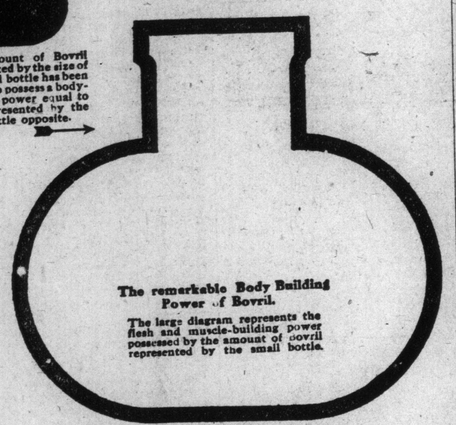
The remarkable

Body-Building Power of BOVRIL

as proved by *the* independent physiological fe ding experiments reported to the British Medical Assoc ation.

The amount of Bovril represented by the size of this small bottle has been proved to possess a body-building power equal to that represented by the large bottle opposite.



The remarkable Body Building Power of Bovril.

The large diagram represents the flesh and muscle-building power possessed by the amount of Bovril represented by the small bottle.

In every case

an addition of Bovril to the regular diet showed the body-building power of Bovril to be from

10 to 20 times the amount taken.

Bovril, therefore, not only nourishes, but makes other foods nourish when without it they would fail to do so.

LAKESHORE BRANCH RED CROSS SOCIETY

Annual Meeting Reports Showed Splendid Work Accomplished by the Women During the Year.

Mrs. A. B. Ormsby presided at the annual meeting of the lake shore branch of the Red Cross Society. Reports showed the year's work to have been: 39 bed jackets, 79 hospital shirts, 108 vermin suits, 227 pairs pyjamas, 204 towels, 120 wash cloths, 25 comfort bags, 67 housewives, 120 pillow covers, 25 parcels to construction battalion, 2762 pads, 193 wipes, 1381 compresses and over 600 pairs socks. Fifty dollars was donated to Scottish Women's Hospital, $30 to Soldiers' Home and club, and $15 to soldiers' Christmas gifts.

The election of officers resulted as follows: Honorary president, Mrs. Ormsby; second honorary president, Mrs. Parker; president, Mrs. Craig; first vice-president, Mrs. Serson; second vice-president, Mrs. Edgar; recording secretary, Mrs. Christie; corresponding secretary, Mrs. Hendry; treasurer, Mrs. McGill, press correspondent, Mrs. Peterkin; musical committee, Mrs. A. Ogden and Mrs. R. W. Eaton.

The president, Mrs. Craig, was presented with a gold Red Cross emblem suitably engraved.

COLONEL INTERNS HIMSELF.

Works Commissioner Harris is out of town on vacation, and is not expected back for a week or ten days. He has left no address.

A New Harmless Way to Banish Hairy Growths

(Beauty Topics.)

By following this suggestion any woman can, in the privacy of her own home, remove every trace of hair or fuzz from her face: With powdered delatone and water mix enough paste to cover the not wanted hairs; apply and in 2 or 3 minutes rub off and wash the skin. This method is unfailing, harmless and quick in results, but care should be employed to get the genuine delatone.

METHODIST MISSIONS.

Vote Passed for Rebuilding College in Japan Recently Burned.

At the closing session of the general board of missions of the Methodist church it was decided that all legacies subject to annuities will be put in a trust fund. All legacies other than those designated for special purposes will be used for the extension work at home and abroad. Thirty-seven thousand five hundred dollars was voted to rebuild a college in Japan which had been destroyed by fire; $600 for the help of Victoria College students engaged in mission work in Toronto, and $100 to the French paper L'Aurore, published in Montreal.

As next year marks the fiftieth anniversary of the opening of Methodist missions in the prairie provinces the executive of the board decided to make suitable preparations to celebrate the event.

The following were appointed as superintendents of missions: British Columbia, Dr. White; northern Alberta, Rev. T. C. Buchanan; southern Alberta, Rev. A. Barner; northern Saskatchewan, Rev. J. A. Doyle; southern Saskatchewan and Manitoba, Dr. Darwin; Toronto, Bay of Quinte and Montreal conferences, Rev. F. L. Brown; maritime provinces, Rev. Geo. Steel; Newfoundland, Dr. Fenwick.

