# THE HIGH COST OF LIVING

MAY BE REDUCED BY FOLLOWING

# THE HOUSEKEEPERS' BUYING GUIDE

# Cliff Robinson's Quality Meats and Fish

#### SPECIALS FOR SATURDAY

Lean Beef Cuttings, ib22c Flank Steak, ib.	sts, 1b.     25c     Beef Hearts, 1b.     22c       b.     25c     Front Quarter Lamb, 1b.     22c       Loin Pickled Shoulders, 1b.     30c       sweet Pickled Bacon, 1b.     35c       corned Beef, 1b.     25c
EXTRA	Fresh Spareribs, Calves' Liver, Oxtalis, Sweetbreads, Lamb Fries.
Choice Dairy Butter, lb	Peameal Breakfast Bacon, lb
EXTRA SPECIAL—Beef Tenderloin, lb45c Pork Tenderloin, lb	CHEESE—Swiss, Limburger, Oka, Roquefort, Cream, Yellow and White.

Let this bright sanitary store supply your wants, and you will be satisfied. PHONE 6184

LAST DELIVERY 6 P.M.

**POULTRY** 

# Makes the Best Sunday Dinner

It is our aim to serve your grocer or butcher with the very finest Dressed Poultry to be had in Ontario and we are doing it. If your grocer or butcher asks us for the best,

C. A. MANN & CO., 78 King St. Phone 1577

206 DUNDAS STREET.

# Happy and Prosperous New Year to All!

We sincerely thank you all for your trade during the past and wish to say that we are in a position to give you even better service during the coming year. Now hat the winter weather is here your stock and poultry need special care and the best of feeds. We have some choice mixtures of grains and mashes, specially prepared to produce heat and aid egg production. A good supply of Bran, Shorts, Oilcake and Hog Feeds always on hand. Choice Flour, Cereals, Beans, Rice, Tapioca and Potatoes at low prices. Good Hay, Straw, Salt, Grit and Shell in stock. Ask for anything you need that is kept in a flour and feed store. Phone order promptly attended to. Let us serve you.

# RIGNEY BROS.

100 KING STREET.

PHONE 425.

#### "THE CASH AND CARRY STORE"

	Seeded Raisins, per package14c	Lipton's Cocoa, per pkg 9
WALENCIA RAISINS, per Ib 15cl	Jam. 4-pound pails	H. A. Oleomargarine35
GURBANTS, per Ib	Sweet Oranges, per dozen24c	Snider's Soup, 2 for35
	Grapefruit, each	Dairy Butter50
Demestic Shortening, 3-lb, pail83c	Sweet Oranges, per box	Try a pound of Our Bulk Ten at 50
Demestic Shortening, 1-lb. carton29c	Lipton's Cocoa, three for	Campbell's Soup, per tin 16
Without a XXX Croomer Sering	. Colli Branchi, Per Page	

FRANK SMITH, MARKET LANE
Canada Food Board License No. 8-6165.

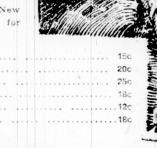
WITHIN A FEW SHORT DAYS

## THE NEW YEAR BEGINS

We will have a large quantity of Geese, Turkeys, Ducks, Chickens, Guinea Fowl on hand. Come early, make your selection, and have us deliver it for New Year's. Store open Tuesday evening. We quote the following varieties for Saturday's buying:

Oysters, New	York	Cou	ints,	pin	t .	٠.,		.60c
Shrimps, pint								35c
Shell Oysters,	doze	n .						.25c
Oleomargarine,	1b.							35c
Shortening, Ib.								30c
Labaters, tin								20c
Balmen						2	tins	25c
Madranal								180

Sliced Salmon Codfish . Haddock Smelts ..



ESTABLISHED 1885. : ONN'S UP-TO-DATE MARKET :

## **COMMONS WILL** BE CALLED FOR MIDDLE OF FEB.

Definite Date Not Decided Upon — Cabinet Meets Frequently of Late.

OTTAWA, Dee, 26.—Parliament will be called, it is expected, for the second week of February. Although the cabinet has not yet decided on a definite day for the opening, arrangements are being made with the middle of February in view.

It was at first expected that the second week of January. Such a course was however, found to be impracticable.

For the last few wooks there have been frequent daily sittings of the cabinet council, with preparatory work under consideration.

For the last few wooks there have been frequent daily sittings of the cabinet council, with preparatory work under consideration,

STEAMSHIP ARRIVALS.

Arrived At. From
New York London
New York Plymouth
New York Havre

Ban on Shipment Of Beer and Wines Not To Be Lifted

No Action Taken To Change Order-in-Council, Says Rowell.

