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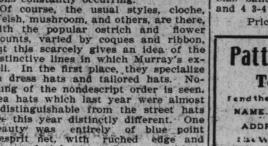
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The World's Home Magazine for Women Edited by LAURA E. McCULLY, B.A.

World Fattern Department

THURSDAY MORNING

## 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 averago man and woman about vegetable diet, and suggests a practicable menu. Fre-quent failure comes, asserts Miss Eva M. Budd, as a result of the ignorance of those who try to adopt a vegetar-ian system, and in this matter knowl-edge is essential. An instance is given from her own experience as an illusfrom, her own experience as an illus-tration;

"I knew a lady," she writes, "who tried to live or white bread and but-ter, 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 karnele, haricot beans and fruit the result would have been different. "It should be borne in mind that our daily food must contain a suffiour daily food must contain a suffi-

clent quantity of— "1. Fat—To be found in nuts, olive oil, cream, butter and oatmeal. "2. Proteid—In nut foods, macaroni, eggs, brown bread, lentils, harlcots, peas and cheese. "3. Phosphates — Contained in the

husk of wheat, cheese, bananas, ap-rles 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 scien-tific care, remembering that pure food makes pure blood, and so healthy bod-tas"

Eva M. Budd, Vegetarian Food Specialist.

2087-Ladies' Jumper Dress.

With Princess Front Panel.

PARIS PATTERN NO. 2087.



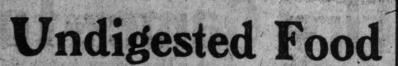
THE FORONTO WORLD



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 varigated quaintness and beauty. "The beauty of his plays," he said, "is not only that they are brilliant, clever and riginal and that the most jaded 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. Adtime ingagement of an and ana, the time in "Peter Pan" at the Princess Theatre will be for a week, beginning on Monday next. There will be Wed-hesday and Saturday matinees.

Henry Arthur Jones' famous play, "Mrs. Dane's Defence," in four acts, will be the attraction at the Royal Alexandra next week. It while pre-sented by a company of eminent play-ers, who come direct from New York City, and will be given under the per-sonal direction of W. H. Gregory, who sonal direction of W. H. Gregory, who has staged so many metropolitan suc-cesses. This is the play in which Miss Margaret Anglin scored her greatest success. Three matinees will be given during the week, on Tuesday, Thurs-day 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 Vic-tor Herbert and the book is by Geo. V. Hobart. The special attraction will be Fred Bond, Fremont Benton & Co., presenting their latest success, "Hand-kerchief No. 15." Another feature is that of Urbani & Son, the greatest acrobats Europe has sent over in many seasons. La Belle Blaache, Gei-ger and Waters, Cooper and Robinson and the kinetograph.



SEPTEMBER 26 1907

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

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 gen-

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RONTO STOP AT THE Municipal, 67 Queen-site City Hall, up-to-date Del Prentis, Proprietor. RONTO STOP AT THE Hotel; homelike. Terms day. Burns Bros., Pro-onge and Trinity-streets.

ES FOR SALE. 1

TATOES FOR DELIV-Oct. 1, f.o.b., G.T.R., at H. Armitage, Box 353,

## ASSAGE.

ARD, GENERAL MASlist, has removed from nd Queen-streets to No

DOFING. IRON SKYLIGHTS rs, cornices, etc. I plaide-street West.

and lovely some of the latter are. One superb creation in Copenhagen blue, with wide brim, had an enormous wil-low plume, and was simply completed by bows of velvet mounted with Japa-nese embroidery. A new feature of mil-lihery seen at Murray's was the set of Mount were doing noble work among hat mult and hos or stole for mid-sea-the lumbering men. Delegates were

ness embroidery. A new reature of min-linery seen at Murray's was the set of hat, muff and boa or stole for mid-sea-son wear. This idea will have instant popularity with women of taste, as it opens up possibilities of exquisite com-pleteness in an afternoon gown. 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 intrica-cles 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. Prophesying of the imme-

the hardest of all to duplicate, and then apparent carelessness the result of studied skill. Prophesying of the imme-diate future in millinery, the lady in charge showed us some handsome hats

shades Newport pink monopolized a promi-nent case, and is quite the newest thing. Impossible to describe, as a tulle with tan/ostrich fronds mounted on coque feathers and brown velvet facings. This Was an Altman model from New York. One remarkably striking little French model was of black panne velvet with gold cloth ribbon galons, and a really

will find no two hats alike, the pick of the foreign models, and, withal, the most astonishingly reasonable rates.

