SATURD

WOMEN NOT AWAKE TO FOOD SCARCITY

Still Have Afternoon Teas and Do Not Realize the Seriousness.

FAMINE STALKS LAND

Europe is Facing Starvation -This Continent Should Supply Relief.

"One would think the war was an afternoon tea party;" said Mrs. Gran Muldrew in speaking to the women of Edmonton last week. Mrs. Muldrew "Women still have afternoon teas, and many do not seem to realize that it is either food control or fam-

It is strange how differently the control. One woman says she has done all she can to help win the war, and cites with pride how she only has bacon once a week, for Sunday morning breakfast. Another says she will stint herself if her neighbor does like-

At a recent public meeting in To-ronto Mrs. L. M. Gurnett stated that there were many places in Ontario where people had pie for breakfast, and that the smaller towns and villages had made no attempt to assist in conservation of food.

The food control board has said to every woman in Canada: "Be a food controller in your own house and consider yourself fortunate that you have food to control.

Home Economies. Authorities all agree that the situation is serious and the help of every woman is required.

Mrs. Walter Pailby, a member of

Women's Conference, from Calgary, has this to say to the women of

"As I travel westward and homeward from the conference of women, called together from all parts of the Dominion by the federal government to meet the war committee of the cabinet at Ottawa, there is one word which seems to be written large right across our horizon; that word is one before which even the horrors of the battlefield seem to pale. The dictionary holds no uglier word than this one of "Starvation" which is the thing we are called upon to fight today. Starvation is no longer a dim spectre coming to scare us in dreams by night, but a terrible, hideous thing now stalking triumphantly thru Europe hand in hand with the kaiser's hordes his imperial majesty's staunchest,

She tells herself she can never give up her lolling and her lollipops and go in for exercising and dieting instead. Not even for a husband. Yet one glance over her bulging breasts, at her equally well advertised hips, tells her all hope is vain unless she reduce.

unless she reduce.

Now, such girls are simply behind the times, or they would not worry about their reducing. They would reduce—and do it without disturbance of their apetite for candy or luxurous ease. All that is needed to take off twelve to sixteen ounces a day, and rapidly reduce the hips, chin, abdomen, etc. (where fat is most objectionable), is one pleasant, elegant Marmola Prescription Tablet, after meals and at bedtime:

Get the fat off where it belies most and

Get the fat off where it jellies most and see what that change will do toward attracting the men. The tablets are not injurious in any way (being made after the famous Marmola Prescription—viz.: 20 ounce Marmola, 30 ounce Fl. Ex. Cascara Arômatic, 430 ounces Peppermint Water), and they are not expensive, the Marmola Co.. 864 Woodward avenue, Detroit, Mich., and all druggists asking only seventy-five cents for a large case.

ROBUST CHILDREN

Give the growing children food that you know will build up muscle, bone and tissuethat will supply the energy to make them active as children should be.

Kellogg's Toasted Corn Flakes is just that kind of food-rich in bone and musclemaking proteins-more so than milk or beefsteak. Rich also in heat-producing carbo-hydrates which enable complete and easy digestion.

Being easily digested, Kellogg's Toasted Corn Flakes are fully assimilated. They make the ideal three-times-a-day food, not only for children-but also for grown-ups.

Sold only in the original red, white and green package.

Kellogg's TOASTED CORN FLAKES

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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 written 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.

The Murmuring Heart

A young man with a murmur who can go thru fairly strenuous physical effort without becoming more fatigued or 'winded' than is normal, must have a competent heart. To deny him the privilege of service to his country just because he presents a murmur would be an injustice to the man and to the country as well.

an injustice to the man and to the country as well.

Even when it is clear that the murmur is attributable to backwash thru a damaged heart valve, there are all degrees of leakage, from a comparatively trifling one to a leakage which is a handicap even when the patient remains at rest. The heart in a young individual is generally capable of undergoing ample compensatory muscular development to wipe out the effect of a small leakage. Such a compensated heart may be as efficient as the heart of a normal person who happens the heart of a normal person who happens to be physically inefficient in other ways.

QUESTIONS AND ANSWERS.

The Constipated Baby
Probably it would interest a great many
mothers as well as myself if you would
print some advice about constipated
babies. (Mrs. A.D.W.).

ANSWER.—We recently printed some
articles on the subject. Here is a little
monograph on the subject for any mother



SULPHUR and can be obtained of Restorer

and can all stores, and the former color in a few days, thus securing a preserved appearance, has entired thousands to retain their position. abled thousands to retain their position.

SOLD EVERYWHERE
Lockyer's gives health to the hair and restores the natural color. It cleanses the sealp and makes the most perfect Hair Dressing.

SOCIETY: Conducted by Mrs. Edmund Phillips

PRACTICAL TOUCH

INCREASE IS COMING IN PRICE OF GAS

East Riverdale Playgrounds held a "Play Festival" last night. The girls gave an exhibition of wand drill and folk dances, and the boys displayed their abilities in a series of relay races, dumb bell drill, apparatus work and, to finish up with, a tilting contest. It was a record night for the east end recreation centre, and the building was unable to accommodate the people who lined up for admission. Aid. F. M. Johnston acted as chairman.

PARENT AND SON BANQUET.

