PAGE OF INTEREST TO WOMEN

ng Mrs. Cahill of Elmwood avenue. Miss Jennie E. Mountloy of Toronto,

taining at a dance at "Prokos" tonight, dancing to begin at 9 o'clock.

Miss Rita Middleton of St. Thomas has returned home after spending sev-eral days with friends in the city.

The Janey Canuck Chapter, I. O. D. E., is arranging for a dance to be held in the Ontario Hospital on the evening of February 11.

Mrs. Elliott of Toronto has been a guest with Mrs. J. H. Chalmers, Windsor avenue. Mrs. Chalmers recently entertained at the tea hour in her

Personal Health Service

The Cause of Diabetes.

Arrangements are being made for The sympathy of her many friends ridge and euchre to be held at Wong's is being extended to Mrs. Jordan.

of the Princess of Wales Lodge, No. 2, Daughter of England: D.D.G.P. Sister French, and Sister Brand acted as G. guide; past president, Sister Owen; president, Sister Burt; W. V. president, Sister Cosier; W. chaplain, Sister Wood; W. Secretary, Sister Vinen; W. treasurer, Sister Dyson; Dr. Duncan; guides, Sisters Newman, Powe Moore and Ball; guards, Sisters Nicholls and Morton; pianist, Sister Burt. Cafe on Tuesday evening, February 3, under the auspices of the Overseas Chapter, I. O. D. E. This chapter is also planning a dance to be held in the Ontario Hospital assembly hall on February 18.

Miss Margaret Stanley, the retiring honorary president of the Victoria Nurses' Alumnae, will entertain the members of this association in the nurses' residence some time in March. The date was originally set for February 8, but this date has been changed until March.

until March.

The young people of London Collegiate Institute are taking advantage of the Victoria Park Rink for the nolding of some jolly class functions. On Wednesday night the members of Form Lower II, held a skating party at this rink, going later to the home of Miss Gertrude Cahill for supper and games. On this same evening Form Lower II, held a similar party.

Mrs. A. D. Jordan has returned home from Buffalo, where she was called recently owing to the death of her father, Mr. Henry Chapin Houghton, one of the ploneer railroad promoters of the United States. Mr. Houghton who died at his home on Potomac ayenue on Wednesday, January 26, was a deseendant of a long line of physicalans, his grandfather being the house physician to "Stonewall" Jackson, while is father, Dr. Roland F. Houghton attained fame for medical research.

Mr. Houghton took up railroading as a life profession. During his life as a railroad man, he superintended the opening of the "Yellowstone Path," the first railway through the Rocky Mountains. He spent over ten years ploneering and constructing Canadian roads, being an associate of Lord Thomas Shaughnessy, the Canadian railroad magnate, in many enterprises. He was also superintendent of the Washash railroad at the opening of the St. Louis Exposition.

The sympathy of her many friends is being extended to Mrs. Jordan.



vous breakdown" does very well when the doctor thinks the patient's condition had best be kept to himself. It is curious and inexplicable, if "nerve strain" has any relation to diabetes, that of about 40,000 soldiers passing through a hospital centre in France but two were found to have diabetes, but two were found to have diabetes, the prevention and relief of chillibains will be mailed if you will send a stamped, addressed envelope for it.

fully carried out in all cases.

In the comparatively few cases of conjugal diabetes husband and wife are more frequently exposed to good food and too much of that, than to any other possible factor, as Dr. L. P. Joslin points out.

The Jews in America are exceedinging food food. Joslin remarks that overfeeding begins in childhood and lasts to old age, with the increasing afflucture of the Leich nearly statement.

Flowers in Sleeping Room.

My mother says growing plants, such as geraniums, narcissus, and begonias, are very harmful to health in bedrooms. (Mrs. S. W.)

ANSWER—Growing plants in a room tend to purify the air, for they use up carbon dioxide and give off oxygen Also, if in porous pots, they tend to keep the atmosphere of an artificially heated room more moist, and that is in itself very desirable. (Copyright National Newspaper Service) ty fond of diabetes—and of too much good food. Joslin remarks that over-feeding begins in childhood and lests to old age, with the increasing affluence of the Jewish people in America.

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Club News

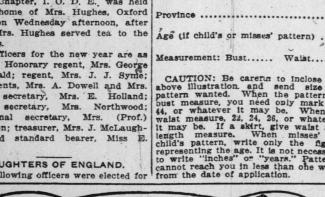
DRAMA LEAGUE.

