

The World's Home Magazine for Women

Edited by LAURA E. McCULLY, B.A.

A Vegetarian Diet.

A correspondent sends a letter re a recent article in The Sunday World. As a vegetable food specialist, she condemns the ideas of the average man and woman about vegetable diet, and suggests a practicable menu. Frequent failure comes, asserts Miss Eva M. Budd, as a result of the ignorance of those who try to adopt a vegetarian system, and in this matter knowledge is essential. An instance is given from her own experience as an illustration:

"I knew a lady," she writes, "who tried to live on white bread and butter, jam and potatoes, and then said that vegetarianism did not suit her. It was not likely that it would. If she had used brown bread, and added pine kernels, haricot beans and fruit the result would have been different."

"It should be borne in mind that our daily food must contain a sufficient quantity of—

1. Fat—To be found in nuts, olive oil, cream, butter and oatmeal.
2. Protein—in nut foods, macaroni, eggs, brown bread, lentils, haricots, peas and cheese.
3. Phosphates—Contained in the husk of wheat, cheese, bananas, apples and other fruits and vegetables.
4. Sugar—To be obtained from all starch foods, but most easily from sweet fruits and honey.

"Let us choose our food with scientific care, remembering that pure food makes pure blood, and so healthy bodies."

Eva M. Budd,
Vegetarian Food Specialist.

At a Millinery Opening.

As the season progresses, millinery openings are becoming more and more frequent. The women in search of a hat. This has been a busy week for some of Toronto's great millinery stores, and the shops are crowded with fashionable folk returned from their holidays and in search of clothes. Sometimes it is such a harassing search, too. Pretty things that don't become one, and expensive things that do. Well, no woman need worry much about her autumn chapeau, after a visit to W. A. Murray's showrooms. Not only are their styles exclusive, but they are every one designed for practical use and for occasions constantly occurring.

Of course, the latest styles, cloche, Welsh, mushroom, and others are there with the popular ostrich and flower mounts, varied by coques and ribbon, but this scarcely gives an idea of the distinctive lines in which Murray's excel. In the first place, they specialize on dress hats and tailored hats. Nothing of the nondescript order is seen. Tea hats which last year were almost indistinguishable from the street hats are this year distinctly different. One beauty was of blue point de esprit net, with rich edge and mount of pink roses. Of course, this is not a street hat. But how distinguished and lovely some of the latter are. One superb creation in Copenhagen blue, with wide brim, had an enormous veil of blue tulle, and was completed by bows of velvet mounted on Copenhagen embroidery. A new feature of millinery seen at Murray's was the set of hat, muff and bag or shawl for mid-season wear. This idea will have instant popularity with women of taste, as it opens up possibilities of exquisite completeness in an afternoon dress, or in one case the neck ruff was of tan tulle, with velvet ribbon in the same shade, the muff of really the final triumph of the French milliner's art. It is art which conceals its own most labored intricacies under a deceptive appearance of simplicity. In reality, these things are the hardest of all to duplicate, and their apparent carelessness the result of studied skill. Prophecy of the immediate future in millinery, the lady in charge showed us some handsome hats in fur, with trimmings in one case of flowers in the delicate shades of roses shades.

Newport pink monopolized a prominent case, and is quite the newest thing. Impossible to describe, as a tulle with velvet, and the hat in velvet shape with ostrich fronds mounted on coque feathers and brown velvet facings. This was an Altman model from New York. One remarkable striking little French model was of black panne velvet with gold cloth ribbon galons, and a really unique bird of paradise shading from cream to deep gold.

Most of Murray's imported models, things from Germany and the great Paris houses, have an odd little touch of hypocritical "home-made-ness" which can be used. This effect in color always is. If you wish to see what no two hats alike, the pick of the foreign models, and, withal, the most astonishingly reasonable rates.

The Northern W.C.T.U. met in Westminster Church parlor yesterday afternoon. The president, Mrs. Walter Selton, opened the meeting with singing and prayer led by Mrs. M. M. Brownell.

Meeting of the Northern W.C.T.U.

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The Toronto World CHILDREN'S HUMANE LEAGUE

TORONTO WORLD HUMANE LEAGUE.

The competition for the best letter telling a story about a cat closes on September 28. The prize is an enamel pin with the letters "T. W. H. L." Several of our clever little correspondents have already sent in contributions, and as time is short the rest will have to hurry. All letters must be plainly written on one side of the paper and signed with the name and address of the writer.

