

REASONS FOR THE VALUE OF EGGS IN THE HUMAN DIET

In Real Intrinsic Value Eggs Stand Far Above Their Value as Ordinarily Rated.

The egg is truly a fountain from which the human race may draw mental and bodily health and vigor.

The "Vitamin Twins"—the egg and milk—are the only two foods in ordinary "every day" use which contain "these" requirements as contained in themselves.

The "Vitamin Twins"—the egg and milk—are the only two foods in ordinary "every day" use which contain "these" requirements as contained in themselves.

The egg and milk are the only two foods in ordinary "every day" use which contain "these" requirements as contained in themselves.

Professor James Dryden says: "It is not to be assumed that the science of nutrition represented by Doctor McCollum is going to develop a superior race of men and eggs and milk alone."

Experiments with pigs the animals failed to make proper growth when these dietary essentials found in the yokes of eggs and in milk were left out.

Receipts Missed. Current receipts of eggs as received by our wholesale firms from local shipping points are a very miscellaneous product, due to carelessness on the farms and long holding and carelessness in the country stores.

These receipts may contain day-old eggs, fresh eggs, cooking eggs, stale eggs, incubator eggs, spotted eggs, musty eggs and rotten eggs, due to lack of consideration as to quality between the time they were laid and received, this lack again being due to the prevailing system of battering for or buying eggs from producers by count, absolutely without consideration of their quality.

57

To suit any taste

It is rarely a question of what kind of beans; it is simply a question of what kind of Heinz Baked Beans. There are four kinds of Heinz Baked Beans. All good. All oven baked. All ready to heat and eat.

HEINZ OVEN BAKED BEANS with Tomato Sauce

Eggs" and, today, Canada is the only country in the world, as far as can be ascertained, having a national standard for eggs based on inferior quality.

There is little doubt that the consuming public could obtain a glimpse of the interior of the majority of the cold storages, splendidly kept and operated by our wholesale distributors, and believe that it will also be possible, from time to time, to make new innovations and changes which will be appreciated by customers.

While we have no positive proof that any chemical change detrimental to quality has taken place in what is left of an egg when it has become stale, we do know that the palatability is an important factor in the diet, and that of the somewhat inferior grades of eggs may be wholesome food, they should be made distinguishable to consumers in combinations in cooking, and be paid for according to their somewhat lesser value.—T. A. B.

More Money for Harbour Work at Montreal. Ottawa, Sept. 13—Total advances on loans by the present and preceding governments to the Montreal harbor commissioners for harbor improvements are now \$20,048,000 out of a total of \$28,055,000 authorized. A further advance

Personality. If you want your Fall Hat to look a part of you, instead of apart from you, let us expertly harmonize your hat with your head.

Oak Hall. Souvl Bros., Ltd. King Street. FEATURING MALLORY HATS

BEFORE AND AFTER

What Hydro Has Done For Ontario in the Way of Reduced Rates For Electricity.

Gordon Kribs, electrical engineer for the New Brunswick Electric Power Commission, yesterday gave out the following statement. It should cause the consumers of electricity in St. John to do some serious thinking:

In order that the citizens of St. John may realize at least in part the benefits which the policy of the New Brunswick Power Commission will bring to the city, we are tabulating in the following table the cost per K. W. H. of domestic lighting in some of the larger towns in Ontario before the advent of hydro and the cost of the same or better service under the hydro in 1920:

Table with columns: Municipality, Cost K. W. H. prior to hydro, Average monthly consumption under hydro, Average monthly bill under hydro, Cost at present hydro rates, Monthly saving by hydro.

The following points are clearly demonstrated and should be noted in particular: (1) The very high rates charged in the municipalities mentioned when the distribution of light or power was in the hands of private companies.

CHANGE OF MANAGEMENT

Having found it necessary on account of impaired health to remove from the city, George M. Ross has resigned as general manager of The Ross Drug Co., Ltd. and Louis A. Titus has been appointed to that position.

Mr. Titus will be well remembered by many friends as the efficient head clerk for many years of McDiamid's Royal Pharmacy, and later, for the last two years, as store manager of The Ross Drug Co., Ltd.

IN NINETEEN WORDS RECORD CAPTURES BIG PRIZE. With a record of 90 words a minute, Miss Irma Wright, of Toronto, captured the Canadian National Exhibition trophy in the final typewriting contest at the Toronto Exhibition.

FOR A BETTER CUP OF COFFEE buy Humphrey's Freshly Roasted Coffee. Sold retail at HUMPHREY'S Coffee Store 14 King Street.

SUPPLY WORMS BY ELECTRICITY

New Method of Securing Earthworms for Poultry—Process Explained.

Greenwich, Conn., Sept. 14.—That Peter O'Keefe, son of Mr. and Mrs. William O'Keefe, Greenwich, is entitled to enrolment among the great benefactors of the race, is shown in an unique device he conceived for supplying poultry with earthworms by electricity.

Mr. Titus will be well remembered by many friends as the efficient head clerk for many years of McDiamid's Royal Pharmacy, and later, for the last two years, as store manager of The Ross Drug Co., Ltd.

Quality is absolutely guaranteed by this trade mark. YOUR DEALER CAN SUPPLY. Write for booklet on "Proof Positive". CANADA FURNITURE MANUFACTURERS WOODSTOCK ONTARIO.

Every Woman Knows. That her home is the criterion that all of her friends judge her by. Your home can be made or marred by the furniture you buy for it.

Slipp & Flewelling's Sausages. At your Dealers On and After Saturday 2nd September.

SAVING ROOF OF WESTMINSTER

Famous Architectural Work was in Danger of Collapse Because of Insect.

London, Sept. 12.—(By Canadian Press.)—Westminster Hall's famous roof, one of the architectural glories of the world, is being saved from imminent danger of collapse at a cost of more than £100,000.

Whether this treatment of the timbers is all that is needed time alone will show. Experiments have proved that the female will not lay her eggs on wood so treated, and that the grub must die if it touches it.

AMLAND BROS., Ltd. 19 Waterloo Street

OAK HALL. King Street Germain Street Market Street

Blue Bird Tea Brings Happiness! 1,300 tea specimens in existence, 2,000 different tea flavors obtainable. A century of experience, a generation of research preceded the selection of the flavor that has become famous—

carrying it out. The work has been going on since 1914, and it will be completed next spring. The great historic Westminster Hall, which was the royal residence until 1512, when it suffered greatly by fire, was built by King William I., surnamed Rufus by reason of his red complexion.

Bargain Basement. No Approval No Refunds No Charges. NEW FALL Dresses. Navy Tricotine \$8.75 Navy Poiret Twill \$8.75

Boys' Suits \$7.85. Fix him up right for school and save money in doing it. Separate Bloomers \$1.45 Plain Knee Pants .85c Cotton Stockings .17c Blouses 6 to 15 years .55c Combination Underwear .75c Tweed Caps .60c