Dr. Barnett of the Western University library staff will address the London Drama League at the Normal School that the habit of overeating and con- on the evening of February 15, his subtempt for wholesome exercise are ject to be "The Early Mystery and handed down from father to son or Miracle Plays." It is expected that tracts from typical plays of this nature. NICHOLAS WILSON CHAPTER.

The annual meeting of the Nicholas at the home of Mrs. Hughes, Oxford overeating is the principal and always street, on Wednesday afternoon, after

follows: Honorary regent, Mrs. George MacDonald; regent, Mrs. J. J. Syme; vice-regents, Mrs. A. Dowell and Mrs. Abbott; secretary, Mrs. E. Holland; Echoes secretary, Mrs. Northwood; tary, there is hope. Not migraine, but an unstable or vulnerable nervous sys-Robertson; treasurer, Mrs. J. McLaughlan, and standard bearer, Miss E. tem is inherited, and on such a ner-vous system the effect of factors which

DAUGHTERS OF ENGLAND.





a record for good baking

There are probably more fat Jews of mature age than overnourished persons of any other race in the country.

Diabetes is popularly supposed to

more generally given to gluttony. Heredity was once deemed a possible factor of diabetes, but it is more likely

so much surplus health.

would greatly upset a sound or stable

holism, drug habits, cultism and out-right lunacy. Does that seem discour-aging? It shouldn't. So precious few of us are blessed with an unstigma-tized inheritance!. There are blots on

ality or ethics, and faith are the other

se system is expressed in varous ways—epilepsy, hysteria, neuras henia (whatever that may be), alco-

preventable cause.

FLOWERS

West Floral Co. GIVE YOU PRICES.

THE CURIOUS PUP.

(Part Seventeen.)

"Goodness me!" the little mayor declared. "Who would ever have thought I would end my career like hits?"

"What would, my poor wife say if she knew I was in the stomach of a giant og?" the wee citizen declared. "Woe is me, fate has indeed been cruel to us!"

"Have courage," Nibbles told them. "Have courage," Nibbles told them. I should imagine the giant who found us will be quite angry because I was swallowed up. You know he wanted me for the circus."

"Perhaps he will have the dog cut open," the little mayor suggested.

"Just what I was thinking myself," Nibbles answered.

Before he could say any more therewere heavy bangs on the side of the big dog, and the little creatures in his stomach were shaken about like sallors on a ship in a storm.

"What does it mean?" asked the little mayor when the rocking had stopped.

"I believe the giants must have been giving the big dog a good pounding because he swallowed me," Nibbles guessed, and now that all was quiet it seemed his guess was the cerrect one.

"Now if only the big dog doesn't eat a heavy meal, we'll be safe for awhile," Nibbles told his friends. "But if he does at a heavy meal, we'll be crushed to death."

Luckliy the big dog had had his supper already that day and was not a bit to good and the tiny mayor and wee, citizen was were walking about in his stomach and making him feel quite upset.

When the big dog lay down to sleep that the time had come for them to escape.

"Get into my ear," Nibbles commanded his wee friends, and they has stomach were and to obey. Cautiously, so as not to arouse the big dog, stomach they base the do obey. Cautiously, so as not to arouse the big dog, stomach they have the do obey. Cautiously, so as not to arouse the big dog stomach they had to be not to tickle the big dog's to had he was closed! How were they to escape? To death the proof of the big dog's mouth. Opon went the big dog's jaws, for even in his sleep he had to laugh, and then out leaped Nibbles. Like a flash the little mayor and

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IV.—An Unwelcome Engagement.

reagules, Sister Newman, Powe Moore Morton: planish, Sister Burtley and Morton: planish, Sister Burtley, Sister Morton: planish, Sister Bu

He knew now that he had never loved her—never would!

Trevor stared moodily over in the direction of the Red Cottage. Surely Betty would let him see her soon.

"The lady sent you this answer, sir," The small messenger boy came troting unheard up the avenue, placing an envelope in Trevor's hand.

"Thanks, sonny! Here's your other quarter." Trevor hastened into the house to read the missive. In his eagerness he falled to notice a slender, black frocked figure standing on the steps. He shut himself into the library, tearing the envelope open. What had Betty written? His heart was pounding away uncomfortably fast. And this is what he need.

MELROSE BETHANY GIRLS.

The Bethany Girls and Brotherhood f St. Johns and Hyde Park visited leirose recently, and were hospitably ntertained by the Bethany Girls of

anger, half surmised the thought. She hurriedly broke in:

"Don't think I'm going to let you go, Jack—no, not for all the women in the world! And you can have what opinion of me you please—" She broke into angry sobs.

