Adipo, the Fat Reducer

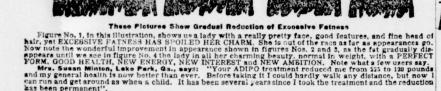
# 50c. Box FREE

Also Book on Self-Reducing

We extend this FREE offer to you, reader, because we want you to learn from your own actual experience just what ADIPO, the new-century, health-giving Fat Reducer can accomplish in perfectly, safely and easily taking off superfluous weight without starving, sweating, r dictious exercising or other inconveniences to the user. As one of our friends put it, "You can est and grow thin", for you have merely to take ADIPO and live naturally—that's all. Some report losing one pound daily, and a CONSTANTIMPROVEMENTIN HEALTH. Read this letter from a lady who by using ADIPO

### Lost 84 Lbs. of Fat





has been permanent."

Miss Effile Olick, Keokuk, iowa, saysi "Your freatment made a new woman of me, as it took off 70 pounds and have not regained a single pound since I stopped the treatment two years ago."

Mr. John Modewan, Menramocek, M. S., Canada, saysi "I believe I would be in my grave to-day but for ADIPO treatment. It took off 105 pounds of fat for me and I em feeling fine".

We are sending out thousands of FREE testing packages of ADIPO everywhere so do not hesitate or delay, Simply write us your address on a postal and receive by return mail, in plain wrapper, a complete 50 cent trial box of ADIPO ready for use. We will also enclose a copy of our new book giving the secrets of self-reducing. After using the FREE testing supply if you need more, we will gladly send it with the distinct understanding that it will cost absolutely nothing unless you are sufficiently reduced. But first get the FREE sample as a test.

Please Address, THE ADIPO COMPANY, 4475 Beard Building, New York.

By C. Warren G. Parteings.

We come on the control of the control

JUST ABLE TO CRAWL

ABOUT

Mr. Weldon T. Hawkes, Curryville,

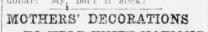
before the first one was taken my cold

second did its work completely. I am

raising a family and I find that it is a good medicine for the children."

There is no remedy that will cure

were broken up, and the



The decorations of mothers who have lost sons in the service of the Empire. Which is to take place next Monday evening at a large Associated Kin meeting, to be held at 8 o'clock in the Normal School, will be an event of world-wide importance, for not only are London mothers to be decorated, but mothers from many different parts of the world. some actually and some by proxy. The chairman of the meeting was to have been Mayor Somerville, but as civic duttles prevent him from being present, Canon Tucker, honorary president of the local Associated Kin, will preside.

The mothers to be decorated have been momentation came from the front line in France, nomination came from the front line in France, of the france of the manse,

been nominated, and even as late as yesterday morning a nomination came from the front line in France, nominating a mother of New Westminster, B.C. This movement of decorating the mothers is, indeed, a big movement. In a letter received from the British commissioner in this confederation of nations which is so much talk about, he says that he considers that nothing will play a more important part in the confederation of nations than this very act of decorating the mothers. WAS SICK FOUR WEEKS

Scottle's Progressing.

Under date of January 9. "Scottle Frae N. B., writes: "Last spring I was taken very ill with a severe cold. I got wet Dundee" sends a card to all his Mailand it started with a chill. I was sick Box friends: "Progressing very favorfour weeks, and was just able to crawl about. People all said I had inflamabout. People all said I had inflamabout of the lungs and I think I did climatic conditions. My heartiest greetmation of the lungs, and I think I did. climatic conditions. My next two hottles of state of the coming year. "SCOTTIE." I told a friend to get me two bottles of Dr. Wood's Norway I ine Syrup, and

DAILY BIBLE QUESTION

There is no remedy that will cure stubborn colds or coughs, the kind that won't let go, like Dr. Wood's Norway Pine Syrup.

It allays the inflammation, soothes the irritation, heals the diceased mucous lining of the lungs and bronchial tubes, and rids the system completely of all the bad effects of lingering coughs and colds.

There are so many spurious "Pine" preparations on the market that you should see you get "Dr. Wood's" when you ask for it.

Put up in a yellow wrapper; three Put up in a yellow wrapper; three pine trees the trade mark; price 25c and 56c; manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

20. Verse 20—What reward will those who are "good ground" hearers get?

Lesson for Sunday, February 24, 1918.—"Jesus Teaching by Parables—The Growth of the Kingdom."—Mark iv., 21-34.

