

H.P. SAUCE

Good to the last drop

There is no sediment—the last drop is just as delicious as the first.

Of all Grocers



COOKERY COLUMN

Cocoa Icing

4 teaspoons Cowan's Cocoa
2 cups icing sugar
2 teaspoon vanilla
2 tablespoons cold water
3 tablespoons hot water
Pinch of salt

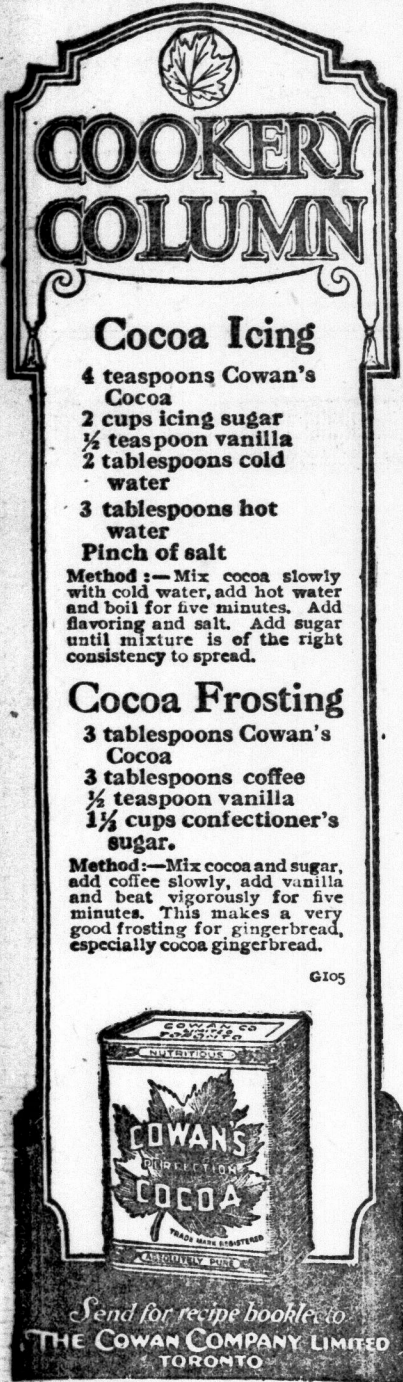
Method:—Mix cocoa slowly with cold water, add hot water and boil for five minutes, adding flavoring and salt. Add sugar until mixture is of the right consistency to spread.

Cocoa Frosting

3 tablespoons Cowan's Cocoa
3 tablespoons coffee
1/2 teaspoon vanilla
1 1/2 cups confectioner's sugar

Method:—Mix cocoa and sugar, add coffee slowly, add vanilla and beat vigorously for five minutes. This makes a very good frosting for gingerbread, especially cocoa gingerbread.

Send for recipe booklet to THE COWAN COMPANY LIMITED, TORONTO.



BEWARE OF TENDER GUMS

Unhealthy soil kills the best of wheat. Unhealthy gums kill the best of teeth. To keep the teeth sound keep the gums well. Watch for tender and bleeding gums. This is a symptom of Pyorrhea, which affects four out of five people over forty.

Pyorrhea menaces the body as well as the teeth. Not only do the gums recede and cause the teeth to decay, loosen and fall out, but the infecting Pyorrhea germs lower the body's vitality and cause many serious ills.

To avoid Pyorrhea, visit your dentist frequently for tooth and gum inspection. And use Forhan's For the Gums. Forhan's For the Gums will prevent Pyorrhea—or check its progress, if used in time and used consistently. Ordinary dentifrices cannot do this. Forhan's will keep the gums firm and healthy, the teeth white and clean. Start using it today. If gum-shrinkage has set in, use Forhan's according to directions, and consult a dentist immediately for special treatment.

35c and 60c tubes in Canada and U.S. If your druggist cannot supply you, send price to us direct and we will mail tube postpaid.

FORHAN'S, LTD., Montreal

Forhan's FOR THE GUMS

Cuticura SOAP

and Cuticura Ointment

The pore-cleansing, purifying and sterilizing properties of this wonderful skin soap, using plenty of hot water and soap, best applied with the hands, which it softens wonderfully and the soothing and healing properties of Cuticura Ointment for redness and roughness, pimples and dandruff, if any, will prove a revelation to those who use them for the first time.

Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion. Canadian Depot: The Cuticura Soap Co., Montreal, Quebec. Cuticura Soap shaves without lather.