Then she lifted her head and added flercely:

"There's one thing you'd better understand at once—I'll never let you go." Tomorrow-"I'll Go Away." the big W. M. S. banquet held in the First Methodist Church, London, re-

Mail-Box

Character, like gold, is acceptable currency in all countries.

Melrose.

The St. Johns and Hyde Park guests were conveyed in automobiles to the town hall, where a sumptuous banquet had been prepared. The hall was artistically decorated with the club. colors, red, white and yellow, and the tables were splendidly arranged with clusters of flowers and streamers. Old-fashioned candlesticks adorned the well-laden stables. else asks about books. Get the 16year-old boy some of Dickens' works
and you won't be sorry. David Copperfield was a book I thoroughly enjoyed
swill be able to say that the spring
sewing is not done, when we have such
nice bright days. Attention, mothers!
Have you a little romper pattern that
you were going to burn? I would like
to get one to make my little laddle
some creepers.

When the 16year-old boy some of Dickens' works
and you won't be sorry. David Copperfield was a book I thoroughly enjoyed
the volume is excellent. For
the younger boys or girls, get Alger's
books. Give them a birthday surprise
of Martin Rattler, and they have a
you were going to burn? I would like
story with a moral as all stories should
have. When the little folks walk in
from school they sear the daily.

Thank you for hospital maite. Miss

GRAY'S, LIMITED

Store Hours: 9 a.m. to 6 p.m., Saturday Included

Items For Saturday Shopping

New and Beaut ful Blouses

quality, "V," round or square neck, tucked or plain fronts, long sleeves, cuffs and collar hemstitched, all sizes. Priced at\$3.50, \$4.50 and \$6.00

BLOUSES OF FINE ENGLISH VOILE. beautifully embroidered in small rose design and hemstitching, small collar of embroidery and lace, long sleeves with loose cuffs, lace trimmed, sizes 36 to 46. Price\$6.75

Third Floor.

NEW SKIRTS

HABUTAI SILK BLOUSES of excellent LADIES' SKIRTS OF NAVY TRICOTINE. all sizes, excellent values, with patch

> Saturday Bargain In Fur-Collared Coats

WOMEN'S COATS OF FRIEZE CLOTH, with coney collar, all sizes. Saturday special,

Third Floor.

SATURDAY SPECIALS

STAPLE DEPT.-MAIN FLOOR.

TYPED GLASS CLOTHS OR TEA TABLE NAPKINS, special, at each ... TOWELS. Regular 50c, Saturday special,

borders, hemstitched, large size. Price, CRASH TOWELING, grey striped, excellent quality. Saturday priced a yard at 20c BORDERED TABLECLOTHS, special,

each\$3.98 and \$5.00 LACE-EDGED DRESSER SCARFS, pretty designs. Regular \$1.00 and \$1.25, Satur- KAPOK FILLING for cushions or comfort-

NEW PRINT, light or dark colors, Special, WRAPPERETTE KIMONO CLOTHS. WRAPPERETTE RIBERT AT A Regular 75c, Saturday to clear, at a 39c yard

NURSES' CLOTH (striped). Regular 90c, DIAPER CLOTH (mill ends), 1 to 4 yards.

PHONES 115, 116

140 DUNDAS STREET.

Shall I have to live in foreign parts?

Will my friend return?

Shall I recover my property?

Will my friend be true?

annoyance to raise pork, when pigs make a raid on our vegetables in summer, I think I could do without pork for the rest of my life, only to be rid of the torments. One blessing we do enjoy with farm life, we are never out of a job, hurry as we may. Someone sless esks about books. Get the 16-

HARRIETSVILLE W. I.

The Harrietsville Women's Institute held its regular January meeting at the heme of Mrs. H. Ferguson, with 22 members present. Two interesting addresses were given by Mrs. Ballard and Mrs. B. Marsh. On February 10 he tinestitute will hold its social evening in the store seeds without success. My morning glories were beautiful and for freak H. Fitzgeraid on Thursday, February 10, under the auspices of the Ladies' Ald of Zion Methodist Church, Ballymote, in aid of the Chinese famine fund.

MELPROS.

HARRIETSVILLE W. I.

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Dear Miss Grey.—Seeing where some-one asked for morning glory seeds, thought I'd supply a few. Wish I had Mrs. B. Marsh. On February 10 he tinestitute will hold its social evening in the store seeds without success. My morning glories were beautiful and and informing, Amarilly, and see hope to have a return visit from you soon to have a return visit fr

moments. I noticed in last night's paper where Bumble Bee sent in

West protection of the control of th