The intermediate and senior boys of the Y.M.C.A. are having a parent and son banquet at 6.15 tonight in the central building. Mothers and fathers are both to be present. Boys will propose to the total and of their will propose toasts to each of their parents. Captain Wallace Forgie will give an address, and a musical program, under the direction of E. F. Trimble, will complete the evening.

Her Excellency the Duchess of Devonshire, accompanied by Lady Blanche Caverdish, was present at the at home artanged by the members of the local board of management of the Victorian Order of Nurses, in honor of the representatives from the various parts of Canada, who are at present attending the V. O. N. conference in Ottawa.

Her Excellency the Duchess of Devonshire has given her patronage to the operatta, "Princess Chrysanthemum," which will be given at the Russell Theatre on April 11 by the Ottawa Girl Guides.

Mrs. Hayes Shaw is giving a small teafor the members of the Toronto Women's Press Club this afternoon.

Mrs. Gladstone Ghent held her first reception since her marriage yesterday afternoon, which she looked very pretty in white basket weave satin, with diamond ornaments and a corsage bouquet of pink crehid sweet peas. Mrs. W. J. Wilkinson, her mother, with whom she received, wore a very becoming gown of taupe broadcloth and georgette crepe with consage bouquet of Richmond rosses. Mrs. Ghent, who also received, wore a handsome gewn of black satin embroidered with white, and a smart black hat. Mrs.W. Nelson Wilkinson, who assisted in the drawing-room, was in pale pink with collar and girdle of violet, and pink brocade and a most becoming hat of violet straw with small wings. The drawing-room was decorated with crimson turips and hyacinths, and the polished table in the dining room was arranged with emerald tulle, shamrocks and freezias, with silver candiesticks and a very handsome antique silver urn. Mrs. McEachren and Mrs. Ellis poured out the tea and coffee, assisted by Dr. Stowe Gulien, Miss Tomilin, Miss Crawford, Miss E. Ellis and Miss Kernan.

Mrs. Dickson and Miss Macdonald, St. Margaret's College, have issue dinvitations to a lecture on Friday evening, March 22 at 8.15 o'clock, by Prof. A. P. Coleman, on "What I Saw in South America in the Summer of 1917."

Mrs. Anderson, who has been spending the last five weeks with Mrs. Watson, is leaving today for her home in Kentucky. Mrs. Davis, Newmarket

ADDED TO SILLE

Mr. and Mrs. Harvey Douglas have returned from Bellair. Florida. Altho on his wedding trip. Mr. Douglas did not forget the prisoners of war, and the result of a talk he gave in the Belleview Hotel is the sum of \$577.35 sent to Mr. Hugh Fletcher, hon. treasurer of the Prisoners of War Society.

Mr. R. J. Goudy has returned to town after spending the last three months in Orlando, Florida.

Mrs. G. B. Sage, St. George's Rectory. London, is in Toronto to be present at the executive meeting of the general board of the Women's Auxiliary of the Church of England. Mrs. Sage will be the guest of Mr. and Mrs. J. R. Wainwright while in town.

MISCOLE TO THE WORLD TO THE STREET OF THE STRE

ADDED TO STYLE

Attractive to Buyers.

French flowers banding the crown. A chic turban in black lisers was with-out trimming, with the exception of a spreading lacquered wing at one side, a bow of inch ribbon, also lacquered, finishing the ornamentation. Another small model was close-fitting with a narrow brim in taupe tagel straw, the ribbon trimming being in Pekin blue. Still another was in brown lisers with small wings was in brown lisere with small wings in sand shade standing up from the

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Shoes

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whims. Beauty, comfort and

Our Model 9118 in Black Glove Kid-a

real patrician; also very ultra in Beaver Brown and Maple Grey.

Fashion plates, beautifully illustrated in colors, of our distinctive shoes sent on request.

service cleverly combined.

For Dressy Occasions. For dressy occasions a broad-brim-ned black straw had a trimming of med black straw had a trimming of large yellow poppies, the petals open and spread flat, almost covering the crown, making a very effective combination. Ribbon effects are novel and largely used. One rather high-crowned chapeau in black straw had the drooping brim entirely covered with narrow green ribbon circling it in closely laid rows.

While sand, brown, taupe and the more sober shades are much in

The Murmuring Heart

The Murmuring Heart

A considerable number of young men, who will provide the R.A.E. to carry it. A considerable unable of young men, and then gift your long for caches of the same properties of the amount of the same properties of

Announcements

CORD SEATON CHAPTER, I. O. D. E., will hold patrictic bridge Monday, March 18, at 2.30 p.m., at Mrs. Mocaffrey's 41 Whitney avenue. Jitney service to house.

ROYAL CANADIAN INSTITUTE—Mr. W. A. Carlyle will deliver an illustrated address on "Rio Tinto; One of the Most Famous Copper Mines in the World," at a meeting of the Institute tonight at eight in the library of the University Schools, Bloor street, Public cordially invited.

IN THE INTERESTS of greater production and a more beautiful city, the Chief Librarian announces that the Sixth Annual Exhibition of books, periodicals, pumphlets and catalogues dealing with gardening in all its phases is now open at the Public Reference Library, College street, from 10 a.m. to 9.50 p.m.

SPEEDING

G. Pratt, a on yesterday a women's

FIGHT

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