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

the writer.

mane League.

The Northern W.C.T.U. met in West-minster Church parlor yesterday after-noon. The president, Mrs. Walter Sel-was a pearl and diamond ring. Mr. roses, and she carried pink carnations. suit. don, opened the meeting with singing P. W. Rogers. Toronto, the bride-and prayer led by Mrs. M. M. Brownell, groom's brother, was best man. A re-

The Toronto World

CHILDREN'S HUMANE LEAGUE

TORONTO WORLD HUMANE LEAGUE.

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

I wish to become a member of The Toronto World Hu-

Name .........

Address ......

The competition for the best letter telling a story about a cat closes on

One of the most fashionable of the

The decorations were ferns and asters, with a chancel screen of palms. model was of black panne velvet with gold cloth ribbon galons, and a really unique bird of paradise shading from ream to deep gold. Most of Murray's imported models. That Breathed O'er Eden." and Miss Katie Warner, who officiated at the organ. played softly during the zer-vice. The church decorations were pink and white asters. The ushers were Mr. Robert Davison, Picton, and Mr. James D. Haig, Cobourg. The bride, who was attended by her niece, were white silk crepe de chene Miss Gibbons, were present, the for-Man., wore white silk crepe de chene Miss Gibbons. were present, the for-over taffeta trimmed with lace, and mer lady wearing blue broad-loth with brocade, bridal veil and orange blos-soms, and carried bride roses. For Gibbons was in pink liberty satin ornament she wore the bridegrooms with black velvet and a black nicture gift, a handsome pearl necklace. The hat. Later in the day Mr and Mrs bridesmaid's dress was cream silk Gibbons left on their honeymoon, the eolienne, her hat being wreathed with bride traveling in a smart tailor-made Gibbons left on their honeymoon, the

On Saturday a quiet wedding took

# WITH WOMEN

IT'S LOOKS FIRST

The average woman considers her looks first—her health afterwards. That's why we hear of so many cases of broken health and nervous prostra-tion. She wears furs and heavy generation and heavy generation of tailor's shears, and then ill health and so the source of tailor's shears, and then in the source of tailor's shears, and then She wears furs and heavy garments jumped from a fourth-storey window, on a cold afternoon; in the evening, receiving injuries from which he died. with the thinnest kind of a gown, she For six months Chernock had been attends the theatre or party. These foolish irregularities in dress support their five-year-old son and her husband. Mrs. Chernock went to work reap their own reward in suffering. husband, Mrs. Chernock went to work It is only when colds that lead to in a sweatshop for small wages, When It is only when colds that lead to pneumonia result, that she gets frightened and seeks a remedy that his nerves. restores health.

Let her take Ferrozone! It soon gives vigor to the body, quickly brings color to the cheeks, rests the nerves and strengthens. Ferrozone sharpens appetite, invigorates digestion, adds weight, it gives the muscles tone and elasticity that makes the alling one feel young, strong and vigorous. strong and vigorous. If you want strength, good color, high spirits and energy, use Ferro-zone; H's the most nourishing tonic made. Sold everywhere in 50c poxes.