I wish to become a member of The Toronto World Humane League.

Name

Address

World Fattern Department



2087—Ladies' Jumper Dress.
With Princess Front Panel.
PARIS PATTERN NO. 2087.
All Seams Allowed.

This dainty model will prove especially becoming to slight figures. Made of black crepe de chine with a silk spot, it is trimmed with insertion and Valenciennes edging in black. And if worn with a gump of sheer net with lace motifs would make a stylish gown.

The pattern is in 6 sizes—32 to 42 inches bust measure. For 38 bust the dress requires 10 3/4 yards of material 20 inches wide, 8 yards 27 inches wide, 5 3/4 yards 36 inches wide, or 4 3/4 yards 42 inches wide; 1 1/2 yards of material 20 inches wide, 1 1/4 yards 27 inches wide, 7/8 yard 36 inches wide, or 3/4 yard 42 inches wide, extra, for bias bands and 3 yards of insertion and 4 1/4 yards of edging to trim.

Price of pattern, 10 cents.

Pattern Department Toronto World

Send the above pattern to
NAME.....
ADDRESS.....
This Wanted—(Give age of child or Miss' Pattern)

The minutes of last meeting were then read, and it was decided to send boxes of clothing and toilet bags to the missionaries. Miss Sproul and Miss Mount were doing noble work among the lumbering men. Delegates were then appointed to attend the Toronto district convention to be held in Jarvis-street Baptist Church Sept. 30, Oct. 1 and 2. The delegates appointed were Mrs. Barnell, Mrs. William Booth, Mrs. Joseph Tait, Mrs. Goldie, Mrs. F. M. Burt, Mrs. Harris, Mrs. J. C. Jeffries, Mrs. R. Hallett, Mrs. J. Ray, Mrs. Thos. Self, Mrs. P. Campbell, Mrs. Wallace Mayton, Mrs. F. Wilson, Mrs. Rufus Teskey, Mrs. George McCollin, Mrs. C. A. Wilson.

Personal.

In the Methodist Church at Cobourg, Ont., was solemnized on Tuesday afternoon at 3:30 o'clock, the marriage of Mr. Henry Eustace Leonard Rogers, manager of the Bank of Hamilton, Gladstone, Man., son of Mr. and Mrs. W. C. Rogers, Toronto, and Miss Helen Maud Minaker, daughter of Mr. and Mrs. D. H. Minaker, Cobourg. Rev. Dr. Storey, pastor of the church, conducted the ceremony. As the bride entered with her father, who gave her in marriage, the choir sang "The Voice That Breathed Our Eden," and Miss Katie Warner, who officiated at the service, played softly during the ceremony. The church decorations were pink and white asters. The ushers were Mr. Robert Davidson, Picton, and Mr. James D. Haig, Cobourg. The bride, who was attended by her niece, Miss Alison Minaker, of Gladstone, Man., wore white silk crepe de chene over tulle trimmed with lace, and broad, black velvet and orange blossoms, and carried bride roses. For ornament she wore the bridegroom's gift, a handsome pearl necklace. The bridesmaid's dress was cream silk, and she carried pink carnations. Her bouquet was of pink roses. The bride and groom were best man. A reception was held at the residence of Mr. and Mrs. James Wade of Chatham, Ont., where the bride and groom were entertained by the bride's relatives.



Maude Adams, Who Comes as "Peter Pan" to the Princess Theatre Next Week.

option for the immediate relatives and friends followed the church ceremony at Spruce Lawn, the home of the bride's parents. The same color scheme, pink and white, was used here as at the church. Among the out of town guests present were: Mr. and Mrs. W. C. Rogers, the groom's parents; Miss Rogers, Mr. and Mrs. W. Rogers and Mr. Murray, Toronto; and Miss Fortie, Picton; Miss Anna Pringle, Guelph; Mrs. William Beattie, New York City. During the signing of the register, Miss Helen Davidson, Picton, sang "O Perfect Love" (del. Riego). Mr. and Mrs. Rogers left on the evening train for the west, to visit Chicago and other cities before going to Gladstone, their future home.

The marriage of Miss Mercie J. Clarge to Mr. Ed. J. Wittichall was held in St. Stephen's Church, Sept. 23, at 2:15.