## PAGE OF INTEREST TO WOMEN



SOCIAL AND PERSONAL

Mr. and Mrs. J. B. Shuttleworth left Mr. and Mrs. J. B. Shutuleworth left for California this week, traveling by the Canadian Pacific.

Mrs. Murton of this city is visiting Major Murton's mother in Toronto.

Mrs. Jacob Smith is in Brantford Major Murton's mother in Toronto. Major and Mrs. Bishop have arrived ill there.

Mrs. Denis Mason and Miss Dalsy Mason have gone to Toronto to spend the remainder of the winter there.

SACRIFICE TRINKETS

AND SAVE THE MEN

TONIGHT!

8 o'Clock

Y. M. C. A.

**AUDITORIUM** 

GOLD PIECES PRESENT-

ED TO PRIZE BABIES OF

CHILD WELFARE WEEK.

Last Chance

Today To See

Big Exhibit!

Fine Programs, Moving

Pictures, Lectures, Music,

Clinics as Usual.

Readers are invited to phone all news of this kind to the society editor. Phone 3670.

Mr. and Mrs. J. B. Shuttleworth left

Elmwood avenue, have left for Southern California, where they will spend the next three months.

Mr. Goldsmith of Forest spent a few. days in Burgessville with Mrs. E. Proc-

and \$2 have been offered for the best posters.

London has given well to the patriotic

and Red Cross campaigns when the giving meant money. Surely the people will not fail when the giving means the relinquishing of old memories. To some the surrender of trinkets will mean little, but to others it whil mean a much greater sacrifice than the giving much greater sacrince than the giving of mere money. Yet nothing is too great a sacrifice when measured up with the sacrifice of those who have "gone west." If a drink of coffee would save them, who wouldn't provide the drink?

ing of the Avonton Chapter, I.O.D.E., was held in the basement of the church, with nearly all the members present. The election of officers took place at The election of officers took place at the December meeting, as the chapter was without regent, first vice-regent or second vice-regent, as they all had moved from the vicinity. The election of officers at the December meeting resulted as follows: Regent, Mrs. Russell Ballantyne; first vice-regent, Mrs. David White, second vice-regent.

artnership with the chapter, held The chapter received from the county.

The clippings from the flannel shirts are made into quits, yet to be disposed of. Two prisoners of war are being supported by the members alone apart from the chapter's other work, and acknowledgment is received monthly.

The chapter received from the county acknowledgment is received monthly.

The chapter received from the county council, through the reeve, Mr. John McKay, \$196,40, which was used principally in purchasing flannel and yarn. The February collection amounted to \$281.25 and the shipment for the month was 50 shirts, 60 pairs socks, 21 suits of pyjamas and 25 trench caps.

The next regular meeting will be held in the basement of the church on Wednesday, March 6, to which all interested in patriotic work are invited.

MENUS FOR

CHILDREN'S MEALS

South London.

Mrs. Jacob Smith is in Brantford attending her mother, who is seriously lil there.

Mr. Goldsmith of Forest spent a few.

Miss Dorothy Thomas of Ingersoll was a visitor in town on Friday.

In view of the Baby Welfare exhibit which has been held in London during the past week, and which put such great stress on the importance of properly feeding the child, the following menus will be of interest. These menus, which are issued by the department of public health, Toronto, are for general use. The family physician should always be consulted for each particular child.

The first menus are for children from attending her mother, who is seriously should always be consulted for each particular child.

The first menus are for children from 12 to 18 months: Breakfast (6 or 7 a.m.): Fruit, as juice of half an orange, pulp of four to six stewed prunes, pine-apple juice, two tablespoonfuis (omit if bowels are loose); cereal gruel from oatmeal, wheat, farina, cornmeal, fine hominy, barley with milk, no sugar; toasted bread or zweiback, one cup of milk, warm or cold. Lunch (11 a.m.): Glass of milk, alone or with zweiback or toast. Dinner (2 p.m.): Broth of chicken, beef or mutton, with rice in it; beef juice or soft-cooked egg, mixed with bread crumbs; potato, baked till mealy; rice or macaroni; bread, 24 hours old, or toast; glass of milk. Supper (6 p.m.): Bread, 24 hours old; toast or zweiback and milk; or cereal and milk; or junket and bread stuffs; baked apple or applesauce, or prune pulp.

