

IN TINS | Bakeapples | IN TINS

Moir's Cakes.
Dromedary Dates.
Sultana Raisins.
Cleaned Currants.
Shelled Walnuts.
Crystallised Cherries.
Datanut Butter.
Peanut Butter.
Sliced Apricots.
Sliced Pineapple.
Cranberries (in tins).
Cherries (in Marachino).
Glaze Cherries.
Blanched Almonds.
Salted Almonds.
Angelica.

ORMANDETTA,
a perfect substitute for
making Almond Icing,
25c. lb.

BUFFALO FLOUR,
in 14 lb. sax.
Cakeoma, for cake making.
Baker's Chocolate.
Fry's Merchant Navy Choc-
olate in 1 lb. slabs.
Pure Gold Icings.

HARTLEY'S
Jams and Marmalade.
Gold Reef Cream.
Tate's Loaf Sugar.
Tate's Coffee Crystals.
Maple Sugar.
Maple Syrup.

Bowring Bros., Ltd.,

'Phone 332. Grocery. 'Phone 382.

LONDON GOSSIP.

LONDON, Aug. 14th, 1916.
LONDON LIFE IN THE WAR.

The coming of the third year of war reminds one that ages of new and strange experiences have been passed even by us who have never left England and that it is impossible without a great deal of thought and verification to perceive the difference between the then and now in the two years of war-time that ended on August 3rd. But although nearly everything is really changed, we are surprised not by what has happened but rather by what has not happened. The most extraordinary apparition of the war in London, for instance, has been the Zeppelin, but we knew that there were Zeppelins, and when we saw one caught in the searchlights, like a huge silver cigar in the black skies, we recognised how like it was to pictures on the outside covers of sensational magazines. The man who said "Nothing will ever astonish me again; I have seen a Zeppelin going up Fetter Lane," was really talking rather for effect. It was not really very different from what he expected, and it was not really going up Fetter Lane. The malignity and the stupid barbarity of the bombing of small houses and the murdering of women and children were unexpected, but after the first barbarities of the Germans in Belgium nothing of the antique horrors of warfare was unlikely. The introduction of poison-gas into warfare was the one detail that even the strongest critic of the Germans had not expected. Two years ago we did not expect that credit would immediately be re-established and that the outside surface of London life—the theatres, the restaurants, the shops, smart clothes, good cigars, boating up the river, motoring as usual (up to the other day), even dancing in the afternoon at hotels—would not have been worn through long ago into something grimmer and sabbier.

CHANGED STREETS.

We are in August, the dull season of ordinary years. Yet twenty-five theatres, opera-houses, and large music-halls in West London are open, and new plays are coming on. Eleven of the productions are revues. One daily paper has disappeared, but on the other hand two Sunday picture-papers have boomed forth and flourished in

**A Frightful Death!
Suffocated in
Asthma Attack.**

Every sufferer from asthma knows the terror, the abject fear that overcomes them when struggling for breath. The old-fashioned remedies may relieve, but never cure. Best results come from Catarrhoxone, which cures asthma after hope is abandoned. It's because Catarrhoxone kills the asthma germ that it cures. Choking spells and labored breathing are relieved, suffocating sensations and loss of breath are cured. Every trace of asthma is driven from the system, and even old chronics experience immediate relief and lasting cure. Equally good for bronchitis, throat trouble and catarrh. The large one dollar outfit includes the Inhaler and lasts two months, sold by all dealers or from the Catarrhoxone Co., Kingston, Canada.

ONE WHITE SUIT.

I saw an old gentleman in a white suit walk through the Embankment Gardens. The asphalt underfoot was beginning to ooze up, and every bench was crowded with hot and weary people. On one you saw three War Office characters, on the next two staff officers with faces nearly the colour of their red tabs. Even the Australian soldiers had the sleeves of their blouse tunics rolled up. Yet the old man in white looked quite cool and happy. I wish more of us had courage to imitate him. But every morning we tell ourselves that it may turn cold and rainy before night, and for this not unnatural pessimism about the weather we suffer all day. By "we" I mean male London. The female portion is now all in summer attire, save for the ponderous old woman who comes up from the East End to see the captured submarine, arraying themselves for the journey in antique black finery. Even in the House of Commons, which usually leads the way, male dress is little altered from what it was during the rigours of June. T. P. O'Connor wore a Panama, and that was about the only tribute to summer.

