

AVOID ANY HURRY IN PLANTING SEED

See That Earth is Properly Cultivated Before Commencing Operations.

USE LOTS OF MANURE

Well Prepared Garden Bed Will Assure Steady Growing Vegetables.

The beginner in home gardening, who has not yet been able to start, will be anxious to commence active operations. Don't, however, be too impatient and begin to work the soil before it is in good condition to be worked. Any amount of harm can be done to a garden by attempting to work it when the soil is wet and sticky. Instead of gaining a few days one may be losing weeks, for neither young plants nor seeds will do well in soil that is not in what gardeners term "good heart."

If your garden is a small one, and was dug over and the surface left rough last fall, the surface will now only need breaking up with a fork. Should there be room for a horse to turn round in it, by all means have it plowed. Plowing breaks up the soil, and the digging can. It should be plowed down to the subsoil—that hard layer of earth underlying and usually harder than and often of a different color to the rich top soil. If the garden is inclined to be wet and sour owing to inadequate drainage, and a capable man can be found to do it, have it "subsoiled" at the time of plowing. "Subsoiling" is best done in the fall of the year, but it is better to have it done now than not at all.

Before going into the preparation of the ground for sowing the seeds of the vegetables which are to be matured, the question of fertilizers requires some consideration. If you would have your garden feed, you must feed it, and in proportion as you do so will the results prove satisfactory. For general purposes, well-rotted barnyard manure has no substitute, and if this was liberally applied in the fall so much the better. Avoid using fresh green manure in the spring, especially on heavy land, as it tends to make the ground still heavier, and conduces to sourness. Moreover, the plant food therein contained is not so assimilable a form as that of old well-decayed manure. Should good manure not be readily obtainable in your locality you will have to resort to some of the chemical fertilizers. The ready mixed brands are perhaps the best to use, and when purchasing remember that a green color on the higher price of the fertilizer is the cheaper in the plant food. All chemical fertilizers should be applied broadcast after plowing, and in the directions accompanying the same.

Cultivate Thoroughly. In the hurry to get the plants out and the first sowing, the beginner is likely to hurry over the preparation of the seed-bed. Giving the seed a right start in a properly prepared seed bed is absolutely necessary if they are to make uncheckered growth from the beginning. When the ground is in good condition, but go over it until all lumps are broken, even if it takes a dozen times. Take a strip about as wide as you expect to plant, and make it just as smooth as possible with a backward and forward movement of the rake, taking care to rake up just as little soil and other rubbish as possible. When the strip is "fined" and as nearly table smooth as it can be made, you are at last ready to plant the seed.

To the beginner the sowing of seed entails a lot of worry and anxiety, and is not infrequently disappointing. However, it is not too thick, insufficient seed or too much covering, and crooked, uneven drills are only a few of the things which help to discourage the beginner and scatter his vision of fresh green vegetables to the winds.

Garden Implements. These were difficult to come by, but are now being made by the inexperienced when the only method of making the drills in which to sow the seeds depended on one's ability to steer in a

straight line, and at a uniform depth, with the old-fashioned garden hoe. Like all other businesses, gardening has been benefited by the march of progress, and the introduction of the combination seed-disk and wheel-hoe is one of the most useful implements that have been introduced. By all means have one; it will enable you to get your seeds in quicker, and with less effort, and will do the job better than it can possibly be done by hand. It will open the furrow, drop the seed evenly, cover with earth, roll down the drill, and mark out the next row all in one operation, and almost as fast as a man can walk. And then by changing a few bolts and nuts you can convert this same machine into a wheel hoe, and you will save even more work in cultivating than you did in sowing the seeds.

WILD FLOWERS

By Rachel R. Todd, M.D.

BLOODROOT, SANGUINARIA CANADENSIS.

"An angel's tear fell far to earth. Was caught in Bloodroot's strange grey lease and dried to a pearl. And lived, a perfect pearl, forevermore."

Anon. The bloodroot is one of the commonest of Canadian wildflowers, and yet too often it remains a stranger to many.

The early appearance of the plant is so characteristic that it should be easily recognized, for bloodroot is indeed a strange, queer and unfaithful plant. But nature knows her own mysteries, while it is only given to earth mortals to wonder and watch.

