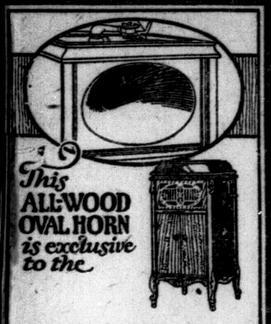

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HOW TO SLEEP 3-IN-A-BED

YES, it CAN be done—but not like this.

The trouble is, most people go to bed with "something" on the mind—or ON THE STOMACH!

The answer is, no matter what the day has brought forth to upset your mind and digestive organs, take Beecham's Pills when you retire.

Tough in no sense a "sleeping potion," this 80-years-famous household medicine so harmonizes the system that you can sleep in quiet and perfect rest, even in two feet of bed space.

Beecham's Pills are as efficient and harmless for children as for adults—sweetening the stomach, invigorating digestion and stirring liver and bowels to natural activity.

At All Druggists—

COLLEGIATE STUDENTS ORGANIZING FOR FALL

Election Committee Formed and Activities Commence in Few Weeks.

With the election committee already being formed the fall activities of the various student organizations of the Central Collegiate are expected to commence in two or three weeks. C. R. Urlin, chairman of the election committee, will announce the nominations next week, and society elections are scheduled for the week following.

The committee will be appointed by the advisory board of the students' union, and after the students' council has been formed, officers for the Boys' Athletic Association, the Girls' Athletic Association, and the Literary Society will be chosen.

The advisory board of the students' union is composed of the following teachers: President, A. A. Affleck; vice-president, Miss Margaret Uren; secretary, Miss Edna Holland; treasurer, J. Adamson; and Miss Alice Hall, R. Gray and C. K. Bluett.

FINANCE BOARD SESSION IS QUIET

Mayor Urges All Public Utility Enterprises Should Be Taxed.

RECOMMEND ACTION

Tranquility personified was yesterday's session of the finance board of the city council with Ald. W. A. Wilson presiding. It was, perhaps, the quietest gathering on record at the city hall this season, but as Ald. Wilson remarked pleasantly: "Gordon Drake says that I was the best chairman they ever had in the board of works."

Mayor Wenige thinks that all public utility enterprises should be taxed as private corporations, and a recommendation to that effect goes to Monday night's council session for further consideration.

Ald. Greer submitted that this form of taxation was nothing more or less than a question of bookkeeping. He was not opposed to having the matter finally disposed of by the council as a whole. Ald. George Burdick questioned if it was fair competition for other electrical dealers to let the public utilities free from a business assessment.

No Further Action.

No action was taken to further the Oxford street paving project, Mayor Wenige agreeing that the recent passage of the bylaw had been illegal. Ald. Wilson predicted that the issue could not be reconsidered without a two-thirds vote of the council. Ald. Burdick seemed reconciled to the inevitable. "We can bring it up again next year," he said hopefully.

The finance committee directed City Treasurer James Bell to submit his 1924 estimates by Nov. 1 as a guide for next year's council.

City Auditor H. B. Ashplant reported that the 1922 audit was still incomplete, and the councillors wanted to know where the people were who were appointed by the 1922 council to do this work.

"What's the delay?" was the question, and the mayor answered: "The thing is in such a mess that they haven't got the ends unravelled yet. All I hear from these people is progress."

Questions Delay.

"What's the trouble?" inquired Ald. Burdick. "It's up to us to see that this work is done. It is getting on to the end of the year. This delay is no good. We want no fooling. If there is anything wrong let them tell us."

"The chief trouble is that they do not finish," explained the mayor. "They hop on and off the job."

The committee directed that these temporary auditors be notified that a definite date for the report be forthcoming. It is explained that City Auditor Ashplant has nothing to do with the 1922 accounts, as independent auditors were appointed by the 1922 council.

During the discussion relative to the taxation of public utilities, Ald. Wilson advanced the opinion that churches of all denominations should be assessed.

In a jocular mood Ald. Greer suggested that they move an amendment to the British North America Act if they proposed to tax everybody and everything.

Questions Salary.

Ald. Wilson inquired casually during the afternoon's discussion if Edwin Smith was going to receive $1,500 for his services as secretary of the Old Boys' Association. "Nothing doing. All jobs were honorary without remuneration," responded the mayor, while Ald. Burdick ventured the remark that Mr. Smith would probably have been paid if the finances were available. It was finally called to the attention of the chairman that they were discussing a question which fell under the jurisdiction of the Old Boys' Association.

