

SOCIETY

The marriage of Miss Alison Balfour, youngest daughter of Lady Frances Balfour and the late Col. Eustace Balfour, and niece of the Duke of Argyll, to Dr. Arthur Milne, is announced to take place on April 29, at Crown Court Church, Covent Garden, London. The bride's uncle, Mr. A. J. Balfour, will give her away.

The president and council of the Art Museum have issued invitations to meet the members of the Ontario Society of Artists on Wednesday afternoon from 4.30 to 7 o'clock at "The Grange," 26 Grange road.

The president of the Ontario Club and Mrs. P. C. Larkin are giving a dinner at the club on Wednesday night before the Horse Show.

Mrs. Douglas Bowie, St. John's, Que., will visit Toronto, when she will be with Col. and Mrs. Nelson for some months, are sailing for home this week.

Miss Adelaide Montzambert Brantford, is the guest of Miss Eleanor Mackenzie.

Mrs. D. B. Hanna and Mrs. R. S. Sutherland will be the tea hostesses at the W.A.A. Exhibition this afternoon.

Mr. and Mrs. Murray Alexander have returned from California.

Mrs. Martin and Mrs. Chas. Hirschfelder have gone to Montreal to stay for some time with Mrs. A. Howard Pirie.

Mrs. J. R. Stratton, Peterboro, is at the King Edward.

Some of the officers at Stanley Barracks gave a small tea yesterday.

On Wednesday afternoon at 4.30, in the W.A.A. Galleries, Mrs. Dignam will give a talk on "The Cubist and Futurist Pictures."

Mrs. F. H. Chrysler, Ottawa, gave a luncheon on Saturday at the Country Club in honor of her daughter, and is giving a dinner-dance at the Golf Club tonight, at which Miss Edith Cross will be present.

Mrs. Robert Rogers, who has been in Winnipeg for some weeks, is returning to Ottawa this week.

Mr. Gerald MacLean has returned to Parry Sound.

Miss Eleanor Mackenzie gave a small tea yesterday for some of those taking part in the Lord Nelson Vaudeville.

Mrs. J. S. Fletcher, Miss Fletcher and Miss Jessie Fletcher left last week for the Mediterranean.

Mrs. Goodwin Bernard gave a small telephone tea on Friday for her sister,

The Daily Hint From Paris



DESIGN IN COTTON SPONGE.

For seashore and general country wear the cotton sponge has no equal. Its texture prohibits the wrinkles that afflict smoother materials. This design is new in effect, with many good points. Light blue and white sponge are combined and blue pearl buttons are used. The side pieces can be unbuttoned and removed, allowing the dress to be flat when laundered.

Mrs. Mussen, who has recently arrived from England.

Miss Levanche McCabe was the hostess of a bridge of six tables on Friday afternoon.

Mr. de Leigh Wilson and the Misses Edith and Lila Wilson have sailed for abroad.

The senior class of the Royal College of Dental Surgeons of Ontario is giving a graduating dance this evening at the college building, College and Huron streets.

The regular monthly meeting of the Toronto Women's Press Club will be

GOOPS



Saratoga Sands

My Gracious! What untidy hands Has Mr. Saratoga Sands! The grime in loathsome layers lingers Upon his palms and thumbs and fingers. A dirty-handed Goop is quite Unpleasant—don't you think I'm right?

Don't Be A Goop!

held at 4.30 on Wednesday afternoon, when a discussion on "Training for Newspaper Work" will take place.

Mrs. A. Z. Palmer, Ottawa, will be in town this week for the Horse Show.

Miss Elaine Casgrain, Montreal, gave a luncheon at the Mount Royal Club in honor of Miss Nora Prentice. Covers were laid for sixteen. The table was decorated with yellow and white spring flowers.

Mrs. and Miss O'Neill, 53 Wellesley street, receive today for the last time.

Mr. and Mrs. James Ross are sailing for Montreal the middle of May.

Mrs. Gould, 143 Beverley street, gave a small informal dance on Saturday evening.

In aid of the Western Hospital, St. Alban's Dramatic Club is giving "A Night Out" at Columbus Hall on Friday evening.

Mrs. Alfred Powis and Mrs. Harry Greening were in town on Saturday from Hamilton.

Mrs. Victor Armstrong and Miss Leonie Armstrong, who have spent the

"SALADA"

A TEA Unequalled for Fragrance and Wholesomeness.

Sold in lead packets only.

Black, Mixed and Green

064

Winter in England, sail for Canada at the end of May.

A piano recital will be given by pupils of Mrs. G. E. Grove, Mus.Bac., assisted by Miss Marie L. Southall, violinist, pupil of Mr. Luigi Von Kunits, on Wednesday evening, April 30, at 8.15 o'clock, at the Canadian Academy of Music, Recital Hall, 12 Spadina road.