One of the most fashionable of the season's weddings took place at St. Simon's Church yesterday afternoon, when Miss Mary Elizabeth Lamond Oslar, youngest daughter of Mr. Ed. and Mrs. Oslar, M.P., was united in marriage to Mr. George Sutton Gibbons, son of Mr. Gibbons, K.C., of London, Ont.

Impressive service was witnessed by a large congregation and was fully choral, the ceremony being performed by Dr. Macklem, provost of the University of Toronto, assisted by Rev. Dr. Clark and Rev. Dr. C. Carley. The decorations were ferns and asters, with a chancel screen of palms. The bride, preceded by attendants, was led in by her father, who gave her in marriage, the choir sang "The Voice That Breathed Our Eden," and Miss Katie Warner, who officiated at the service, played softly during the ceremony. The church decorations were pink and white asters. The ushers were Mr. Robert Davidson, Picton, and Mr. James D. Haig, Cobourg. The bride, who was attended by her niece, Miss Alison Minaker, of Gladstone, Man., wore white silk crepe de chene over tulle trimmed with lace, and broad, black velvet and orange blossoms, and carried bride roses. For ornament she wore the bridegroom's gift, a handsome pearl necklace. The bridesmaid's dress was cream silk, and she carried pink carnations. Her bouquet was of pink roses. The bride and groom were best man. A reception was held at the residence of Mr. and Mrs. James Wade of Chatham, Ont., where the bride and groom were entertained by the bride's relatives.

On Saturday a quiet wedding took place in Chicago when Mr. Thomas Mulvey, K.C., of Toronto, assistant provincial secretary, was married to Miss Emily Margaret Wade, daughter of Mr. and Mrs. James Wade of Chatham, Ont.

Stabbed Wife; Leaped Out Window. NEW YORK, Sept. 25.—Despondent as a result of ill-health and reverses, Harry Chernock, a garment cutter, received injuries from which he died, to kill his wife by stabbing her with a pair of tailor's shears, and then jumped from a fourth-story window, receiving injuries from which he died.

For six months Chernock had been so ill that he was unable to work. To support their five-year-old son and her mother, Mrs. Chernock, went to work in a sweatshop for small wages. When Chernock saw his wife growing pale and thin from her toil, it tried on his nerves.

Let her take Ferrozone! It soon gives vigor to the body, quickly brings color to the cheeks, restores the nervous system, invigorates digestion, adds weight, it gives the muscles tone and elasticity that makes the ailing one feel young, strong and vigorous.

If you want strength, good color, high spirits and energy, use Ferrozone! It's the most nourishing tonic made. Sold everywhere in 50c boxes.

WITH WOMEN IT'S LOOKS FIRST

The average woman considers her looks first—her health afterwards. She wears furs and heavy garments to keep her warm, and she wears the thinnest kind of a gown, she attends the theatre or party.

These foolish irregularities in dress reap their own bitter fruits. It is only when illness that lead to pneumonia result, that she gets frightened and seeks a remedy that restores her health.

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CASTORIA For Infants and Children. The Kind You Have Always Bought Bears the Signature of J. C. F. Fitch

22 PUBLIC 22 AMUSEMENTS

Charles Frohman recently referred to Mr. Barrie as "the magician of the human heart," and then went on to declare that "Peter Pan" expresses Barrie's genius in all its variegated quaintness and beauty. "The beauty of his plays," he said, "is not only that they are brilliant, clever and original and that the most faded theatrical taste can always find something enjoyable in them, but that each of them points a splendid moral and a forceful idea in a compelling way."

The engagement of Mr. and Mrs. Adams in "Peter Pan" at the Princess Theatre will be for a week, beginning on Monday night. There will be Wednesday and Saturday matinees.

Henry Arthur Jones' famous play, "Mrs. Dalloway," in four acts will be the attraction at the Royal Alexandra next week. It will be presented by a company of eminent players, who will give the play in New York City, and will be given under the personal direction of W. H. Gregory, who has staged so many metropolitan successes. This is the play in which Miss Margaret Anglin scored her greatest success. Three matinees will be given during the week, on Tuesday, Thursday and Saturday.