OTTAWA, Dec. 26 .- There is abso lutely no truth in the rumor that the Federal Government intends cancelling the restrictions on inter-provincial

of the use of abbreviated telegraphic addresses registered since July 1, 1914, is withdrawn. The prohibition against using regis-

tered addresses as signatures to cable messages remains in force.

CANADA FOOD BOARD Licenses Nos. 8-8840, 8-8841.

### Our Own Make MINCE MEAT

Just the same as you would make it yourself. Very best goods used. Per lb. . . . . . . . 20c; 3 lbs. 50c New Table Raisins in one pound clusters, Late Howe Cranberries, Sweet Seedless Oranges—all sizes, Christmas Candies, White Grapes, Figs, Walnuts, Almonds, Brazils, Fil-berts, Section Honey, Oysters. Christmas Crackers and Santa Claus' Stockings, Animal Biscuits, Maca-roon, Ripe Tomatoes, Cucumbers, Mushrooms, Celery, Peppers, Water-cress, etc.

Best-Quality Coffee and Black

## John Diprose

160 Wortley Road. Phone 1397 266 Dundas Street Store. Phone 2262.

HOUSEKEEPING IS A BUSINESS. ECONOMICAL COOKING IS A SCIENCE.

## Our Consumers' League

## Centralization a "Vital Necessity"

agencies working independently in the interests of public health in this city ack of systematized co-operation between these, and the consequent overapping and waste of time and service inevitable under such circumstances. The rtance was emphasized of re-organization of the department of publi ealth and enlargement to co-ordinate in it these various agencies in the in ests of efficiency, and in order to eliminate unnecessary machinery. In the weeks that have intervened, plans suggested by Miss Fidlar, vita statistician of the Institute of Public Health, and Miss Friend, public health nurse, for co-ordinating these activities have been explained, the plans aireads mitted by them to the board of health. In the meantime the Local Counc Women has placed itself on record as favoring such a step, and has forwarded by representatives of the various affiliated so etles, to the Trades and Labor Council, the Chamber of Commerce, his wo the mayor, and the chairman of the board of health. The Trades and Labor Council has shown its wide awakeness in regard to

welfare of the city by indorsing the resolution of the Local Council of Wo The question has been left over by this year's council to the council of Chamber of Commerce a week ago, and some action will be taken on the

esses himself in no uncertain terms in regard to what he terms the viti-cessity of re-organization, or rather as he terms it, "organization" of the

made a close study of the local situation, upon which a flood of light wa sed upon thorough knowledge, and is valuable accordingly Miss Armstrong, Editor Consumer's League Depart

ment, Advertiser: Madam Editor,-The interesting letter of December 20 issue, under the caption "Look Before You Leap, by "Graduate Nurse," is well worthy of much consid eration, and should be clipped by those interested in city nursing service. Like several other letters, it pre sumes, or infers, we have something to reorganize whereas the word organize would more aptly describe the present situation. It is true there are several nursing units operating under different names, some voluntary, some partly commercial, some receiving grants from the city, some paid by the board of education, some paid by the board of health, and there may be others, all specializing more or less, and working independent of each other. These various interests with the school teachers, medical students and others, and the assistance of the Red Cross were marshaled into some semblance of temporary order by, and under Mrs. J. B. Me Killop during the epidemic. The Health Institute (Provincial Government) was the base of operations. The statistician (Miss Fidlar) and the public health nurse (Miss Friend) formed the pivotal point round which revolved some fifty-five nurses, a small army of women cooks, under Miss MacPherson and Miss Craig, and the mass of detail incidental to a city in dire distress, ten ! square miles in area and approaching sixty thousand inhabitants. The men did their part and did not get in the way more than usual, and the work went on to a successful conclusion. The average citizen has no idea of the magnitude of the work done, or the social conditions rerealed in some of the homes. Then there are also the kindred subjects of relief and charity, and of these. nurses have really authentic and intimate knowledge, and these are dealt with by still other organizations. The whole considered in the mass seems somewhat bewildering, yet all this essential work, vital to a growing city, can be readily organized without interfering unduly with the various units, or their work. A central office and competent direction will add to the efficiency of each, and overlapping and much wasted energy will be eliminated, without necessarily adding to the present number or expense. The board of health is practically committed to the idea of a central office, and it seems to me that if the women of the city can manage these things in such an efficient way at a moment's notice and during such a crisis, they may safely be trusted to develop and work out the details, and bring the whole into coherence and logical order. By divine dispensa-