NEW YORK WOMEN OFF TO BUDAPEST

Mrs. O. P. Belmont and Others Will Attend International Suffrage Convention.

Special Cable to The World.

BUDAPEST, Hungary, April 27. (Copyright)—Mrs. O. H. P. Belmont will head the New York delegation to the International Suffrage Convention at Budapest at the end of June.

Among those accompanying her will be Dr. Anna Shaw, Mrs. May Wright Sewell and Mrs. Carrie Chapman Catt. The New York women will stay for a time at Vienna as the guests of the leading Austrian suffragists of their sex. They will go down the Danube after leaving Vienna in a special steamer to Budapest.

The convention will last about a week. One of the Vienna delegates will be the president of the League of International Amity, Mrs. Andrea Hofner Proudfoot, wife of a Chicago lawyer. She is an Austrian by birth, and during her residence in Chicago was the editor of an educational magazine. She divides her time now between Vienna and Chicago. She is a close friend of Baroness Bertha von Suttner, winner of one of the Nobel prizes for efficiency in the work of promoting international peace.

The NURSERY

A CONDUCTED BY Elinor Murray

EXERCISE

Children of their own accord take a proper amount of exercise. Indeed, the average child governs himself automatically in such matters as sleeping, eating and playing, which is exercising. Except in occasional cases, the only duty of the parent is not to restrain the natural impulses. The chief restraint we are apt to place upon the baby in the matter of exercising is that of clothing. It should be loose and permit free movements of the arms and legs. In this way baby gets his exercise, especially when he is crying.

But this is not enough. Twice a day, morning and evening, he should be laid on a bed or couch in a warm room, free of draughts, his diapers and stockings removed. You do not need to play with him or teach him how to exercise, he will play with his hands and toes and kick away to his heart's content.

Later on, when he creeps and then walks, you wonder he does not drop through weariness, he is so constantly on the go. Just let him please himself about how much creeping or walking he wants to do. Never persuade him to walk until he becomes over tired and excited. The baby who gets the necessary long hours of sleep and the regular daily naps, will not suffer from too much exercise.

After the baby is 2 years old he gets sufficient exercise in play and walks. Do not use the go-cart too much after this age. It may take longer to go to the store if you let baby accompany you on his feet, but he needs the walk. Baby has been wheeled around so long that it is difficult to change to walking, but the change should be made. Long walks on the street to the point of fatigue are, of course, unnecessary and harmful. A shovel and a sand pile in the back yard are splendid incentives to exercise.

No matter how attractive the backyard, there seems to be a wonderful attraction about the street, and most children slip away from the safety of the garden as often as possible. This becomes a personal matter with each mother. Either she must provide playmates for the back yard, or plan interesting games that can only be played there; or she must bear the anxiety of knowing her little ones are exposed to the dangers of contagion and accident on the street.

The delicate child must have his exercise regulated, for a child who tires easily usually has some particular

EFFICIENT HOUSEKEEPING

BY HENRIETTA D. GRAUEL DOMESTIC SCIENCE LECTURER

Porterhouse and Other Steaks

M R. WRIGHT SANFORD was one of the fervent disciples of the house of Delmonico, and an acknowledged epicurean. His favorite order was porterhouse steak prepared as follows: Cut a steak two and a quarter inches thick; this after being trimmed should weigh four pounds and a half. Brush over with melted butter and broil with steady heat for twenty-four minutes if wanted very rare; twenty-eight minutes to be properly done and thirty-two minutes if you do not appreciate broiled steak at its best and want it well done.

Arrange the steak on a very hot dish and garnish with ribbons of horseradish, cut as thin and as long as possible. Season with chopped parsley, melted butter, salt and pepper.

Round steak with crisp: Cut the steak from a round of young beef—it should be about an inch thick—pound with a mangle or dull-edged platter, and brush over with a mixture of vinegar and butter or oil and vinegar. Broil over an even high flame twelve minutes and dress with maitre d'hotel butter as above and garnish with fine crisp greens.

Rump steaks from young animals are of the more expensive cuts, but in their way very fine. Cooked "Village Style" this steak will give a welcome change. Broil the steak, after it is well mangled, about fourteen minutes. Dice cold boiled potatoes and fry them until a rich brown in hot butter. Season with salt, pepper, nutmeg, and pour over them a cup of sweet cream containing a level tablespoon of cornstarch. Continue cooking the potatoes until they are thick.

Place the creamed potatoes on a shallow platter and set beneath the flame of the broiler until brown over the top. Cut the steak into hellebar pieces and lay over the top of the potatoes. Over all pour the juice from the steak and melted butter. Garnish with parsley or crisp.