FAVOR DISCUSSIONS OF RENT GRIEVANCE BEFORE ALDERMEN

Action On Alleged Profiteering Urged—Aid To Sick Children Advocated.

A deputation from the high cost of living committee met this morning at the city council at its regular meeting yesterday afternoon to consider the holding of a public meeting to hear complaints from tenants who pay excessive rent for their homes. After a hot discussion on the matter, in which Dr. L. Wood of Western University explained to the committee that action must be taken on this matter at once, it was decided not to hold a public meeting, but instead a meeting before the city council, at which all tenants could state their cases. It was intimated that at a public meeting complainants would not like to tell how much rent they were paying or anything about their financial affairs.

J. F. Thomson, secretary of the high cost of living committee, reported to the council several cases which he has investigated. In many cases the rents were said to be raised too high considering the assessment.

Not in Favor. After the report of the Wilson congratulated the committee on the splendid work it had done since it was formed. He was not in favor of a public meeting to discuss matters. A communication was received from the secretary of the Sick Children's Hospital committee. When the amount of money asked for was read, Ald. Wilson immediately took the floor and said that the amount was too small. "We help the places who are able to help themselves, but we are not giving enough to the little children, who can't help themselves," said Ald. Wilson. "It is beginning to be clearly shown that children in this city need more help, and this is one way we can do it."

What the outcome of this protest will be will have to be decided upon by the council. It was recommended that the Fair board should have control of the Fair grounds.

DECLARE SYSTEM IS INCONVENIENT

Veterans Sending Protest to Ottawa Regarding Monthly Payments.

F. B. Lavender, secretary of the central veterans' council, has received word from Col. Shannon, assistant director for the department of soldiers' civil re-establishment for Western Ontario, that he would not change the system of payment of money to the ex-C. E. F. patients now in Byron Sanatorium. A letter from the headquarters of the D. S. C. R. made a ruling that they would pay the patients and their wives once a month instead of semi-monthly. The patients were not notified of this change and as a result forwarded word to W. Cunliffe, secretary of the local Great War Veterans, that they were not receiving their money. Mr. Cunliffe took the question up. Now that Col. Shannon will not change the system, they have informed the prime minister and others that the plan is entirely unsatisfactory and very inconvenient.

"In my opinion the D. S. C. R. does not want to make the change," said Mr. Lavender. "There is no more trouble paying them twice a month than once a month. Col. Shannon gave no reasons for not wanting to change the system. The wives of the men are put to much trouble. Before they could pay for household supplies as they got them. Now they have to run bills. They do not realize how much they spend until the end of the month, and then their accounts are often overdrawn."

What the outcome of the letter sent to the premier protesting against the present system of payment will be will not be known for at least another week.

A BLOOD-FOOD DISCOVERED THAT ENTIRELY OVERCOMES ANAEMIC WEAKNESS

Carefully Investigated Reports Establish Truly Wonderful Results.

Heretofore it has often been a hopeless task for a thin-blooded person to gain either strength or weight. Neither food or medicine in many instances had beneficial effect.

What is practically a perfect blood-food, has at last been produced, and when taken after meals will put new life and vigor into people that have despaired of ever being strong again.

This truly wonderful-working treatment consists of taking two small chocolate-coated Ferrozone Tablets at the close of every meal.

This wonderful blood-food supplies nourishment, vim, energy—sends a stream of vigorous strength-making blood to every nook and corner of the body, makes every muscle and fibre sing with new-found life and health. That gaunt, tiredness leaves you—Ferrozone drives it away. Sleepless nights are turned into periods of rest, and you pick up fast. Day by day your appetite improves—this means more food is transformed into nutriment that will build and energize weak organs. The inclination to worry passes away because Ferrozone imparts nerve—tone and bodily strength that prevents depression.

Think it over—Ferrozone is a wonderful tonic, in fact, it is more than a tonic, because it establishes health that lasts. Thousands use it and thereby cleanse and restore the entire system to a perfect condition. You'll feel the uplifting power of Ferrozone in a week's time. Bound to help you if you only give it the chance. Sold by all dealers, 50c a box or six boxes for \$2.50; be sure of the name Ferrozone. Forwarded by mail to any address, if price is remitted to The Catarthzone Co., Kingston, Ont.

GIRLS! USE LEMONS FOR SUNBURN, TAN

Try it! Make this lemon lotion to whiten your tanned or freckled skin.

