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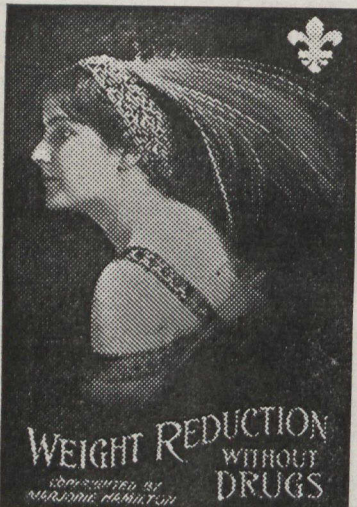
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THE JOY OF LIVING IS THE HERITAGE OF THE LEAN. I WAS STOUT—AND I KNOW.

My friends were charitable and they called it obesity; others referred to me as being STOUT, but I know, it was just plain bulky weight. I was miserable—you too, are equally miserable if you are too stout.

To reduce your weight you must find the cause, you must get at the very reason.

I FOUND THE CAUSE—THE REST WAS EASY.

Before I succeeded, I tried everything within reason and some things beyond reason.

It was maddening—disgusting.

All I had to do was to remove the cause, and I swear under oath, that by my simple method, without drugs, medicine, harmful exercises, or starvation diet, I reduced my weight 37 pounds in five weeks, and guarantee that I can do the same for you. I do not use medicine of any kind or worthless stuff to rub on the body, but a simple home treatment; even a child can use it without harm. Through this marvelous combination home treatment, I succeeded because I had found the right way. I can now climb to the summit of Pike's Peak with ease. I could not do that until I had taken off 37 pounds of my ponderous weight.

If you are interested in your own happiness and health and figure, you will permit me to tell you how to reduce your weight "Nature's Way."

I have printed a book for you entitled, "Weight Reduction Without Drugs," which I am giving away without charge, prepaid to you, so that you may know of my successful method and be able to permanently reduce your weight any amount up to 70 pounds, without harmful exercises or starvation diet, drugs or medicines.

Send for my book, "Weight Reduction Without Drugs." It is yours for the asking, and I will be glad to send it to you, postage prepaid.

I have found that the best way to know happiness is to give it.

Sincerely your friend
MARJORIE HAMILTON,
Suite 2406 Central Bank Bldg., Denver, Colo.

but she has been in England for so long that there are few who can say positively anything about her.

Miss Lewis would grace any position in the social world she chose to fill, and has hosts of admirers of both sexes.

Another girl who is fond of riding and spends a great deal of time on her horse is Miss Evelyn Wright. She is a slight, graceful brunette, has devoted much thought to her music.

Miss Fawnie Brophy, granddaughter of Captain John Brophy, is a debutante this season—a vocalist well above the ordinary, with high ambition which leads her along the trend of church music.

Miss Maud Codville can also claim interesting ancestors. Her great-grandfather when only a lad of fifteen, acted as interpreter between the English and Indians in the war of 1812.

She is a globe trotter, having been the width of the continent half a dozen times, and the length of it more than once.

The eldest daughter of Lt.-Colonel and Mrs. G. S. Maunsell is a charming, or rather, a lovely, at least an attractive—heavens, are there no more adjectives? If this article reads like a collection of synonyms, that is solely the fault of the debutantes. And from a wholly unbiased standpoint, any city in the Dominion is hereby challenged to produce more lovely girls than Ottawa "presents" this year!

A girl well worth closer observation is Miss Marjorie Bate, who, after three delightful years in England, returns to Ottawa to make her debut. Music—vocal music—has occupied most of her time. And as though polite accomplishments were not enough to have been showered upon her, she has also been blessed with a positive genius for housekeeping. She would never make the faux pas credited to a debutante of a few winters ago, who went to market bent upon buying some fish. Seeing glassy eyes and scaled bodies of all sorts and sizes, the young shopper thought it best to rely somewhat upon the keeper of the fish stall.

"I want some fish," she said, finally, with a pretty air of command.

"Any particular kind?" asked the astute dealer.