Next week the bill at Shea's will be headed by the Song Birds, the biggest singing organization in vaudeville. The music has been arranged by Victor Herbert and the book is by Geo. W. Hobart. The special attraction will be Fred Bond, Fremont Benton & Co., presenting their latest success, "Handkerchief No. 16." Another feature is that of Urial & Son, the greatest acrobats Europe has sent over in many seasons. La Belle Blanche, Geiger and Waters, Cooper and Robinson and the Kinetograph.

Kellar, the great magician, and his new assistant, Howard Thorton, will make their first joint appearance in Toronto at the Grand coming week and will offer as a feature of their performance the famous London illusion, the spectral cabinet, which cost Archdeacon Colly of the Church of England \$5000 as a forfeit to Magician Kellar for its production.

The Smart Set, exponents of clean comedy of the highest class, and whose fame as a colored organization extends clear across the continent, will be seen in a new and thoroughly updated musical comedy first entitled, "The Black Politician." There is a complete elimination of all that is coarse, and horseplay is conspicuous by its absence.

The "Washington Society Girls" stands for the "Saturday of quality." This aggregation, which appears at the Star next week, has long held the reputation for being the best company of its kind in existence. This season it is grander and better than ever, the best material obtainable having been secured, and two new burlesques having been added. The girls are replete with good, clean, wholesome comedy.

The opening event of the regular musical season at Massey Hall will be the piano recital by that brilliant young pianist, Miss Mary Velve, daughter of Mr. John Velve, and Dr. John D. Christie of Mattawa, were married. The Rev. Robert Agar of Sunderland performed the ceremony under an arch of flowers on the lawn. Over 100 guests were present. The bride wore a gown of net and Valenciennes lace over tulle, and tulle veil with orange blossoms. She carried white bride roses. Miss Zella Gibson and Miss Lillian Smith were the bridesmaids, while Miss Rhea Hewie attended as flower girl. The groom was supported by Mr. D. Christie. After their honeymoon trip the happy couple will reside in Mattawa.

A wedding was celebrated at the home of Mr. and Mrs. Richard Sherman, 27 Garden-avenue, Monday afternoon, Sept. 23, when their third daughter, Margaret J., who has been a missionary during the last five years among the Chinese and Japanese on the Pacific Coast and Mr. William T. Ash of Edmonton, Alberta, were united in marriage by Rev. Dr. J. F. Gorman. The bride, who was given away by her father, was prettily dressed in net over white silk, trimmed with narrow satin ribbon, wore a veil with wreath of orange blossoms, and carried a bouquet of white roses and lilies of the valley. The bridesmaid, Miss Robena Sherlock, sister of the bride, wore white organdie and carried a bouquet of pink roses and lilies of the valley. After the wedding breakfast had been served and congratulations and good wishes received, Mr. and Mrs. Ash left on the evening train for Edmonton, Alberta, to visit Mr. and Mrs. Jones.

Police Sgt. Geddes and Mrs. Geddes have gone to Jordan Harbor for a two weeks holiday.

RAILWAY MEN HELD LIABLE. MONTREAL, Sept. 25.—Three G.T.R. employees, Sails Slater, operator at St. Dominique, Clarence Howell, brakeman, and Lloyd Street, operator at Vaudeville, were found guilty of criminal negligence by a coroner's jury this morning in connection with the collision at Vaudeville on Sept. 13, in which Albert Robinson of Kingston was killed. They will be proceeded against.

Stabbed Wife; Leaped Out Window. NEW YORK, Sept. 25.—Despondent as a result of ill-health and reverses, Harry Chernock, a garment cutter, received injuries from which he died, to kill his wife by stabbing her with a pair of tailor's shears, and then jumped from a fourth-story window, receiving injuries from which he died.

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Undigested Food

When any portion of food remains in the stomach and refuses to digest, it causes the torments of indigestion. This undigested food rapidly ferments, irritating the sensitive coating of the stomach, while other parts of the body, particularly the head, suffer in consequence.

So long as this undigested food remains in the stomach, the discomfort continues. A few doses of

BEECHAM'S PILLS

stop all fermentation, sweeten the contents of the stomach and give natural assistance that relieves the stomach of its burden. The use of Beecham's Pills gradually strengthens the stomach nerves and soon restores them to a normal, healthy condition.

Beecham's Pills positively cure all stomach troubles, while their beneficial effects on the liver and kidneys greatly improve the general health.

Beecham's Pills have been used and recommended by the general public for over fifty years.