In hundreds of richly mottled spots, hidden beneath clusters of last year's leaves, spring up this odd, slender, grey-green spear, coarsely rough, and tightly furled. Stiff and stark stand these spears, till, coated with the snow, slowly, they commence to unroll. One warm and sunny day the sharp, grey spear turns into the quaintest leaf which gradually bends backward, stiffly, reluctantly, loth to display the treasure close enfolded. All lobed and indented, in the most irregular fashion is the leaf, five to ten inches across, deeply veined with thick veins that run from the centre of the leaf as if from the heart of the sturdy stem. There may be one leaf, or two or three, but the first one to unroll is the largest, the roughest, the most fascinating.

And as the leaf unrolls, behold the "baby pearl" that nestles within, pure white, daintily touched with faintest green, translucent and shimmering. How Cleopatra would have fought for it! There are three simple ways to reduce fleshy hips. One is to change the style of dress, adopting one which bends the hips but lets the waist quite free. Many women have fat hips because they lace their waists; this causes a deposit of fat below the waist. In an effort to reduce, and only aggravate the trouble, a loose waisted, slim hipped corset is needed. The flesh of the hips can stand pressure; the waist cannot.

Then there is the rolling exercise, which many women have tried with success. This consists in lying on the floor in a loose negligee, and rolling over and over. Whether the friction takes the flesh off the hips or no, I do not know; but large hipped women claim it does them no end of good. And there is the exercise of standing on one foot on a hassock, so with the other foot swings free, and swinging this other leg back and forth in twelve

seconds. This consists in lying on the floor in a loose negligee, and rolling over and over. Whether the friction takes the flesh off the hips or no, I do not know; but large hipped women claim it does them no end of good. And there is the exercise of standing on one foot on a hassock, so with the other foot swings free, and swinging this other leg back and forth in twelve

seconds. This consists in lying on the floor in a loose negligee, and rolling over and over. Whether the friction takes the flesh off the hips or no, I do not know; but large hipped women claim it does them no end of good. And there is the exercise of standing on one foot on a hassock, so with the other foot swings free, and swinging this other leg back and forth in twelve

seconds. This consists in lying on the floor in a loose negligee, and rolling over and over. Whether the friction takes the flesh off the hips or no, I do not know; but large hipped women claim it does them no end of good. And there is the exercise of standing on one foot on a hassock, so with the other foot swings free, and swinging this other leg back and forth in twelve

seconds. This consists in lying on the floor in a loose negligee, and rolling over and over. Whether the friction takes the flesh off the hips or no, I do not know; but large hipped women claim it does them no end of good. And there is the exercise of standing on one foot on a hassock, so with the other foot swings free, and swinging this other leg back and forth in twelve



A NEW SLEEVE. There are many sleeve innovations—some revivals of old fashions that are quaint and pretty, while others are new ideas smartly carried out in new materials. In this instance a very effective sleeve is made by a very large cuff, buttoned back by a large colored button instead of the bygone cuff link.

BEAUTY CHATS

By EDNA KENT FORBES.

Reducing Large Hips

Many women find that during the winter their figures have grown rather "stodgy," particularly around the hips. If a woman is even slightly inclined to be fat, she will see that the fats, the starches, the indoor life of winter, and the lessened exercise, all combine to take away the slim curves she wants.

There are three simple ways to reduce fleshy hips. One is to change the style of dress, adopting one which bends the hips but lets the waist quite free. Many women have fat hips because they lace their waists; this causes a deposit of fat below the waist. In an effort to reduce, and only aggravate the trouble, a loose waisted, slim hipped corset is needed. The flesh of the hips can stand pressure; the waist cannot.

Then there is the rolling exercise, which many women have tried with success. This consists in lying on the floor in a loose negligee, and rolling over and over. Whether the friction takes the flesh off the hips or no, I do not know; but large hipped women claim it does them no end of good.

And there is the exercise of standing on one foot on a hassock, so with the other foot swings free, and swinging this other leg back and forth in twelve

seconds. This consists in lying on the floor in a loose negligee, and rolling over and over. Whether the friction takes the flesh off the hips or no, I do not know; but large hipped women claim it does them no end of good. And there is the exercise of standing on one foot on a hassock, so with the other foot swings free, and swinging this other leg back and forth in twelve

seconds. This consists in lying on the floor in a loose negligee, and rolling over and over. Whether the friction takes the flesh off the hips or no, I do not know; but large hipped women claim it does them no end of good. And there is the exercise of standing on one foot on a hassock, so with the other foot swings free, and swinging this other leg back and forth in twelve

seconds. This consists in lying on the floor in a loose negligee, and rolling over and over. Whether the friction takes the flesh off the hips or no, I do not know; but large hipped women claim it does them no end of good. And there is the exercise of standing on one foot on a hassock, so with the other foot swings free, and swinging this other leg back and forth in twelve

OPEN HOSTESS' HOUSE.

