

Pour boiling or very hot water over the LUX flakes—"pure essence of soap."

Whisk into a lather. At once you get the richest, creamiest lather you ever saw, which dissolves dirt without rubbing.

After cooling, stir the clothes about in this heavy lather. Do not rub or twist them. Rinse in two or three relays of water of the same temperature you washed them in.

So thoroughly is LUX dissolved that not a trace remains in the garment to dis-color it. LUX won't harm anything that pure water alone will not injure. For silks use lukewarm water.

Lever Brothers

made, by

British

MRS. EDMUND PHILLIPS

Mr. and Mrs. Graham Campbell have returned from the West Indies.

Mrs. Douglas Burns, St. Andrew's Gardens, gave a bridge party of nine tables yesterday afternoon for the wool fund of the 169th Battalion. It was a valentine party, and the prizes were valentine favors. The tea table was arranged very effectively with scariet and white carnations, scarlet Cupids, the cakes and candles being made in the shape of hearts, etc. The Misses Wright were assisted by the Misses Parsons and Miss Jean Hanna. Mrs. Jesse Wright and Mrs. Boehm were among those who came in at tea time, and the wool fund was much augmented.

Mr. and Mrs. Miller Lash are leaving Mrs. Canada recently, has arrived in Japan and will proceed to Bombay, India, where Major Hunt has been recalled to join his regiment, the 15th Punjabis, of which he was staff officer before his recall to Eng. and at the periodic point his regiment, the 15th Punjabis, of which he was staff officer before his recall to Eng. and at the beginning of the present war. M.Jor Hunt has been with the British forces in Mesopotamia until withing a few inorthy war. M.Jor Hunt has been with the British forces in Mesopotamia until withing a few inorthy war. M.Jor Hunt has been with the British forces in Mesopotamia until withing a few inorthy war. M.Jor Hunt has been with the British forces in Mesopotamia until withing a few inorthy war. M.Jor Hunt has been with the British forces in Mesopotamia until withing a few inorthy war. M.Jor Hunt has been with the British forces in Mesopotamia until withing a few inorthy war. M.Jor Hunt has been with the British forces in Mesopotamia until withing a few inorthy war. M.Jor Hunt has been with the British forces in Mesopotamia until withing a few inorthy war. M.Jor Hunt has been with the present war. M.Jor Hunt has been with the British officer before his recalled to join his regiment, the 15th Punjabis, of which has been with the British officer before his recalled to join his regiment, the 15th Punjabis, of which has been war. M.Jor Hunt has be

BAKING

of these ingredients.

WINNIPEG

Mrs. Boehm were among those who came in at tea time, and the wool fund was much augmented.

Mr, and Mrs. Miller Lash are leaving at the end of the month-for South America.

Mrs. Shaughnessy, Park road, Rosedale, gave a bridge party of fourteen tables on Wednesday afternoon for the Lourdes Patriotic Association. Mr. D'Arcy Hinds and Mr. Thomas Long wenting at taken the courdes Patriotic Association. Mr. D'Arcy Hinds and Mr. Thomas Long wenting at taken the courdes Patriotic Association. Mr. D'Arcy Hinds and Mr. Thomas Long wenting at taken the courdes Patriotic Association. Mr. D'Arcy Hinds and Mr. Thomas Long wenting at the teating the course of Mr. and Mrs. Law, Ottawa, were in Montreal this week on their way home from England.

Mrs. James Balfour Thom, has just won the Military Cross, is at present living in Folkestone, England. Another son of Mrs. Thom has ocen for three years with the C. F. A. in France.

Mr. and Mrs. A. S. Goodeve, Ottawa, have received word of the safe arrival in England of their son, Capt. Harry Goodeve.

Mrs. J. O'Regan has left for Edmonton to spend a few weeks with her mother, Mrs. J. L. Hughes, who is seriously ill.

Mr. Groffrey Pike has left Ottawa for Washington, D. C., where he will be attached to the staff in connection with the British war mission,

Mrs. H. V. Carew Hunt, wife of Major Hunt, D. S. O, who was a member of Lord Montague's party who passed thru

BAKING POWDER

CONTAINS NO ALUM

It is a pure phosphate baking pow-der and is guaranteed by us to be the

best and purest baking powder possible

The perfect leavening qualities of "Magic" combined with its purity and wholesomeness make it the ideal baking powder.