C. W. C. A.

resulted as follows: Regent. Mrs. May and the reading but the memorable process of child satisfies and the shape of a pile of child satisfies. Mrs. David William and the reading but the memorable process of the secretary. Mrs. David William and the reading but the memorable process of the secretary of the secretary. Mrs. David William and the reading but the memorable process of the secretary of the secretary. Mrs. David well, assistant secretary. Mrs. David well, assistant secretary. Mrs. William and the reading but the memorable process of the secretary of prisoners of warding and the reading but the memorable process. Mrs. David well, assistant secretary. Mrs. William well and the secretary of prisoners of warding and the reading but the memorable process. The secretary of prisoners of warding and the reading but the memorable process. The secretary of prisoners of warding and the reading but the memorable process. The secretary of prisoners of the secretary of prisoners of warding the secretary of the secre

ADVERTISER PATTERNS



A Comfortable Negligee. Sack.
Crepe, lawn, flannel, flannelette, satin, challie, cashmere, taffeta and shina silk could be used for this model. The fullness at the waistline may be gathered or left unconfined. The pockets may be omitted. The pattern is cut in seven sizes, 34, 36, 38, 40, 42, 44 and 46 inches bust measure, treguires 3 yards of 44-inch material for a 36-inch size.

A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps. in silver or stamps.

ADVERTISER PATTERN DEPT. Please send above-mentioned pattern, as per directions given below:

The hoslery trade is booming, and the Demand far exceeds the Supply. We

when you can get, ABSOLUTELY FREE, this magnifect cutifs complete, consisting of a paly of aplendic strong, polished steel, hockey skates (all sizes), a good lively pack, and a strong, well-made rock alm hookey stack as

d Address : RECAL MANUFACTURING CO. DEPT. H. 17 TORONTO, ONT

#### THE SAFEST MATCHES IN THE WORLD

How soft & fresh & fleecy!

Just the way you want baby's "woolies" to be. It's been washed with LUX—that daintiest, purest

You see, woolens are different from other fabrics-

they are especially harmed by alkali and by rub-

bing and twisting in the wash. LUX-purcessence

of soap in flakes-is the only safe way to wash

with, there's no need of rubbing or wringing when

LUX really won't shrink woolens—it does them

Get a package for yourself and see that YOUR

folk's woolens get a long, useful, "scratchless" life.

Would You Like to Earn \$1 or \$2

Daily the Year Round at Home?

gladly take all the goods you can send us.

Auto-Knitter Hosiery (Canada) Co., Limited DEPT. 29A, 257 COLLEGE STREET, TORONTO.

28

We must have more workers at once to help us keep pace with the demand. The Auto Knitter is sent on favorable terms to reliable persons, and we furnish full instruc-

reliable persons, and we furnish full instruc-tions how to knit socks, etc., also all yarn needed. The work is simple and easily learned; the Auto Knitter is a high-speed machine, and works by turning a handle. Our fixed rates of pay guarantee you a steady income the year round, no matter where you live, but our workers often large-ly increase this by working for private cus-tomers.

pleasant employment has brought prosperity to many workers in their own homes, and should do the same for you. Write today, inclosing 3c in stamps, for full particulars, rates of pay, etc., and see

Sold by all good grocers. British made, by

Lever Brothers Limited

Toronto

of all soap products.

you use it.

good.

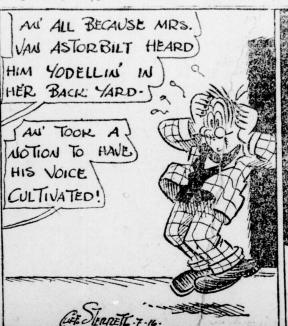
also the cheapest, are

### EDDY'S SILENT 500's

- By Cliff Sterrett.

YAS! TAKE THAT YOUNG PALLYS MET UP WITH SOME QUEER CARDS MAN SHE WAS JESS' SWCE SHE'S BEEN TELLIN' US) SOCIETY REDRIER. ABOUT FER-INSTANCE! T

THINK OF IT! A WEEK AGO HE WAS PLINKIN' A UKULELE AN' SINGIN' IN COURT YARDS! JAN TO-DAY HE'S SOCIETY'S) PET. M'S LIVING ON THE FAT OF THE LAND!







Resorts-Atlantic City, N. J.

CALEN HALL /floteland Sanatorium. Noted for it's superior table and service:

POLLY AND HER PALS .- Ashur Sees His Opportunity, Too.