MY LADY'S VICTORIA.

The petrol shortage has one happy result. As a setting for a pretty woman and a well-chosen toilette, the victoria is infinitely more effective than the motor; and since the restrictions came in a number of ladies who are spending August in town are seen taking the air in victorias or barouches. In consequence the decorative aspect of the Park and Bond Street is much increased, and it is once more worth while for connoisseurs of feminine charm and habiliments to expand

a pony on a garden chair at Hyde Park Corner or Stanhope Gate on a fine afternoon. The Park looks so like what it was in the latter days of Queen Victoria that it makes elderly habitues feel happier and more at home than they have felt for years.

NON-ALCOHOLIC PUBLIC HOUSES.

State restrictions on the sale of alcohol have given the National People's Palaces Association an opportunity for further successful experiment with the non-alcoholic public-houses. Oxford is the venue of the latest venture of the association, and after four weeks' trial Miss Graham Hope assures me that it is quite a success. Three different types of restaurant are provided. Working men may bring their own diners with them, purchasing only liquid refreshment. The shop restaurant, on the ground floor, is rather after the style of the old-fashioned public-house, with high-backed pews giving privacy to family parties or friends. The women's restaurant and tea-room have been specially designed to meet the need for rest and refreshment on the part of munition workers and bus and tram conductors. Lathing arrangements are excellent, payment being according to time. Sometimes a working mother will bring the whole family with her and scrub the lot for the minimum charge. Encouraged by the experiments at Highbury and Oxford, Miss Graham Hope states that the association is arranging to open a third "people's palace" in the Euston Road, the center of three important railway termini in London. "We are learning what can be done," she said, "and what is the popular need. After what they have been accustomed to, something new on these lines must be provided for the soldiers when they return." Proposals for further "palaces" are under consideration and will be dealt with as resources permit.

SHORTAGE OF CIVILIANS' BOOTS.

While the heavy demands of the Government upon our own army and the armies of the Allies will affect the supply of footwear for adult civilians, the possibility of a "famine" in boots and shoes for children is considerably greater. It is easy to manufacture a reduced stock of the larger sizes when there is a slackening in the making of service boots, but the production of boys' boots is a distinct operation requiring more preparation, and, in many cases, different varieties of leather. Already there is a shortage of certain sizes of footwear for youngsters, and there is little prospect of an improvement in this respect. Prices for all varieties of civilian boots, which are already much higher than before the war, are likely to be further increased in the near future, and the quality is very inferior.

GERMAN BUSINESS CIRCLES AND FRIGHTFULNESS.

A gentleman who is interested in British industry on a large scale suggested to me on August 3rd that when the war comes to an end there may be serious trouble between the German Admiralty and Germans who are engaged in business. When the alleged naval strategists of the "Fatherland" embark upon some new campaign of frightfulness they invariably make it appear as if they have been induced to do so by popular clamour. When the submarine piracies against merchant ships began the world was led to believe that Teuton shipowners, and not the naval authorities, were at the back of it. Similarly a day or two before the first of the latest Zeppelin raids a signed statement was published in German newspapers calling for air raids on the United Kingdom. It may be, of course, that German shipowners approve the policy of torpedoing merchant ships and fishing boats,

**Incandescent
Gas Lighting.**

The remarkable economy of the incandescent gas lamp is by no means either its chief—or even an important—claim for popularity. It meets better than any other source of artificial light the requirements of ideal light. In the color of the light produced it is far superior to any other illuminant in general and universal use. The investigations of acknowledged authorities indicate that for the approximation of artificial daylight the gas mantle has at least one and one-half times the value of the carbon-filament electric lamp. This quality is highly desirable, indeed absolutely essential where the approximation of daylight color values is important. For lighting shops, displaying haberdashery, suitings, gowns, millinery, etc., the incandescent gas lamp is not even remotely approached by any other incandescent lamp. Of all the manifold advantages of gas light, perhaps the most important is its favourable effect upon the eyes. The development of the incandescent electric lamp with its intense brilliant and glaring filament has been accompanied by hitherto unheard-of prevalence of eye troubles and diseases which are forcing themselves upon the attention of the medical fraternity. This is resulting in a greater appreciation of the soft mellow quality of gas light and is rapidly enlarging its field of use.—July 23, 1916.

