

FOOD Suggestions from Stores Prepared with Quality Goods

All Ready for the Fair

Ready to give you the choicest meats, ready to deliver to any part of the city on time. Booth operators at the Fair, get our prices on Hot Dogs. Our man will be on the grounds on Saturday morning.

Smoked Ham, whole or half, per pound... 30c

Choice Apples, per peck... 30c

Creamery Block Butter, per pound... 38c



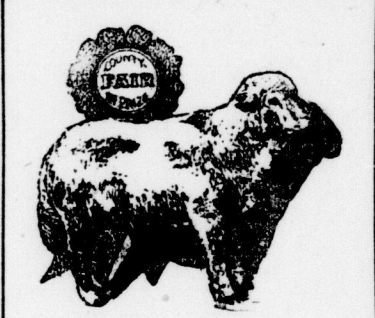
BEEF

Rump Roast Beef, 20c to 22c
Boneless Pot Roast Beef... 15c
Beef Cuttings... 10c
Sirloin Steak... 30c
Flank Beef... 10c
Hamburg Steak... 2 lbs. 25c

FISH

Whitefish, lb... 18c
Herring, lb... 10c
Smoked Haddock, lb... 15c
Fillet Haddock, lb... 20c
Celery... 2 bunches for 15c
Tomatoes, per basket... 40c
Cabbage, each... 5c and 10c

SUNDRIES
3 pkgs. Ammonia... 25c
3 pkgs. Pearline... 25c
2 pkgs. Charm... 25c
3 boxes Matches... 25c
10-lb. pail Honey... \$1.20
Potatoes, peck... 30c
60-lb. Lard Tubs... 25c



PORK

Ham Roast Pork, lb... 25c
Chuck Roast Pork, lb... 20c
Shoulder Roast Pork, lb... 17c

VEAL

Of the Better Kind.
Loin Roast Veal, lb... 25c
Rump Roast Veal, lb... 23c
Shoulder Roast Veal, lb... 20c
Breast of Veal, lb... 12c

COOKED MEATS

Roast Pork, lb... 60c
Cooked Ham, lb... 55c
Pork Tongue, lb... 40c
Bologna, lb... 20c
Jellied Tenderloin, lb... 40c
Cooked Pigs' Feet, 4 lbs. 25c

SPRING LAMB
Leg Lamb, lb... 38c
Loin Lamb, lb... 35c
Shoulder Lamb, lb... 28c
Breast Lamb, lb... 20c

ANDERSON'S—The Big Store
MARKET HOUSE.

THE SEA HAWK

By RAFAEL SABATINI.

SYNOPSIS.
Sir Oliver Tressilian, renowned for his exploits on the Spanish Main, is betrothed to Rosamund Godolphin, but the marriage is opposed by Rosamund's brother, Peter. By repeated insults Peter finally provokes Oliver to threaten murder, and when Oliver's young half-brother, Lionel, kills Peter in an unwitnessed quarrel over a woman suspicion falls on Oliver. Even Rosamund believes him guilty and asks

him to explain the trail of blood found leading from the body to his doorway. Feeling bound to protect Lionel, Oliver can do nothing but protest his innocence. But he goes to the justices and asks them to draw up a document attesting to the fact that he bears on his body no mark of recent wound; that therefore the trail of blood, obviously that of the murdered, injured in the encounter, was not his. This document he takes away to hold in readiness until needed.

A few weeks later Lionel learns from Jasper Leigh, a pirate sea captain, whose ship is lying in the harbor, that the queen has been peering Oliver to trial which they had previously refused to do—and he fears that should Oliver clear himself his own implications would follow. Oliver, meantime, goes to Rosamund to lay the proof of his innocence before her, but she refuses to see him. Lionel tells him of the petition to the queen.

CHAPTER VI.—(Continued.)
The morning—a blustering day of late March—found him again at that ale-house at Penycumwick in the company of Jasper Leigh. A course had occurred to him, as the only course now possible. Last night his brother had muttered something of going to Killgrew with his proofs since Rosamund refused to receive him. Through Killgrew he would reach her, he had said, and he would yet see her on her knees craving his pardon for the wrong she had done him, for the cruelty she had shown him.

