and in green vegetables.

of pure fruit juice.

one-fourth the normal quantity. This

makes it more easily digested than whole milk for those who have any

digestive weakness.

The contractions of the stomach

that produce the sensation of hunger continue as usual during sleep. This accounts for the fact that hunger

LONDON D. S. C. R. PATIENT

Canadian Press Despatch. Toronto, Sept. 20 .- A man who had

registered as J. D. Campbell, Wey-

mouth, N.S., was taken from a local

hotel today by three men from the D. S. C. R. and placed under medical

care in Christie Street Hospital, To-ronto. He is an escaped charge of

the London, Ontario, D. S. C. R., and will be taken back to London.

PORK SPECIAL.

Ham Roast .. 28c-30c

Fresh Side Bacon . 20c

Market House

Restored by Tanlac Years Ago and Has Not Been Sick Since



"For eight years previous to taking Tanlac I suffered almost every day from stomach trouble, but this treatment restored my health completely ve years ago, and I have not had a ick day since." is the striking statement made recently by Mrs. M. Gumbrell, Country Club, Barriefield, Ont., Canada.

"Gas forming on my stomach after eating would make me gasp for breath, and sickening pains would orce me to lie down to get relief. The odor of food cooking nauseated all day my work was a burden.

"Tanlac gave me almost immediate relief, and soon had reversely Bayfield Sept. 25 and 26 celief, and soon had my stomach perfect order. I eat heartily of an thing I desire without pain or di comfort. My nerves are calm, sleep splendidly, and work is pleasure." Tanlac is for sale by all good dru

gists. Accept no substitute. Ov 37,000,000 bottles sold.

Tanlac Vegetable Pills are Na ture's own remedy for constipation for sale everywhere.—Advt.



Disease Germs Doome

Many have lost terrors for the Scientist

The progress of recent years in medicareseargh is little short of marvellous pescarch is little short of marvellous Daily science kills germs by the million Daily, new ones are being discovered isolated and exterminated by the march Science is winning. What were one

regarded as serious diseases are no laughed out of countenance by the doctors. Fearlessly they plunge naked hands into swarms of them, their only precaution being to rinse their hand afterwards with a reliable germicide preparation. We are witnessing the birth of an era when the world w have little to fear from microbes. Absorbine Ir., besides being the all purpose liniment that removes pain and preness, and hastens healing, is a power ul antiseptic that is death to the microb

Absorbine Jr., is just what is neede in the house in case of accidents and to correct the many little household hurti that constantly occur. \$1.25, at you

WOODSTOCK METHODISTS CONFER ON MISSIONS Special to The Advertiser.

Ingersoll, Sept. 20.-Keen interest Zurich Sept. 27 and 28 was shown in the annual financial and missionary conference of the Methodist Church of the Woodstock district held in the Methodist Church today. The two sessions were well attended. Dr. Barber of Toronto gave an outstanding address on behalf of the educational fund, while Rev. Aldress on missionary work. Rev. R.
S. Large of Central Methodist
Church, Woodstock, presided, and
Rev. M. E. Sexsmith, Ingersoll, acted as secretary. Among the matters discussed following the adoption of financial reports was the equipping of property recently obtained for said that everything was proceeding summer school work.

LACK OF ADVERTISING REDUCES STORE SALES

Shopping Districts of Metropolis Feeling Effects of the Pressmen's Strike.

Special to The Advertiser. New York, Sept. 20 .- Advertising is

A dearth of women shoppers at the height of the bargain season is laid to the fact that New York is without newspapers. Department without newspapers. Department store heads and shoppers interviewed confirmed the fact that shopping is decreasing each day the city goes without its morning and

A visit to the larger department stores found them deserted in com-parison to their usual rush. Line plunging tactics of football fullbacks, so helpful to the mere male in moving about department stores and under ordinary conditions; were not necessary. It does not require the strategy of an aisle mariner to negotiate the paths through New York's great stores these days.

