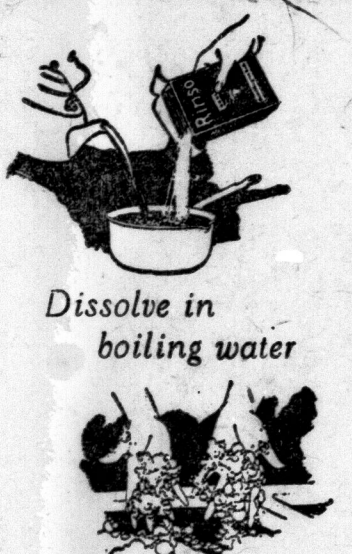




Denmark's Practical School System. There are more than a hundred people's high schools in Denmark, and about three-fourths of the students belong to the middle-class farm population. At any time a farmer may

enter a school and take a special course in most any branch he desires. There are also schools that teach household economics which are attended largely by girls who are preparing to be married.



Dissolve in boiling water

Use enough to get a big lasting suds

Big lasting suds—one secret of Rinso's amazing power to dissolve dirt. If you don't get lasting suds, you have not used enough Rinso.

After soaking, only the most soiled clothes need a light rubbing with dry Rinso.

Your clothes don't need boiling if you use Rinso. But if you like to boil your white cottons, use enough Rinso solution to get the suds you like.

Rinso is made by the largest soap makers in the world to do the family wash as easily and safely as LUX does fine things.

LEVER BROTHERS LIMITED
TORONTO

R302

PULPWOOD EMBARGO WORRIES AMERICANS

Manufacturers Form Organization to Protect U. S. Paper Industry.

Associated Press Despatch. New York, July 12.—With a view to solving problems raised by the threatened embargo on pulpwood exports from Canada to the United States, a number of leading paper manufacturers from all sections of the United States met today at the United League Club and organized as the "committee for perpetuation of the paper industry in the United States."

Henry W. Stokes of the York Davenport Paper Company, Philadelphia, was elected chairman of the executive committee. Commenting on the proposed Canadian embargo, Chairman Stokes said: "If made effective, it will involve the entire paper and printing industry in the United States. The price of pulpwood would at once begin a rise toward wartime levels and more than a million cords of wood a year would be added to the drain on our own fast-diminishing pulpwood resources."

"The paper and printing industries, every branch of which would be affected, have a total production valued at \$2,000,000,000 a year and employ more than half a million wage-earners."

N. Y. EXCHANGE MEMBER KILLS SELF BY SHOOTING

Associated Press Despatch. Orange, N.J., July 12.—Kenneth M. Eynland, a member of the New York Consolidated Exchange, committed suicide at the home of his sister here early today by shooting himself through the head. Miss Serna Eynland, the sister, told the police Eynland had been despondent for some time because of business troubles. Eynland's two children, Kenneth M., Jr., and Mara, were asleep in the house when their father took his life.

HONOR NEWLYWEDS. Special to The Advertiser.

Tavistock, July 12.—The young people, numbering about 100, gathered at the Pavilion Tuesday night to present two of their Mr. and Mrs. Norman Baechle, a handsome wicker rocker and a view of their recent marriage.

JAM FACTORY THROWN OPEN TO THE PUBLIC

Hamilton, July 12.—A most interesting and one that will undoubtedly be beneficial, took concrete form today afternoon, when Wagon Limited, manufacturers of jam, recognized all over the world as one of the leading firms in the business, threw open the doors of its big factory for the inspection and instruction of all who cared to take advantage of the opportunity.

Wagon Limited, have rigidly adhered to the cast-iron rule of the founder of the business, which provided that cleanliness and perfection must come first.

Good Things for the Table

Dainty Dishes Suggested For Summer Porch Suppers

How Guests May Be Deliciously Fed Outdoors In the Hot Midsummer Days.

The following suggestions for delicious summer recipes have been sent us by a nutrition expert:

Tomato Gelatin Salad.

Cook half a can of tomatoes with half a cup of celery, half a bay leaf and a small onion cut fine, for five minutes. Strain through a coarse sieve, add two tablespoons vinegar and enough water to make a pint. Heat to boiling point and pour it over a package of gelatin. Add a dash of red pepper and salt to taste. Pour in individual molds and when firm serve on lettuce leaves with salad dressing, or jelly in border mold, turn on a platter and fill center with chicken or celery salad.