The ingredients are plainly printed on the label and our half century reputation should be sufficient guarantee of the high quality

E.W. GILLETT COMPANY LIMITED

TORONTO, ONT.

THERE ARE GIRLS WHO ENDEAVOR TO

in Needle Stories.

"You have read or heard, no doubt, of the story of the hypodermic needle used upon young girls?" asked an official of the morality department, city

hall

"Well," hesaid, "it is all tommyrot—
that is, as far as Toronto is concerned. I know of no drug that could
be used in the manner described unless it be a deadly poison, and then
the girl would die. Just this afternoon a girl came here and told us
she had been jabbed with a needle in
her arm while shopping yesterday in
a department store. She showed her
arm, where there was a scar, but
closer investigation with the magnifying glass revealed the fact that it
was caused from vaccination—the fying glass revealed the fact that it was caused from vaccination—the skin had never been broken. She told a very straight story. She claimed she had not recovered consciousness until today in the hospital. It took us two hours to get the truth; and found that a well constructed white slave story had been erected as a camouflage! She had to account for a night spent away from home and she resorted to this."

The official stated that during the last year about eight or ten girls had come to him with stories of the same type, and in every instance when sifted were found to be untrue and prepared for the purpose of covering

sited were found to be untrue and prepared for the purpose of covering up some other wrongdoing.

"You would be surprised," he said, "how often some types of women resort to this method, and how many good folks believe the story that periodically goes the rounds about the needle jab given in a theatre of crowd."

UNVEILED PICTURE.

A picture of Miss Mary Agnes Fitzgibbon, late president of the Women's Historical Society, and for a number of years head of the Women's Welcome Hostel, was the work of Mrs. Lyall, and was unveiled by Miss Lizars an oldtime friend of Miss Fitz-

SUCCESSFUL PARTY.

A good sum was realized to help on the work of the club.

Lady Eaton has invited the mem-bers of the Toronto Horticultural Society to visit her conservatories

Never throw away an old silk strainer. The holes can be plugged and it can be used for an ash tray.

Beots, if they are red, add an attractive touch of color to the table, but if they have accidentally lost their color they are not pleasing to the eye. In such an event, the beets may be made brilliant red again if a little red fruit coloring is added to the vinegar.

IMPORTANT NOTICE UNWANTED CHILD WEAK, FALLING, DULL, LIFELESS HAIR.

FULL THE POLICE 7-Day "Harlene Hair-Drill" Home Outfits FREE TO ALL

Toronto Has Had Several
Cases of Girls Who Have
Posed as Victims.

No TRUTH IN ANY CASE

Police Morality Department
Does Not Place Any Faith

In Needle Staries

Nothing alive in Nature stands still. You go forward or backward. Thus, your hair, is either healthy or unhealthy" is the word to apply to their own hair.

The health of the body, needs close attention, and the wise men and women are those who every day take stock of their hair and watch its every variation.

The question is how to restore hair health so that this most glorious of nature's assets may take on once more its radiant lustre, its thick, luxuriant growth with every delicate tint glistening forth.

Fortunately arrangements have been made to send absolutely free of charge to every man or woman who is tropbled with duli, lifeless, impoverished hair a complete Seven Days' Three-Fold Hair-Beautifying Giff. There is no cost or obligation entailed.

1.000.000 HAIR HEALTH GIFTS FREE

1,000,000 HAIR HEALTH GIFTS FREE





A very successful Valentine whist party was held by the Edith Cavell Women's Club, Mrs. Hill, president, at their roms, 556 West Adelaide street.

Cheques and P.O.'s should be crossed.

