording secretary, Mrs. Rogand, frs. The installing officer was Mrs. B. Warwick, who was assisted by Miss Esterbrooke.

POTATO SCALLOP.

Take a deep baker and put on top of stove with a little butter in it. Slice one small onion in it and let it fry a few minutes. Take from stove and put potatoes, sliced thin, in the pan in layers, putting pepper, salt and a little butter on each layer. Sprinkle a few bread crumbs on top and pour one-half pint milk over all. Bake in a moderate oven one hour.

WARDING OF ACLL

But is commonplace—middle aged. It stamps a woman as unquestionably past the period of youth. Hence it lessens her influence. She may charm still—by nimbleness of wit—but that indefinite fascington and information a fine figure wields has fled from her.

Forever? No! For it can be regained, and that easily. Youth as expressed in the straight front, the lissome hap the way outline, is not beyond recail. Let any woman who is too well filled out take a Marmola Prescription Tablet after each meal and at bedtime. The spright-liness of youth will come back to her. Off will go the fat, uniformly and smoothly, revealing the foundation of the lost youthful form beneath.

Try this method. No exercising or dieting is necessary to take off a pound a day. The Tablet will do it alone. No wrinkles or baggard lines will form; insend the health, the brightness and the litheness will increase. The Marmola Prescription Tablet is absolutely non-injurious (being made of the famous fashional put potatoes, sliced thin, in the pan in layers, putting pepper, salt and a little butter on each layer. Sprinkle a few bread crumbs on top and pour one-half pint milk o

The Safest Matches in the World Also the Cheapest

EDDY'S

SAFEST because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished.

CHEAPEST because there are more perfect matches to the single box than in any other box on the market.

War time economy and your own good sense will urge the necessity of buying none but EDDY'S MATCHES.

E. B. EDDY COMPANY HULL, CANADA

English Roses

FROM- MERRYWEATHER'S VURSERIES, SOUTHWELL, ENG. for Delivery by APRIL 1.
Catalogue Free on Application.

M. A. BRUSH Phone TORONTO 26 Wellington Street W.

Announcements

THE ANNUAL MEETING of the Toronto Humane Society will be held at St. George's Hall, Elm street, on Thursday, the 24th day of January, at 8 p.m. The the 24th day of January, at 8 p.m. The public is cordially invited.

THE ACADEMY OF MEDICINE, University of Toronto School, Bloor street west (opposite, Madison avenue). A special meeting tonight, arranged by the Section of State Medicine, will be held to receive and discuss the report of advisory committee on venereal diseases. Military District No. 2 officers, and members of societies and organizations and others interested are invited to attend.

MISSION TO LEPERS

Increase in Donations Over Last Year.

Dr. Watters from India was the speaker at the annual meeting of the Toronto Auxiliary of the Mission to Lepers, Rev. R. B. Cochrane of College Street Presbyterian Church in the chair. A resolution of sympathy with Mrs. Trees on the death of her husband was passed.

Among those present were: Mrs. Boddy, Mrs. H. H. Strathy, Mrs. J. Branchton Willmott, Mrs. J. C. Willmott, Mrs. Bonnick, Mrs. Jolliffe, Mrs. McLellan, Mrs. Murray, Mrs. Morris, Mrs. Williamson, Miss. Browne, Miss. Mrs. Williamson, Miss Browne, Miss McClelland, Miss Mullin, Miss David-son, Miss Dunn, Miss Waldie, Miss Cockburn and Miss MacWilliams, Miss Lila Watt stated that in 1917 the amount of money received from Toronto from all sources was \$3822.55, being an increase of \$2819.88 over 1916. This includes legacies and one gift of \$1000. The total receipts from Canada, including legacies, show an increase over 1916 of \$5412.19, and excluding legacies. oluding legacies, an increase of \$3-953.75 over 1916.

BRITAIN TO EAT HORSE MEAT

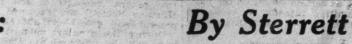
Hundred Will be Killed by Butcher of Harrow at Request of Authorities.

London, Jan. 23.—At a meeting of the butchers of Harrow yesterday one of their number said the shortage of of their number said the shortage of meat had become so serious that the authorities had asked him to start killing horses, and he was beginning this week with a hundred head. Horse meat, he said, would perhaps, not be very palatable to some, but it had

Polly and Her Pals

ARENT YOU EVER

FORTUNE KNOCKS AT DELICIA'S DOOR.













OUT F Three Org

All Other Fatherlan Womer

IN THE

Amsterdam The question beginning to the governme that this and not be made until after the ional org to, which ng gun in a

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in legal repre This first women's det others until **ENGLISH**

peace party tonight the to the wom British labe ham. Engla-tish Labor and intellig and intellig peace berring by won policy you for a liftee marked disarmamen. It was a was in ame women deleparty "calli women of to to work for The mess Balch, Cry. Herenden.

Want Be Only Winnipes step toward the order of cnless da sources corresolution

to rule the The com co-operation . JAPANE

In Japan where the pearls. It known scie that oyster to work for After mannentation use today about 50 a varies in d. The farmer larvae of and then I stones. To oyster-spat placed in undisturbed oyster will be irrigate As soon a scover it with after a few When large from their attention there exist the All the done by wup and do