**GOOD WORK
FOR SICK WOMEN**

**The Woman's Medicine Has
Proved Its Worth.**

When Lydia E. Pinkham's remedies were first introduced, their curative powers were doubted and had to be proved. But the proof came, and gradually the use of them spread over the whole country. Now that hundreds of thousands of women have experienced the most beneficial effects from the use of these medicines, their value has become generally recognized, and Lydia E. Pinkham's Vegetable Compound is the standard medicine for women. The following letter is only one of the thousands on file in the Pinkham office, at Lynn, Mass., proving that Lydia E. Pinkham's Vegetable Compound is an article of great merit as shown by the results it produces. Anamosa, Iowa.—"When I began taking Lydia E. Pinkham's Vegetable Compound I suffered with a displacement, and my system was in a general run-down condition. I would have the headache for a week and my back would ache so bad when I would bend down I could hardly straighten up. My sister was sick in bed for two months and doctored, but did not get any relief. She saw an advertisement of your medicine and tried it and got better. She told me what it had done for her, and when I had taken only two bottles of Lydia E. Pinkham's Vegetable Compound my head began to feel better. I continued its use and now I don't have any of those troubles."—Mrs. L. J. HANNAN, R.F.D. 1, Anamosa, Iowa.

and German steelmakers the dropping of bombs on "the ice-cold haberdashers" and other people who inhabit the United Kingdom. In that case British business men will know how to act when peace terms are under discussion. There are, however, shrewd men on this side of the North Sea who believe that many German manufacturers and traders have very little sympathy with the German Navy Department's frightfulness, and they look accordingly for considerable friction between the business men and the alleged strategists of the German Empire when the war comes to an end.

AUTUMN COLOURS.

The question of autumnal colours is beginning to occupy the close attention of the organizers of the fashion programme, and, except for the necessity to introduce some useful rival to the popular but scarce navy blue, there is little indication of dye difficulties in the colour card for the coming months. As a rival to navy, the very dark shade of green approximating to black which is known as "bottle green" is to have an autumn future. According to present plans, the extraordinary popularity of the tete de negre is to be transferred to the summer. The dark shades which have been in great favour throughout the summer are to appear in new editions, one of the comparative novelties being a pretty soft rose shade joining in the suggestive name of ashes of roses. Pewter grey is another of the autumn shades, and a great vogue is predicted by those who know for a whole class of shades known sometimes as neutral and sometimes as suede colours. Antelope, beige, mole, mushroom, putty, and champagne all come under this description. These are the autumnal colours, but just at the moment the West End showrooms have broken into an orgy of bright lemon and amber tints. Combined with black, these yellow shades are very striking, and quite dominate the millinery and sports coats displays.

**HONOUR FOR NEWFOUNDLAND
PREMIER.**

Before the Newfoundland battalion of the Canadian force proceeded to France it had its headquarters near Ayr, and that burgh has resolved to commemorate the occasion by conferring its freedom upon the Prime Minister of our senior colony. Sir Edward Morris has just returned to London from visiting the front and inspecting the contingent, and the ceremony will take place this month. Sir Edward, who already possesses the freedom of several British cities, found the Newfoundlanders in splendid form after their gallant attack during the opening phase of the offensive on the Somme, and eager to give the enemy a further proof of their loyalty to the Empire.

Everyday Etiquette.

"Mother when is the proper time to send flowers to a funeral and what should I write on the card?" asked May. "Flowers may be sent any time before the funeral, only be careful to have them arrive several hours before the service, as it is most desirable to have florists' boxes coming in at the last moment." "The card alone is sufficient. You may pencil 'with sincere sympathy, however, if you like,' answered her mother. Turkeys, Ducks and Chicken at ELLIS.

Callahan, Glass & Co., Limited.

The Great Furniture Sale

Closes on Wednesday, September 6th.