Lionel knew that Killgrew was absent from home just then, but he was expected to return by Easter, and to the justice of the law. Therefore he had little time in which to execute the project that had come into his mind. He cursed himself for best part of a night of it. He felt himself heartened to receive his loathsome business. Through his head hummed the words his brother had said when he knew himself first fuses to Killgrew with the scrubbled tale of plain deal between them, he lacked the courage to set his proposal forth. The drunk sherry sack stuffily laced with brandy by Lionel's suggestion instead of the more customary mulled ale. Yet not until he had consumed a best part of a pint of it did Lionel feel himself heartened to receive his loathsome business. Through his head hummed the words his brother had said when he knew himself first fuses to Killgrew with the scrubbled tale of plain deal between them, he lacked the courage to set his proposal forth.

Money enough to buy Jasper Leigh was ready to Lionel's hand, but it was Sir Oliver's money—the money that was placed at Lionel's disposal by his half-brother's open-handed bounty. And this money he had employed for Oliver's utter ruin. He cursed himself for a filthy, contemptible hound; he cursed the foul fiend that whispered such suggestions into his mind; he knew himself, despised himself and reviled himself until he came to swear to be strong and to go through with whatever might such baseness; the next moment that same resolve would set him shuddering again as he viewed the inevitable consequences of his deed. Suddenly the captain set him a question, very softly, that fired the train and blew all his lingering self-resistance into shreds. "You'll ha' borne my warning to Sir Oliver?" he asked, lowering his voice so as not to be overheard by the victor who was stirring beyond the thin wooden partition. Master Lionel nodded, nervously fingering the jewel in his ear, his eyes shifting from their consideration of the seaman's course, weather-tanned and hairy countenance. "I did," he said. "But Sir Oliver is headstrong. He will not stir."

The Home Chef's Suggestions for Tomorrow's Menu

Breakfast.
Cassaba
Spanish Omelet
Banana Marmalade
Toast
Milk
Coffee
Luncheon.
Noodles and Ham
Cress and Green Pepper Salad
Iced Grapes.
Fruit
Dinner.
Tomato Soup with Rice
Olives
Veal Croquettes
Green Peas
Potato Cakes
Cucumber and Radish Salad
Fruit Tapioca
Milk
Coffee

BANANA MARMALADE.
Peel and cut up in small pieces, ripe bananas—there should be three pounds of peeled bananas; place the bananas in an earthenware bowl, add the grated rind and strained juice of three lemons and three pounds of lump sugar; cover and let stand until the sugar is dissolved. Pour into a preserving kettle, bring slowly to a boil, stir for three or four times, then boil quickly until thick; pour into hot glasses and seal.

NOODLES AND HAM.
Cut four thin slices of raw ham into narrow strips, place in a frying pan and cook until crisp; add half a pound of noodles that have been boiled until tender in boiling salted water and fry until lightly browned. Sprinkle with finely chopped parsley and memento and serve.

VEAL CROQUETTES.
Run three cups of cooked veal through the fine knife of the meat chopper with one and a half cups of raw ham and place in a bowl; add the yolks of three hard boiled eggs rubbed through a sieve, one tablespoonful of finely-chopped parsley, and seasoning of pepper; work to stiff paste with some of the veal gravy or melted butter; form into twelve croquettes, roll in flour, dip in beaten egg, roll in fine breadcrumbs and fry in deep, hot vegetable shortening; drain, set on a plate covered with cream sauce, sprinkle with chopped parsley and serve.

POTATO CAKES.
Form cold, mashed potatoes into round cakes half an inch thick, and in hot well-buttered frying pan and brown well on one side, turn and brown on the other side and serve on a hot plate.

FRUIT TAPIOCA.
Mix half a cupful of quick cooking tapioca with two and a half cups of water; place in a double boiler, add a one-inch piece of cinnamon and cook until clear, adding one teaspoonful of salt after it has cooked five minutes. Pour into a bowl, and two-thirds of a cupful of currant jelly, three tablespoonfuls of orange juice, four tablespoonfuls of seedless raisins, four tablespoonfuls of half a cupful of peeled and sliced ripe peaches, and enough sugar to

sweeten. Stand on the ice until cold and serve with cream.

CUSTARD PIE.

Three-quarter cupful Borden's St. Charles milk, 1-1/4 cupfuls water, 3 eggs, 4-1/2 tablespoonfuls sugar, 1-4 teaspoonful salt, few drops nutmeg extract, grated nutmeg, pastry.
Line a deep pie plate with the pastry. Beat together the eggs, sugar, salt and nutmeg extract, then pour in the evaporated milk and water. Mix well, pour into the lined plate, grate over a little nutmeg. Bake in a quick oven at first to set the rim, decrease the heat afterwards, as egg and milk in combination need to be cooked at low temperature.