Squeeze the juice of two lemons into a bottle containing three ounces of Orchard White, shake well, and you have a quartet pint of the best freckle, sunburn and tan lotion, and complexion whiter, at very, very small cost. Your grocer has the lemons and any drug store or toilet counter will supply three ounces of Orchard White for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands and see how quickly the freckles, sunburn, windburn and tan disappear and how clear, soft and white the skin becomes. See! It is harmless.

MRS. RONALD HARRIS ELECTED PRESIDENT OF RED CROSS HERE

Society Getting Back To Activities of Pre-War Days, Stated.

MEN ON EXECUTIVE

This Plan Successful in West—To Aid Public Health Work.

Mrs. Ronald Harris was elected president of the London and Western Ontario branch of the Canadian Red Cross Society at its annual meeting held in the auditorium Wednesday afternoon. All other officers were elected by acclamation as follows: Advisory president, Lady Beck; honorary president, Mrs. H. A. Boomer; honorary vice-president, Mrs. H. Becker; vice-presidents, Mrs. C. G. Zeigler, Mrs. J. M. Slater, Miss A. Shaw-Woods and Mrs. A. T. Edwards; corresponding secretary, Miss Ruth Robinson; recording secretary, Mrs. E. C. Bowker; and treasurer, Mrs. A. E. Cooper.

Several satisfactory reports were read by the officers of the past year. Mrs. E. C. Bowker, the corresponding secretary, gave an epitome of the activities of the organization during the year, touching upon the peace policy of the society and actions taken to effect economy. In her report she stated that the retiring executive recommended the adoption of scholarship for nurses taking the public health course in the Western University.

The retiring president, Mrs. F. E. Leonard, said that the society was busily engaged getting back to pre-war time activities. She reported that the society still had a great amount of supplies on hand, which were to be kept in reserve to meet any emergency which might arise. She touched on the work that was still being done in the different local hospitals for the returned soldier inmates. She called for public sympathy for the men confined in the Westminster Hospital.

Men On Executive. On taking the president's chair to which she had been elected, Mrs. Harris addressed the meeting briefly. She said that the retiring executive had received a communication from the Western University concerning the course for public health nurses. She stated that the executive in a resolution expressed full sympathy for the movement. She also made a suggestion that men be added to the executive body. This, she said, had been done successfully in the Western provinces. At the present time there is a men's advisory board, but it has no voting powers.

Dr. H. W. Hill, public health officer, addressed the meeting on the training of graduate nurses in public health work by a special course in the university. He said that the course run by the Western University is proving every bit as successful as the one put on by the University of Toronto, and that it is as largely attended, although the course was not organized until July and was not advertised until September.

Ask Contribution. It was the original intention of the authorities of the university to ask the Red Cross Association for a sum of \$5,000, in support of the work. It was felt that the Western University was as worthy of the help as the Toronto University. It had been planned to use \$5,000 of the sum for scholarships. Because the course was proving successful without the attraction of the scholarship it was decided to ask that it be asked for in the form of a credit fund rather than a gift outright.

Dr. Hill told of the great need of public health nurses as well as public health officers. He said the 50 or so who were being trained in Toronto would be absorbed by that city, leaving none available for other towns or districts. He estimated that it would take at least 150 trained nurses to care for the 14 Western Ontario counties.

Societies' League. A. M. Miller of Toronto spoke on the peace work of the organization. He told in detail of the League of Red Cross Societies, which had been formed in 31 nations as the result of meeting held in Paris on May 5, 1919. The headquarters of the league was located in Geneva.

So that a program for peace-time work could be drawn up, a conference of the leading medical experts of the world was held in Cannes, France. As the result of the conference the league was formed. Mr. Miller told of the work of the organization in Canada.

The two great functions of the Canadian society would be: First, to continue as a voluntary auxiliary to the militia department until the last soldier-patient was discharged from the hospital; and secondly, to act as a voluntary auxiliary to the department of health.

It was in the carrying out of the second part of the program that the courses in public health work were being established in the some of the cities. It was not the intention of the organization to do public health work, but to do pioneer organization, so that its work in time would become a regular part of the Federal Government. The organization would do propaganda and educational work which the Government could not afford to do.

The Red Cross organizations were planning to co-operate with all other voluntary agencies and to avoid all that tended to create friction. A skeleton organization was to be formed to meet all emergencies such as the recent influenza epidemics. Among other things a juvenile organization was to be formed.

SUGAR BEETS A RECORD CROP

Harvested Under Ideal Conditions and Sugar Content Is Large.