Luncheon Salad.

Dissolve one package of gelatin in one-half pint of boiling water. Stir until dissolved. Then add two tablespoons of vinegar to enough water to make one-half pint and pour all together. Then add one tablespoon Spanish pepper. When the gelatin starts to set add three or four slices of finely-chopped cold boiled ham, one-half cup chopped raw cabbage, one-fourth cup pimiento shredded, three sweet pickles chopped fine and one-half cup broken walnut meats. Serve on lettuce leaves with mayonnaise dressing.

Banana Cream.

Peel five large bananas, rub smooth

with five teaspoonsful of sugar, and add one cup of cream beaten to a stiff froth. Dissolve one package of gelatin in three-fourths pint of boiling water. When cold, stir in the cream mixture. Pour into a mold and set away to harden. Serve with whipped cream.

Dexter Canape.

Have ready four molds of bread toasted on one side. Spread untoasted side with onion butter (made by creaming one tablespoonful of butter with eight drops of onion juice). Place on this slice of tomato jelly. Cut one-third inch thick and same size as bread. With a small pastry tube put a ring of mayonnaise around the edge of tomato jelly. In center place a small, cupped lettuce leaf, all with mayonnaise sprinkled with finely minced broiled bacon. Top with parsley. Serve at once.

Maple Cream Filling for Cake.

Dissolve one-half package of gelatin in one-half cup of maple syrup heated to boiling point. Cook one-half cup of granulated sugar until a drop will form a hair from the prong of a fork. Beat the white of one egg stiff, add syrup in thin stream, beating all the time. Slowly beat in gelatin and continue beating until the mixture will stand up in points. Use between layers and on top of cake.

mild sweet fruit, a well-cooked cereal with thin cream, and very little sugar, buttered toast and a soft cooked egg or a slice of very crisp bacon.

Lunch might begin with a cream of vegetable soup, a slice of plainly cooked fish, a baked potato and a fruit and gelatin or fruit and milk pudding.

Tea and toast at 4 p.m. and at dinner a lamb chop or a slice of white meat of chicken or a broiled meat cake, mashed potato and a green vegetable, a custard and a cup of black coffee.

Milk and Milk Products

	Water, p.c.	Protein, p.c.	Fat, p.c.	Sugar, p.c.	Mineral matter, p.c.
Milk, whole	87.0	3.3	4.0	5.0	0.7
Milk, skim	90.3	3.3	0.1	5.3	0.8
Milk, condensed	16.00	1.0	8.0	5.0	3.0
cream	33.0	24.0	24.0	5.0	1.0
cream	63.0	5.0	18.0	21.0	1.0

Nutrition Nuggets

General men require more food than women because they do more muscular work. Men and women of equal height and weight, lying in bed, at complete rest, need about the same number of calories of energy.

During the summer days of extreme heat and sudden changes of temperature, be especially careful about your diet. The digestion is more apt to be faulty than when the weather is cool and even. Find out the best weather diet that best suits your own particular digestive system, and stick to it.

One hot dish is a good addition to the vegetable soup. It is only a cup of hot broth the restfulness and even mild stimulation of such a dish will be at once apparent after a day of fatiguing heat.

Remember that boys and girls of 14 to 17 will require more food in proportion than do adults. Girls of this age need about 2,200 to 2,400 calories daily, and boys approximately 2,500 to 3,000. In cooking cereals allow 3 cups of

Lest Ye Forget.

Only one place in town to buy real HOME-MADE CAKES AND PIES.

Miss A. Willits
(Formerly of Baxter & Willits.)
Phone 9974. 572 Richmond St.

Aids Digestion

So Doctors Recommend

Brighton's O. K. Whole Wheat Bread

CASH

Special

Autumn Leaf Salad
New Cheese, per
Roseale Apricot
Libby's Dill Pick
Libby's Salad
Holbrook's Olives
for
Holbrook's M
Holbrook's F
sour, mixed
bottle
Fresh Eggs, p

133 KING ST.

Our Family Food

Suggestions for Warm Days

Two Phones
1296
7720
ONN'S
UP-TO-DATE MARKET, 143 King St.