Two Hundred Guests Present at First Function.

About two hundred guests were present at the opening of the Hostess House at Beaverville yesterday. Mrs. N. W. Rowell, convener of the national service committee of the Dominion Council of the Y.W.C.A., Mrs.

Hanna, Mrs. Ballantyne and Miss Pearce, the general secretary of the local Y.W.C.A. for Toronto, assisted Mrs. Foster, the hostess in charge, to receive the visitors. The tasteful and comfortable furnishings of the house came in for much commendation. The object of the house is that the soldiers and their relatives may have a comfortable and homelike place to meet when relatives visit in the vicinity.

The Kewpie Corner by Rose O'Neill. Kewpiegram. Illustration of a Kewpie character.

Steele, Briggs' "Queen City" Lawn Grass Seed. Astounded, these Kewpies now pause At a sight that transfixes and awes, They behold several scores Of bright, brave cupidons In the halls where lawmakers make laws!

"Buy a Brick"

Dr. Winnifred Cullis Says: Toronto Should Be Proud to Have a Place on the List of Women's Hospitals

Dr. Winnifred Cullis, Professor of Physiology in the London (England) School of Medicine for Women, who has addressed so acceptably many important public gatherings in the city during recent months, on subjects emphasizing the social welfare of the people, put great emphasis on the need for Women's Hospitals and their value to the community.

The \$50,000 Campaign of the Women's College Hospital is On Now—An Urgent Need—A Patriotic Call—Will You Help?

The work of the Women's College Hospital is patriotic in the highest sense—And this campaign is to raise the money to meet the urgent need for greater hospital accommodation. The four-storey, fireproof wing in course of erection and nearing completion, will be a splendid addition to the city's institutions for the relief of the sick and the suffering—And Toronto will be but repeating her magnificent magnanimity and good heart in contributing this amount to so worthy a cause.

Collectors have been organized with the intention of calling on every home, shop, factory, store, warehouse, or other place of business in the city—Let all the people give and give generously. Campaign Headquarters—9 King St. East

Campaign Committee: Lady Eaton, Chairman—Mrs. James Casey, Vice Chairman—Miss M. Muesel—Mrs. R. H. Cameron—Mrs. F. Armstrong—Mrs. E. A. Kartel—Dr. Skinner—Mrs. W. H. Harvey—Mrs. A. B. Fisher—Dr. Caroline S. Brown. Mrs. A. O. RUTHERFORD, President. Miss MARY LOWREY, Secy. Miss SADE WARNER, Treas.

Finance Commissioner Bradshaw, Hon. Treasurer. CUT USE OF SUGAR FOR CANDY MAKING. Food Board Expected to Reduce Manufacture of Luxuries by One-Half. ICE CREAM AFFECTED. Large Supplies of Sugar in Cuba Tied Up for Want of Boats.

An order reducing the amount of sugar that may be used in the manufacture of candy by about 50 per cent. is expected from the Canada Food Board at Ottawa within the next few days. The board has had the matter under consideration for some time, and manufacturers of candy from all parts of the Dominion have been in Ottawa during the past week.

An order has already been issued stipulating the amount of butter fat that may be used in the manufacture of ice-cream. Details of the order are not yet available. The sugar question will hinge finally on the transportation problem. Havana and other Cuban ports have vast stores of sugar, sufficient to re-empt the shortage if they could be brought to Canada, but ships are not available. Means More Butter and Cheese. The manufacture of ice cream is not entirely prohibited, but it will be of a less velvety nature than formerly under the new order. Large quantities of butter fat, it is thought, will be released for the manufacture of cheese, butter and other foodstuffs.

Whether or not the new order will touch fancy cakes, etc., is not known. Dr. C. J. Hastings, medical officer of health, states that 42 per cent. of the sugar used in Canada goes into fancy cakes, candy, ice cream and other luxuries. The doctor does not favor the complete curtailment of the sale of these products, possibly feeling that too drastic measures would lead to the excessive use of tobacco. "Just as delicious and wholesome candy can be made with glucose, a corn syrup product, as with cane sugar," says Dr. Hastings. Saccharine, he does not sanction. MAKE FORTY DOLLARS. Forty dollars was made from the patriotic centre held in Wells' Hall under the direction of Mrs. W. W. Canham, the amount going to St. Michael's and All Angels' Patriotic Society, Wychwood, of which Mrs. Canham is president.