"The slump in shopping is caused by our inability to advertise in the newspapers," asserted the executive of the largest department

"The first day of the strike was not so bad—the impetus of the previous day's advertising carried us over. Yesterday it was worse. Today it is awful. Tomorrow and each succeeding day we cannot advertise it will

Dates of the Fall Fairs

ir	Blenhiem Oct. 4-6
ny-	Blenhiem
lis-	Brigden Oct. 2
, 1	Purford Oct 2 and 3
a	Caledonia Oct 11 and 19
	Chesley Sent 27 and 28
ıg-	Comber Sent. 28 and 29
ver	Delaware Cet 3
	Dorchester Oct. 3
	Dresden Sept. 27 and 28
Va-	Drumbo Sept. 25 and 26
on.	Embro Oct. 4
	Essex Sept. 24-27
_	Fairground Oct. 2
	Flesherton Sept. 27 and 28
	Florence Oct. 4 and 5
	Forest Oct. 2 and 3
	Georgetown Oct. 5 and 6
	Glencoe Sept. 26 and 27
	Hanover Sept. 25 and 26
	Harrow Oct 9 and 19
	Highgate Oct. 11 and 12
	Holstein Sept. 26
	Inderton Sept. 28
	Ingerson Sept. 25 and 26
n!	Finkton Oct 2 and 28
	Lakeside Sent 27
	Lambeth Sept. 20
	Leamington Oct 2 to 5
he	Lion's Head Oct 3 and 4
-	Lucknow Sept. 27 and "8
	Melbourne Oct 11
	Merlin Sept. 24 and 25
	Metcalfe Sept. 25 and 26
al	Milton Sept. 28 and 29
18.	Highgate
n.	Mitchell Sept. 25 and 26
d,	Muncey IndiansSept. 27
ch	Norwich Sept. 27 and 28
	Otterville Oct. 5 and 6
ce	Paisley Sept. 25 and 26
w	Palmerston Oct. 2 and 2
he	Paris Sept. 27 and 28
ed	Petrolia Sept. 25 and 25
ly	Pinkerton Sept. 24 and 25
ds	Port Elgin Oct 5 and 6
al	Ridgetown Oct 8-10
he	Ripley Sept 25 and 26
ill	Rockwood Sept. 25 and 26
***	Rodney Oct. 1 and 2
11-	Sarnia Sept. 26-28
THEIN	Simcoe Sept. 24-26
d	Tara Oct. 2 and 3
r-	Tavistock Sept. 24 and 25
oe	Teeswater Oct. 2 and 3
	Thamesville Oct. 2 and 3
d	Thedford Cct. 4 and 5
to	Thorndale Sept. 24 and 25
ts	Thorold Oct. 9 and 10
IL	Tillsonburg Aug. 28-30
	Tiverton Oct. 2
-	Wallaceburg Sept. 25 and 27
1	Wallacetown Oct. 3 and 4
	West McGillivray Oct. 4
S	Wiarton Sept. 25 and 26
	Windham Oct. 2
	Wingham Sept. 24 and 25
st	Teeswater Oct. 2 and 3 Thamesville Oct. 2 and 3 Thedford Cct. 4 and 5 Thorndale Sept. 24 and 25 Thorold Oct. 9 and 10 Tillsonburg Aug. 28-30 Tiverton Oct. 2 Wallaceburg Sept. 25 and 27 Wallacetown Oct. 3 and 4 West McGillivray Oct. 4 Wiarton Sept. 25 and 26 Windham Oct. 2 Wingham Sept. 24 and 25 Wyoming Oct. 5 and 6 Zurich Sept. 27 and 28

SAYS RAILWAY UNION FREE FROM INTERNAL TROUBLES

Canadian Press Despatch. Calgary, Sept. 20.-The biennial ertson of Japan gave a stirring ad-convention of the Canadian Brother-ress on missionary work. Rev. R. hood of Railway Employees had not developed anything to indicate that there was any internal trouble whatalong in the most harmonious lines.

\$19 PIANOS \$19

Good Practice Pianos

\$1 Down \$1

50c Balance 50c Per Week

Why not start your child when you have an opportunity like this to purchase a Piano?

Seeing is believing. Call and see them at

YE OLDE FIRME

HEINTZMAN &

242 Dundas Street, London, Ont.

Our Family Food

We Lead: Others Follow Place your orders early for genuine home-made delicacies

Miss A. Willits 572 Richmond. Phone 997J. (formerly of Baxter & Willits)

Whole Wheat Bread Is Appetizing, Nourishing Digestible.

Brighton's O. K. Whole Wheat Bread

Is recommended by doctors for its nutritiousness. Sun Maid Raisin Bread Is delightful for a change. Get them from your grocer or have them delivered from the plant.