MARTIN'S

"The Store of Quality."
You Pay Less Here.

Round Steak, Rump Roasts, Steak Roasts, Lamb Shoulders, Pot Roasts, Your choice, Per lb... 18c

Beef Shoulder Roasts per lb... 10c
Sirloin Steak, per lb... 25c
Porterhouse Steak, per lb... 28c
Family Roasts, per lb... 14c
Veal Leg Roasts, per lb... 22c
Veal Shoulder Roasts, per lb... 14c
Lamb Legs, per lb... 35c

Wiltshire Shoulders, 12 to 15 lbs., per lb... 20c
Wiltshire Bacon, sliced, per lb... 28c
Wiltshire Pienie Hams, per lb... 15c
Smoked Breakfast Bacon, Piece, per lb... 25c

Farmers' Threshing Roasts, per lb... 10c

Martin's Black Ceylon Tea, per lb... 65c

177 Dundas St. Phone 48

ADVANCE PAYMENT PLAN FOR WHEAT POOLS PASSED

Canadian Press Despatch.
Winnipeg, Sept. 4.—An advance payment of \$1 per bushel will be made on No. 1 northern wheat delivered by members of the Manitoba and Saskatchewan wheat pools this season, it was announced here today, following a conference of representatives of the two pools.

TO INCREASE BERLIN'S LIGHTS.

Berlin, Sept. 4.—The municipal authorities here announced today that because of the improved economic situation the lighting of the Berlin streets would be increased in extent and power by one-third in the near future.

Superior in every way



Three kinds - Black - Green - Mixed.

BIG BEEF BARGAINS For Friday and Saturday

Chuck Roasts Beef; lb... 10c	Rolled Ribs; lb... 22c	Steak Roasts; lb... 20c
Stew Beef; lb... 8c	Lean Beef Cuttings; lb... 10c	Round Steak; lb... 20c
Rump Roasts Beef; lb... 20c	Boneless Pot Roasts; lb... 12 1/2c	Beef Hearts; lb... 7c

SPRING LAMB AND FRESH PORK CUTS

Veal Cuttings; 2 lbs. for... 25c	Veal Chops; lb... 20c	Old Cheese; lb... 35c
Shoulder Veal; lb... 15c	Rump Roast Veal; lb... 25c	New Cheese; lb... 25c
Creamery Butter; lb... 37c	Fresh Pork Spareribs... 12 1/2c	

CLIFF ROBINSON

202 DUNDAS STREET. 2 PHONES, 7111-7112. Five Cars.

DOMINION STORES Limited.

CANADAS LARGEST RETAIL GROCERS

Economy Comes Easy At Dominion Stores

The hardest thing to do these days is economize—unless somebody else works it out for you. This is just what DOMINION STORES do by passing the benefits of their tremendous buying power on to you in Grocery Savings. You can't help but save if you buy regularly at DOMINION STORES. The purchase of your next week's grocery supply at your nearest DOMINION STORE will convince you.

Granulated Sugar \$8.30 Bag
Laundry Soap 15 Bars 90c
Carnation Milk, Medium Size, 2 for 25c., Daisy, 4 for 25c

California Seeded or Seedless Raisins
2-lbs. for 25c. 25-lb. box \$2.99
15-oz. Pkct. Seeded or Seedless Raisins 2 for 25c

SPECIAL BLEND TEA (Once used, always used), lb. 63c
LOBSTER 1/4's 25c
16-oz. Jar LUNCH QUEEN OLIVES 34c
AYLMER or LIBBY'S PORK & BEANS, No. 2's, 2 for 25c