PRESBYTERIAN SYNOD OPENS.

Initial Meeting in St. James Square Church Last Night.

The opening meeting of the Presbyterian Synod of Toronto and Kingston was held last evening in the St. James' Square Presbyterian Church on Gerrard street. Rev. J. R. Bell, the retiring moderator, gave a very interesting address on "the conditions in the country at present and the attitude the church should take towards bettering these." The synod elected Rev. J. Binnie of Parry Sound as moderator. The synod will continue its meetings today and Thursday. The sessions this evening should be of special interest to the public, as Dr. T. Fraser, recently returned from the front, will speak on "War Conditions."

Twenty of the large flower beds at Hampton Court Palace, opposite the east front, were planted to potatoes and beets last spring.

Society---Conducted by Mrs. Edmund Phillips

An international dance took place in the historic court house at Niagara-on-the-Lake on Monday evening, when the grand military ball in aid of the camp hospital achieved all the success which was hoped for by the energetic committee who organized the entertainment. The large hall was appropriately decorated with the flags of the allies, and the delicately shaded electric lights most becoming to the many beautiful gowns and different uniforms worn, and an orchestra played all the latest music, responding to numerous encores. In the interval supper was served in an adjoining room from a long table brilliant with salvia and marigolds, and before dancing was resumed the guests were delighted by the wonderful whistling of one of the Polish student soldiers, who is a graduate of Oxford, and who was a high-salaried soloist before enlisting. Another Polish officer, who has a very fine voice, also contributed two songs. Mr. Byron Hostetter, who had been most untiring in his efforts to ensure the success of the evening, made a very eloquent speech, expressing regret of all present that Prince Poniatowski had been called to Ottawa and was unable to be present. A few of those noticed were Col. Le Pan, Major Headen, Major Kirk, Major Spering, Capt. Kenrick, Capt. Wright, Lieut. Lewis, Lieut. Graydon, Lieut. Parr, Lieut Ross, Lieut. Woods, Lieut. Richards. From Fort Niagara, New York, the following officers were present: Col. Fleming, C.O., Captain and Mrs. Karminski, Captain and Mrs. Copeland, Captain and Mrs. Hess, Captain Heavey, Mr. and Mrs. Mussen, Mr. and Mrs. G. W. Bernard, Mr. and Mrs. Harvey, the latter in smart black; Mrs. Trounce, the indefatigable convener of the committee, looking very handsome in black net and lace with jet; Capt. Robinski, Mr. and Mrs. Prescott Merritt came down from St. Catharines, bringing a large party, Mrs. Merritt wearing a becoming black gown with red flowers. Their guests included Miss D. Merritt, in maize satin and ninon; Miss Dawson, white satin with silver and antique ornaments; Miss Acres, in flesh ninon with gold tissue and black velvet bracelets; Miss Watson, in mauve; Miss Revell, in black; Miss Fay, wearing pink chiffon; Miss Ingersoll, in pale blue; Miss Souter, pale yellow; Miss Williams, in black; Miss Taylor, also wearing a black frock; Miss Jagen, in white; Miss D. Jager in old rose, Miss Rigby in pale pink, Miss Collis in white, and Mrs. Wilson, also in a white gown. Mr. and Mrs. G. W. Thomas brought a party consisting of Capt. and Miss Houston and Capt. McGiven from Fort Niagara, and Miss Edwards, Mrs. Thomas wearing a filmy black dress and silver slippers, and Miss Edwards very pretty in eau de Nil satin with orchids; Miss Lansing wore pale blue satin with white and silver lace; Mrs. Edward Swift was in purple chiffon, velvet and ninon, with shoes to match; Mrs. Aylmer Smith wore pale blue with silver and real lace; Miss Dorothy Langmuir in white satin, and Mrs. Paul Benoit in black with a rose scarf, came with Mrs. C. V. Stockwell, who was looking very pretty in a black gown; Mr. and Mrs. P. S. Bysshe, the latter in pearl grey satin with bodice of silver lace; Miss Mary Foy in black and midnight blue; Mr. and Mrs. Campbell, the latter in white lace and chiffon; Mr. Wm. McLelland; Miss Mildred Randall wore a smart and becoming gown of rose chiffon, broadcloth and satin with gold; Dr. and Mrs. Rigg, the latter looking charming in maize satin with a real lace scarf; Mrs. Morgan wore black and Miss Morgan was in blue silk; Miss Miller looked pretty in rose color with appique of roses; Mrs. R. Griffiths, Mr. J. W. Trounce.