Twelve-ounce porterhouse or loin steaks will broil in eight to ten minutes. An excellent garnish for them is made from beef marrow. Cut the marrow in slices about one-half inch thick. Have water boiling briskly and when the steaks are on their heated platter, dip the marrow slices into the boiling water, drain almost immediately and arrange them over the steak. This may be finished with Borden's or Benaize sauce.

Delmonico's recipe for hamburger steak is known under the high-sounding name of Steak a la Salisbury: Chop a pound and a half of tender lean steak and a half a pound of best bacon in a meat machine. Season with spices, or with salt, pepper and onion salt only, or in the way your family likes best.

Have a border mold very hot and well buttered and a hot oven waiting. Pack the ground, seasoned steak into the mold and spread with butter or oil. Put in the oven for ten minutes or until the top is a crusty brown. Invert on a serving platter. Fill the centre with creamed mushrooms, or well broiled, sliced tomatoes, or any vegetable that is liked with this form of beef. The meat should be well done on the top and outer sides, but quite rare in the centre. This mode of preparing Hamburg admits of many changes and combinations, besides making an attractive appearance.

cause for it, and should be watched carefully to avoid accident and fatigue.

FEMALE ELOQUENCE AT HIGHEST POINT

Miss Hageby Lost Libel Suit, But Made New Conversation Record.

Special Cable to The World.

LONDON, April 27.—(Copyright)—Viscountesses are elated because Miss Lindat Hageby lost her libel suit against The Pall Mall Gazette. After a trial lasting thirteen days she failed to prove her allegations regarding vivisection cruelties.

But she beat all records for feminine eloquence, having spoken in fifty-six hours about 350,000 words. The stenographic transcript of the whole suit foots up just a million words. She was condemned to pay about \$30,000 costs. The entire costs of both sides amount to nearly \$75,000.

She showed remarkable eloquence, ability, quickness and perfect temper throughout. The anti-viscountesses are getting up a testimonial to pay her costs.

Asphalt was known to the ancients, and this material is said to have been employed as a binder in masonry by the Babylonians.

BLOOD IS WATERY IN THE SPRING

It is lacking the essential, life-giving principle, which is best obtained by the use of DR. CHASE'S NERVE FOOD—This great Food Cure brings new hope, new vigor, new energy and new health to overcome tired, languid and depressed feelings which come with Spring and are the outward indications of the weakened condition of the blood and the low state of vitality.

Everybody Needs a Spring Restorative

WHEN the blood gets thin and watery the waste of the human body is more rapid than the process of reconstruction. Gradually the action of the heart grows weaker and weaker, the lungs do not work to their full capacity, the stomach and other digestive organs fail to perform their duties, and the result is all sorts of bodily derangements. Aching head, dizzy spells, indigestion, feelings of weakness and despondency, lack of energy to perform the duties of the day, loss of appetite, failing memory and power of concentration of the mind, irritability, nervousness and sleeplessness are among the symptoms which distress you, and all can be avoided by the use of Dr. Chase's Nerve Food. There is no preparation to be compared to Dr. Chase's Nerve Food as a spring restorative. It does not stimulate and so whip the organs of the body to overexertion, but by enriching the blood instils new vigor into the system. By noting your increase in weight while using this great food cure you can prove that new, firm flesh and tissue are being added.



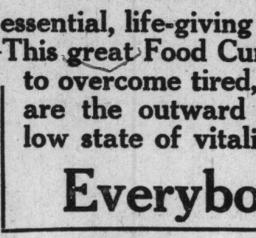
Mrs. J. Donnelly, 105 Portland Street, Toronto, and formerly of Hamilton, Ont., writes: "I can highly recommend Dr. Chase's Nerve Food. My little girl's nerves were so bad that she would wake up nights in hysterics, and we could not get her quieted for a long time. Since taking a treatment of Dr. Chase's Nerve Food she is greatly improved in health and her nerves are steady. "I knew of Dr. Chase's Nerve Food because I used it myself several years ago when the nervous system got run down and I could not sleep nights. I was also weak and suffered from dizzy spells. The Nerve Food made me strong and well."



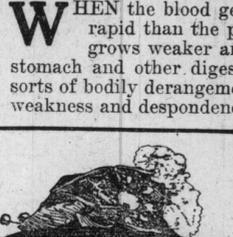
Mrs. J. B. Berryman, 35 Bay Street, North Hamilton, states: "I was so very nervous that frequently I could not sleep at all, and would be so unsteady that I could not remain in bed, but would have to get up during the night in order to quiet my nerves. I also suffered considerably from faintness and dizzy spells, and though I had doctored for some years I never seemed to get anything that did me any real good until I began the use of Dr. Chase's Nerve Food. It worked a great change in my condition almost immediately, and after a regular use of this preparation I believe that it has effected a permanent cure."