Prepared only by the Proprietor, Thomas Beecham, St. Helens, Lancashire, Eng.

Sold everywhere in Canada and U.S.A. In boxes 25 cents.

NOTHING SO FINE AS COWAN'S MAPLE BUDS.

They are an excellent confection.

COWAN'S CREAM BARS, MILK CHOCOLATE, ETC.,

SOLD EVERYWHERE IN CANADA.

THE COWAN COMPANY, LIMITED, TORONTO.

WE hail from Hull and want Grocers and all other users everywhere to see that they are fully stocked with EDDY'S Self-Opening Square Bottom PAPER BAGS

the strongest and most perfect on the market.

Always Everywhere in Canada, Ask for Eddy's Matches.

KNOX COLLEGE ALUMNI ELECT THEIR OFFICERS

Rev. Robert Martin of Stratford is President—The Crisis in France.

The annual meeting of the Alumni Association was held during the afternoon and the following officers were elected: Honorary president, Principal McLaren; president, Rev. Robert Martin of Stratford; vice-president, Rev. Robert Haddo; secretary, Rev. J. W. Stephen, B.A. The other members of the executive were Rev. Mr. McGregor, B.A.; Prof. Ballantyne, Rev. R. W. Ross of Guelph. The convenor of the program was Mr. J. W. Stephen, B.A. Following close on the heels of the meeting was a concert by the young English wife, who is a daughter of St. John's, and who is now in the city of Toronto.

This is the unanimous opinion of those who pay a visit to our Grillrooms. The artistic combination of French and Dutch makes a most pleasing effect. Our cuisine and service are strictly in keeping with the surroundings. Particular attention given to after-theatre patronage. Tables reserved by phone Main 1158.

We will be pleased to mail, on request, our Art Series Postcards of our city as large and metropolitan in its ideas as Toronto, there could not be a more fitting and more complete record of its kind in existence. That was not abundantly provided for, but the firm of R. Score & Son, with their proverbial enterprise and wide acquaintance, have been convinced that there is a need and a place for a department making a specialty of the long outer garment for ladies' wear, and being as quick to act as they have been quick to see, has inaugurated, in addition to their high-class tailoring for men, a department making a specialty of the long coat for ladies—the man-tailored garment, suitable for the promenade, the automobile or the carriage—and have imported a very special line of woollens in very exclusive weaves and patterns for this special enterprise.

The services of one of the most expert designers in the existence have been retained, and the cutters and workpeople in whose charge this special branch of the Score business will be placed are the best that money could engage. The fitting-room appointments are most ample, and altogether it goes without saying that "Score's new departure" will be one much appreciated by Toronto ladies looking for something away out of the common, and the firm invite inspection.

POWLES' CORNER MAN INANE. LINDSAY, Sept. 25.—(Special.)—A young man named John Ward was brought to Lindsay from Powles' Corner and examined by physicians, who declared him insane.

He has been remanded to the county jail, pending his removal to an asylum.

Actress Deported. WASHINGTON, Sept. 25.—Paula Klappenberg, the Vienna actress, who has been under bond at New York for about two months, was ordered deported to-day by the department of commerce and labor.

PRISONER TAKES POISON. MITCHELL, Sept. 25.—Gottfried Pielke, who was sentenced to one year in the Central Prison yesterday by Magistrate Davis for pointing a shotgun at a neighbor and threatening to shoot, took poison in his cell early this morning, dying about 4 o'clock.

Two Men Scalded. PHILIP G. Pearson, 351 Munro-street, and Joseph Bailey, 246 East King-street, are in St. Michael's Hospital. They were severely scalded at the Simpson Knitting Mills yesterday by the bursting of a steam pipe.

Infirmary Burned. WAPAKONET, Ohio, Sept. 25.—The Auxiliary County Infirmary was completely destroyed by fire early to-day. The forty-eight inmates escaped.

Bubonic Record. SAN FRANCISCO, Sept. 25.—The toll in the bubonic plague situation in date are: Cases verified 43, deaths 26, death percentage 60.4 per cent, suspects under observation 23.

The Family Physician

The best medicines in the world cannot take the place of the family physician. Consult him early when taken ill. If the trouble is with your throat, bronchial tubes, or lungs, ask him about taking Ayer's Cherry Pectoral. Do as he says. You will find it a life-saver. J.C. Ayer & Co., Lowell, Mass.