THE HOUSEKEEPERS' BUYING GUIDE

#### No Need To Be Thin, Scrawny or Sallow

If you are thin and want to be plump; if you have wrinkles in your face that you are not proud of; if the skin is sallow or subject to pimples or blackheads, take Mi-o-na stomach tablets for two weeks and notice the change.

The majority of the thin people are thin because the stomach does not perform its duties properly. It is not secreting sufficient of the natural digestive judges and in consequence does not extract from the food enough nutritive matter to nourish every part of the atter to nourish every part of the

Mi-o-na stomach tablets are intended Mi-o-na stomach tablets are intended to build up the stomach so that it will est properly and extract from the food he elements necessary to form flesh. If you are thin try two weeks' treatment of Mi-o-na stomach tablets—they are small, easily swallowed and are sold in the guarantee of money back if they io not overcome chronic indigestion, acute or chronic, stop stomach disturbance, belching, heartburn, sour stomach, and any after-dinner distress. For sale by all leading druggists.

If your druggist cannot supply you, rite, inclosing 50 cents. to Booth's omei Company, London, Ont.

What Big Hotelman Has Seen

July Clearance Sale

Only 6 MORE DAYS and This Great

Event Will Be a Thing of the Past

available, so before this time arrives make the most of it by coming and providing for

SPECIALS for SATURDAY BARGAIN HUNTERS

your requirements at once. Bigger price sacrifices than ever prevail on all lines.

The savings it has to offer on just the necessities you need most will be no longer

Our Consumers' League

'B. C." QUOTES E. M. STATLER OF on "Prohibition vs. Thrift," and "Does FAMOUS STATLER HOTELS IN Prohibition Pay?"

The following, commenting upon editorials which appeared in this department early in June and calling attention to an article written by a prominent American hotelman on the subject of prohibition, was received from the contributor several weeks ago, and has been awaiting space for publication:

Dear Miss Armstrong,—I want to tell you how delighted I have been with the articles in your Friday page

Statements, cannot tan to prove the vincing to your readers.

I was especially pleased with the editorial, "Why Not Show Their colors?" You expressed my sentiments exactly.

I wonder if you have seen the article in the June American Magazine by E. M. Statler on the subject: "How Men Act When They Can't Get Drink."

Coming from the pen of a man who is owner and proprietor of four famous

Closed Wednesdays CHAPMAN'S

"PROHIBITION PAYS" AND PROMOTES COMMUNITY WELFARE.

The following, commenting upon editorials which appeared in this de-

hotels, one in Buffalo, one in Cleve-land, one in St. Louis and one in De-troit, and lessee of the new Hotel Pennsylvania in New York City, it should carry weight alike with anti-prohibitionists, the indifferent and those who are in favor of the ban-ishment of the liquor traffic. I can assure you it is well worth reading. I wonder if you can use these extracts from the article in your page, as I would like them to reach your

In a "Dry" Country. "What are folks going to do when the country goes dry? What will men take in place of drink? How, perhaps, are YOU going to be affected. in your home life and your relations with other people. by the disappearance of the bar? What kinds of business are going to suffer, and which ones will benefit? What will become of the old spirit of conviviality?

I have been a hotelman for a long time; and for a year now, one of my hotels—the one in Detroit—has been dry. . . . Our experience

During June, July

and August

has brought out some interesting points:

The old bar still exists in the hotel at Detroit. That is, the counter is there, just as it was. Even the convenient foot-rail remains. The tables are still in place, as they were when men sat at them and had their drinks. But back of the bar there is a soda fountain now. Soft drinks, ice cream sodas, hot coffee and chocolate are the only liquid refreshments obtainable now.

Patronize Soda Fountains

Patronize Soda Fountains Patronize Soda Fountains.

Do men go there? Yes, to a certain extent; but, so far, not so much as they patronized the bar. As time goes on, however, more and more men certainly are going to take to soft drinks. In the new Hotel Pennsylvania, New York, we will have three soda fountains.

I have been making inquiries and I find that men have been patronizing soda fountains more and more in recent years, even where there was no prohibition.

There has been a radical charge.

was no prohibition.

There has been a radical change in our restaurant business. The crowded hours used to be those for late suppers, beginning about 11 o'clock, after the theatres closed. That business has dropped off since the state went dry. The busy time is now from 6:30 to 8:30 p. m., and that business is constantly growing better.

Happy Days for Wives.

Happy Days for Wives.

More men are having a little family "spree" by taking their wives out to dinner. In the old days there used to be a line of men at our telephone booths, between 5 and 6 in the afternoon, calling to their homes to announce that "business" was going to keep them downtown and not to expect them for dinner.

In some of these cases the visit to the telephone booth was followed by a more or less protracted sojourn at the bar and by a dinner, with trimmings of drink in the grill room. There is still a certain amount of this late afternoon telephoning, but the message now is more often than not an invitation to the man's wife to "come in downtown and have dinner."