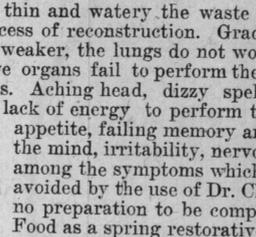
Mrs. Thomas Peacock, 23 Elvathia Street, St. Thomas, Ont., and whose husband is conductor on the Wabash Railway, states: "I was quite run down in health, was very nervous, did not sleep well and had frequent dizzy spells. Believing this to be the result of an exhausted nervous system, I began using Dr. Chase's Nerve Food, and can say that this medicine did me a world of good. It entirely freed me of the symptoms stated above, built up my health generally, so that to-day I feel that I am quite well again."



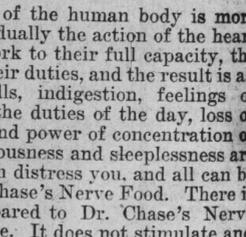
Mr. Henry Black, 81 Ste. Catherine Street East, Montreal, Que., writes: "The wonderful results I obtained from the use of Dr. Chase's Nerve Food constrains me to write this letter in order that others who suffer from nervous exhaustion and weakness may use this medicine with equally satisfactory results. As the result of overwork I became completely exhausted, and was unable to work for fourteen months. As I am the father of a family, these were sad days for me, but after I had used six boxes of Dr. Chase's Nerve Food I had improved so greatly that I continued the treatment until I was completely restored to health and strength. I now work twelve to fifteen hours a day and keep in excellent health."



Mrs. John Waisfield, La Have Islands, Lunenburg Co., N.S., writes: "Two years ago my system became greatly run down, and I was awfully nervous. It was very difficult for me to do my housework, and I felt very miserable. I doctored, but did not see any benefit until I began the use of Dr. Chase's Nerve Food. This medicine proved of wonderful benefit to me, building up the system and restoring health and strength. I always feel now that if I do get run down I can depend on Dr. Chase's Nerve Food to make me strong and well."



Mrs. Sarah Campbell, 108 Alma Street, St. Thomas, Ont., writes: "For months I was so bothered with nervousness that I could not sleep nights. There were other symptoms of exhausted nerves, but none caused so much misery, and I found myself continually getting worse. "I began using Dr. Chase's Nerve Food, and not long before I noticed great improvement in my health. It built up the nervous system wonderfully, strengthened the nerves and enabled me to rest and sleep well. "We have also used Dr. Chase's Kidney-Liver Pills and Syrup of Linseed and Turpentine, and could not do without them in the house."



Mr. J. Hurlbert, 23 James Street, Brantford, Ont., writes: "I was very much run down in health, and as a consequence my nervous system was very much exhausted. Close confinement at my work, I think, brought on the trouble. I started using Dr. Chase's Nerve Food, and by the time I had used up one box I felt a great improvement. The continued use of this preparation has thoroughly restored my system, so that I feel strong and vigorous and fit for any amount of work. I have also used Dr. Chase's Kidney-Liver Pills and Ointment with splendid satisfaction, and recommend them at every opportunity."

The Body Feeds on Rich, Red Blood.

The blood is the medium by which nourishment is supplied to the various parts and organs of the body. When the blood fails to derive proper nourishment from the food, or is depleted by overwork, worry or disease, a general breakdown of the system is sure to follow.

Because of the readiness with which it is taken into the blood stream, and because of its exceptional vitalizing powers, Dr. Chase's Nerve Food is the greatest blood-builder and enricher which it is possible to obtain. Such ailments as anaemia, chlorosis or green sickness, general debility and physical exhaustion are overcome by this food cure.

Dr. Chase's Nerve Food

Gradually but certainly Dr. Chase's Nerve Food increases the quantity and improves the quality of the blood, nourishes the nerves back to health and vigor, and through the blood and nerves carries new vitality to every part of the body. This great food cure brings health to the broken-down, energy to the worn-out, strength to the weak, sleep to the sleepless, and health and happiness to the sick and despondent.

Dr. Chase's Nerve Food, 50 cents a box, 6 boxes for \$2.50, at all dealers, or Edmanson, Bates & Co., Limited, Toronto.

To protect you against imitations the portrait and signature of Dr. A. W. Chase, the famous Receipt Book author, are on every box of his medicines.

Note your increase in weight while using Dr. CHASE'S NERVE FOOD. This is the proof that it actually forms new, firm flesh and tissue.