BRIGHTON'S O. K. BAKERY 479 Emery. Phone 2160. Proper Mixture of Foods

rules can be set down, broad prin-

ANY TIME, ANYWHERE.

You can get PURITY

COSTS NO MORE THAN OTHERS.

CLIFF ROBINSON

QUALITY MEATS AND PROVISIONS.

Just To Help You

We have made it easier to shop at Robinson's. Just check off in the spaces those things you

need. Then clip this ad, and bring it with you.

Watch our window for daily leaders. We have a real one

for every day.

Make this Bright, Sanitary Store your store.

BIG PORK VALUES.

Fresh Hocks 8c lb.

Spareribs 121/2c lb.

Sweetbones 5c lb.

Ham Roasts30c lb.

Stew Veal10c lb.

BEEF SPECIALS.

Bottled Horseradish 2 for 25c

Country Sausage, fresh every day . . 2 for 25c

Peamealed Back 35c lb. Pickled Beef Tongues 28c lb. Choice Pickled Hocks. 8c lb.

Smoked Pienic Hams, very 3-lb. Pails Pure Lard

choice 20c lb. 60c each

..... 30c lb. 5-lb. Pails Pure Lard

Beef Hearts 8c lb. 90c each

Pork Hearts 10c lb. 5-lb. Pails Shortening

FRESH GREEN VEGETABLES. SPRING CHICKENS.

Kindly let us have your orders early. First delivery

leaves store 7 a.m.

CLIFF ROBINSON

paid for ordinary run of goods. Come, or 'phone early.

Lamb Special

Rib Roast 25c Breast Lamb 18c Fillet Veal 35c

Prize Dairy

Shoulder Roast...15c

Beef Cuttings 10c

SPECIAL

3-lb. Pails Shortening

..... 85c each

2 Phones: 7111-7112.

We have purchased the whole of the Prize Cheese and Butter exhibited at the Western Fair

and are going to give our customers the benefit of the purchase at prices that are usually

Ten Pounds Sugar, \$1.00, With Your Order.

Rolled Corned Beef Loin Lamb35c Loin Roast30c Shoulder Roast30c

Boiling Beef 10c Salmon Trout, 20c Breast Veal 12½c Whitefish, Brisket Beef 8c by the fish ... 20c Stewing Veal 10c lb.

5-lb. pail 65c 4-lb. pail Lib- 55c Cooked Pigs' 25c Herring, Clover Honey 65c by's Marmalade 55c Feet, 3 lbs.... 25c 2 lbs.

Phones 1643-1644. Friday evening, 2064W. Five Deliveries: 9 and 11 a.m., 2, 4 and 8 p.m.

45c Prize Old Cheese 40c Prize Creamery Butter... 45c Prize New Cheese

Veal Special

Breast Veal121/2c Whitefish,

Peamealed Roll 25c lb.

Breakfast Bacon, sliced ...

Brings Health To the Body

Our family food has carried vari-ous suggestions for planning a bal-less individual needs and conditions anced diet and the accompanying are known. menus. These considerations are important, but lest the housewife weary of too much talk of the technical side of menu building, we propose to translate it all, in so far as is practicable, into terms of bread and butter.

What are the first considerations in making out a bill of fare?
In the first place no hard and fast rules can be set down, broad printage are known.

It is taken for granted that the housewife has supplied herself with the standard weight tables for men, women and children and that she uses these to check up the weights of various members of the family as part of the technique referred to above. At present we are to limit the discussion to the actual foodstuffs, their selection and serving.

So far as the protein or body-

ANY DAY FAIRFUL'S

BREAD

Answers to Food Questions Answers to readers' questions regarding diet will be given by Winifred Stuart Gibbs, food specialist, writer and lecturer on nutrition. Questions should be accompanied by a self-addressed, stamped envelope, as only those of general interest will be answered in this column; others will be answered through the mail, Address: Winifred Stuart Gibbs, 37 West 39th street, New York City.

I have trouble with indigestion am nervous and also have a poor circulation. My weight was 200 pounds So far as the protein or body-building material is concerned, see that each child has a quart of milk daily and each adult a pint; allow the solution of the scale is now two years ago, and the scale is now two years ago, and the scale is now two years ago, and the scale is now two years. The scale is now two years ago, and the scale is now year

daily and each adult a pint; allow from 2 to 4 ounces of meat per person, according to age, and alternate from 2 to 4 ounces of meat per person, according to age, and alternate this with 2 to 3 ounces of cottage cheese or some other meat substitute. Use eggs carefully, giving young children only a half egg at a time. One protein caloric per pound of body weight is all that is required into the daily ration.