### hope of yours faithfully, E. H. RUSSELL. The "One Woman" Hen Ranch

tion it is enacted that women shall not only produce the race, but also preserve it. This is surely the funda-

mental basis of all, and nothing is more important. That

the new year, and with it the new board of health, shall

see this vital necessity put into operation is the earnest

Sask., this week contributes further interesting information in regard to making poultry pay in a climate where, in the severest weather, the thermometer sometimes drops to fifty and sixty below zero. A good deal of her advice approximately plies to poultry-raising in any clamate, and consequently is not only interesting but valuable to Western Ontario readers. She says:

"It's DOGGED that does it,' as Anthony Trollope says in his 'Last Chronicle of Barset.' I am sure poultry-raising is a business that with patience and

perseverance combined, success is sure to come.
"I have no helper, and that is why I call my hen-ranch, in fun, the 'One "I should like to know if any reader can give me a tip in regard to turning

hen manure and white feathers into cash." Telling of the constant care of the early Rock in the spring, necessitated by the cold and wet, Miss Plummer states that after the birds are hatched, she in a brooder. "One can generally be sure of the birds being warm and cosy three on cold nights," she says. nuing, she tells of her discovery in regard to treating her birds to lice

"Last winter I was shown a very novel way of lice-powdering. I tried to powder the birds with a powder gun, also holding the birds by the legs and owdering under the wings, etc., as shown in all the poultry books, but I found got more powder in my eyes than the fowls got under their feather, my sight was hurt and eyes sore for a week. The new way is to nail the end of an old bed-tick up in the chicken house. One person holds the bird, and the tick open, while another lightly powders the bird, then drops it gently into the tick. By the time the bed-tick is half full of fluttering birds, you find they are lusting themselves, and the lice powder is quite a good distance from your eyes When you find the birds cease moving about take them out and put another

bunch in, and so on. "Some people are experimenting this winter with dug-out chicken houses There is one near the C. P. R. station at Saskatoon. I examined it the other day. Next spring I hope to interview the owner and see if it paid (the digging out), in winter eggs. The hens scratch all day about three feet below the ground. The scratching part of the house is kept light by a storm window arranged lengthwise at a certain angle, so that the light falls below. I am afraid when the heavy falls of snow come this window will get blocked up; also when the thaw comes the wet will get inside the house.

"Soon after my winter when I had such a good return of winter eggs "Soon after my winter when I had such a good return of winter eggs (mentioned some weeks ago), evil days of bad luck came upon me, and then came the war. This made feed go up and up, and I had shot at me by my friends and neighbors this kind of shrapnel: 'You'll never make fowls pay with feed at this price. 'Fancy a dollar a bushel for wheat to feed fowls!' I don't see how you can begin to make fowls pay when you have to buy everything. Of course on a form it is different, and so no. Of course, on a farm, it is different, and so on.
"These remarks only made me feel more stubborn and determined to try

and show, although not on a farm, there was some way of making fowls pay. To save on the hard grain feeds last spring, I shut off one of the yards and planted a chicken pasture with rape, oats and winter rye, and this was a great success. The birds simply lived in it, as soon the grain was high enough up for them, to be let into the yard.

"It was a novel idea here, and many stared at me, when I explained what

I was planting. My idea was 'Farmers have cattle and hog pastures, why

# GIGANTIC Price-Smashing SALE!

A Whole Store Full of Choice Meat and Groceries Go On Sale Tomorrow at Low Prices

Tomorrow morning at 8 o'clock we begin one of the most gigantic one-day sales of choice provisions ever attempted in this city. This sale is going to put back into the pockets of the people of this city hundreds of dollars in real savings. When you realize that our provisions are of the very finest quality you will realize first what an opportunity this great sale offers you. Deliveries to all parts of the city up to 8 o'clock at night. Come and reap the harvest. Remember, only a few of the specials are listed here. Come and see our bargain counter. It's filled to overflowing.

Rib Boiling Beef, lb. ... 22c Swift's Premium Oleomargarine .... 35c Pot Roast and 22c Boiling pieces 5-lb. pail \$1.70 Pure Lard \$1.70 Shoulder Roast Pork 33c Fresh Pork Tenderloins. 45c Shoulder Roast Veal lb.30c Rush Special PICNIC HAMS

Stewing Veal 20c

65c Jam ... .. 1b. .... .. 16c The Best Made. CREAMERY 54c BUTTER, 1b. London's Finest Make. Milk ....

meat ... ... EGGS, DOZ. 60c FRESH Delivered 2c Extra. Eagle

ROAST BEEF, 1b. 25c

NOTICE.

Geese, lb. 35c Carnation Milk ... 3 for 20c Ducks, lb...... 38c Silver Cow Milk, tin ... 20c

Chickens, lb. ...... 35c Turkeys, lb. ..... 48c

SPECIAL!

