

FACE BLOWN AWAY EXAMINING BLAST

Elderly Milton, Ont., Citizen Killed While at Work in Brickyard.

Milton, Ont., Nov. 20-George Shep-pard, aged sixty-five years, met with a fatal accident at the Milton Pressed Brick works last Wednesday. It is reported that he and John Stover, whose duty it was to blast the clay in the pit, had prepared two charges of dynamite ready to set off. When all was ready the electric battery was turned on, but only one charge explod-ed.

arned on, but only one charge explored. After five minutes had elapsed Mr. Sheppard went to see why the second charge had not gone off, when, for some unknown reason, the charge sud-denly exploded, blowing part of Mr. Sheppard's face away and shattering his right arm in a frightful manner. The accident took place at four o'clock and the injured man died an hour later without regaining con-sciousness. The body was taken to C. R. Turner's undertaking parlors where an inquest was opened.

Not a Laxative

THE only cereal which is a com-bination of whole grains. It compensates the deficiencies of flour, refined cereals meats and sweets.

Because it contains more bone making matter than even milk it is the ideal growth food for your growing child, or the nursing and expectant mother.

Because it is balanced it nourishes and for the nursing better than meat, aids digestion, and expectant positively relieves constipation. Be-ing alkaline it clears the pimply rough or muddy skin.

TWO DAYS: IM SO

COL'LAR!

HUNGRY I COULD EAT

A STEWED CELLULOID

Buy Roman Meal at Grocers and try this Delightful Recipe to-day Because of its Flaxin, Roman Meal con-GLAN dix 1 cup Roma eal, 1 cup flour, 1 level con salt, 3/2 co unded GEMS tains morebone mak: ing salts and protein than even milk, thus it is the best possible food for your child, and for the nursing x 1 cup sweet tir into dry ingredient Beat well and bake rem tins. Moderate over

ng and 1 w

For fruit gems add in the chopped fruit.

Add ROMAN MEAL to Your Daily Diet.

ROMAN MEAL is the only balanced combination of whole grains—wheat, rye, Flaxin, and comminu-ted bran. It is a delicious family food, to be used as porridge, or baked into anything half and half with flour. By using Roman Meal in some way every day, with plenty of milk and some leafy vegetables (preferably uncooked) you provide your body— and the bodies of your children—with every ele-ment necessary to sturdy health and long life, and correct the "deficiencies" of modern "excess acid" and "deficiency" foods. Roman Meal aids digestion, positively relieves constipation. positively relieves constipation.

With one exception the most economical cereal sold.

For cooking, just add water

CARNATION MILK is much richer than whole milk because part of the water has been taken away by evaporation. For cooking, therefore, add an equal part of water to the Carnation you use and you will have milk of normal richness. If you want thinner milk, all you have to do is increase the amount of water. Use Carnation just as it comes from the container, or slightly diluted, for creaming coffee, fruits and cereals. Buy Carnation Milk regularly from your grocer. It is economical, convenient and absolutely pure. Send today for the Carnation Cook Book. Try this recipe.

CREAM WHITE SAUCE (For creaming vegetables)

2 tablespoonfuls flour, 1/3 cup Carnation Milk, 2 tablespoonfuls butter or substitute, 1/2 teaspoon-ful salt, 2/3 cup water. Melt butter or butter substitute, add flour and stir until thoroughly mixed. Add the milk diluted with the water and cook about five minutes or until mixture thickens, then add seasonings. This recipe makes one cup. All vegetables may be creamed. The vegetables should be cooked by either boiling or steaming. After cooking with salt, drain and add cream sauce.

CARNATION MILK PRODUCTS COMPANY, LIMITED, 1122 JOHN STREET, AYLMER, ONT.





VIOLETS IN FULL BLOOM IN NOVEMBER WEATHER Milton, Ont., Nov. 20-Lovers of fowers had the pleasure last week of seeing violets in full bloom in John Mills' flower garden on Mill street. This is an unusual sight for the mildle of November, and speaks well for the climate in this part of Canada. MUTT AND JEFF—A HUNGRY LION TAMER FLASHES THE SIGNAL OF DISTRESS WHAT A FOOL I AM! I'M A LION TAMER : I'LL OOWAH: THO DAYS' I M SO By "BUD" FISHER - - - - - -HERE! THANKS! GEEVEM . HAWOO FLASH THE LION TAMERS SKEEKY DISTRESS SIGNAL AND GEEVEM! MAYBE I'LL GET HELP! FIRST I GOTTA LIE ONE BUCK! IN THE GUTTER! DOWAH! DOWAH !!

268:

