

BRINGING UP FATHER



Social and Personal

Mrs. Harry White was the hostess of a very delightful afternoon picnic at her summer home in London. Township members of the Executive of the Women's Canadian Club with the members of last year's Executive.

THE MARRIAGE MILL

A story of the greatest enemy of marital felicity—meddlesome in-laws. BY MILDRED K. BARBOUR. (Copyright 1920, by The Wheeler Syndicate, Inc.)

SHAKES HANDS WITH PREMIER

London Visitor Has Often Met Lloyd George

BEAUTY CHATS

Reduction Don'ts. The best doctors who make a specialty of reduction say that food and food only, causes fat. There are some people, of course, who get fat on a smaller quantity of food than others. These are people whose nerves and digestion are in excellent condition.

REFLECTIONS OF A BACHELOR GIRL

What If the War Is Over. Does patriotism have to stop the minute war is over? Of course not. What a silly question! Then tell me this: Why should we stop practicing a virtue which was one of the finest expressions of war patriotism, which did as much to win the war as any other virtue?

Y. W. C. A. NOTES

Lennox Superintendent. The appointment of Mrs. Ada Brooker, a graduate of Toronto University and recent dietitian at Hamilton Sanatorium, as superintendent at the King street Y. W. C. A. has just been notified, and Mrs. Brooker entered upon her new duties yesterday.

DR. MARTEL'S PILLS

FOR WOMENS AILMENTS. Thousands of women have testified in the last 25 years regarding the value of Dr. Martel's Female Pills. A scientifically prepared remedy for all ailments connected with menstruation.

THE CHEERFUL CHERUB

A bird, unburdened by a thing, Can flit from field to town. He owns the world much more than we Possessions weigh us down.

Summer Clothes Soil Quickly

Have them dry cleaned and pressed frequently and you will look and feel better. Try our quick service.

Parisian Laundry

LAUNDERERS - DYERS CLEANERS PHONES 558-559

Residents of the North End

that the alterations to the branch of The Royal Bank of Canada are now complete.

Intelligent Supervision

is one of the many reasons for the success of this firm in the past and will make for greater success in the future.

FOREST CITY LAUNDRY

DRY-CLEANERS & DYERS. 3881-3882 PHONES-3882 White Wagons

GIRLS! USE LEMONS

FOR SUNBURN, TAN. Try it! Make this lemon lotion to whiten your tanned or freckled skin.

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never succeeded in touching the Government offices," she remarked serenely. "though that seemed to be their main objective, and bombs fell on all sides of us. The worst raid I experienced was in Charing Cross station, when they bombed the Strand. It was interesting to me to see how the vivid imagination of the people came into play. They rushed into the station with dreadful stories of mangled bodies lying out in the streets, which, of course, they had never seen at all, but I suppose they were excited and perhaps a bit nervous."

SHOOK HANDS WITH LLOYD GEORGE. Nonunion hours claimed Mill Hilder at her daily task after she took over the supervision of her department. "There were interesting things in connection with the work, and of course the mass of correspondence we handled daily was of interest, but that is the sort of thing that must not be mentioned outside."

THE GROWING STAFF. "When the work grew by leaps and bounds and it was necessary to add daily to the staff, there were applications from every type of person imaginable," Miss Hilder explains. "We had scores of women formerly domestic, or connected with some other service removed from clerical matter of any kind. They were willing, and help was so scarce that they were kept on in the registry department, where the duties, simply the recording of the day's enormous mail, were easier than elsewhere. Then we had some of the leading women of the old English families who were trained for any kind of war work. They liked something interesting, and the daily routine work was dreadfully dull, so very often, as they were equipped by education and training for higher duties, they went into the superior offices as secretaries. We began our work, our first little staff in a house in Whitehall Gardens; we spread into other houses, and finally into temporary offices erected in the gardens. These were light, clean and most comfortable, except in an air raid; then we had our drill, and every clerk knew which basement to go to; one left fairly safe in a basement you knew, though as a matter of fact we were all too busy to think much about safety."