Three grants were authorized: One hundred dollars for the Humane Society; $100 for the London Poultry Association, and $200 for the Women's Institute, who stage an annual convention here Nov. 6, 7, 8, at which are expected 500 delegates. Ald. Wilson and other members took occasion incidentally to voice commendation of the work being accomplished by Humane Inspector George Tustin.

PET LAMB IS WINNER OF EXHIBITION AWARD

"April," Voted a Nuisance, Surprises Her Owner At Fair.

The much abused and hackneyed story of Mary and her little lamb was eclipsed for all time by an interesting story of one of the exhibitors at the Western Fair whose little lamb is April by name and nature as well.

It occurred this way. Wearying of the life of a journalist, Peter Johnston of Appin, one-time editor of several well-known papers in this province, returned to the home of his fathers and took up the calling of farmer with emphasis on Shropshire sheep. In the breeding of his favorites, Peter became very successful, and in time started exhibiting at the fairs.

On leaving for the Western Fair last Saturday with his prize sheep, he was confronted with the problem of leaving behind him a pet lamb to which he had become very much attached. The lamb was named April from the fact that it arrived on the first of that month and in a way has been a "fool" of a lamb ever since. At least it can fool Peter.

When it came to preparing and trimming his sheep for the judges, he left April to the last, and had not completed working on her when the judging started. To his annoyance, April, who was not included as a member of his prize pen, insisted in jumping back among her sisters, and when the judges inspected the pen he was forced to include her, as she refused to be excluded.

What was his surprise when April came out as the choice of the judges in the pen and was the one who got "into the money," leaving Peter nonplussed and astonished. April has taken on a new dignity since her award, but still insists on entangling herself around her owner's feet, and is, if anything, more of a pet than ever.

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FRESH CAUGHT FISH

Right out of the water. That's what you want. Let us fill your next Fish order with quality Fish at a reasonable price.

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Whitefish, Lake Trout, Halibut, Cod, Smoked Fillets, Haddies, Pickerel, Flounders, Mackerel.

POULTRY—Broilers, Fowl, Ducks (trussed FREE).

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Be your own judge. Compare these prices with what you are paying.

Look! Look! PORK AND BEANS 10 1-lb. tins .. $1.00

PURE HONEY. 10-lb. pails .... $1.20 5-lb. pails 65c

SALADA TEA. While it lasts, Pound 65c

RED SALMON 1-lb. tins 25c

NEW POTATOES Choice stock, pk. 39c

SEEDLESS RAISINS. 2 lbs. 29c

REDPATH SUGAR (with your order), 10 pounds $1.00

OATMEAL, 6 lbs. 25c

CORN FLAKES Kellogg's, 3 pkgs.. 29c

BUTTER. Choice Creamery. Pound 39c

PASTRY FLOUR, 24-lb. bag 89c

APPLE AND RASPBERRY JAM. 4-lb. pail 49c

BREAKFAST BACON. Machine sliced, lb. 35c

LAUNDRY SOAP, Saturday Only. 14 bars $1.00

LAUNDRY STARCH. 2½ lbs. 25c

TOILET PAPER 12 rolls 50c

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UP-TO-DATE-MARKET

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BEST GOODS AT LOWEST PRICES.

SPECIAL PURE CLOVER HONEY. 5-lb. Pail 65c

COMB HONEY. Extra well-filled sections... 28c

PURE JAM. Alymer (strawberry), 4-lb. tin.. ..... 69c

Wagstaffe's (raspberry), 4-lb. tin 87c

Granulated Sugar, 10 lbs.. $1.05

PICKLING VINEGAR. White Wine and Cider, gal.. 50c

Holbrook's Malt Vinegar, quart bottle 30c

Heinz Vinegar, large bottle.. 20c

Turtle Salmon (red), 1-lb. tin 25c

Castile Soap (Shell Brand), large bar 25c

Soap Chips, 2 lbs. 25c

Good Four String Broom.... 69c

Pure Lard, 3-lb. pail 55c

Fresh Ginger Snaps, 2 lbs. .. 25c

133 KING ST. PHONE 968. FREE DELIVERY.

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Our Store is filled with Tempting Bargains. Make this bright Sanitary Store your Shopping Place.

