

takes a joint of beef to make a bottle of Bovril

Bouril contains the goodness of the Beef.

The vital elements that give beef its special place and value as a food are concentrated and stored in Bovril.

In theory many non-meat foods have a high nourishing value, but they do not yield up nearly all their nourishment to the body. They are like German money, not worth its face value when you try to turn it into gold. But Boyril enables you to extract that nourishment which otherwise you would never get. In other words, it enormously increases the feeding value of other foods.

The nation needs that you should get every ounce of strength out of the food you buy. Bovril helps you to do this. Therefore start taking Bovril to-day.

Body-building powers of Bovril proved equal to 10 to 20 times the amount taken.

> In spite of the increase in the cost of Beef (the raw material of Bovril) the price of Bovril has not been increased since the outbreak of the war.

WOMEN WILL LEND MONEY.

Enterprise of the right kind is shown in the offer of thirty-five of the members of the Women's Business Club lend \$500, which is half of the amount needed for the new clubrooms The offer was to be for a year without interest. Plans for the future include duncheon meetings with ten-minute talks by women, followed by discus-

SEND MANY SOX.

The auxiliary of the 208th Battalion is sending a thousand pairs of sox overseas to the men of the battalion for Christmas. The West Toronto Bowling Club has given \$13 for chocohaves to send to the men.

NEW BRANCH AT TRENTON.

A local branch of the Council o Women was organized this week at Trenton by Mrs. Willoughby Cum-Mrs. Farncomb was elected Weather the Only Factor Which

FILL HUNDRED STOCKINGS.

A luncheon party at the home wif mand of Col. Jennett.

PRISON REFORM ADDRESS.

At the October meeting of the Weston Sanitarium Club Dr. J. T. Gilmour gave an address on "Prison Reform." The president, Mrs. R. W. Prittie, was Reports were all encouraging.

Lose Your Fat

Keep Your Health at healthy to det or exercise too much for the removal. The simplest method known for reducing the overfit had not been seen to

WAR MENUS

How to Save Wheat, Beef and Bacon for the men at the Cont. Issued from the Office of Controller for Canada. MENU FOR THURSDAY

Breakfast. Liver and Bacon Fried Potatoes
Brown Bread
Tea or Coffee Milk and Sugar Luncheon Potato Soup Doughnuts

Dinner Baked Haddock Egg Sauce Baked Potatoes Rice Pudding

Recipes by Domestic Science Experts of the Food Controller's Office.)

Controller John O'Neill, when asked Mrs. I. Dyment filled one hundred about the city's work on the viaduct, Christmas stockings for the men of said yesterday that the work would be the 58th Battalion, which is under the gone on with providing, in the opinion of the works commissioner, the weather would not interfere.

"The commissioner is desirous of having the work completed as soon is possible, but is of the opinion that t cannot be done before the bad weather sets in," said the controller. "In this northern climate concrete in the chair. Garments to be made up and paving needs the finest weather during the month were distributed for proper results, and the commissioner might start a whole lot of the work only to have it destroyed during the winter. The job will be gone on with providing it is feasible, so far

as he is concerned." CONDENSED OPERA.

Victor Record 35651 is one of the

Conducted by Society --- Mrs. Edmund Phillips

At war functions lately it has been noticed that H. M. Queen Mary and H. R. H. Princess Mary have each Augustus Bridle, Mrs. Frank Stark,

lunch in her honor; yesterday Mrs. Edward Pope (Ottawa), who is visiting her mother, Mrs. William Gwynne, this form the Ladies' Club; of and wore navy blue and hat to match, and carried a boundary mrs. William Ince and Miss Doroday Mrs. Miss Mary O'Burnet and Wore navy blue and hat to match, and carried a boundary was conduct the campaign. The war was an increased demands upon this increased demands upon this conduct the campaign. The war was conduct the campaign. The war was demands upon this conduct the campaign. The war was demands upon this conduct the campaign. The war was conduct the campaign. The war was conduct the campaign. The war was conduct the campaign. The wa

On Saturday, October 20, St. Edmund's nipes.
On Saturday, October 20, St. Edmund's Church was the scene of a wedding, when Miss Annie Cillham was married to Mr. Gordon H. Tunbridge, late Cradock, South Africa. The Rev. E. A. Vessey, rector of the church, performed the ceremony. The groom was supported by Mr. R. W. Coulson and the Misses Winifred Stone and E Gillham attended the bride. After the ceremony a reception was held at the home of the bride's sister. After a short trip east Mr. and Mrs. Tunbridge will live in their new house, 51 Carus avenue. war profession as a newspaperman. A very delightful recital was given in Foresters' Hall last night for the Red Cross by Bourguignon, the Bel-

gian pianist, when the platform was very effectively arranged with palms and ferns and bushes of azaleas. and ferns and bushes of azieas.
Miss Greta Doherty and several pretty
girls were the ushers, and the audience included Col. and Mrs. Gooderhem. Mrs. Botsford, Mrs. Burk, Mr. William Fleury, Col. MacQueen, Miss White Miss Stuart and the girls from Glen Mawr, Mrs. Follingsby, Mrs. and Miss Skey, Mrs. Driffield, Mrs. George Dickson and the girls from St. George Dickson and the girls from St.