"No," answered the girl vaguely, "only give me something small, I want to make sure to have it tender!"

Winnipeg Women's Club

By NAN MOULTON.

AMONG the first Canadian Clubs to be formed was the Winnipeg Women's Canadian Club in the autumn of 1907. There were 152 charter members, which membership has increased in three years to over six hundred, such increase surely attesting strongly to the popularity of the club. Winnipeg had not been—is not yet—a city much given to women's clubs, but to such a city, democratic and cosmopolitan, the appeal of such a club was undeniable. The restrictions and formality of some sister clubs have been absent from the Winnipeg organization. To quote from the secretary's first annual report: "Three elements are necessary to the success of our meetings, members, a speaker, and the luncheon or tea which unites these two elements—the electric spark which brings them together."

The first year's work of the Winnipeg Women's Canadian Club was of a pioneer nature. Five hundred dollars was contributed to the Tercentenary Fund, that being the imperative national call of the year. Among those who addressed the club during this first year were Mr. John Kendrick Bangs, Mrs. Humphrey Ward, Principal Peterson of McGill, Rev. Father Drummond, Mr. George Alison, Miss E. L. Jones, Miss Agnes Laut, Miss Agnes Deans Cameron, and Hon. T. Mayne Daly. The subjects varied from "Our Home Land" through "Poetry in Our Schools," "The

Drama," "National Ideals in Education," "Public Playgrounds for Children" to "The French Element in Canada," "Women of the West," and "The Far North." In this year the club joined the Champlain Society, thereby securing the valuable historical reference books issued each year by that Society.

The second year gave an unusually brilliant series of social occasions, for in one summer came to Winnipeg the British Association for the Ad-



MISS EVA L. JONES

Who has just retired from the Presidency of the Winnipeg Women's Canadian Club.

vancement of science, delegates to the Quinquennial Council of Women, and the Governor-General's party. Dr. Grenfell was the outstanding speaker of this year.

Early in the third year of the club's life came the overshadowing of the great national loss, when all functions planned were withdrawn for the season of mourning. In May of this third year a happy chance brought Sir Ernest Shackleton to assist in the ceremony of unveiling the brass memorial tablet in the old church at St. Andrew's, to the veteran explorer, Captain William Kennedy, who, searching for Sir John Franklin, discovered Bellot Strait and the most northern point of the American mainland which navigators had sought for three centuries. It was especially gratifying that the son and daughter of Captain Kennedy were present on this occasion. Miss Eva L. Jones, Principal of Havergal College, Winnipeg, is the present President, the club being again fortunate in the choice of a President gifted with words and grace.

No account of this club would be complete without a tribute to Mrs. H. J. Parker, by whom the organization was conceived, and by whose aid vigilant assistance and wide knowledge, the Historical Committee is endeavouring to secure account of their lives from the surviving early settlers and to preserve all that will memorialize the heroic past of the pioneers. Mrs. Parker is also mover of a resolution to request the Hudson's Bay Company to take means to preserve the sun-dials left by Sir John Franklin at northern posts on his last journey.

The club's honorary members, Mrs. John Norquay and Mrs. William Kennedy, make strong links between the club's present actual membership and the pioneer days of the past, the one the widow of the first Premier of Manitoba, and the other the widow of that veteran explorer, Captain Kennedy.

Miss Jones, in her last President's address, thus voiced the desires of the club for the time to be:

"We want every woman in Winnipeg who cares for a high national ideal, for loyal service to the greatest Dominion and Empire the world has ever seen, to join our ranks and every aspiration to take shape and form in our associated action."

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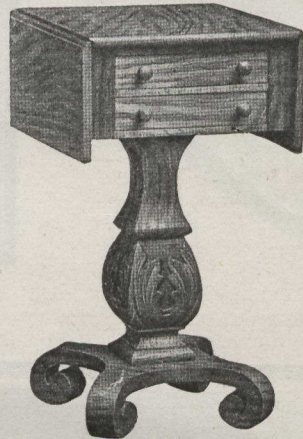
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