START ON LAST DAY. Soldiers Are Anxious to Help Extension of Women's College Hospital. Today is the third and last day of the campaign now in progress for the Women's College Hospital on Rusholme road. Yesterday the captains with their teams worked strenuously, but returns were not as large as had been wished. Among contributors was Dr. Winnifred Cullis, who called at the headquarters at the Khaki Club and left a cheque. A man whose mother and wife had been patients had been so impressed with the benefits of the institution and its air of home and comfort that he went out and collected among his friends to help on the work. Many wives and children of soldiers have been cared for in the hospital, and an extension of its influence means an extension to many more of the dependents of those overseas.

WOMEN'S PRESS CLUB. At the regular monthly meeting of the Women's Press Club held at the rooms of the club last evening, Miss Mona Cheever, president, was in the chair. The principal business was the reception of two new members, Miss Mabel Ealand and Miss Poinblancy. A sum of ten dollars was voted to the campaign of the Women's College Hospital and ten dollars to the Hospital for Women in London, England, for which Dr. Winnifred Cullis has been speaking. The residue of the fund from which these amounts were voted will go to the military hospital on College street, and will amount to about twenty dollars.

CUT THIS OUT. What Nuxated Iron Is Made From. Sworn Statement of Composition of Its Formula. It increases the strength and endurance of delicate, nervous, run-down folks in two weeks' time in many instances.

Advertisement for 'Emin' (Eminol) featuring a cartoon character and text: 'Eminol is a character relating to the purpose of which it is inserted in this ad as 25 cents an agent'.

Advertisement for 'Steele, Briggs' Lawn Grass Seed' with contact information: 'Phone Adel. 1020. 137 KING ST. EAST, TORONTO'.

Advertisement for 'The Kewpie Corner' by Rose O'Neill, featuring a cartoon character and text: 'Astounded, these Kewpies now pause At a sight that transfixes and awes, They behold several scores Of bright, brave cupidons In the halls where lawmakers make laws!'.

Advertisement for 'CUT THIS OUT' featuring a cartoon character and text: 'What Nuxated Iron Is Made From. Sworn Statement of Composition of Its Formula. It increases the strength and endurance of delicate, nervous, run-down folks in two weeks' time in many instances.'

Advertisement for 'CUT USE OF SUGAR FOR CANDY MAKING' with text: 'Food Board Expected to Reduce Manufacture of Luxuries by One-Half. ICE CREAM AFFECTED. Large Supplies of Sugar in Cuba Tied Up for Want of Boats.'

Advertisement for 'OPEN HOSTESS' HOUSE' with text: 'Two Hundred Guests Present at First Function. About two hundred guests were present at the opening of the Hostess House at Beaverville yesterday.'

Advertisement for 'Dr. Winnifred Cullis' with text: 'Dr. Winnifred Cullis, Professor of Physiology in the London (England) School of Medicine for Women, who has addressed so acceptably many important public gatherings in the city during recent months, on subjects emphasizing the social welfare of the people, put great emphasis on the need for Women's Hospitals and their value to the community.'

Advertisement for 'The \$50,000 Campaign of the Women's College Hospital' with text: 'The work of the Women's College Hospital is patriotic in the highest sense—And this campaign is to raise the money to meet the urgent need for greater hospital accommodation.'

Advertisement for 'BEAUTY CHATS' with text: 'By EDNA KENT FORBES. Reducing Large Hips. Many women find that during the winter their figures have grown rather "stodgy," particularly around the hips.'

Advertisement for 'WILD FLOWERS' with text: 'By Rachel R. Todd, M.D. BLOODROOT, SANGUINARIA CANADENSIS. "An angel's tear fell far to earth. Was caught in Bloodroot's strange grey lease and dried to a pearl. And lived, a perfect pearl, forevermore."

Advertisement for 'AVOID ANY HURRY IN PLANTING SEED' with text: 'See That Earth is Properly Cultivated Before Commencing Operations. USE LOTS OF MANURE. Well Prepared Garden Bed Will Assure Steady Growing Vegetables.'

Advertisement for 'CUT THIS OUT' with text: 'What Nuxated Iron Is Made From. Sworn Statement of Composition of Its Formula. It increases the strength and endurance of delicate, nervous, run-down folks in two weeks' time in many instances.'