BIG PORK VALUES.

Shoulder Roasts ..... 18c lb.
Fresh Hocks ..... 8c lb.
Pork Kidneys ..... 10c lb.
Spareribs ..... 12½c lb.
Sweetbones ..... 5c lb.
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Loin Roasts ..... 30c lb.
Fresh Pork Tenderloin, while they last. 45c lb.
Stew Veal ..... 10c lb.
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Shoulders Lamb ..... 28c lb.

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Pot Roasts ..... 12½c lb.
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Rump Roasts ..... 20c lb.
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Try our Country Sausage. Fresh daily ..... 2 lb. for 25c

Peamealed Roll ..... 25c lb.
Peamealed Back .... 35c lb.
Smoked Picnic Hams, very choice ..... 20c lb.
Choice Pickled Hocks.. 8c lb.
LOOK AT THIS—Breakfast Bacon, sliced ..... 30c lb.

3-lb. pail Lard ..... 55c each
5-lb. pail Lard ..... 85c each
Fresh made Creamery. Our own brand ..... 40c lb.
Mild cured Pickled Shoulders, limited amount 17c lb.

FRESH GREEN VEGETABLES. SPRING CHICKENS.

Kindly let us have your orders early. First delivery leaves store 7 a.m.

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4 Cars. 202 DUNDAS ST. 2 Phones: 7111-7112.

Place Occupied By Nuts In Well-Rounded Dietary

HOW TO USE THEM WISELY.

There is no need to urge the cultivation of a taste for nuts, for they are almost universally popular. Rather is it in order to suggest that any one interested in dietetics inform himself as to the food value of nuts, as to whether they are "indigestible" as many suppose them to be and also as to their place in a carefully planned dietary.

First, as to the food value. Using the popular English walnut as an illustration, we find that this delicious nut contains 16.7 per cent protein or body building material, 64.4 per cent fats, 14.8 per cent carbohydrate or heat and flesh forming material, 1.32 per cent of the valuable mineral salts and 3,305 calories of energy to the pound. Other varieties of nuts vary upward and downward in these points but the above will give a good basis for comparison.

When we reflect that a pound of English walnut meat gives as much actual all-round food value as four pounds of lean beef or 13 pounds of oysters we have a fair idea of the theoretical value of nuts.

Now, as to the digestibility of nuts. Authorities differ here as in most other matters. Suppose we strike a safe mean between the extreme views and decide that we will not offer nuts to little children; that when we give them to children of the school age they shall be finely ground, and then only as a part of a carefully planned menu, and not as a dessert after a meal already adequate.

This brings us to the third point, i.e., the place of nuts in the well-rounded dietary.

As we have already pointed out, nuts are best reserved, for at least the school age. This is because of their large percentage of fats and also because of danger of imperfect mastication.

These precautions, once observed, however, we have a most valuable addition to the menu.

Rich in lime and iron, with a small percentage of the fat soluble vitamin, free from uric acid forming products, not readily given to putrefactive changes, and presenting in concentrated form actual body-building material, nuts are in a deservedly high rank

The fact that the almond can so easily be relieved of its indigestible, leathery skin, makes it especially good food. Balanced, roasted, crushed and made into nut butter and milk, almonds are very wholesome and should appear more often as a staple food, rather than as a dainty to nibble after an over-heavy dinner.

Nutrition Nuggets

If you "wake up more tired than when you went to bed" it is a fairly good indication that you are overeating. Nervous tension, with a continuous desire to move about and change the position is another sign of an overtaxed digestion. Depression of spirits is still a third symptom. If you have any or all of these, miss a meal, or even two. You will be surprised at the results.

For a variety in home-prepared fruit juices, try apple juice. The malic acid present is very wholesome, is good for cases of acidosis and is laxative. Wash the apples well before grinding.

The acids, sugars, vitamins and salts of ripe fruits are practically ready for digestion; therefore in health fresh, ripe fruits may be eaten at any time when the stomach has not already been overloaded with other foods.

Whenever possible, allow at least five hours between meals. The stomach empties itself in about four hours and an extra hour is necessary for resting and self cleansing of this busy organ.

Limit the water drunk at meal time to one glass.

Remember that one pound of walnut meats is as rich in nutriment as four pounds of lean beef, five pounds of eggs or 22 pounds of lobsters. This will insure the giving to nuts their proper place in the diet.