Fresh Caught Fish

Arriving daily from Lake and Sea. Lots of variety to choose from this week-end. Just telephone your order, we deliver promptly to all parts of the city.

WHITEFISH, LAKE TROUT, HALIBUT, HERRING, PICKEREL, PERCH, SMOKED FILLETS, HADDIES, KIPPERS, ETC.
POULTRY—Fresh-killed Fowl, Chickens, Ducks (Trussed FREE).

PALMOLIVE SOAP	SUGAR	HEINZ BEANS
4 Bars for 25c	10 lbs. for \$1.13	3 Tins for 50c
Saturday Only.	Saturday Only.	Saturday Only.

Canned Corn or Peas, 2 tins...25c	Bulk Cocoa, 2 pounds for...25c
Tomatoes, large tins...15c	Good Quality Rice, 4 pounds...25c
Salada Tea, per pound...65c	Pearl Tapioca, 2 pounds...25c
Our Special Tea, per pound...55c	Apple and Rasp. Jam, 4-lb. pail 49c
Bee Jelly Powders, 3 packages...20c	Carnation Milk, 3 large tins...45c
Pure Lard, 2-lb. pails...57c	Snowflake Ammonia, 3 pkgs...25c
Shortening, 2-lb. pails...55c	Libby's Catsup, per bottle...19c
Cornflakes, per package...10c	Yellow Cane Syrup, per tin 28c
Shredded Wheat, 2 packages...25c	Blueberries, per tin...17c
Grapenuts, per package...17c	Holbrook's Marrowfat Peas, 3 packages...25c
Pastry Flour, 2-lb. bag...89c	Libby's Catsup, per bottle...19c
Brunswick Sardines, 4 tins...25c	Laundry Starch, 2 1/2 pounds...25c
Good Quality Prunes, 2 pounds...25c	Cornstarch, 2 packages...19c
Choice Seedless Raisins, pound 19c	P. C. Baking Powder, quart sealer
Kipper Snacks, 3 tins...25c	Iceing Sugar, 2 pounds for...25c
Laundry Soap, 14 bars for...\$1.00	
Choice Creamery Butter, pound, 33c	

ONN'S
UP-TO-DATE MARKET, 143 King St.
3 Cars At Your Service. Phone 1296 7720.

We Are Featuring Fresh Pork This Week-End

VEAL SPECIALS.	Extra Quality Spring Lamb.	CANNED GOODS SPECIAL
Stew Veal, lb. 8c	Limited amount.	Large Size Salmon, each 15c
Shoulders Veal, to dress, lb. 15c	Fresh Mint. Green Peas.	Bulk Peanut Butter, lb. 25c
Breast Veal, lb. 10c	Fresh Pork Tenderloin lb. 45c	Canned Crawford Peaches, to clear, each 20c
Rump Roasts Veal, lb. 25c	Fresh Pork Spareribs, while they last, lb. 10c	Jars of Pear or Huckleberry Jam 2 for 35c
Country Sausage, fresh every day... 2 lbs. for 25c	Fresh Pork Hocks, lb. 7c	4-lb. tins Scotch Marmalade, each 65c
Roll Pot Roasts of Beef, lb. 12 1-2c	Fresh Pork Hearts, lb. 8c	4-lb. tins Assorted Jams, each 45c
Pot Roasts Beef, lb. 10c	Shoulders Pork, no shank, lb. 17c	5-lb. tins of Corn Syrup, each 45c
Oven Roasts Beef, lb. 15c	Fresh Pork Kidneys, lb. 10c	Beef Tongues, lb. 30c
Rump Roasts Beef, lb. 25c	Pork Liver, lb. 5c	Choice Pickled Hocks, lb. 5c
Fresh Beef Hearts, for dressing, lb. 8c	Peamealed Back Bacon, piece only, lb. 35c	Creamery Butter, our brand, lb. 35c
Smoked Breakfast Bacon, sliced, lb. 35c	Smoked Hams, whole or half, lb. 30c	
Smoked Picnic Hams, lb. 20c	Pickled Shoulders, lb. 17c	
	Corned Beef, lb. 12 1-2c	

KINDLY LET US HAVE YOUR ORDERS EARLY

MAKE THIS BRIGHT SANITARY STORE YOUR STORE

CLIFF ROBINSON

4 CARS. 202 DUNDAS STREET. 2 PHONES: 7111-7112.

Anderson's Week-End Specials At the Big Store

Kindly Phone, or Come Early, and Avoid the Rush.