Advertisement for 'CUT USE OF SUGAR FOR CANDY MAKING' with text: 'Food Board Expected to Reduce Manufacture of Luxuries by One-Half. ICE CREAM AFFECTED. Large Supplies of Sugar in Cuba Tied Up for Want of Boats.'

Advertisement for 'OPEN HOSTESS' HOUSE' with text: 'Two Hundred Guests Present at First Function. About two hundred guests were present at the opening of the Hostess House at Beaverville yesterday.'

Advertisement for 'Dr. Winnifred Cullis' with text: 'Dr. Winnifred Cullis, Professor of Physiology in the London (England) School of Medicine for Women, who has addressed so acceptably many important public gatherings in the city during recent months, on subjects emphasizing the social welfare of the people, put great emphasis on the need for Women's Hospitals and their value to the community.'

Advertisement for 'The \$50,000 Campaign of the Women's College Hospital' with text: 'The work of the Women's College Hospital is patriotic in the highest sense—And this campaign is to raise the money to meet the urgent need for greater hospital accommodation.'

Advertisement for 'BEAUTY CHATS' with text: 'By EDNA KENT FORBES. Reducing Large Hips. Many women find that during the winter their figures have grown rather "stodgy," particularly around the hips.'

Advertisement for 'WILD FLOWERS' with text: 'By Rachel R. Todd, M.D. BLOODROOT, SANGUINARIA CANADENSIS. "An angel's tear fell far to earth. Was caught in Bloodroot's strange grey lease and dried to a pearl. And lived, a perfect pearl, forevermore."

Advertisement for 'AVOID ANY HURRY IN PLANTING SEED' with text: 'See That Earth is Properly Cultivated Before Commencing Operations. USE LOTS OF MANURE. Well Prepared Garden Bed Will Assure Steady Growing Vegetables.'

Advertisement for 'CUT THIS OUT' with text: 'What Nuxated Iron Is Made From. Sworn Statement of Composition of Its Formula. It increases the strength and endurance of delicate, nervous, run-down folks in two weeks' time in many instances.'

Advertisement for 'CUT USE OF SUGAR FOR CANDY MAKING' with text: 'Food Board Expected to Reduce Manufacture of Luxuries by One-Half. ICE CREAM AFFECTED. Large Supplies of Sugar in Cuba Tied Up for Want of Boats.'

Advertisement for 'OPEN HOSTESS' HOUSE' with text: 'Two Hundred Guests Present at First Function. About two hundred guests were present at the opening of the Hostess House at Beaverville yesterday.'

Advertisement for 'Dr. Winnifred Cullis' with text: 'Dr. Winnifred Cullis, Professor of Physiology in the London (England) School of Medicine for Women, who has addressed so acceptably many important public gatherings in the city during recent months, on subjects emphasizing the social welfare of the people, put great emphasis on the need for Women's Hospitals and their value to the community.'

Advertisement for 'The \$50,000 Campaign of the Women's College Hospital' with text: 'The work of the Women's College Hospital is patriotic in the highest sense—And this campaign is to raise the money to meet the urgent need for greater hospital accommodation.'

Advertisement for 'BEAUTY CHATS' with text: 'By EDNA KENT FORBES. Reducing Large Hips. Many women find that during the winter their figures have grown rather "stodgy," particularly around the hips.'

Advertisement for 'WILD FLOWERS' with text: 'By Rachel R. Todd, M.D. BLOODROOT, SANGUINARIA CANADENSIS. "An angel's tear fell far to earth. Was caught in Bloodroot's strange grey lease and dried to a pearl. And lived, a perfect pearl, forevermore."

Advertisement for 'AVOID ANY HURRY IN PLANTING SEED' with text: 'See That Earth is Properly Cultivated Before Commencing Operations. USE LOTS OF MANURE. Well Prepared Garden Bed Will Assure Steady Growing Vegetables.'

Advertisement for 'CUT THIS OUT' with text: 'What Nuxated Iron Is Made From. Sworn Statement of Composition of Its Formula. It increases the strength and endurance of delicate, nervous, run-down folks in two weeks' time in many instances.'

Advertisement for 'CUT USE OF SUGAR FOR CANDY MAKING' with text: 'Food Board Expected to Reduce Manufacture of Luxuries by One-Half. ICE CREAM AFFECTED. Large Supplies of Sugar in Cuba Tied Up for Want of Boats.'

Advertisement for 'OPEN HOSTESS' HOUSE' with text: 'Two Hundred Guests Present at First Function. About two hundred guests were present at the opening of the Hostess House at Beaverville yesterday.'