As to fats, allow 1-2 to 2-3 ounces of butter per person at each meal.

For breakfast try a glass of orange juice or a whole orange, some crisp As to fats, allow 1-2 to 2-3 ounces of butter per person at each meal. This with the milk and cream in the diet, as well as salad oil, will provide an ample supply. In fact, the chief precaution to be observed is to be careful about serving too much fat. The starches should be taken in the form of white and sweet potatoes and in unrefined grains. Cane sugar is irritating to the stomach if taken uncooked. Limit the quantity and see that it is part of easily digested dishes. Serve a large proportion of the sugars in the form of fruits and honey. The sugars and starches together form what is known as the fuel group of foods and are most im-

fuel group of foods and are most important. bout 12 to 14 carbohydrates calories per pound of body weight is the standard daily ration.

For the mineral salts that are to build bone and regulate the blood select plenty of whole grains, leafy vegetables, milk, greens, and egg unripe fruit, and a neighbor told me it was ptomaine poisoning, and very yolk. Roughage for the mechanical stimdangerous. I should like to under be found in the grains, in fresh fruits stand this so as to help him and the Ptomaine poisoning comes from decayed protein, and strictly speaking the term applies to poisons that come Finally, if the above mixed diet is provided, the housewife may rest assured that she has given her family all the vitamines needed for complete nutrition.

the term applies to poisons that come from the decomposition of meats, fish or shell fish. Spoiled vegetable protein would undoubtedly make one will be the poison would be of different terms. lly, if the above mixed diet is ill, but the poison would be of dif-ferent character. Illness following the eating of unripe fruit is also dif-**Nutrition Nuggets** ferent, serious, certainly, if intestinal The three wholesome food acids ptomaine poisoning. irritation sets up, but this is not

The three wholesome food acids are citric, found in oranges, grape-fruit, lemons, strawberries, tomatoes and some other fruits; malic acid, present in apples, peaches, pears, cranberries, etc., and tartaric acid, as ter for food than another. Shall apple and in elight quantities preciate any information on this —H. in grapes and in slight quantities preciate any information on this.—H

in grapes and in slight quantities pineapples.

Recent work in the laboratories of the food specialists indicates that the proteins or body building elements of the more common cereals are practically of equal value. Housewives may feel assured, therefore, of even results in the dietary balance, whether they serve corn, oats, wheat, rye or barley porridge at breakfast. whether they serve corn, oats, wheat, rye or barley porridge at breakfast.

When bran was first recognized as a valuable food it could be served only in combination with oatmeal, rice or cornmeal. It is now possible to procure preparations of bran that are delicious served as a separate cereal.

Remember that egg plant contains minute particles of a strong poison, and an irritating principle. Both of these may be removed by the simple process of parboiling for two or three minutes before cooking.

The Maiden Blush when green has the largest percentage of malic acid, that is 1.68. Baldwins have .60 per cent, while other varieties show varying percentages. As to the dietetic value of the different varieties this depends on the manner in of the individual and on the season. Any variety must be absolutely ripe, and, in the case of young children or elderly persons with any digestive weakness, sweet apples are often more acceptable than the sour kinds. Then, too, baked apples, either

minutes before cooking.

The sugars found in fruits are the least apt of any to cause digestive troubles. Another advantage possessed by fruits is the quality of being ready for immediate use by the being ready for immediate use by the digestive system. This accounts for

the quick sensation of refreshment that follows the drinking of a glass FAVOR ALBERTA COAL. Glencoe, Sept. 20.-Shipments of Get in the habit of thinking of local dealers, who report a brisk de-Alberta coal have been received by fruits as a necessity in the diet, not have been received from consumers as a luxury. Buttermilk has practically the same who have tried it out, both for furcomposition as whole milk with one exception, the fat is reduced to about

will often awake a sleeper. Mus-cular tone of other organs is de-creased during sleep. 50 Lamb 99 FOUND IN TORONTO HOTEL Shoulders,

Beef Lamb

Steak Roast... 23 Choice Legs.... 35 Rolled Pot Roast 15 Chops... 35 Rib Stew.... 10 Breasts 18 VEAL. Family Roast... 15 Leg Family Leg Roasts...23 Ribs, Rolled.. 30 Rump Roasts... 30 8 Shoulder 16 Roasts... 16 Boiling