INDIFFERENCE TO AIR RAIDS. With characteristic British indifference Miss Hilder discusses the air raids, in which on many occasions she took an unpleasantly prominent part. "They are the best doctors who make a specialty of reduction say that food and food only, causes fat. There are some people, of course, who get fat on a smaller quantity of food than others. These are people whose nerves and digestion are in excellent condition and who have the scientific people phrase it, a high metabolism. Since food and food only causes fat, this should give you the clue as to what you should do to get rid of it. So for 'don'ts' on your mind. Don't take anti-fat medicine except under the supervision of a scientific and educated physician. There is no such thing as 'positively reducing' without diet or exercise. Don't take drastic purges. Don't take violent exercise at first. Don't take too many or too prolonged Turkish baths. Don't take Epsom salts baths. Don't try everything your friends recommend. Don't despair. It's perfectly possible for you to be as slim as you want—if you really want it. Know the methods and go on until you try must at least be logical. If you have eaten yourself fat, certainly the most logical thing to do is to get yourself thin. You won't mind it at all when you get used to it. To-by—you are undertaking quite a bit in entertaining 20 girls in an apartment as small as yours. Wouldn't it be easier to manage 10 girls at a time? You can get many more questions answered at the library. The easiest way to manage lunch would be to serve a buffet style with everything on the table and everyone helping themselves. I will tell you what I do: sandwiches, coffee, cake and ice cream, and if you wish, hot bouillon served in cups. L. O. C. G.—A lingering cough very frequently follows influenza. All you need is a tonic and a general building-up. I would suggest cod liver oil as the best or some equivalent of it. Clear the throat and head a couple of times a day by spraying and gargling with antiseptics. Raye Chill—if you suspect a petrie is being conspired against you, the best specialist you can find. VERY NECESSARY. "I hope, of course, to leave footprints on the sands of time." "It requires sand to do it."

Old Dutch Cleanser. For bath tubs—floors—linoleum—sinks—and all general housework. Economical, thorough, efficient. The Joy of a Perfect Skin. Know the difference between happiness that comes to one thru possessing a skin of purity and beauty. The soft, distinguished appearance that renders brings out your natural beauty to its full extent in use over 70 years. Gauraud's Oriental Cream. With characteristic British indifference Miss Hilder discusses the air raids, in which on many occasions she took an unpleasantly prominent part. "They are the best doctors who make a specialty of reduction say that food and food only, causes fat. There are some people, of course, who get fat on a smaller quantity of food than others. These are people whose nerves and digestion are in excellent condition and who have the scientific people phrase it, a high metabolism. Since food and food only causes fat, this should give you the clue as to what you should do to get rid of it. So for 'don'ts' on your mind. Don't take anti-fat medicine except under the supervision of a scientific and educated physician. There is no such thing as 'positively reducing' without diet or exercise. Don't take drastic purges. Don't take violent exercise at first. Don't take too many or too prolonged Turkish baths. Don't take Epsom salts baths. Don't try everything your friends recommend. Don't despair. It's perfectly possible for you to be as slim as you want—if you really want it. Know the methods and go on until you try must at least be logical. If you have eaten yourself fat, certainly the most logical thing to do is to get yourself thin. You won't mind it at all when you get used to it. To-by—you are undertaking quite a bit in entertaining 20 girls in an apartment as small as yours. Wouldn't it be easier to manage 10 girls at a time? You can get many more questions answered at the library. The easiest way to manage lunch would be to serve a buffet style with everything on the table and everyone helping themselves. I will tell you what I do: sandwiches, coffee, cake and ice cream, and if you wish, hot bouillon served in cups. L. O. C. G.—A lingering cough very frequently follows influenza. All you need is a tonic and a general building-up. I would suggest cod liver oil as the best or some equivalent of it. Clear the throat and head a couple of times a day by spraying and gargling with antiseptics. Raye Chill—if you suspect a petrie is being conspired against you, the best specialist you can find. VERY NECESSARY. "I hope, of course, to leave footprints on the sands of time." "It requires sand to do it."

Codfish Croquettes. The EASIFIRST way. Here is a Good Recipe—Try It! 1 cup boiled codfish 2 cups mashed potatoes 1 cup thick white sauce 1/2 teaspoon pepper 1/2 salt to taste 1 tablespoon chopped parsley Shred the codfish, add potatoes, pepper and parsley, then add the cream sauce. Shape, roll in crumbs and egg, then again in crumbs, and fry in a deep kettle of EASIFIRST. For Cream Sauce, 1 level tablespoon EASIFIRST, 2 level tablespoons flour, 1 cup hot milk, 1/2 teaspoon salt. Every package of EASIFIRST bears the Government's stamp of approval. Your grocer will supply you, Sold in cartons and tins. Write today for a copy of Gunns Proved Recipe Booklet. GUNNS LIMITED WEST TORONTO

The Royal Bank of Canada. We are pleased to announce to the Residents of the North End that the alterations to the branch of The Royal Bank of Canada are now complete. SAVINGS AND HOUSEHOLD ACCOUNTS INVITED. SAFE DEPOSIT BOXES TO RENT AT MODERATE CHARGE. WAR LOAN COUPONS CASHED FREE. All Banking Facilities. Capital and Reserve - \$35,000,000 Total Assets Over - \$550,000,000 R. H. GALE, Manager

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