Pure Foods -The Foundati on of Fitness LIVES ON SHORT COMMONS.

INUTE STRU you shall eat the bread of sorrow drink the wat ar of repentance in tary imprison: sent for the good soul as ion g as your body has minutes, a ng more than by two cor

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some such walleds were prisoners senned to the lungeons when they athwart the is aw, such as it was the Middle Age is.

nsitive souls were appalled at rocity of the sentence, but conthemselves with the thought enrivation and semi-starvation oon put ar i end to their mysand early no lease by death was

any records, however, prove the of such hoper, for history shows isoners lived I for almost incredng periods c o a minimum daily ce of bread I and water. nably the In ead was of coarse

al, probatily it was stale, it possib ly have been milout it was simple, primitive ntaining n o deleterious inthough it was far from, m outside contamination. e miserable wretches thrived and, despit & A're overwhelming

death. I Wised into darkened

ile old ag ta most rige rious of the monthe simplicity of life is omparable with lifelong conbread and water, espethe matter of diet; and oftigation into the habits of sian m onks in their mon-Cowfold! Sussex, discloses g fact that, though they ne meat a day, consisting read, a lattle fish, very ocvaried by an egg or a little washed do way by a small botinc. mer ther's of the order uffer from Tofluenza, and canrely unknown among them. live to eighty and even some wax fat on a daily

world eat far too much. The Sin Agr Minst Fitness.

gard with apprehension.

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greatest st n against physical the prese nt time is not over but rather enipable negligence the purity and quality of the eat. We accept what is ofand take ' too much for grant-

lead the contemplative oistered n ronks or prisoners to sol hary confinement. out ener gy while they con-We ner & more food to ree tissues sof the body worn ed in the constant battle of

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sustenal ace on the foodrown and, prepared within lls and a me altogether a selfg comm anity, the question and fres kness is, under norons, au t easy one to solve. ally ea sy when a small lives o p a fruitful but inisland. but when that enor that is dand becomes serier-popula ted outside sources apped in forder that all may

that is the problem which food icers, distributors, and conto the world over have to face

population increasing so raphat means of transport cannot pace with it meeds, food has to ared in ba ak and stored until conver Mently distributed. our tight little island cannot me enough fe pd to feed ourselves ore than a 1 key weeks, we can-Toduce at al' I many of the foodwhich are essential for health mess, and in se are compelled to on the organi a ing ability of proand distril m stors beyond the many of the bare necessi-

A Matter * of Care.

food, the refore, becomes a of individual care. The conmust kact ris source of origin, alus and , requiation of the inlary that nets through which whether or not it is proand if to asonable care has taken to gu ard it against conallon both in preparation and

lings are at present there is to safeguar fi-the guarantee of wers, proclincers, or distribu-Four for d is bulk food as from paci teted food you must that the word of the discan be in flied upon; if it is it must be branded with a tich has won a reputation My and ay takty, and you must hably aur e that the contents ottle, tin, jar, or package are is stated and retther more

nacketed Toodstuifs are exadvertis ed you may rest claims made for

TO ENCOURAGE EARLY BUYING OF THE NEW FALL MODES

We Offer Our Entire Stock of New Coats, Millinery, Sweaters and Raglans at Specially Reduced Prices

This is an opportunity no right thinking person should miss. A sale that offers you your choice of the new Fall and Winter modes at a very special saving-featuring the newest in Coats, Sweaters, Millinery and Raglans. You have often heard it said that a bargain in time is doubly a bargain-well, this sale can claim that distinction by offering the newest styles at the beginning of the season, at prices you would only expect when the season has greatly advanced. Buy your Fall needs during this sale and save considerable money.