Mayfield Machine Sliced Bacon 29c
Richmello Coffee 1-lb. tin 65c
" 1/2 " 33c

4-lb. Tin LILAC BRAND APPLE AND RASPBERRY JAM 49c	CLARK'S POTTED MEATS, 3 for 25c
5-lb. Pail PURE CLOVER HONEY 74c	CLARK'S TOMATO KETCHUP 24c
GINGER CRISP BISCUITS, 2 lbs. 25c	D.S.L. CORN FLAKES, 3 for 25c
DATE JAM BISCUITS, lb. 23c	SHREDDED WHEAT, 2 for 25c
SELECT BLEND COFFEE (Fresh Roasted and Ground) lb. 63c	TRISCUIT (The Shredded Wheat Cracker) 11c
BAKER'S PREMIUM CHOCOLATE, 1/2 lb. 23c	SHREDDED or DESSICATED COCONUT, lb. 25c
LAING'S C. C. (Canadian Cream) SAUCE 23c	TAPIOCA or SAGO 2 lbs. 25c
	CHOICE MESSINA LEMONS, doz. 23c

Bayside Brand Lombard or Green Gage Plums 2 for 25c
Bayside Pitted Cherries 25c
Bayside Peaches (Heavy Syrup) 25c

Great Bargain For the Week-End

SMOKED PICNIC HAMS

WHILE THEY LAST
We Guarantee the Quality 15c lb. Weighing 5 to 7 lbs.
ONLY 2 TO ONE CUSTOMER.

Choice Roasts of Beef, Veal or Lamb at the Lowest Possible Prices.

STERLING STORES

Pay Cash—Pay Less. 394 Richmond St. Phone 7018J

Let Us Suggest Fish

as a substitute from the regular MEAT DIET. You can get abundance of variety in FISH, whether you care to fry, bake, boil, or broil it. Just use the phone, our deliveries cover all parts of the city.

Fresh Herrings, cleaned, lb. 15c	Fresh Whitefish, cleaned, lb. 20c
Flounders, per lb. 15c	Fresh Codfish, steak or piece, lb. 20c

Also Kippers, Fillets, Lake Trout, Halibut, Sea Salmon.
POULTRY—Fresh killed Ducks, Fowl, Broilers. Trussed FREE.

BARGAINS IN GROCERIES.

Quality the best at lowest prices. It pays to buy here.

REDPATH SUGAR, 10 lbs. for 88c	COFFEE, Fresh ground, pound 52c	CEYLON TEA, Our Special Black, per lb. 55c
BUTTER, Choice Cream 39c	FLOUR, 24-lb. bag 98c	POTATOES, Choice Caradoc, per peck 24c
4-String Brooms, each 47c	Sweet Oranges, per doz. 31c	Cream of Wheat, 5 lbs. for 25c
Corn Flakes, 3 pkgs. for 25c	Laundry Soap, 15 bars for \$1.00	B. C. Canned Salmon, 2 tins 25c
Matches, 3 boxes for 25c	Fresh Dates or Prunes, 2 lbs. 25c	Laundry Starch, 2 1/2 lbs. for 25c
Fresh Dates or Prunes, 2 lbs. 25c	Clark's Baked Beans, 3-lb. tins 23c	Sliced Breakfast Bacon, lb. 28c
Good Quality Rice, 4 lbs. 25c	Shredded Wheat, 2 pkgs. for 25c	Apple and Raspberry Jam, 4-lb. pail 25c
Pearl Tapioca, 2 lbs. for 25c	Seedless Raisins, 2 lbs. for 25c	Tomato Catsup, qt. bottle 58c
Icing Sugar, 2 lbs. for 25c	Canned Rabbit, 2-lb. tins 75c	Shortening, 3-lb. pails 25c

ONN'S UP-TO-DATE MARKET

SERVICE THAT COUNTS.
Phones, 1296-7720. Free Delivery 143 King Street.

SATURDAY SPECIAL

Nut-Fruit Bread

BRIGHTON'S O.K. BAKERY
479 Emery. Tel. 2160.

FRANK SMITH

CASH AND CARRY

Soap Specials

Gold Soap, 4 Bars 25c	Maple Leaf Salmon, 1-pound tin 35c
P. and G. Soap, 4 bars 25c	Maple Leaf Salmon, 1/2-pound tin 19c
Surprise Soap, 4 bars 25c	Cascade Salmon, 1-pound tin 15c
Sunlight Soap, 4 bars 25c	
Comfort Soap, 4 bars 25c	
Castile Soap, 7 bars 25c	
Castile, long bars 17c	
Lux, 3 packages 29c	
Snowflake Ammonia, 3 packages for 25c	
Soap Chips, 2 pounds for 25c	
London Special, 4 bars for 25c	

MARKET LANE.

Steady Savings
DOMINION STORES
WE SELL TO SATISFY
Quality Products