#### TWO TRANSPORTS WITH CANADIANS HOMEWARD BOUND

UNITED STATES NOW THE WORLD'S SECOND LARGEST SEA POWER

The Carmania With 3.050 Impressive Fact Is Brought and Tunisian With 535 Soldiers on Board.

Home When Fleet Is Reviewed.

an-London district. 2140256 V. Dupont. HAGERSVILLE. THOSE ON THE CORSICAN ST. JOHN, N. B., Dec. 26.—The

ST. JOHN, K. Branch, arrived yesterday on the steamship Corsican:
Military District No. 1, London—L. Harold, T. Touzel, A. Weeks, A. A. Horrick, E. H. Hall, L. A. Kane, R. W. Kettlewell, H. M. Kitt, D. H. Moore, I. Nemirovitch, P. O'Hara, M. Oriovo, J. W. Price, M. K. Frakopp, A. W. Smith, A. E. Spahr, S. Szczepinski, W. Turnbull, A. W. Weeks, Windser—L. O. Cross, J. Dorward, A. J. Jackson, R. Robins, R. J. Hock, S. O. Watson.

Corinth—Wm. Culver.
Stratford—A. W. Clark.
St. Thomas—M. Harris.
Londesboro—S. E. Lvón.
Parkhill—S. W. Watson.
Kitchener—R. A. W. Dunn.
Hamilton—G. Tait, L. B. Berg. P. R.
'assey, W. Cody, H. D. Edwarts, W. J.
'Praser, J. Gare, A. E. Thompson.
Brantford—B. J. Anderson, and F. Jouglas.

#### German Profiteers Carry "Swag" Away by Airplane Route

MUNICH, Tuesday, Dec. 24.—(By the

Associated Press.)-The Munich Post today prints a startling charge that

491085 A. G. Roberts. ST. CATHARINES. 406284 E. Clark. WINGHAM.

#### DISTRICT CASUALTIES "FLU" GERMS KILL RED CORPUSCLES

WOODSTOCK.
3139782 R. H. Wilson.
ST. CATHARINES.
56092 W. A. Bell.
ADDRESS UNKNOWN.

642203 M. J. Garlow PREVIOUSLY REPORTED MISSING, NOW KILLED IN ACTION

WOUNDED ACCIDENTALLY DUNNVILLE 453587 L. Lamb. PAISLEY.

838775 J. McArthur. PRISONER RELEASED LONDON. 127260 F. G. Reed.

PRISONERS REPATRIATED BRUSSELS,

150451 J. Kirkconnell.
KENILWORTH.
928263 A. C. Lennox.
WATERLOO.
126214 F. Stockley.
NOT STATED.
16879 H. Darley.
NIAGARA FALLS.
210855 E. P. Scott.
HAWTREY.
401211 C. J. Saunders.
BEAMSVILLE.
113619 Tom Warner. 113619 Tom Warner. STRATFORD. 113291 T. H. Hiller. HYDE PARK.

654087 Sergt. G. W. Schaefer EXPLOSION IN FRENCH MINE.

he attacks of germs, particularly that f pneumonia. "Influenza germs attack and devous he red corpuscles in the blood," said is. "This leaves only the white corpuscles, and a condition closely allied o pernicious anaemia. This condition veakens the system to such a degree that it is really dangerous."

The most essential thing for the system after influenza is iron. It makes end corpuscles, without which one cannot exist very long. ot exist very long.

TONAL-IRON CAPSULES meet the TONAL-IRON CAPSULES meet the need perfectly and greatly hasten the rebuilding of the system and the throwing off of the disease. We have score of splendid testimonials from prominent people as to the marvellous upbuilding and fortifying powers of TONAL-IRON CAPSULES, and many reports of cure in so-called "incurable" cases. Tr. TONAL-IRON—for health! take and wonderful in effect. Reliable druggists sell the genuine TONAL-IRON CAPSULES. Accept no other; \$1.00' box, enough for two weeks' treatment if you cannot get the genuine TONAL-IRON CAPSULES, send \$1.00 and wwill mail a box, all charges paid. Tonal-Iron Company, Box 184, London, Ont. 2xv's

# **VEGETABLES**

MAIN & COLLYER

### Open a Savings Account With the Bank of Toronto

and deposit there the small sums that are so easily spent, and watch the result of the "adding to" principle. These "saved dollars" will be the seed from which a snug bank balance will grow for future years.

INTEREST PAID twice a year on all savings balances.

BANK OF TORONT

FOUR OFFICES IN LONDON: Cor. King and Richmond Streets. Cor. Dundas and Ta:bot Streets.

Cor. Dundas and Adelaide Streets.