Chestnuts, almonds, peanuts, pecans and walnuts are very rich in food iron.

A pint of milk furnishes a good proportion of the vitally important lime salts, while twenty ounces will supply all the lime that is needed by the body in one day.

MARTIN'S Meats

For Quality and Lowest Prices Buy Your Meats at Martin's.

Beef

Prime Ribs, Rolled.. 30
Boneless Cuttings 10
Shoulder Rst. 12½
Hamburg Steak.. 10

CURED MEATS.

Green Picnics.. 20
Buckfort Bacon.. 35
Smoked Hams... 32
Back Bacon... 38
Pickled Hocks 6

Threshing Roasts ... 12½

Lamb

Choice Legs... 35
Whole Shoulders 23
Choice Chops... 35

Veal

Shoulders Roasts.. 22
Shoulders Chops.. 25
Loin, Roasts .. 32

Ceylon Tea 60

Pickled Bacon .. 18

177 Dundas. Phone 48
654 Dundas. Phone 705

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.

Will you please give me a recipe for Chicken a la King. Also, have you a cook book for sale?—J. G.

Here is a recipe for Chicken a la King.

Melt two tablespoons of butter in a sauce pan; add a tablespoon of chopped onion, and cook in the butter. Then stir in six fresh mushrooms which have been chopped; add one tablespoon of chopped pimentoes and a cup of cream. Boil fifteen minutes. Add the yolk of two eggs, stirring constantly. When the mixture begins to thicken add three cups of diced chicken. Serve on toast.

As to your other questions, the only cook book written by me is out of print. Should I publish a new edition I will gladly send you one.

I am interested in the latest reports on the dietetic cure for rheumatism. Can you send me a list of articles or books on this subject? For what reason do you not include oatmeal or tomatoes in the diet?—Mrs. M. Mc.

The first question has been answered by mail. In regard to the second; in general there is no reason why oatmeal should be omitted. Cereals are almost purin-free and therefore not injurious in cases of rheumatism. As to tomatoes there is a difference of opinion among diet specialists. Perhaps the only way to be sure is to experiment very carefully in your own case and always under the observation of someone with experience in dietotherapy.

I am a young man of eighteen and I am 40 pounds overweight. Would you kindly send me instructions to reduce my weight?—S. F.

Here is a suggested diet that was planned by a specialist with wide experience, Professor Mary Swartz Rose. You may be interested to know that the modern way of reducing by diet is to give a carefully planned mixed diet, with all the wholesome foods represented but each in smaller portions than those ordinarily served. This is much safer than to cut out all so called fattening foods.

A REDUCING DIET.

Breakfast.

1 apple, medium size
1 egg
1 slice of toast
1 cup of coffee (saccharine may be used for sweetening if desired)
1½ tablespoonful of skim milk

10.30 a.m.

½ cup of bouillon
1 water cracker

Luncheon.

Medium serving of lean cold roast beef
2 thin slices of rye bread
Lettuce and cottage cheese salad
Lettuce, ad libitum
Cheese, 2½ tablespoons
French dressing, ½ tablespoonful.

4:30 p.m.

1 cup of tea with lemon (saccharine may be used for sweetening if desired)
1 water cracker

Dinner.

Large serving of boiled cod with lemon
½ medium boiled potato
Large serving of cauliflower (plain)
1 teaspoonful (scant) of butter
Watercress and egg salad
Watercress, ad libitum
1 egg
French dressing, ½ tablespoonful
½ large orange
Demi tasse of black coffee

10:30 p.m.

½ cup of hot skim milk.

Your recipe for mayonnaise is interesting. I have never made any and one day last week I tried it and wasted all the materials. It did not seem to get that rich yellow. Maybe because I failed to use an egg beater. After putting in oil little by little I put it all in and it would not mix.

Do you think cooked or uncooked dressing is the best?

CAMP COOKERY.

The days of early autumn are ideal for camping. We have been fortunate in securing permission to pass on to our readers some of the recipes prepared by a well-known expert in camp and out-of-door activities. Further information may be secured by sending a self-addressed stamped envelope to Winifred Stuart Gibbs, care of The London Advertiser.

ALBERTA COAL ARRIVES.

Special to The Advertiser.

Paris, Sept. 13.—Six of the eight cars of Alberta coal, ordered from Drumheller by the local committee, have arrived. The sample is good and the demand for it is keen. The orders are being filled in the order of booking.