Margaret's, Mrs. McWhinney, Mr.

George Bruce, Mrs. Arthur Pepler,
Mrs. F. C. Lee. Mr. and Mrs. R. W.
Eaton, Mr. Douglas Macklem, Mr.
and Mrs. Arthur Sillivan, Mr. Peter
Kennedy, Hcn. Juscice and Mrs. Riddell, Mrs. Sylvester, Mrs. Van der
Linde, Mr. and Mrs. Le Touzel, Mrs.
McAgy, Mrs. Edward Armour, Miss
Armour, Mrs. Edward Armour, Miss
Armour, Mrs. Arthur Anglin, the
Misses Anglin, Mrs. Victor Cawthra,
Miss Cawthra, Mrs. Bruce, Miss Muriel Bruce, Mrs. Morando, Mrs. Wedd.
Miss Naomi Wedd. Mrs. W. G. Gooderham, Mrs. W. J. Elliott, Miss Bauchope, Dr. and Mrs. Davies, Mrs. Mill
Pellatt, Mr. and Mrs. Dalton Davies,

Applying This Paste

Actually Removes Hairs

Grand Solictor Lawrence.

York Lodge, No. 57, A. O. U. W., met last evening in Cumberland Hall, the mecting being presided over by H. D.
Somerville, master workman, It was the occasion of the official visit of Bro. F. R.
Richardson, the district deputy grand master of Toronto district, accompanied by Hros. Grand February and the district deputy grand master of Toronto district, accompanied by Hros. Grand February and master of Toronto district, accompanied by Hros. Grand February and master of To Mangaret's, Mrs. McWhinney, Mr. George Bruce, Mrs. Arthur Pepler, Mrs. F. C. Lee, Mr. and Mrs. R. W. Eaton, Mr. Douglas Macklem, Mr. Peter. Can Delay Work on Viaduct and Mrs. Arthur Sullivan, Mr. Peter Kennedy, Hcn. Juscice and Mrs. Riddell, Mrs. Sylvester, Mrs. Van der Charles and Mrs

(Beauty Notes).

Sent. The order has bought this year \$100,000 worth of government war bonds, and is nerotating to buy \$50,000 worth more. Acddresses were also given by District Master Richardson, and other members and visitors. paste to a hairy surface, say beauty specialists, will dissolve the hairs. four pounds a week is the Marmola Method, tried and endorsed by thousands. Marmola Prescription Tablets, containing exact doses of the famous prescription, are sold by drugglests at 75 cents for a large case, or if you prefer you can obtain them by sending direct to the Marmola Company, 864 Woodward Ave., Detroit, Mich. They are harmless and leave no wrinkles or fibbless. They are popular because effective and convenient.

Hest records of condensed opera ever turned out. It holds the best and most popular selections from "Ziegfeld Follies, 1917;" on, one side and from "Oh Boy," on the other. Hear it in the Victrola Parlors of Ye Olde Purme of Heintzman & Cos., Ltd., Heintzman Hall, 193-195-197 Yonge street. This paste is made by mixing a little

BIG SISTERS' WORK IS STEADILY GROWING

Association Was Entertained at Gler Stewart Yesterday, When Survey of Work Was Made.

A drawing-room meeting was held vesterday afternoon at Glen Stewart

The low cost per cup

It is hard to believe that a cup of good, rich tea only costs about a fifth of a cent, but. you see, Red Rose consists chiefly of Assam teas—the richest, strongest teas in the world. Red Rose easily yields 250 cups to the pound.

And it's a tea of rare economy and

Kept Good by the Sealed Package



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Announcements

Notices of any character relating t future events, the purpose of which is the raising of money, are inserted in advertising columns at 25 cents an again Announcements for churches, sool Announcements for churches, sout clubs or other organizations of fevents, where the purpose is not the ing of money, may be inserted in column at two cents a word, with at muin of fifty cents for each inserti

ALLOWE'EN Bazaar Tuesday an Wednesday, Oct. 30 and 31, will be hel in Foresters' Hall, 22 College stree

THOUSANI

Ottawa,

1.000 patient

homes and si



Polly and Her Pals

ONE MAY SMOKE, BUT TWO MUST WORK IT.

COURT HARMONY MEETS.

OFFICIAL A. O. U. W. VISIT

York Lodge Hears Good Address Grand Solicitor Lawrence.

By Sterrett