Threshing 1 Roasts

BACON.	Provisions.
Pickeled Shoulders 18	Canadian 28
Pickled Hocks 6	Short'ing 52 Pail, 3's 52 Ceylon
Wiltshire 22	Tea 60 Home-made
Smoked 32	Sausage 15

177 Dundas St. Phone 43 654 Dundas St. Phone 705

New Varieties In Fish

and Preparation

Its Selection, Uses

With the coming of colder weather we are able to offer a few new varieties. No need to live on any one kind now,

Herring, a lb., 15c Kippers, 2 pr. 35c Flounders, lb., 15c

Mackerel, Whitefish, Trout, Halibut, Codfish, Sea Salmon, Pickerel, Fillets, Fresh Smoked Haddies. POULTRY-Ducks, Fowl, Broilers, Turkeys. Always the best. (We truss 'em free.)

BARGAINS IN GROCERIES

Don't be misled! We sell First-Quality Goods only, and Deliver FREE.

REDPATH'S SUGAR' (with your order) 10 LBS, for 2 tins 25c TOILET PAPER LAUNDRY SOAP 12 rolls 50c 3 tins 25c 14 Bars \$1.00 OATMEAL SALADA TEA Mixed or green 65c Per lb. SEEDLESS RAISINS 6 for 25c 2 ibs. 29c FOREST CITY BAKING POWDER ORANGES Sweet and 31c 40c dozen CORN FLAKES (Kellogg's) NEW CHEESE

Machine sliced, 35c Two Phones

—Cash Bargain Grocery— LET US FILL YOUR SATURDAY ORDER. WE CAN

SAVE YOU MONEY.

Pure Clover Honey, 5-lb, pails. .65c Choice Comb Honey, extra well-filled sections28c Sockeye Salmon, tall 1-lb tins, 37c Sockeye Salmon, Tall 1-16. Choice Red Cohoe Salmon, 1-16. Libby's Mincemeat, 3 pkgs.....25c Libby's Pork and Beans, 2 tins. . 25c Pure Lard, 3-lb. pail..........55c Broken Water Ices, Ib.. Puffed Rice, package....

133 KING ST.

.....20c

PHONE 968.

Keep-Sweet Cream, large tin ... 15c St. Charles Milk, large tin 10c Cowan's Cocoa, 1/4-lb, tins, 2 for 21c Shippam's Paste, Bloater and Anchovy, bottle20c Red Cap Flavors, regular price, 35c and 50c. Our price, tube15c and 30c Shell Brand Castile Soap, 3

CANNED MILK SPECIAL.

35c

30c

3 Cars At Your Service.

143 King St.

-LIMITED-

Canada's Largest Retail Grocers

Do You Like Good TEA?

FIGURES TALK—Each week we sell 7 tons of Tea-equal to 14,000 lbs.—enough to make over 4,000,000 cups of tea.

Richmello Tea, 75c lb. A Blend of Ceylon and Assam Teas.

OTHER BLENDS. Select English Golden Tip Broken

per lb.... 63c Breakfast, 71c Orange Pekoe, lb. 89c COFFEE-Our price and That Delicious quality are right. Breakfast Bacon Blend, lb. 55c Machine Sliced, lb. 35c Special Blend, lb.

PURE CANE SUGAR, 10 lbs. \$1.07

Plantol Soap, 3 for 25c Chipso 9c and 23c 3 lbs. 29c Raisins, Seedless, lb. 15c Seeded, lb. ... 14c

Dominion Corn Flakes, 3 for 25c Maple Leaf Salmon, 39c

Highest Grade Sock- 21c Tiger and Eagle Brand. Sardines Brunswick.

3 tins Norwegian Pack, in Pure Olive Oil 2 tins 25c McLaren's or Shirriff's 3 for 25c Clark's Corned Beef, 25c Edwardsburg Corn Syrup, 19c 5-1b. Clark's Veal Loaf, tin Campbell's Soups, tin 14c Lyle's Golden syrup, 2-lb. tin

A DOMINION STORE NEAR YOU.

WE SELL TO SATISFY.

Jams and

Marmalades

Glassco's Strawberry, Pure

Little Chip Imported Mar-

jar 25c

Shirriff's or Wag-staffe's, jar 25c

Jelly Powders

malade.