Our reason for continuing is we want the room for a Wonderful Shipment just arrived, therefore we want the floor space. Hence our Low Prices.

We will Save You 15 to 25 per cent.

Callahan, Glass & Co., Ltd.,

The Big Furniture Store.
On Duckworth Street and Theatre Hill.

Here and There.

WITLESS BAY GARDEN PARTY.—A number of people from the city went out on Saturday evening's train to attend the Garden Party in aid of the parish at Witless Bay which took place yesterday afternoon. About 250 others left town yesterday and helped by their presence to make the day a financial success.

IN FOR SUPPLIES.—The banking schooner Marjorie McGlashen arrived here yesterday from the Banks for supplies. She hauls for 1,800 quintals which she has on board now, and landed 1,200 qts altogether early in the season. The schr. F. M. Toko, Capt. Corkum, also came in from sea yesterday for salt. She has 200 qts of fish on board now. Her total catch to date is 2,000 qts. Capt. Corkum reports stormy weather, though fish plentiful.

GALLIOLI AND FRANCE VETERANS RETURN.—By this afternoon's express Lieut. Ernest Churchill, Lieut. W. Max Churchill, two brothers, Sergt. Nugent and Pte. Waugh will arrive on furlough after seeing active service in Gallipoli and France. They will be met at the railway station by the Ladies' Patriotic Reception Committee and taken in automobiles to Government House where, in the absence of His Excellency the Governor Sir Joseph Outbridge will extend to the soldiers a hearty welcome home.

Here and There.

ORPHANAGE COLLECTION.—The annual collection for Belvidere Orphanage was taken up in all the R. C. Churches of the city yesterday morning. The aggregate amount received was over \$2,000, or more than \$200 in excess of last year. The total was \$2,056.77 and made up as follows:—Cathedral, \$1,364.85; St. Patrick's, \$541.40; Mount Cashel, \$40.00; Logy Bay, \$11.00; Littledale, \$20.82; St. Joseph's, \$33.90; Kilbride, \$35.50.

MEIGLE FROM LABRADOR.—The s.s. Meigle, Capt. Tavor, reached port at 9.30 p.m. on Saturday from the Labrador Mail Service, bringing a large quantity of whale oil, cod oil, and fish in drums, most of which was discharged at Job's premises yesterday and the balance at the dry dock stores. Last night at 11 p.m. she sailed for Sydney and will load coal for this port. Capt. Tavor reports fish plentiful at several places on the southern part of the Labrador coast. Trawls and hook and liners were doing well, but were somewhat hampered in their operations by unfavourable weather conditions, thick fog prevailing all along the coast. The Meigle brought 38 passengers who were landed at Carbonnet and Harbor Grace.

The most favored collars seem to be inspired by the cape idea. Velvet poke bonnets are among the new things for children.

Girls Leave Home.

Last evening at the railway station hundreds of people assembled on the platform to witness the departure of the cross country express. Some of the number were saying farewell to relatives and friends, but the majority, attracted more by curiosity than anything else, gathered around a second class passenger car, in which forty girls, whose ages varied from 17 to 21 years, were starting on a long and tiresome journey to Montreal. The party was in charge of a Mrs. Francis representing an organization in Montreal whose business is to secure domestic help for homes in that city and other places in Canada. Prior to the war this business was carried on from the big cities of England, Ireland and Scotland, but owing to the high wages paid, and the demand for woman help in the munition factories in those parts, girls could not be induced to leave home. The terms under which the girls are engaged are the advance of the transportation fares which have to be returned to the organization in monthly payments till such time as the debt is paid. Many of the girls belonged to comfortable homes in the city, and while we know nothing of the homes they are going to, it does not appear necessary for girls of such tender years, inexperienced in the ways of big cities, to leave their Island Home to seek employment.

Every Day—
Grape-Nuts food, with its wonderfully crisp, delicate flavor, is found on thousands of tables the world over.
The native sweetness of whole wheat, combined with the zest of malted barley, produces a food unparalleled for flavor and nourishment. Ready to eat, easy to digest, delicious—

Grape-Nuts
with Cream
is an ideal daily ration for workers in all lines of human endeavor.

"There's a Reason"