Another effect of the new conditions is that people are spending more for food when they go to the restaurants. The average check for luncheon and dinner is 25 per cent higher than it used to be. Remember. This increase is in spite of the fact that all charges for drinks are now absolutely sone.

That means that one large item

That means that one large item has been subtracted from amount spent in restaurants yet the sum has increased. I rethe average sum per person. Better Appetites.

Of course, in the meantime, the cost of many food items has also increased, and you may think that this would make up the deficit due to eliminating wine and liquor from the menu. But we have worked menu. But we have worked all out, and it seems to be a fact that people are spending about sixteen per cent more for food than they did when they could This is contrary to my expecta-tion, for, in common with most restaurant proprietors. I thought that men ate MORE when they had wine or liquer to dright that men ata MORE when they had wine or liquor to drink.

I think it may be accounted for in two ways. In the first place, a man is generally willing to spend a certain amount on a meal. Another reason is probably that when a man is drinking he is not as hungry as when he is not. I believe that is one of the arguments advanced against drinking, that a man is likely to depend on the liquor he takes for the stimulation he might otherwise get from food. It will be an interesting thing to watch. this relation between the amount eaten when people drink and when they don't.

Theatre Eusiness improved.

Theatre Business Improved. Another business which has in-roved in Detroit, evidently be-ause of prohibition, is the theatre susiness. All the movie theatre houses and the regular theatres report a much larger patronage now. The explanation is that men want amusement, diversion. They used to find it in bars, cafes, saloons. Now they go to the theatres in search of it.

"As a result of prohibition, we seem to have these very definite effects: men go out with their wives and families to the restaurants and theatres, and they eat more foods,

theatres, and they eat more foods, especially sweets, they walk more Dispositions Improved.

They are also easier to get along with. At least my manager in Detroit says that it is like being 'transported to heaven' since the drinking man has been almost eliminated from the hotel guests.

"My prediction is that the common run of business men will adjust themselves far more easily to a dry world than they think.

People have an idea that there is a lot of big business transacted over a bottle of wine, or across the cocktail glasses. They think that men get together in cafes and put through 'big deals,' settle business policies, place contracts, make sales. I don't believe it. Undoubtedly this does happen some-Dispositions Improved. policies, piace contracts, make sales. I don't believe it. Undoubtedly this does happen sometimes. But you ask any man how much really important business he does in the bar, or tacross a cafe table, and I think you will find that it is in the property to cut any real. isn't enough to cut any real

More Time Outdoors.

"Men spend more time out of doors, I believe, if there is no liquor sold. There will be an influx of new players on the golf courses. More automobiles will be sold. and probably fewer will be smashed up, unless their drivers do as the Detroit man did, and look upon the whiskey when it is home-made.

"I have use the word 'men' in talking about what people are going to do, but I might have added 'women' too. For the increase of drinking among women in recent years has been striking.

"Take it altogether, the public, More Time Outdoors. "Take it altogether, the public, which is always an interesting thing to watch, is going to be worth studying in the months that will follow July 30."

follow July 30."

Reading the article from which I have quoted, it suddenly occurred to me that in London the soda fountains and ice cream parlors are much more largely patronized by men of all ages than they used to be before probihition. You can see men lined up there any hour of the day or evening, chatting with friends over sodas, sundaes and ices of various kinds. They are there in throngs about the time the poor chaps used to be seen

They are there in throngs about the time the poor chaps used to be seen reeling out of bars.

"And how much more self-respecting, clear-eyed and capable of looking the world straight in the face the men look as they see a woman they know when they come out of an ice cream parlor, than when they bumped into her unexpectedly as they slid out of a barroom entrance! From the standpoint of improved appearance, I should think a lot of men would want to keep prohibition in force.

"Perhaps I am a crank on the subject, but when I discover that a big hotel man finds such marked improvements in conditions through prohibition,

ments in conditions through prohibition, I can hardly believe that I am very far astray in my point of view.
"Trusting that you will be able to use the extracts from Mr. Statler's if not my letter,
"Yours with all good wishes,
"B. C."

"Terrible Thrifty in Ideas!"

"The things women talk about when hey get together indicates where their interests lie." said a Wise Man Person the other day in the kind of tone of voice which suggests. "Now you needn't contradict me. I know ALL

The Wise Man Person might get

# Cent

Only a store doing a tremendous business, buying in enormous quantities and having its own packing house, could attempt such a gigantic sale as this. Our counters will be crowded from morning till night, our deliveries will be pushed to the limit, so be wise and shop or phone early to be sure that the special you want is not sold out. Order your special by number. Please have your change ready. Thank you!

SHANKS, 6 lbs. 59c | HERRING, FRESH 6 11

FRESH, 6 lbs.