THESE PRICES WILL BE IN FORCE For 10 Days Only

Black and Navy Velour Coats Velour Coats

A splendid selection of these very serviceable Coats, made from high grade

Reg.	\$17.50	each.	Sale	Price .	.\$15.75	Reg.	\$44.00	each.	Sale	Price	\$39.60	
Reg.	\$18.00	each.	Sale	Price .	.\$16.20	Reg.	\$52.00	each.	Sale	Price	\$46.80	
Reg.	\$25.00	each.	Sale	Price .	.\$22.50	Reg.	\$58.50	each.	Sale	Price	\$52.65	
Reg.	\$37.60	each.	Solo	Price .	\$23.40	Reg.	\$66.00	each.	Sale	Price	\$59.40	
Reg.	\$41.00	each.	Sale	Price .	\$36.90						\$76.50	

Buy Your Sweater **During This Sale**

For outdoor wear or just for general utility use, these are just the kind of Sweaters for chilly days, indoors or out. We are showing a magnificent selection including Sweater Coats, Tuxedos & Slipons in all the

Dog \$2 35	at a splene each. Tale	Price	\$2.12	Reg.	\$ 7.00	ea.	Sale	Price	\$
Peg. \$2.75	each. Bale	Price	\$2.48		\$ 8.75				
Reg. \$2.10	each. Sale	Price	\$2.93		\$ 9.75				
Reg. 55.20	each. Jale	Price	\$3.60		\$10.00				
Reg. \$4.00	each. Hale	Price	84.05	Reg	\$11.50	ea.	Sale	Price	\$1
Reg. \$4.50	each. Hale	Price	\$4.50	Reg	\$12.50	ea.	Sale	Price	\$1
Reg. \$5.00	each. Hale	Price	\$5.09		\$13.50				
Reg. \$5.05	each. Bale	Price	\$5.68	Reg	\$15.50	62	Sale	Price	\$1

Sale of the New Fall

Here is one one of the season's most important Millinery offerings,

A complete showing of the newest style creations for every occasion;

Choosing your New Fall Hat will prove most interesting, particularly

Reg. 2 3.50 ca. Salle Price . . \$ 3.15 Reg. \$12.50 ca. Sale Price . . \$11.25

Reg. \$ 4.25 ea. Sale Price . \$ 8.85 Reg. \$13.50 ea. Sale Price . . \$12.15

Reg. \$ 4.75 ea. Sale Price .. \$ 4.28 Reg. \$14.50 ea. Sale Price .. \$13.05

Reg. \$ 5.25 ea. Sale Price .. \$ 4.73. Reg. \$16.00 ea. Sale Price .. \$14.40

Reg. \$ 5.75 ea. Sale Price .. \$ 5.18 Reg. \$17.50 ea. Sale Price .. \$15.75

Reg. \$ 6.00 ca. Said Price .. \$ 5.40 Reg. \$18.50 ca. Sale Price .. \$16.65

Reg. \$ 6.50 ea. Salo Price . . \$ 5.85 Reg. \$19.50 ea. Sale Price . . \$17.55

Reg. \$ 7.50 ca. Sale Price . . \$ 6.75 Reg. \$20.00 ca. Sale Price . . \$18.00

Reg. \$ 8.25 ea. Sale Price . \$ 7.49 Reg. \$20.50 ea. Sale Price . \$18.45

Reg. \$10.00 ea. Sale Price . \$ 9.00 Reg. \$21.00 ea. Sale Price . . \$18.90

Reg. \$11.00 ea. Sale Price .. \$ 9.90 Reg. \$22.00 ea. Sale Price .. \$19.88

Reg. \$12.00 ea. Sale Price ..\$10.30 Reg. \$23.00 ea. Sale Price ..\$20.70

when choice may be made at an attractive saving like this.

including Millinery Hats in all the favored fabrics, both black and color-

ed. Velour Hats and Felt Hats.

presenting our complete stock of New Fall Millinery at reduced prices.

Our showing of these very fashionable Coats is superb. Featuring the newest in styling, trim and color. Beautiful-Coats, splendid quality, fine tailoring, in-dividual styles. Trimming consists mostly of fur, the favored being Fox, Beaver. French Lynx and Manchurian Wolf, used extensively on collar, cuffs, hem and pocket, according to the model. A splendid assortment of the mos