The following is a summary of the weekly reports made by the agricultural representatives to the Ontario Department of Agriculture: Sugar beets are reported to be an excellent crop, and they have been harvested under ideal conditions. The sugar content is generally high.

Brant states that at an auction sale last week both sweet clover and mixed hay sold at \$25 a ton.

Fall plowing is said to be coming along pretty well, although with hardly as heavy a top as usual. The acreage on the whole will be less than that of last year.

Some farmers in Eastern Ontario are complaining of the scarcity of water in the wells. Took More Time. The heavy crop of spring grains demanded more time than usual for harvesting and threshing, and the mild, open weather of October has been perfect for the large amount of cutting and shelling of corn, which has been done in a very short time.

Lack of containers and reliable help are given as the chief reasons.

Midwest reports apples are selling at from \$2.35 to \$3 a barrel on the trees. Eight states that dealers have been offering from \$2 to \$3.50 a barrel for apples, and are not keen to get them at that, while evaporators are paying 40 cents a cwt. Lemons and Addington often sales at from \$3 to \$4 a barrel in the dealer's containers. Prince Edward

and other fruit going to waste in Ontario orchards this season is deplorable. Lack of containers and reliable help are given as the chief reasons.

reports nine carloads being shipped out in bulk, and one carload in sacks for Winnipeg. Canning factories in that county are paying 1 cent a pound for hand-picked, tree run, delivered at the factory.

Wheat and reports grapes are selling at from \$5 to \$10 a ton, chiefly for shipment to the United States.

Moss Farquhar. Live stock has been doing more foraging in the field than is usual at this time of year. The market for beef cattle has

been dull during the week, and ordinary animals of both classes have been going at lower prices at auctions. Prince Edward says that good grade cows were bought at sales last week at from \$50 to \$60, and that poorer and older cows sold around \$30 to \$40.

York, however, reports good milk cows have recently sold at from \$200 to \$250.

Dairy cows are still giving a most encouraging yield of milk. Cheese sold

on the Picton board on Friday at 23 1/2 cents a pound. The condensery at Picton has been closed, but the milk patronage has been absorbed by local cheese factories and a creamery.

Hogs are selling in moderate numbers at from \$18 50 to \$20 a cwt. Brood sows are considerably scarcer than a year ago. Peel quotes little pigs at from \$15 to \$18 a pair.

Horses are hard to dispose of. Prince Edward says that a team weighing from 2,500 to 3,000 pounds, 8 and 9 years of

age, and serviceably sound, recently sold for \$200.

Dundas states that a cold storage plant in that county is fattening chickens, which are sent in from the surrounding townships. They have handled about 5,000 birds this fall, or an average of about 500 a day.

STEAMER ARRIVALS. MONTREAL, Oct. 27.—Arrived—St. George, Bordeaux; Gerani, Mal; Canadian Observer, British West Ind.



"There must be a beginning in any great matter, but to continue unto the end, until it be thoroughly finished, YIELDS THE TRUE GLORY."

SIR FRANCIS DRAKE.

To Continue in Public Service—

The Navy League of Canada Needs \$760,000

Since the money must come from the people, explanation is due to them of the need for it. The work of the Navy League is:

To Continue the Sea-Conscious Spirit in the People and in the Government.

To enlighten people upon the importance of the sea; so that Canadian products may be shipped, through Canadian ports, in Canadian ships, officered and manned by trained Canadians.

To Continue the Sea-Conscious Spirit in the Schools.

As a Merchant Navy is the first step to sea power in any nation, so is the seed-sowing of fundamental national ideals in the schools, the first step to national greatness.

To Continue Training 2,000 Canadian Lads for the Sea.

The continuous training of over two thousand Canadian lads, in the Boys' Naval Brigades of the Navy League of Canada, is to-day having an effect upon our maritime future.

Since May last, sixty of these lads have completed their training and passed into the Canadian Merchant Navy. Fifty more have gone to England to man the new ships of the re-organized Royal Canadian Navy.

Under the guidance of Experienced Sea Minds, it is being planned to give chosen lads from the Boys' Naval Brigades an ocean-going education second to none, so that Canada will have efficient master seamen.

The obligation is apparent, simple, easy! Borne in proportion, from coast to coast, the weight is felt, but not the strain. The public expect this work to continue and to be maintained by public subscription "until it yields the true glory."

THE NAVY LEAGUE OF CANADA

SAILORS' WEEK CAMPAIGN

Nov. 2, 3 and 4 Dominion Objective, \$760,000

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