CORN FLAKES, 59C

Spare Ribs, 4 lbs, 59c

2 lbs. Breast Veal 1 lb. Hamburg Steak 59c Lamb ..... 1 can Plums, I can Blueberries, large can Carnation Milk 59c 1 lb. Rideau Hall

1 can Helmet Salmon, 1 can Molasses, 1 2-lb. 59c

10 lbs. and up Threshing Roasts Beef, per lb. .....

Coffee, 1 can Spice .....

4-lb. pail Lyttle's Black Currant Jam ..... Rib Roast Beef

1 lb. Crisco, ½ lb. Jelly Pork Tongue ..... 2 packages Macaroni 59c

50c

Fresh Pork Tenderloins ...

Stalls 1, 2, 3, 4, 5
Market House. ANDERSONS PHONES:
1643 - 164 London's Big Pure Food Store

jolt some day if he would stop talking earns (to quote herself) her "daily, the breakfast dishes? Isn't that just long enough himself some time to listen crust.'

what women talk about when they get been to market before her office hour is out of the question, and the extra work at 9 o'clock and had engaged in a regime I'd about as soon do the extra work trying to do a jar morning or evening, and the extra work trying to do a jar morning or evening. her afternoon off, and she intended to "My hours are 9 to 5, with an hour

bags?" he inquired facetiously. them up this afternoon."

"YOU do them up. He said.

Keeps "Think Box" Moving.

"My idea in doing housework is to save work as much as possible. I keep think business women ever thought withink box" going all the time to avoid unnecessary steps and trips. I

think business women ever thought about anything so mundane as house-keeping."

"Well," said the business women. "some of us have a little intelligence beyond our routine work. Some of us have been brought up in homes where very good housekeeping is done. I shouldn't wonder, indeed, if some of us can't do up fruit as well as some women who have never done anything but household tasks in their own homes.

Save work as much as possible. I keep my 'think box' going all the time to avoid unnecessary steps and trips. I have care in doing work down to such a science that the kitchen only needs to be swept once a week, and then it gets a thorough scrubbing once a week from our charwoman. (I'm awfully for grand campaigns. Indeed, I haven't time for much these days but the "regular work," the prepare vegetables or make anything special for the evening meal before I so to the office. I am accused of carrying a duster with me wherever I go. Why shouldn't I dust the bannister as I am on my way upstairs after washing for that asset.

but household tasks in their own homes.

"Why shouldn't preserved fruit and jelly turn out well if 'we follow reliable instructions carefully and apply the same intelligence to making them that we do to getting through our office work?"

But the Wise Man Person only shook his head. "I can't reconcile the idea." he said of women being good business women and good housekeepers at the same time."

"Can you reconcile the idea of being bad businesswomen and good housekeepers at the same time?" asked the good business woman somewhat

the good business woman somewhat The man cleared his throat—and cleared it again. cleared it again.
"I have always held the idea that a woman can't be both a good house-keeper and a good business woman," he replied with, according to the business woman who talk it are business. ness woman who told it. an obvious effort to translate his firmness of conviction into his tone of voice.

"Some people are terribly thrifty about their ideas," said the capable has been accompanied. business woman as she related the incident. They wouldn't for the world discard an old idea as long as it will hold together at all. "And as for getting an entirely new one, that would be dangerously revo-lutionary and extravagant. Just imagine marrying a man like that. I thin I prefer my typewriter for a good many more moons to come. Anyway, a man like that wouldn't dare to take such a terrible risk as to marrying a busi-nes woman. Deliver me from such a

'frugal minded' person. No wonder he has to hang on to his ideas. Whatever would happen to him if he lost two or three of them all at once?" A Jar At a Time. Having restored her own good humor after taking a few satirical jabs at the nan of thrift in regard to ideas, the capable Business Woman proceeded to

talk in an illuminating manner on the subject of how a business woman can

apply business principles to house-

keeping and manage to accomplish a

good deal at home, while attending con-

scientiously to the duties whereby she

what women talk about when they get together.

For example, he gave the busy woman a ride in his car one day when no street car was in sight. She had been to market before her office hour in the formula of the household upon my shoulders.

"Mother was called away several weeks ago by her sister's illness," she said, "and that left the responsibility of the household upon my shoulders. Of course, anything like 'steady help' is out of the question, and it seemed to no man. It must be done in season. I have been meeting the situation here. "Mother was called away several

My hours are 9 to 5, with an hour at noon. I arranged to have the family all take dinner out at noon, and to have a substantial supper at 6:30 at night, as we are accustomed to dinner after such that give an excellent big refrigerator, conveniently placed in the kitchen just at the dining-room door, which is a wonderful labor-saver.

My hours are 9 to 5, with an hour at noon. I arranged to have the family all take dinner out at noon, and to have a substantial supper at 6:30 at night, the whole family to prepare goose-berries, for example. By the way, do you snip off the stem and blossom of such big appetites at noon.