Reg	\$18.00	oach	Sale De	100	\$16.20	Dee	FR.00		6.1.		
Trog.	φ10.00	each.	Bale II	ice	\$10.2U	neg.	\$ 52.00	ea.cn	Sale	Frice	\$46.80
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					\$22.50	Reg.	\$ 60.00	each.	Sale	Price	\$54.80
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Reg.	\$30.00	each.	Sale Pr	ice	\$27.00	Reg.	\$ 75.00	each	Sale	Price	\$67.50
					\$28.80	Reg.	\$ 80.00	each.	Sale	Price	\$72.00
					\$33.75	Reg.	\$ 89.00	each.	Sale	Price	\$80.10
					\$36.00						\$85.50
Reg.	\$47.50	each.	Sale Pr	ice	\$42.75						\$91.80

Women's Tweed Coats

A selection of pretty Tweeds in the newest styles, also in plain cloths, shades of Rust, Brown, Fawn and Grey, lined to waist, some having collars and cuffs of fur, others plain. Warm, serviceable Coats, lowly priced.

Reg. \$12.50 each. Sale Price .. \$11.25 Reg. \$16.00 each. Sale Price .. \$14.40 Reg. \$13.50 each. Sale Price .. \$12.50 Reg. 18.00 each. Sale Price .. \$16.20 Reg. \$14.50 each. Sale Price .. \$13.05 Reg. \$20.00 each. Sale Price .. \$18.00



are offered at a generous reduction for the next ten days. A splendid selection to choose from in all the newest designs, weaves and

Wool Coating.

Heavy Wool Coating in plain shades of Brown and Rust 54 inches Curl Cloth.

Navy Curl Cloth, showing a splendid pile and finish, good looking Navy Curl Cloth, showing a spiendid pile and million, and of special wearing quality, 54 inches wide, offering \$1.67 extreme value. Reg. \$1.85 yard. Sale Price

All Wool Coating in neat checks, shades of Tan, Fawn and Blue All Wool Coating in neat checks, shades of the state of t \$2.55 yard. Sale Price Check Coating.

Shown in large check effects of pretty linked sheets, wide; a very popular material for Fall and Winter. Reg. \$3.29 Shown in large check effects of pretty mixed shades; 56 in-

Velour Coating. 54 inches wide, shades of Grey, Mole and Brown, showing a soft finish, one of the season's favorite materials. Reg. \$2.70 Shades of Mole, Taupe and Blue. Reg. \$3.55 yard. Sale \$3.29

Velour Coating.

Fancy Velour Coating. Nothing could be smarter for Fall and Winter than these Velours, shown in large and small checks and neat seft ribbed effects, in clever designs and smart textures; comes in shades of Rust, Brown

The New Raglans at Reduced Prices

of the best selections we have ever shown. Mixed Tweeds in assorted shades, plain Gaberdines in the newest colors; all offered at specially reduced prices during this sale.

Women's Tweed Raglans.

Theseare extremely popular for Fall wear, pretty tweed effects in the newest styles, absolutely showerproof; single breasted and double breasted styles, with and without belt; shades of Grey, Fawn, Henna and

Reg. \$16.00 ea. Sale Price . \$14.40 Reg. \$27.00 ea. Sale Price . \$24.30 Reg. \$17.50 ea. Sale Price . \$15.75 Reg. \$19.00 ea. Sale Price . \$17.10 Reg. \$28.00 ea. Sale Price . \$25.20 Reg. \$25.00 ea. Salo Price .. \$22.50 Reg. \$35.00 ea. Sale Price .. \$31.50

Women's Raglans.

Best quality Gaberdine, waterproof, lined throughout, quarter lined and unlined; shades of Fawn, Grey, Slate, Brown, Tan, Navy and Black; as-

Reg. \$ 6.50 ea. Sale Price . \$ 5.85 Reg. \$28.00 ea. Sale Price . \$25.20 Reg. \$23.50 ea. Sale Price . \$21.15 Reg. \$32.00 ea. Sale Price . \$28.50 Reg. \$23.75 ea. Sale Price .. \$21.38 Reg. \$35.00 ea. Sale Price .. \$31.50

Women's Waterproofs.

Plain shades of Fawn, Grey and Nigger, also in pretty tweed effects, in Brown, Fawn and Heather mixtures; all sizes.