Recipes By Toronto Women

Evidently the women are anxious to do their "bit" in the kitchens of To-ronto and will use carrots and onions s much as possible. Today's mail brought many recipes for dishes made from these vegetables. Two have been selected and given herewith. Has any one else some ideas to help the cam-

Make light paste as for biscuits and line a deep pudding dish, roll paste thin as possible, then take enough mions to fill dish; chop them up fine, boil them about ten minutes with pepper and salt and a little butter; pour into crust; put cover on and baks about half an hour or until onions are well cooked. This is one of the best onion dishes that ever graced a table to be eaten with meat and potatoes, hot. Would like to hear from some one who tries it.—Mrs. Frank Wilson,

Carrot Salad. Two cups grated carrots, 2 cups shredded lettuce, 1-4 cup grated onion; 1-2 cup shredded celery tops; 1 cup mayonnaise; 1 tablespoon chopped olives. Line a bowl with lettuce leaves, pack carrot in centre, with lettuce around it, cover with dressing to which onion has been added, sprinkle with celery tops and garnish with olives cut in halves.

Agincourt.

FINDS A MOTHER

Mrs. Margaret Ross Offers to Care for the Deserted Infant Boy.

NO PLACE FOR BABIES

Value of Children Rising Daily, and Toronto Has No Place for Them.

Yesterday a temporary mother was found in the person of Mrs. Margaret Ross, 59 Louisa street, for the unwanted infant boy left in charge of Mrs. Mary Robertson, 37 Gould street. Mrs. Ross will care for the infant until permanent arrangements can be made. The quarantined infants' home has

placed the police department in a difficult position. No less than three omeless babies are under their care. What to do with these helpless mor-sels of humanity is a problem the police department is trying to solve. Toronto has made no arrangements for the caring of homeless infants.

Thursday evening at the W.C.T.U. conference Mrs. Gurnett stated in her address that the children must be carred for now more there were before

cared for, now more than ever before, as the price of babies to the empire had gone up since the war started. Looks as if Toronto has not yet grasped the fact that babies have gone up in value.

LADY ROSS CHAPTER HAD SPLENDID YEAR

Raised Much Money for Patriotic Purposes and Elected Officers for Ensuing Year.

complished during the year. Towards the G. W. V. club house the chapter contributed \$5963.72; to the Base Hosregrowing experiment at once? Write for the Free Outfit today.

Free Outfit today.

127th Battalion, \$50 and 86 pairs of Simply fill in the Coupon below and enclose with 8c stamps to cover to the Home for the Blind, Halifanting to the Frincese Pairs a blevelet. with & stamps to cover with & stamps to cover hostage.

Further supplies of Hariene" can be obtained as required from your Drug Stores at 35c, 85c and \$1.50 per bottle.

"Cremex" Shampoo Powders, 5c each, or 35c per box of seven shampoo.

Or post free on receipt of price direct from Frank L. Benedict & Co., 45 St. Alexander St., Monthis for Edwards' Hariene, extra on foreign orders.

Oneques and P.O.'s should be crossed.

POST THIS FREE GIFT FORM

In addition to this the ladies worked successfully on all the tag days and A pleasing feature of the afternoon was the presentation to Mrs. W. H. Barker, who retired from the secretaryship a month ago, of a life membership in the order. The officers for the ensuing year are: Honorary re-gent, Mrs. W. H. Barker; regent, Mrs. R. H. Cameron; 1st vice-regent, Mrs. T. Yates Egan; 2nd vice-regent, Mrs. R. Bert Smith; secretary, Mrs. G. A. McCarthy; assistant secretary, Mrs. Vernon Meek; educational secretary, Mrs. R. G. Codd; "Echoes" secretary, Mrs. George Reynolds; standard-bearer, Mrs. W. J. Wilson. Councillors: Mesdames W. S. Plewes, J. L. Scholes,

MATRIMONIAL MARKET **NEWS OF THE DAY**

R. Falconer, Wm. W. White, C. H.

magazine cover, continues to perpetuate this situation.

There is only one chance for the fattish woman, and that is for her to reduce. If she can quickly grow into the likeness of the front cover fascinator, without the hard labor of exercising, or the purgatory of dieting, it seems she ought to try. This is not impossible—nay, it is a fact, demonstrated by thousands. Let her take the elegant Marmola Prescription Tablet after meals and at bedtime. It will reduce her a pound a day.