Advertisement for 'Dr. Winnifred Cullis' with text: 'Dr. Winnifred Cullis, Professor of Physiology in the London (England) School of Medicine for Women, who has addressed so acceptably many important public gatherings in the city during recent months, on subjects emphasizing the social welfare of the people, put great emphasis on the need for Women's Hospitals and their value to the community.'

Advertisement for 'The \$50,000 Campaign of the Women's College Hospital' with text: 'The work of the Women's College Hospital is patriotic in the highest sense—And this campaign is to raise the money to meet the urgent need for greater hospital accommodation.'

Advertisement for 'BEAUTY CHATS' with text: 'By EDNA KENT FORBES. Reducing Large Hips. Many women find that during the winter their figures have grown rather "stodgy," particularly around the hips.'

Advertisement for 'WILD FLOWERS' with text: 'By Rachel R. Todd, M.D. BLOODROOT, SANGUINARIA CANADENSIS. "An angel's tear fell far to earth. Was caught in Bloodroot's strange grey lease and dried to a pearl. And lived, a perfect pearl, forevermore."

Advertisement for 'AVOID ANY HURRY IN PLANTING SEED' with text: 'See That Earth is Properly Cultivated Before Commencing Operations. USE LOTS OF MANURE. Well Prepared Garden Bed Will Assure Steady Growing Vegetables.'

Advertisement for 'CUT THIS OUT' with text: 'What Nuxated Iron Is Made From. Sworn Statement of Composition of Its Formula. It increases the strength and endurance of delicate, nervous, run-down folks in two weeks' time in many instances.'

Advertisement for 'CUT USE OF SUGAR FOR CANDY MAKING' with text: 'Food Board Expected to Reduce Manufacture of Luxuries by One-Half. ICE CREAM AFFECTED. Large Supplies of Sugar in Cuba Tied Up for Want of Boats.'

Advertisement for 'OPEN HOSTESS' HOUSE' with text: 'Two Hundred Guests Present at First Function. About two hundred guests were present at the opening of the Hostess House at Beaverville yesterday.'

Advertisement for 'Dr. Winnifred Cullis' with text: 'Dr. Winnifred Cullis, Professor of Physiology in the London (England) School of Medicine for Women, who has addressed so acceptably many important public gatherings in the city during recent months, on subjects emphasizing the social welfare of the people, put great emphasis on the need for Women's Hospitals and their value to the community.'

Advertisement for 'The \$50,000 Campaign of the Women's College Hospital' with text: 'The work of the Women's College Hospital is patriotic in the highest sense—And this campaign is to raise the money to meet the urgent need for greater hospital accommodation.'

Advertisement for 'BEAUTY CHATS' with text: 'By EDNA KENT FORBES. Reducing Large Hips. Many women find that during the winter their figures have grown rather "stodgy," particularly around the hips.'

Advertisement for 'WILD FLOWERS' with text: 'By Rachel R. Todd, M.D. BLOODROOT, SANGUINARIA CANADENSIS. "An angel's tear fell far to earth. Was caught in Bloodroot's strange grey lease and dried to a pearl. And lived, a perfect pearl, forevermore."

Advertisement for 'AVOID ANY HURRY IN PLANTING SEED' with text: 'See That Earth is Properly Cultivated Before Commencing Operations. USE LOTS OF MANURE. Well Prepared Garden Bed Will Assure Steady Growing Vegetables.'

Advertisement for 'CUT THIS OUT' with text: 'What Nuxated Iron Is Made From. Sworn Statement of Composition of Its Formula. It increases the strength and endurance of delicate, nervous, run-down folks in two weeks' time in many instances.'

Advertisement for 'CUT USE OF SUGAR FOR CANDY MAKING' with text: 'Food Board Expected to Reduce Manufacture of Luxuries by One-Half. ICE CREAM AFFECTED. Large Supplies of Sugar in Cuba Tied Up for Want of Boats.'

Advertisement for 'OPEN HOSTESS' HOUSE' with text: 'Two Hundred Guests Present at First Function. About two hundred guests were present at the opening of the Hostess House at Beaverville yesterday.'

Advertisement for 'Dr. Winnifred Cullis' with text: 'Dr. Winnifred Cullis, Professor of Physiology in the London (England) School of Medicine for Women, who has addressed so acceptably many important public gatherings in the city during recent months, on subjects emphasizing the social welfare of the people, put great emphasis on the need for Women's Hospitals and their value to the community.'