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needs nourishment that not only sustains strength but also promotes normal growth.

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is a food- tonic that is of special significance to children.

Those who are not thriving ought to take Scott's Emulsion

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Dye right! Don't risk your material. Each package of "Diamond Dyes" contains directions so simple that any woman can diamond-dye a new, rich color into old garments, draperies, coverings, everything, whether wool, silk, linen, cotton or mixed goods. Buy "Diamond Dyes"—no other kind—then perfect results are guaranteed even if you have never dyed before. Druggist has "Diamond Dyes Color Card"—16 rich colors.



The UNDERWEAR for the Open Air

MEN who like to be out in the bristling cold will appreciate ATLANTIC UNDERWEAR. It is so designed that it will not hamper the movements in the slightest degree. The warm, soft, wool yarn from which it is knitted gives an absolute and complete protection from the chilliest weather.

In these respects it is quite unique, and it possesses one unusual quality—it is moderate in price.

ATLANTIC UNDERWEAR is wonderfully durable. Its wearing qualities are such that it has become known as "The Underwear that Overwears".

Sold in five different weights and qualities; Each line is guaranteed to be the best value in its class.

Look for Trademark—It is your guarantee

ATLANTIC
UNSHRINKABLE
The UNDERWEAR that Overwears

ATLANTIC UNDERWEAR, Limited
Moncton, N.B.

Retail Price of Sugar 21 Cents

Ottawa, Oct. 13—The fixing of the retail price of granulated sugar at a price not higher than twenty-one cents per pound, plus freight and the prohibition of importations of sugar are the features of an order issued this evening by the Board of Commerce of Canada dealing with the sugar situation. The order remains in effect until the end of the present year. Prohibition of importation is provided for in the following paragraphs of the order.

"Whereas in the view of the Board of Commerce of Canada it is in the public interest that the transactions as to buying and selling of refined sugar should be limited to certain strictly defined channels, the board prescribes the following regulations governing the same:

(1) Refiners are restrained from selling sugar otherwise than to wholesalers, manufacturers or retailers who are restrained from buying sugar otherwise than from such refiners.

(2) Wholesalers are restrained from selling sugar to other than manufacturers or retailers and such manufacturers or retailers are restrained from buying sugar otherwise than from such wholesalers.

Then follow regulations fixing the minimum price and making special provisions governing sales in small lots.

It is provided that wholesalers must sell to retailers at a price which will enable them to resell at twenty-one cents per pound and realize, freight paid, a profit of two cents per pound.

The sale price by refiners will include a commission of one half cent per pound for the service of distributing to the retail trade.

The Board of Commerce also issued



tonight a lengthy statement reviewing the sugar situation and setting forth the reasons for the issuance of its order. In this document it is stated that the predecessors of the present commissioners laid down the principle that it was the duty of the board not less to protect the trader on a falling market than to protect the consumer on a rising market.

Refiners Closed

The board points out that all the sugar refineries in Eastern Canada have closed because of the fact that, owing to the embargo on export, which was put on to protect the consuming public they have excess supplies on hand. Values of sugars bought and to arrive under these conditions are placed at approximately sixty millions.

"Thus it will be seen," says the statement, "the refiners face a situation which is frankly critical and becoming daily more acute. The refinery works are closed, the vast capital concerned is tied and wasting, and the refiners are being in some cases already carried by the banks."

The board draws attention to the fact that "refiners have during recent months in co-operation with the board made reductions totalling four and a half cents per pound from the highest price, representing values of several millions dollars. A present further reduction would entail on the refiners loss which would in the view of the board exceed their resources."

The board's statement in part follows:

"The sugar situation in the United States and Canada continue to present many unusually difficult aspects. Distress sales have been responsible in part, but not wholly, for a quick fall in prices in the United States. Surprise is frequently expressed in the Canadian press that this lower range of prices is not reflected in the Dominion. Certainly, some sugar has been during recent weeks imported into Canada from the United States, the difference in price covering exchange, duty and freight, and still permitting the importer to sell if he chooses somewhat below the ruling Canadian price. Were cheap sugar thus imported on a large scale from the United States, the Canadian refiners would be necessarily put temporarily out of business. This situation has been in fact already practically created; all the refineries in Eastern Canada have closed their doors and their twenty-five hundred employees are on the street. When the refineries will re-open is uncertain. This situation is a result, however, of a number of conditions preceding the break in prices in the United States, and recent importations of sugar from the United States have had little to do with it.

A Review

"Looking back over the sugar situation of the last two or three years it is necessary to recall that when some time before the close of the war, there was an almost universal shortage of sugar, more acute in Europe than in North America, and less acute in Canada at any time than in any other country participating in the war, the sugar refiners of Canada co-operated with the Dominion Government and its agencies in an endeavor to protect the Canadian consumer in these matters, and it was as a result of this co-operating that throughout this trying period Canadians felt but in slight degree the shortage of sugar, and secured until recent weeks at a cost below the prices obtaining elsewhere.