This suggestion is made in all seriousness: Why not reduce when it entails no trouble, causes no wrinkles, costs very little cash? One can start today; take off the fat (where most objectionable) from hips, abdomen, chin, etc., and do it uniformly and safely, too, for the tablet named, being made from the famous prescription—'yo oz. Marmola, 'yo z. Fl. Ex. Cascara Aromatic, 4%, oz. Peppermint Water—is, of course, non-injurious. Tender your druggist seventy-five cents for a large case, or write for same to the Marmola Co., 864 Woodward Ave., Details of the fat in the light of supplements or partial substitutes for meat—all legumes: Peas, beens, American cheese. The following vegetable protein foods may be considered in the light of supplements or partial substitutes for meat—all legumes: Peas, beens, (navy, lima, skim milk, cottage cheese, American cheese.

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CORN THE STAPLE FOOD

Cartier found the Indians at Hochelaga (Montreal) eating corn in 1536.

If the secret of making corn palatable, appetizing and delicious had been known in those days, potatoes would not have become a staple food, because corn is four and a half times more nourishing than

For twelve years the Battle Creek Toasted Corn Flake Co., London, Ont., has been making corn a delectable and nutritious food, more economical in actual food value than cooked oatmeal, beefsteak, eggs, milk, chicken, and many other foods.

It is a staple, three-times-a-day food, and Sold only in the original red, white and green package.

Kellogg's TOASTED CORN FLAKES

ONLY MADE IN CANADA BY

The Battle Creek Toasted Corn Flake Co., Limited Head Office and Factory: London, Ont.

Would You Like to Earn \$1 or \$2 Daily the Year Round at Home?

The hosiery trade is booming, and the Demand far exceeds the Supply. We oladly take all the goods you can send us



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 instructions how to knit sox, 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 largely increase this by working for private customers.

Working either whole or spare time, this pleasant employment has brought prosperity to many workers in their own homes, and should do the same for you.

Write today, enclosing 3c in stamps, for full particulars, rates of pay, etc., and see what you and your family can now earn at

Auto-Knitter Hosiery (Canada) Co., Limited DEPT. 151A, 257 COLLEGE STREET, TORONTO.

A FULL LIST OF SUBSTITUTES.

The word "supplements" is used instead of "substitutes" in the following completed list of articles that may be used instead of those which women are asked to economize in food saving.

1. Wheat (white flour.) Corn meal, rye, buckwheat, barley, whole wheat, Graham flour, potatoes, rice, sweet potato, soy, beans, peanut, kaffir corn flour, coton seed.

Practically all vegetables and faults.

The demand for fat ladies, young or old, is still very light. The willowy girl, with the animated eye and straight front

aspect, is, however, much enquired after.

The ceaseless stream of Gibson and Fisher Girl pictures, advertised by every magazine cover, continues to perpetuates magazine cover, continues to perpetuates.

A Meat (beef, pork and muttom.) The following foods are perfect substitutes for meat protein: Poultry, eggs, game, fish (possible exception of shelifish), skim milk, cottage cheese, American

:-:

Write today for catalog and booklet "How to Grow Roses"

Announcements

ROYAL CANADIAN INSTITUTE—Pro-fessor J. H. Fauli will deliver an illus-trated lecture on "The Menace to Our White I'ine," at a meeting of the in-sultute tonight at eight in the library of the University Schools, Bioor street. Public cordially invited.

THE SECRET DOCTRINE—Address by Mr. Felix A. Belcher, Sunday, seven-fifteen, for The Theosophical Society, Canadian Foresters' Concert Hall. Mrs. Arthur Semple will sing.

whales do not neil them to the wood-work of the arch or window. The gov-ernment needs all the metal it can get and nails should be conserved. Red ants will not eat nutmes. It hurts their teeth.

Polly and Her Pals

FIGURES TELL THE TALE



SHE MUST BE! I'VE BEEN HERE FER HOURS AN' YAS AN' SEEIN'. AINT HEARD HER SHE TYPES 30 TYPE WRITER WORDS PER MUUTES STOP OUCE! TIT MUST BE SOME STORY!





By Sterrett