Sir Sam Hughes arrived at the King Edward yesterday, accompanied by his daughter, Miss Eileen Hughes.

Sir Wilfrid Laurier is staying with Mr. and Mrs. P. C. Larkin, Elm avenue.

Captain John F. Wandless, who went overseas with the 74th Battalion, and was attached to the Gordon Highlanders after being 18 months in France is now with the reserves at Sandling, Kent. He was thru many actions, including Vimy Ridge.

Mr. and Mrs. W. H. Holland are in Ottawa.

Miss Ivy Knox came up from Ottawa to spend the week-end with her mother.

David Bispham, the well-known baritone, is too old to serve in the army, but his son is with the British forces and his daughter is the wife of an Italian officer. Mr. Bispham himself is issuing an urgent appeal on behalf of the United States Ambulance Corps in Italy. He wants to raise a million dollars and is well on his way to do so.

Miss Helen Junor has returned from the Lake of the Woods, where she spent the summer. Miss Dorothy Adams, Winnipeg, has returned with her, and will spend the winter in Toronto.

Mrs. W. A. Pope of Toronto, at present in Spokane, Wash., announce the engagement of her daughter, Alice May, to Mr. Francis Gordon Hassard of the Dominion Life Assurance Company, Toronto. The marriage will take place quietly at an early date.

The girls who so kindly gave their services to the Hawaiian Cabaret at Piccadilly Circus were entertained on Saturday afternoon by Mrs. Robson and Mrs. Bradfield at the Peacock Inn. The Hawaiian dancers performed in native costume in the "Garden," where the setting lends itself most readily to such a unique entertainment. Mrs. Bradfield kindly gave the solo dance, "Hilo Moonlight," which was much appreciated by the guests. Afternoon tea was served by the girls of the candy booth.

Mrs. C. E. Turner, Vancouver, is in town and will visit her relatives for an indefinite time.

Mr. Coryell has gone to Halifax to join Mrs. Coryell and his daughter, who have been spending the summer there.

Lieut. Harry Helliwell, C. E. F., is in town with his sister, Mrs. Chillas.

Mr. Triplitz, manager of the Goodyear Tire Co., accompanied by Mrs. Triplitz and their twins, spent the holiday at Bowmanville.

Mr. W. A. Stanker, Fort William, is in town.

Captain Douglas B. Weldon, Moncton, has been awarded the military cross for conspicuous gallantry during the battle of Lens.

Mr. and Mrs. M. Joseph have come up from Quebec for the marriage of Mr. Kenneth Joseph and Miss Pauline Lyons, which takes place this evening.

Mr. H. M. Hilliard and Mr. T. L. Tessier are at the Chateau Frontenac, Quebec.

It is stated that Mrs. Richard Harding Davis will return to the stage this autumn.

Mrs. M. E. Craig has been staying in town for some months with her son, N. A. Kearns.

R. Greer has arrived from Vancouver to join the aviation corps.

Mr. and Mrs. H. C. Bannerman and their twin babies spent the week end with Mr. W. Powers at Orono.

Simple Way to Take Off Fat

There can be nothing simpler than taking a convenient little tablet four times each day until your weight is reduced to normal. That's all—just purchase a case of Marmola Prescription Tablets from your druggist (or if you prefer, send 75c to Marmola Co., 864 Woodward Ave., Detroit, Mich.) and follow directions. No dieting, no exercise. Eat what you want—be as lazy as you like and keep on getting slimmer. And the best part of Marmola Prescription Tablets is their harmlessness. That is your absolute safeguard.

LIEGE CHAPTER OPENS.

At the opening meeting for the season of the Liege Chapter, I. O. D. E. work from 18 of its members was reported, which included 64 flannel shirts, 254 pairs socks, 15 caps for the men in the trenches. A "bridge" arranged by Mrs. Hubert Watt and Mrs. R. Parmenter at Minnecoganashene was received, and $131.50 from the mixed foursomes arranged at Rosedale by Mrs. J. Hamilton Burns.

