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but what you assimilate that does you good.

Bovril has the wonderful power of making other foods more nourishing. This was proved by Professor Thompson, of Dublin, in independent experiments carried out at the request of a Government Department.

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is largely caused by waste resulting from spoiled cakes, pies and pastry.

Many people do not consider baking powder a very important ingredient in baking, whereas it is most important—Success or failure depends upon the powder you select.

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helps keep down the HIGH COST OF BAKING, because, first, it is sold at a reasonable price, and second, its double acting qualities absolutely assure perfect baking at all times. Always follow the directions on the label, you use less powder.

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Egg-O Baking Powder Co. Limited  
Hamilton, Canada



Activities Of Women.

Mrs. Emma L. Hollywood is a candidate for city treasurer in Brooklyn.

Mrs. Martha H. O'Neill, 80 years old, of Gettysburg, Pa., recently experienced the thrills of her first flight in an aeroplane.

In England dressmakers work 48 hours a week, for which they receive \$11. Nurses are paid at the rate of \$350 a year.

Queen Helena of Italy is a clever amateur photographer, her favorite subject being her children at their outdoor play.

Saint George's, one of Montreal's most aristocratic Anglican churches, is one of the first in Canada to admit women as vestrymen.

The British house of Lords has passed the second reading of a bill which entitles women to hold public office and exercise public functions.

In India if a girl is not married before the age of 14 she is considered a public disgrace. At 20 her youth is gone and at 25 she is an old woman.

Telephone girls at San Diego, Cal., have organized a trade union and will in the near future become affiliated with the American Federation of Labor.

The Republicans of Missouri are going to admit women in their party councils and will proceed in the selection of auxiliary committees in a legal manner.

Congressman Patrick McLane of Pennsylvania has appointed his step-daughter, Miss Margaret Maloney, as his private secretary at a salary of \$2,500 a year.

Miss Ethel Caldwell of Marshall, Mo., is the first woman in that state to serve on a murder jury. The prisoner was given 99 years for first degree murder.

It cost New York state \$2,000,000 for its women to vote at the last election and it will cost the country \$20,000,000 a year or \$15,000 a day in extra election expenses if we have universal suffrage.

Fifty-four per cent. of the voters in the last national assembly election in Germany were women. Young women proved more ardent voters than youths of the same age.

Madame Yone Suzuki of Kobe, besides being the richest woman in Japan, wears a medal and decoration from the emperor for stimulating export trade and commerce.

Housewives make up the greatest class of women drug addicts in New York city, according to a report of Health Commissioner Copeland, based on a study of 2,776 cases.

Josephine C. Preston, state superintendent of public instruction of Olympia, Wash., has been nominated without opposition for president of the National Education Association.

The United States Railroad administration reports that 5,000 women were employed in shops and 1,000 in roundhouses in 1918, doing work as boiler-makers, blacksmiths and machinists.

Miss Jeanette Rankin, former member of congress from Montana, who attended the Woman's conference in Geneva, has returned to this country and expressed pleasure over prohibition, which she said "my congress brought about."

The Association of Collegiate Alumnae plans to establish in Washington, D.C., a permanent headquarters building to serve as a center for the organized activities of American college women.

Miss Edith Glenn, a member of the American Red Cross commission in Greece, has been decorated with the medal of military merit, which is the highest honor that a woman can hope to receive in that country.

The National Woman's Trade Union league reports that more than 80,000 women office workers joined trade union organizations during 1918, for the most part women stenographers, clerks and accountants in railroad offices and civil service branches.

The banner state for women holders of local offices this year is Kansas, with 62 women county school superintendents, 51 register of deeds, 39 district clerks, 25 county treasurers, 11 county clerks and 6 probate judges.

Thousands of women representing the National Council of Women will meet in St. Louis on Nov. 11th for their biennial convention and will celebrate the first anniversary of the signing of the armistice by starting a National Song Hour from that city.

The governors' conference at Salt Lake City has declared in favor of special sessions of legislatures in various states to ratify the suffrage amendment so that women may vote at the presidential election in 1920.

Pans are carried by both men and women in every walk of life in China. It is a compliment to ask a friend or distinguished guest to write some sentiment on the host's fan as a memento of any special occasion.

The first telephone operators' union in the United States was organized seven years ago in Boston, and the strike of the 12,000 telephone girls of the Pacific coast is the third strike of any consequence in the history of the organization.

Approval of the plan that no separate women's organizations, except for temporary purposes, be formed within the Republican party, and that women be admitted to party membership on an equality with men, has been O.K.'d by William H. Hays, national committee chairman.

The women in Brazil have not equal suffrage, but they have an equality with the men of their country which is not enjoyed by their North American sisters. All Brazilian husbands are expected to wear their wedding rings as conscientiously as their wives, and generally they do so.

America's premiere overseas post-mistress is Miss Violet M. Bennett of Montclair, N.J., who had charge during the war of the Y.M.C.A. bureau in Paris, where she and her 85 secretaries handled over 110,000 letters daily. The area of territory covered by her office was greater than that of the state of Texas.

Among the many American women who have found employment as traveling salesmen the last few years, Miss Helen Courtney is probably the only one handling her particular line of goods. Miss Courtney sells fire engines and other fire fighting apparatus for a manufacturing firm in Columbus, O., and is said to be one of the most successful salesmen in the business.

The women of Texas have reached the point where they would gladly shoulder rifles and go across the Rio

Grande and kill the Mexican outlaws who have been responsible for the recent outrages against American women and children.