ANY TIME, ANYWHERE, ANY DAY

You can get FAIRFUL'S PURITY BREAD

If your grocer can't supply you call 944, and a driver will call.

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We Lead; Others Follow

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Brighton's O. K. Whole Wheat Bread

Is recommended by doctors for its nutritiousness.

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IF YOU ARE LOOKING FOR A GOOD TEA, TRY OURS.

RICHMELLO TEA, per pound 75c
SELECT BRAND ENGLISH BREAKFAST 71c
SPECIAL BLEND BLACK OR MIXED, lb... 63c

COFFEE—OUR QUALITY AND PRICE CANNOT BE EQUALED

SELECT BLEND BULK, per pound 55c
SPECIAL BLEND BULK, per pound 39c
D. S. L. SPECIAL BLEND, 1-LB. TINS... 45c
CHASE & SANBORN, 1-LB TINS 55c
RIDEAU HALL, 1-LB. TINS 55c

QUALITY WE SELL TO SATISFY. PRICE

COHOE CHICE RED SALMON 1's, TALL TIN ..... 21c ½'s, FLAT TIN, 2 FOR.. 25c

FINEST SOCKEYE SALMON 1-POUND TIN ..... 39c ½-POUND TIN 21c

PINK SALMON (Rich Quality) 3 TINS FOR 33c

SPECIALS IN RAISINS (Seedless or Seeded.)

11-OUNCE PACKAGE, 2 PACKAGES FOR 25c
15-OUNCE PACKAGE, per package 16c
BULK SEEDED, per pound 14c
BULK SEEDLESS, per pound 15c
VALENCIA RAISINS, per pound 17c

SHELLED WALNUTS, per pound 43c
SHELLED ALMONDS, per pound 49c
DESICCATED OR SHREDDED COCOANUT, per pound 23c
HALLOWE DATES, new stock, 3 POUNDS FOR 29c
PRUNES, large and meaty, 2 POUNDS FOR 25c

Dominion Corn Flakes, 3 for 25c

OUR BACON IS THE BEST. TRY IT FOR BREAKFAST.

MACHINE-SLICED, per pound 35c
SUGAR-CURED PEA-MEAL, back piece ..... 41c (Sliced, 43c lb.)

ROLLED OATS..... 6 POUNDS FOR 25c
POST'S BRAN, per package 15c
SHREDDED WHEAT ..... 2 PKGS. FOR 25c
PUFFED RICE ..... 2 PKGS. FOR 35c
BLUE ROSE RICE ..... 3 LBS. FOR 25c

SOAP COMFORT OR PEARL WHITE 7 Bars 50c

SOAP FLAKES 2 POUNDS FOR 25c

CLARK'S PORK AND BEANS No. 1's ..... 12c No. 2's ..... 15c No. 3's 24c

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Kindly come or phone early for our first delivery and avoid the rush.

Smoked Side Bacon, by the piece, per pound .. 26c

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LAMB SPECIALS

Leg Lamb 35c
Loin Lamb 35c
Shoulder Lamb . 28c
Breast Lamb ... 18c

VEAL SPECIALS

Fillet Veal 35c
Loin Veal 30c
Rump Roast Veal, per lb. 25c

Shoulder Roast.. 20c
Breast Veal .. 12½c

BEEF SPECIALS

Sirloin Roast Beef.. ..... 25c
Rump Roast Beef (corner cut).. 23c
Rump Roast Beef (center cut).. 20c

Rump Roast Beef, (first cut).... 18c
Round Steak .. 23c
Hamburg Steak, 2 lbs. 25c
Beef Cuttings .. 10c
Brisket Beef 8c
Shoulder Roast Beef 15c

PORK SPECIAL

Ham Roast Pork 28c
Loin Roast Pork 30c

Chuck Roast Pork 22c
Shoulder Roast 18c
Pigs' Feet, doz. .....15c (Fresh or pickled).

SUNDRIES.

3 pkg. Ammonia 25c
2 pkg. Classic Cleanser.. 11c
3 pkg. Pearline 25c
3 pkg. Rinso 25c

4 lb. Pail Pure Jam, for 80c

4 lb. Pail Compound Jam, for 50c

Cambridge Sausage, per lb. 20c

Pure Pork Sausage, per lb. 25c

Orchard Farm Sausage, 2 lb. for 25c

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