 Reg. \$11.00 ea.
 Sale Price . \$ 9.90
 Reg. \$22.00 ea.
 Sale Price . \$19.80

 Reg. \$18.50 ea.
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 Reg. \$21.00 ea.
 Sale Price . \$18.90
 Reg. \$29.75 ea.
 Sale Price . \$26.78

Black Rubber Coats.

For women, misses and children; a full range of sizes in stock; all offered during this sale at special reductions.

The Royal Stores, Limited

melight of publicity withers inferior and indifferent produce as effectively as it throws out the superior quali-

No advertiser can afford to waste money in trying to induce a discriminating public to purchase foodstuffs which are unworthy of its confidence. allow its columns to be used for propaganda designed to promote the sales of impure and injurious articles of

The Press properly supervised and properly used is the most dependable safeguard of the public health. Advertised foods must be of the highest ossible standard of purity and qual ty, and there must be an assurance with all packeted articles that every reasonable precaution has been taken in preparation and transport, so that all possibility of contamination is rigorously excluded .- Daily Mail.

CONFEDERATION LIFE.

Brave Woman Honoured

BURNING GIRL RESCUED AT GREAT PERSONAL RISK.

For the first time within a period of at least 12 years a woman has been warded the Edward Medal for savng life at great personal risk. This onour has been conferred by the King on Mrs. Lilian Peyton, who is employed by Messrs. Holdsworth Bros., flock manufacturers, of White Hartroad, Plumstead. While flock was being delivered from a rag grinding machine on June 17 last, the material suddenly burst into flames. The flock was being packed by a girl named Rose Wade, and her clothes caught fire. The flames spread all round the machine, and as Miss Wade turned to run out she stumbled and fell. Mrs. Peyton, who was working on the other side of the machine. rushed to the girl's assistance, and tried to drag her clear. A heavy sack of waste material which was suspended behind the machine, and which had itself caught fire, fell down on girl, and forced Mrs. Peyton to release her hold. She again however, went to Rose Wade's assistance, and this time was able to drag her out of the flames. All the other women working in the neighbourhood were too horror-stricken to render help, and left the dangerous area as quickly as possible. After Mrs. Peyton had dragged Miss Wade away from the fire, a foreman came up and covered her with sacks, but the girl succumbed to her injuries.

Try a box of Renaud's French Face Powder, only 15c. at STAF-FORD'S .- sept2,tf

Huge Cost of Subsidies

LESSON FROM BREAD - LOSS TO NATION OF £ 138,011,673.

The second report of the Royal ommission on Wheat Supplies, issued yesterday, reveals that the Bread Subsidy, which came into operation on September, 17, 1917, and ended on March 31, 1921, cost the nation £138,-011.673 6s. 3d.

This amount represents the cost of the subsidy-amounting to £162,-500,000, less miscellaneous profits of approximately £24,500,000 - arising out of the commission's trading oper-

Purchases made by the Royal Commission on British account solely, and on British account through the Wheat Executive, on which the commission and the French and Italian Governments were represented, totalled £587,000,000. Trading operations were not confined to wheat and flour. but included maize, oats, barley, rye, rice and other cereals.

Purchases Cost £ 512,670,000. The purchases of cereals made on behalf of the Wheat Executive amounted to £512,670,000 excluding freight and insurance. The Wheat Executive also purchased some 8,000,-600 tons of wheat, rice, oats, and other cereals on behalf of neutrals and the smaller Allies.

The report stated that the only outstanding accounts included sundry ereditors £718.911, and sundry debtors estimated to realise £40,000.

The purchases of cereals made on hehalf of the Wheat Executive amounted to £512,670,000, excluding freight and insurance. The Wheat Executive also purchased some 8 .other cereals on behalf of neutrals and 000 000 tons of wheat, rice, oats, and the smaller Allies.

The report states that the only outstanding accounts include sundry reditors £718,911, and sundry debtestimated to realise £40.000. The final estimated cost of the salaries and expenses of the commission and of its landed grain committees since its inception in 1916, including services rendered by other departments, is £1,718,000.

Renaud's (made in France) Face Powder, at STAFFORD'S. 15c. box.—sept2,tf

Scallop lamb with rice, season with omato sauce and cover with buttered