WOODSTOCK DONATIONS.

The Woodstock Red Cross and war auxiliary have sent 400 pairs of socks to the Toronto Red Cross; 200 pairs are for the men in the trenches and 200 for the hospitals; 75 pairs were from the Daughters of the Empire.

DRESSED FOR WINTER'S GALES.

This natty coat is fashioned in velveteen of a lively amethyst shade, with collar and cuffs of beaver.

WAR MENUS

How to Save Wheat, Beef and Bacon for the men at the front. Issued from the Office of the Food Controller for Canada.

MENU FOR THURSDAY

Breakfast.

Oatmeal Porridge Milk Sugar
Fried Potatoes, with Minced Ham
Brown Bread
Butter Tea or Coffee

Luncheon.

Potato Soup Crackers
Baked Apple Cake
Tea

Dinner.

Baked Salt Codfish Mashed Potatoes
Baked Squash
Squash Pie

The recipes for Potato Soup and Baked Salt Cod, mentioned above, are as follows:

Potato Soup—

1 qt. milk
1½ cups mashed potato
1 tablespoon butter
Salt, pepper and grated onions to taste.

Cook the potatoes, mash and put thru a sieve. Put on the milk over the fire, with onion. Bring to a boil, add the mashed potato, season and add the tablespoon of butter. Serve hot.

Baked Salted Cod—

Wipe the fish and place on a buttered baking tin. Prepare a dressing of bread crumbs, savory herbs, parsley, pepper and salt. Bind it with a little beaten egg. Place this on the fish and season. Add to the top a little fat. Bake in a moderate oven for ten minutes for every pound and five minutes extra. Serve with Hollandaise Sauce, with the addition of some Anchovy, or any sauce that may be preferred.

(Wheat and meat saving recipes by Domestic Science Experts of the Canadian Food Controller's Office.)

TRILL—CORKER.

The marriage of Eve, younger daughter of Mrs. T. J. Corker and the late Albany Mathewson Corker of Harrogate, Eng., to Hew Trill of The Gazette Printing Company, Montreal, and formerly of The Toronto World reportorial staff, son of Mrs. Ellen M. Trill and the late M. H. Trill of Maidenhead, Eng., was quietly solemnized by Rev. A. E. McIntyre at St. Aidan's Church on Tuesday at 6 p.m. The bride, who was given away by her cousin, Hugh Eayrs, wore a taupe velour suit with seal collar, a black Paris velvet hat and a corsage bouquet of ophelia roses. She was attended by Miss Katharine McEchren, who wore sand-colored serge and hat to match. The groom was supported by George W. S. Shipman.

The Lohengrin wedding march and Mendelssohn's wedding march were played by Harold Budd. Mrs. S. Lanson sang Gounod's Ave Maria during the signing of the register, after which the bridal couple drove straight to the station on their way to Buffalo on a wedding trip. Later they will reside in Westmount, Montreal.

Save that spoonful

Four and often five spoonfuls of ordinary tea do not go any further than three of Red Rose Tea.

Less Red Rose is required because it consists chiefly of rich, strong, full-flavored Assam teas.

Use Red Rose Tea and save that extra spoonful.

Kept Good by the Sealed Package

TWO SISTERS GIVE UP THEIR LIVES AT FRONT

Their Brother Re-enlists After Having Been Invalided Home From France.

Corp. Ernest F. Lang, who was gassed and wounded in France while serving with the 25th Nova Scotia Battalion in September, 1915, and who has spent many months in the base hospital, Gerrard street, has just received a letter from France stating that his sister, Nursing Sister Frances Elizabeth Lang, No. 3 General Hospital, Boulogne, France, has been killed. Since no details as to how she came to her death are contained in the letter, Corp. Lang is of the opinion that his sister had been out to the trenches to attend the wounded when she was struck down by shell or rifle fire. Miss Lang was 24 years of age, and a native of Scotland. She came from hospital work at Massachusetts, U.S.A., where she was in training, and enlisted in the C.A.M.C. Prior to taking up her duties in the United States she was employed in hospitals at Brandon, Man., and Vancouver. The late Miss Lang went overseas in 1914.