"We have an excellent big refrigerator, conveniently placed in the kitchen just at the dining-room door, which is a wonderful labor-saver.

"YOU do them up." he said. "What nderful labor-saver. Keeps "Think Box" Moving.

## Onn's Up-to-Date Market

For Fresh, Smoked and Canned

of All Kinds

Look these varieties over. FRESH FISH Salmon Trout, Whitefish.

Herring, Perch, Pickerel, Halibut, Sea Salmon.

SMOKED FISH. Fillets, Haddies, Kippers.

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Mild-Cured Pickled Hocks, lb. . . . . 121/2c | Fresh-Caught L. E. Whitefish . . . . Smoked Pienic Hams, lb. .....35c Cooked Pigs' Feet, 2 lbs. for ...... 25e (Best buy in the city.) Extra Choice Corned Beef ...... 25c 

SPECIAL MUTTON SALE-Legs, 30c lb. Loins, 30c. Breasts, 20c. Shoulders, 25c Have you tried our Homemade Shortening? It is better than lard for baking. 25c lb. Fresh Spareribs, Tenderloins, Fries, Calves' Liver, etc.

Headquarters for Pienie Supplies-Bulk Olives, Bulk Pickles, all kinds of Cooked Meats. Make this bright, sanitary store your store. We are here to please you.

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## Ladies' Corsets, best quality coutil, four hose supporters; very suitable model for average figure. \$1.50

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Beautiful Blouses go regardless of cost.

Ladies' Crepe de Chine Blouses, with V and round neck, daintily tucked and embroidered, in maize, pink, black and white; all sizes;

clearing at ......

Special Sale of

Corsets

Ladies' Embroidered Voile and Organdy Blouses, 36 to 40. Come and look these over; honestly worth \$1.75, clearing at..... 50 only Special White Voile Blouses, with V and round shape neck, lace trimmed and tucked; in all \$1.25



also deep hem;

#### Sale of dummer Skirts

STREET. SPORT AND DRESSY STYLES.

Ladies' White Gabardine, Bedford Cord, Pique Skirts, O. S. sizes; clearing at ...... Ladies' White Jean Skirts, in all sizes ..... Ladies' White Habutai Silk Skirts, with deep hem, belt and buttons, clearing at ..... Ladies' Pongee Silk Skirts, natural

shade, with pockets, belt and buttons,

#### Hosiery Bargains

Pay a visit to our Hosiery Department and see the values we can offer

Ladies' Lisle Hose, in black and white, sizes 8½ to 10, regular 35c. \$1.00 clearing, three pairs for ... \$1.00 Ladies' Fine Black Summer Hose, extra spliced, in all sizes, clearing at ..... Boys' and Girls' Ribbed Hose, 6, 61/2, 7, 7½; remarkable value; \$1.00 clearing, three pairs for .. \$1.00 500 pairs of Men's Fancy Socks, assorted colors and sizes; clearing, four pairs for ... \$1.00



#### **Bathing Suits** and Caps

Ladies' One-Piece Bathing Suits, navy and orange, navy and white, navy and red; clearing ..... Children's Bathing Suits ..... Bathing Caps, in pretty designs, regular 75c and \$1.00;

#### Children's Wash Dresses

clearing .....

50 Children's White Lawn Dresses, slightly soiled, ages 2, 4, 6, easily laundered, clearing at 98c Little Girls' Check Gingham Dresses, ages 1 to 4, for .... Also in 4, 6 and 8, with Also in 4, 6 and 8, with bloomers to match ...... \$1.75

### Millinery Section

Ladies' and Children's Trimmed Hats HALF PRICE

#### Big Sale of Silks

200 yards 36-inch Shantung Silk, beautiful quality, black and navy only, regular \$2.00, for \$1.29 100 yards of Tussah Silk, 36 inches wide, in pink, old rose, grey, turquoise, blue and black, at ...... 75c 150 yards Silk Poplin, in black and

navy only, full yard wide, regular \$1.75, special price \$1.00 500 yards English Gabardine Suiting, 38 inches wide, in the leading shades, old rose, silver-grey, champagne, light and dark brown, copen, turquoise, blue, navy; 69c clearing .....

#### Sale of Housedresses

Dresses, extra large sizes, in a number of different styles, clearing at





#### \$2.98 Sale of

Summer Underwear Ladies' Night Dresses, in fine cambric. embroidered front, buttoned or slipover style, regular \$1.75. over style, regular \$1.75, clearing ...... \$1.59 Ladies' Knit Combinations, special \$1.25; clearing ....... 89c for summer wear; regular Ladies' Drawers, in good quality cam-

embroidery, clearing ...... 98c

brie, hemstitched, lace and embroidery, open style; clearing at ..... Ladies' Petticoats, trimmed

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