

JAMS, cake, pastry and cold meats will, of course, be brought from home. At the beginning of the season it is well to stock some general supplies, viz., tinned corned beef, sardines, baked beans, jam, marmalade, pickles, Worcester sauce, biscuits, Klim, Quaker Oats, tea, coffee, sugar, rice, split peas, beans, currants, raisins, pepper, salt and mustard, salad oil and vinegar, Angostura bitters, essence ginger, Howard's bi-carbonate of soda, Duncan splits, Adanac soda water, soap, washing soda, Dutch Cleanser, candles, coal-oil, toilet paper.

If the weather is warm and ice cannot be procured, use your perishable supplies first. Don't take any chances; ptomaine poisoning will spoil your outing.