Consumer Saved

It has been estimated on a careful calculation that the amount saved to the Canadian consumer as a result of the action taken during this period by government agencies regarding sugar transactions was not less than \$20,000,000. In 1919 Canadian sugar men, estimating the general situation more accurately perhaps than did the refiners of the United States, bought heavily of low priced sugar, buying more than the Canadian market seemed to justify and expecting to market the surplus profitably by export. This was, however, prevented by an embargo on export, there being still some apprehension of a sugar shortage, and Canadians had the benefit of cheap and plentiful sugar. It may be added that when the embargo as such ceased to exist the refiners at the request of the government still refrained from exporting sugar, though the price in the United States remained for some time several cents above the Canadian price. The sugar growers, taking advantage of the world shortage, lifted the price of raws to a point unprecedented. The Canadian consumer had, however, well before the peak of sugar prices in Canada was reached, bought more heavily than usual, and has been as a rule well stocked dur-

Navy League Of Canada

Canadian ships sailing to all parts of the world carrying Canadian goods and manned by Canadians is the slogan of the Navy League of Canada in their effort to raise \$760,000 in a national campaign for the relief of merchant seafarers' widows and orphans, the training of Canadian boys, to help sailor's institutes, and for the development and administration of the movement.

The Navy League of Canada deprecates the fact that Canada has fallen behind in maritime power. Seventy years ago she stood in third place, and her ships were manned by Canadians. Today she plans to have ships sailing from Canadian ports manned in the future by young Canucks, and thus boasting the Dominion the world over.

Statistics compiled show that it takes six times as long to build a ship as it does to build a ship. Maritime strength cannot be achieved in a year or even a decade. Growth can only be commensurate with the development of a sea-conscious spirit in the nation.

The continuous training of over 2,000 Canadian lads in the Boys' Naval Brigades of the Navy League of Canada is having an effect upon our Maritime future.

There are 8,700 ships under the Canadian flag today with a personnel of 45,000. The value of the merchant fleet is in money \$250,000,000. Through lack of interest on the part of Canadians our maritime affairs has allowed the command to drift into other hands. Our ships are neither officered nor manned by Canadians. The burden of the British Navy is \$17 per head of the British tax payer while Canadians escape with 25 cents.

The Navy League of Canada maintains that new routes must be opened, trade lines established and maintained. Commercial supremacy means contends the League, the ability to carry when and where required, to sell without interference, and demands the freedoms of the seas.

"Old St Perkins is a prohibition crank, ain't he?"

"Gawsh, yes. He's even agin lettin' the town clock get lit up nights."

The clock struck twelve, at midnight.

And the lovers sat and stared; Thinking no doubt if it struck 13 'Twould be time to have it repaired

raw sugars are being offered there at 6.21 cents f. o. b., which is below the figure at which the entire Cuban crop of 1919-20 was offered in October of last year. The collapse of the speculative orgy there has brought about panic conditions in the raw sugar market and there is a heavy pressure to realize on the stock in hand, which is still much larger than published figures indicate.

A MEATLESS HOT PIE

Another Use Discovered For Those Oxo Cubes.

Here is a recipe calling for no meat other than the concentrated beef-goodness to be found in the familiar Oxo cube.

Peel and slice sufficient potatoes to half fill a large pie dish, add few small onions, also sliced. Put into cold water; bring quickly to a boil, boil one minute, then drain.

Put back in pie dish with few slices of tomato, season with pepper and salt and flavour with Oxo. Dissolve one Oxo cube in a pint of hot milk and pour over mixture. Put few bits of butter on top and bake for two hours in moderate oven. It's delicious.

All dealers sell Oxo in tins of four, ten, and fifty cubes.



the fighting Gladiators of ancient Rome healed their wounds and sores with rare herbal oils and balms. These are said to have knitted the damaged tissues together in miraculous fashion.

Though the highly-prized secrets of those precious healers were lost with the fall of Rome itself, the introduction of the great herbal balm Zam-Buk, has furnished their true successor. It is so marvellously like them in action.

The soothing and healing touch of Zam-Buk is to-day known the world over. Wherever there is a Cut, Burn or Scald, a Festering or Poisoned Sore, a patch of Eczema, Salt Rheum, Pimples or Rash, Zam-Buk ends the trouble once and for all. The same with Ulcers, Ringworm, and Blisters.

Nothing else known to Science performs such marvellous healing, or dispels disease from the tissues so thoroughly as Zam-Buk does. This is due to its pure herbal character and origin. Its absolute freedom from the animal fats and minerals found in present-day ointments is another valuable feature.

With production costs at high-water mark, the price of Zam-Buk remains at 30 cents. An old price you still have the same high standard of curative and healing value. Increased world-wide demand allows this.

All dealers of Zam-Buk Co., Toronto, Ont. or 25c for \$1.50. Trial Sample FREE if stamp for return postage accompanies application.

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THE 20th CENTURY HEALER



NOT SOMETHING NEW BUT SOMETHING GOOD

FOR almost fifty years Beaver Flour has been demonstrating to Canadian women that it is unrivalled as the best flour for general baking purposes.

The chief reason for this is that "Beaver" is a blended flour,—containing all the richness and goodness of the world-famed Ontario Winter Wheat combined with enough Western Hard Wheat to give it strength.

BEAVER FLOUR

enables any cook to produce bakings that are real food treats.

Bread made with Beaver Flour has that delicious, nut-like, homemade flavor so much sought after by all who appreciate good things to eat; while pies, cake and pastries are noted for their lightness, crisp flakiness and even texture.

Beaver Flour has earned its enviable reputation for superiority. If you are not using it now—try it! Sold by your grocer.

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In Command of Range the Enterprise Monarch is daily giving complete satisfaction as a reliable, convenient, and economical range. A stove that consistently makes good whatever you need, remains full to give you peace of mind.

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