Mrs. Henry B. Harris, widow of Henry B. Harris, the famous theatrical manager, is the first woman to make an unqualified success of the business side of the theatrical game. She owns outright three theatres in New York city and comes from her country place to her office every morning and reads plays, attends rehearsals, and selects casts.

Miss Charlotte McGovern of Brownsville, Tex., deputy sheriff of Cameron county for several years, was acting sheriff recently while the Henry Ford case held her superior in the north. Her duties include directing the peace officers and preserving order "down on the border," as well as the less responsible but no less dignified business of opening court.

Lady Beatty, who is the wife of the British admiral and daughter of the late Marshall Field of Chicago, pays more taxes than her annual income amounts to. She is taxed 60 per cent on her income in the United States because it is in excess of \$200,000, and 50 per cent in Great Britain. So \$200,000 of income costs her \$210,000.

Dr. Katherine B. Davis of the bureau of social hygiene of the Rockefeller Foundation, holds the degree of bachelor of arts from Vassar, master of arts from Yale, doctor of philosophy from the University of Chicago, and doctor of laws both from Mount Holyoke and Western Reserve.

Mrs. Ellen A. Capp of Milwaukee, Wis., who is past 70 years of age, is a candidate for the highest academic degree, doctor of philosophy. She has already won five other college degrees. She is a graduate of the University of Wisconsin, and although she is a grandmother, she still retains her youth. She claims the reason for this is that she has always kept before her some really worthwhile purpose and believes that exercising of her brain over a certain subject has been one of the secrets of her youthful looks.



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RED ROSE TEA is good tea

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LITTLE DARLING HOSIERY—for babies and tiny tots up to seven—has silken toe and heel.

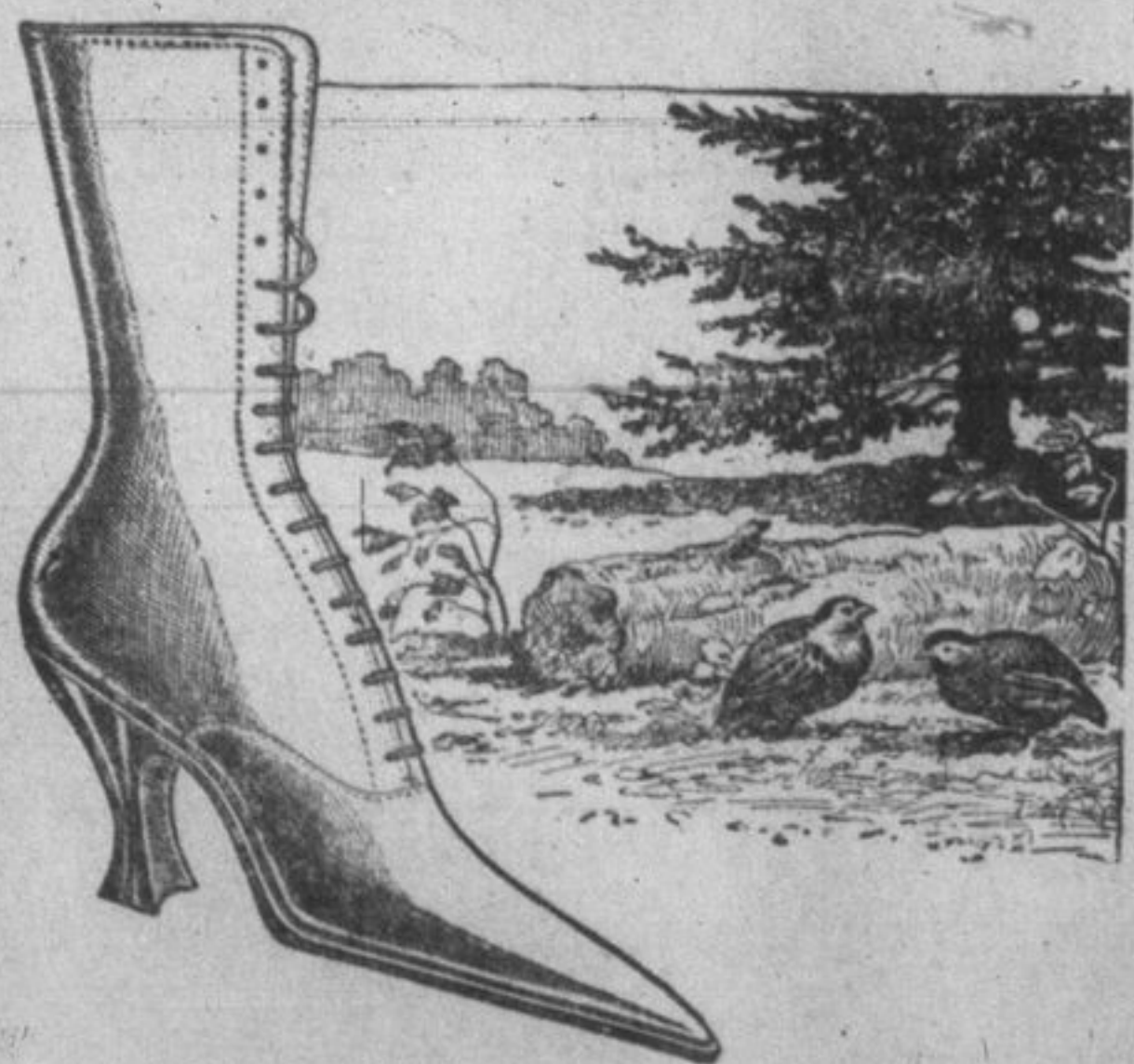
LITTLE DAISY HOSIERY—for children up to twelve—has extra strength in heel and toe.

Many dainty shades and black.

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"LITTLE DAISY"  
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