Extra Special—Shoulder Roast Beef, 15c per pound, Special—With Your Order, 9 lbs. Granulated Sugar, \$1

Medway Creamery Butter 35	Smoked Side Bacon, by the piece 30	Fresh Side Bacon, by the piece 20
Round Corn Flakes 11	Leg Spring Lamb 45	Pickled Hocks, 3 lbs. (small ones) 25
London Roast Beef, corner cut 24	Cooked Ham 60	4-lb. pail Libby's Marmalade 60
Hamburg Steak 24	Bologna 20	Corn Starch, 2 for 25
for 25	Pickled Spare Ribs, 3 lbs. 25	New Cheese 25
4-lb. pail Pure Jam 80	7 lbs. Dexter Flour 30	Canned Corn, 2 tins 25
Shoulder Roast Pork 18	Ham Roast Pork 28	Weiners 22
Breast Spring Lamb 18	Smoked Ham, whole or half 32	Blood Sausages 12 1/2
Stewing Beef 25	Loan Roast Pork 32	Pork Tenderloin 60
Boiling Beef 8	Cambridge Sausages 20	Breast Mutton 12 1/2
Post Toasties 11	Cottage Rolls, whole or half 30	Loan Spring Lamb 42
4-lb. pail Apple and Raspberry Jam 50	Corned Beef 12 1/2	Shoulder Spring Lamb 35
3-lb. pail Lard 50	Steak 22	Jelly Powders, 3 for 25
Family Roast Beef 15	Smoked Picnic Hams 20	5-lb. pail lard 80
		20-lb. pail Lard \$3.30
		Cooked Pigs' Feet 3 lbs. 25

ANDERSONS The Big Food Store
Phones 1643-1644; 2064-W on Friday Night. Five Cars. Deliveries: 9, 11 a.m., 2, 4, 8 p.m.

READ THE ADVERTISEMENTS
The Maker Stands Behind His Trademark

Once Again! The Famous Royal Millinery "Dollar Sale"

An Eight-Day Bargain Event in Millinery that will be long remembered in London

Just think of it: Hundreds of hats, some valued as high as \$15, to be sold at \$1
Another lot of some of the finest hats shown this year, to be sold at \$3.95
And the sensation of the year. Any of our best hats in the store, including models that sold as high as \$20. Your choice for \$5.75

Best Hats, \$5.75

Here is your big opportunity to secure a marvelous model or hand-made hat for a price that is unbelievable. They include the best hats in the store that sold formerly for as high as \$20. Just think of it. You walk in and select any one of the best hats in the store, including trimmed Leghorns, ribbon hats trimmed with ostrich, Leghorn hats faced with georgette and trimmed with flowers, and large white mohair hats trimmed with ostrich and flowers, and also many imported sport hats. Your choice \$5.75

HATS for \$1

Big Rush Special On Sale Saturday Morning From 9 To 12 only

245 hats selected at random from our stock. Among them are milans, hair braids, taffetas and timbel straw. Also many trimmed hats, suitable for street and sport wear. There are many misses' and kiddies' hats. Values many times what we ask for them. All on sale Saturday morning 9 to 12.

One Dollar

Hats for \$3.95

Here is an assortment of fine hats from which any woman could make a selection that would please her. Included are silk taffetas, Barnard satins, embroidered hats, the new felt hats and a beautiful lot of wool sport hats. These hats formerly sold for as high as \$10. While they last, \$3.95



SALE STARTS PROMPTLY AT 9 O'CLOCK.

You all know the values we have given in past sales. We make this statement sincerely. This is absolutely the biggest bargain event in our history. Extra salesladies to wait on you. Be here early. These values will not last long.

ROYAL MILLINERY AND FUR
246 DUNDAS STREET