Mrs. Annie Dass, who has been a guest at Minto Hall, has left to join her husband in Livingstone, Montana. While in the city Mrs. Dass was a member of the Sherbourne-street Methodist Church Choir, and owing to her having to leave the other will be the plano recital by that brilliant young master of the plano, Mark Hambourg, and the date will be Thursday, Oct. 17, instead of Friday, Oct. 18, as previously announced. This to her having to leave the city was unable to accept a permanent position

or take up concert work.

studied skill. Prophesying of the imme-diate future in millinery, the lady in charge showed us some handsome hats in fur, with trimmings in one case of fowers in the delicate ashes of roses shades. Newport pink monopolized a promi-Newport pink monopolized a promibouquet of pink roses and lily 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 a short yielt to western points in Or. a short visit to western points in Ontario, after which they will return to Toronto and, Oct. 1, will leave for Edmonton, Alta., where they will reside. They intend staying over at Mac-leod, Alta., to visit Mr. and Mrs. Jones.

Police Sergt. Geddes and Mrs. Ged-des have gone to Jordan Harbor for a two weeks' holiday.

## RAILWAY MEN HELD LIABLE.

MONTREAL, Sept. 25.-Three G.T.R. employes, Saris Stater, operator at St. Dominique, Clarence Howell, brakeplace in Chicago, when Mr. Thomas Dominique, Clarence Howell, brake-Mulvey, K. C., of Toronto, assistant man, and Lloyd Street, operator at provincial secretary, was married to Vaudreuil, were found guilty of crimi-Miss Emily Margaret Wade, daughter nal negligence by a coroner's jury this of Mr. and Mrs. James Wade of Chi-sion at Vaudreuil on Sept. 18, in which Albert Robinson of Kingston was killed.

ter-theatre patronage. Tables reserved by phoning Main 1159. We will be pleased to mail, on re-quest, our Art Series Postcards of our rooms. Prof. Grattan's Orchestra is rendering an exceptionally high order of music "St Charles of course." of music. "St. Charles, of course." EC I

## Score's New Departure.

Score's New Departure.
The actual cite's is a spin and the vague agnospit cite personal provided agnospit

CASTORIA declared him insane. He has been remanded to the county

fail, pending his removal to an asylum.

Actress Deported. The Kind You Have Always Bought WASHINGTON, Sept. 25. — Paula Klippenberg, the Vienna actress, who has been under bond at New York for about two months, was ordered de-ported to-day by the department of commerce and labor. Bears the Signature of Chart Hetching

Oct. 18, as previously announced. This will be Mark Hambourg's first ap-pearance on his American tour. He Association was held during the after-A wedding was celebrated at the home of Mr. and Mrs. Richard Sher-lock, 37 Garden-avenue, Monday after-noon, Sept. 23, when their third daugh-ter. Margaret J. who has heap a miss

tyne spoke, in conclusion, of the dark view of its probable effect upon the Church of Rome, taken by some of the Roman Catholics. On the other hand, R. B. Cochrane of Woodstock and Rev. R. W. Ross of Guelph. The convenor of the program committee apponted was kev. James Wilson, B.A. Associat-el with Mr. Wilson are Rev. J. A. Mac-donald, Prof. Ballantyne, Rev. W. H. McTaggart, Rev. G. H. Gray of Dun-das and Rev. B. A. Laidiaw of Belle-This is the unanimous opinion of R. W. Ross of Guelph. The convenor ihose who pay a visit to our Grill-of the program committee appointed rooms. The artistic combination of was key. James Wilson, B.A. Associat-Froms. The artistic combination of was key. James Wilson, B.A. Associat-French and Dutch makes a most pleas-ing effect. Our cuisine and service are strictly in keeping with the surround-ings. Particular attention given to af-ter-theatre patronage. Tables reserved ter-theatre Prof. H. A. Kennedy made a master-ly address on "Johannes" Portrait of Jesus." Johannes presented Jesus as the Logos, who was an historical per-

Rev. Robert Martin of Stratford is

President-The Crisis in

France.

that were to be given on Saturday will be given on these two days. The actual crisis in religious affairs in France was the subject of another lecture of Prof. Ballantyne yesterday morning at the Knox College graduates'

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For Infants and Children.

Stabbed Wife; Leaped Out Wisndow.

They will be proceeded against.