Nursing Sister F. L. Lang.

Nursing Sister G. L. Lang.

Another sister, Gertrude L. Lang, also formerly a nursing sister in the C.A.M.C., died in Rouen, France, in May 1915.

Corp. Lang has re-enlisted with the 1st C. O. R.

VICTORIAN ORDER NURSES.

September reports from the Victorian Order of Nurses show that 428 patients, of which 148 were maternity cases, were attended, and 2260 visits made.

Y.M.C.A. AUXILIARY MEETING.

At a meeting of the Central Y.M.C.A. women's auxiliary held yesterday afternoon in the Central building the work for the year was outlined and nominations for office were made, the election to take place next month. From reports of the bazaar held Oct. 5 and 6 it is thought the auxiliary will realize about $6000 for the boys overseas.

CHEESE MARKETS.

St. Paschal, Que., Oct. 9.—At today's session of the dairy board, 500 boxes of cheese were offered. All sold at 21 9-32c; 125 packages butter offered and sold to N. Michaud, Quebec, at 43 3-16c.

Announcements

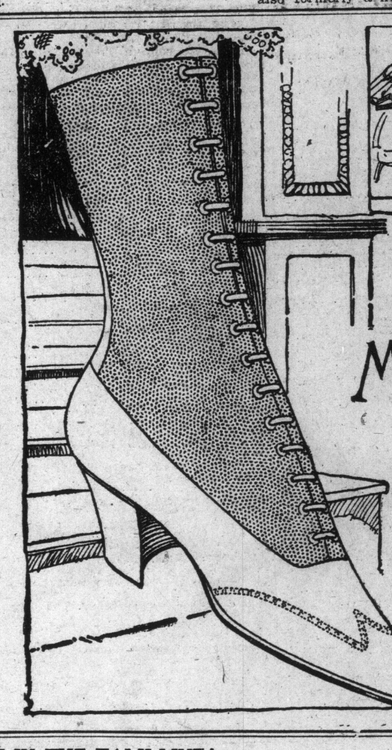
Notices of any character relating to future events, the purpose of which is the raising of money, are inserted in the advertising columns at 25 cents an agate line.

Announcements for churches, societies, clubs or other organizations of future events, where the purpose is not the raising of money, may be inserted in this column at two cents a word, with a minimum of fifty cents for each insertion.

CHAMBERLAIN CHAPTER, preparation Christmas stockings, Central Y. M. C. A., Wednesday, October 10, 10.30 a.m. Members come and help.

THE HOME AND SCHOOL Association of Brown School will hold a bazaar in the school Friday and Saturday, October 12 and 13. Proceeds in aid of British Red Cross and school purposes.

WOMEN'S AUXILIARY, C. A. D. C., a shower of soldiers' comforts will be held on Wednesday, October 10, 3 p.m., in Dental College, College street. Donations urgently requested.



A New Sports Boot Genteel and Slender

This, as Well as All the Beautiful New Fall Models in

MINISTER MYLES Shoes

are now being shown at these smart shops:

The Irvine Shoe Company, 1727 Dundas Street
F. S. Blackford, 748 Yonge Street
Geo. Warriner, 1243 Bloor Street West
J. H. McLelland, 297 Danforth Avenue
The Weaver Shoe Company, 1498 Queen Street West
Jos. Johnson, 479 Parliament Street
F. P. Steele, 377 Broadview Avenue
Geo. Arbuckle, 930 Queen Street East
Joe Davis, 326 Queen Street East
Fit-U-Shoe Company, 1219 Bloor Street West
J. Merner, 995 Bloor Street West
W. A. McCullough, 990 Queen Street West
B. Sproule, 896 Bloor Street West
A. B. Chinn, 1876 Queen Street West
E. M. Clapp, 677 Bloor Street West
Jas. Wall, 572 Dundas Street
J. A. Snider, 1474 Yonge Street
Harry Bell, 1192 St. Clair Avenue

MINISTER MYLES SHOE CO., Limited
109 Simcoe Street, TORONTO

Polly and Her Pals :-: ASHUR'S LAWYER WANTS A MONOPOLY IN THE TALK LINE! :-: By Sterrett

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