

Bowring's
Grocery Dept.

Graham Flour	14-lb. Sack	95c.
Buckwheat Flour	3-lb. Pkg.	50c.
Baby Flour	7-lb. Sack	40c.
Native Flour, the best bread maker—		
14-lb. Sack		85c.
Corn Flour (Brown and Polson's)	1-lb. Pkg.	30c.
Corn Flour (Harvest Cream)	1-lb. Pkg.	20c.
Pancake Flour (Aunt Jemima's)	Per Pkg.	25c.
Potato Flour (Morton's)	1-lb. Pkg.	20c.
Swansdown Cake Flour	Per Pkg.	65c.
Rice Flour	Per Pkg.	20c.

Persons suffering from Diabetes should read this list carefully.

LISTER'S DIABETIC PRODUCTS

are specially prepared for the diet of sufferers from this ailment, and will be found of great help in their treatment:

Lister's Diabetic Flour	25c. pkg.
Starch Free Bran, 3-lb. pkg.	\$1.50
Jelly Powders	15c. pkg.
Low Calory Flour	25c. pkg.
Soup Powders	30c. pkg.
Starchless Macaroni	\$1.85 pkg.
Sugarless Sweetener, 2-oz. pkg.	\$1.00
Saccharine Tablets, 100 for	35c.
Kola Extract	\$1.50 bot.
Sugar Tests	\$2.25 ea.
Baking Pans	30c. ea.

Bowring's Drapery Dept.
NEW ARRIVALS!

Ladies' Felt and Velour Hats

All in the latest style and newest colours.

FELTS	\$2.50 & \$3.20
PLUSH	\$4.50
VELOUR	\$5.50



CHILDREN'S and MISSES' FALL COATS

A nice selection of stylish Coats, the first arrivals of our Fall stock, which we have priced very reasonably. Assorted colours: Brown, Fawn and Navy, nicely trimmed. Sizes from 27 inch to 42 inch.

\$4.00, \$4.50, \$5.20, \$6.50, \$7.00, \$7.80, \$8.50, \$10.00

LADIES' ONE PIECE GABERDINE DRESSES

Extra good value. Colours: Navy and Fawn. Smart style with fancy front and short sleeves.

\$14.50 and \$15.00 each.

LADIES'

STANFIELD'S UNDERWEAR

Vests, Strap shoulder, v neck—	\$1.20 each
Vests, Wing sleeve, round neck—	\$1.30 each
Vests, Long sleeve, high neck—	\$1.45 each
Pants, closed style, long leg—	\$1.45, \$1.60, \$2.00 each

SOUTHALL'S

SANITARY TOWELS

for ladies of refinement.	
SMALL—	
1 dozen in package	55c.
MEDIUM—	
1 dozen in package	70c.
LARGE—	
1 dozen in package	85c.

Bowring's
Hardware Dept.

Let Us
Show You

our stock of rifles and shotguns. Whether you buy or not, it is no trouble to show you the very best the market affords in firearms, ammunition and other sporting goods. New stocks always.

WE ARE
HEADQUARTERS

FOR
ALL KINDS
OF
SPORTING
GOODS.

JUST OPENED—GALVANIZED WARE

Water Buckets, Coal Scuttles,
Slop Pails, Wash Tubs, etc.

ENAMEL WARE

Jam Skillets, Saucepans, Boilers,
Fry Pans, Plates, Wash Basins,
Jugs, Colanders, Teapots, Chambers.

Best quality Sole Leather, Tin Plate,
Soldier, Sheathing Paper, Roofing Cement,
Window Glass, all sizes, Paints,
Oils, Varnishes and Brushes.

BOWRING BROTHERS, LTD.

Just Folks.

By EDGAR GUEST.

EXPLAINING GRANDMOTHERS.

Grandmothers are careful with cookies and cakes.

They are up when a small tummy

refuses, for the good of the

child.

Even if it hurts him, to let him run

wild.

Grandmothers spoil them. You

know that is right.

They lock up the candy and turn him

out at night!

Grandmothers pamper them, fondle

them, too.

But on them all of the afternoon

they

will with them, serve them, grant

every wish.

But then the chocolate they find on

the table

is their laughter and note on their

grins.

They're always gone home when

the trouble begins.

Grandmothers see in a grandchild

much more

than they visioned in us when long

resses we wore.

They enjoy our small children beyond

any doubt.

Here then is the reason why we

scattered about.

The reason is simple, each grand-

mother knows

the disturbance won't start until after

she goes.

Little Jack
Rabbit
by David Cory

Goodness me, boys and girls, we left the two frightened little rabbits in a dreadful fix, didn't we? Danny Fox and Old Man Weasel glaring at them from the bushes. Yes, even worse than that; these two wicked robbers were creeping up to the little back porch on which Lady Love and the bunny boy stood, all a-tremble, not knowing what to do.

"I saw them first," snarled the old fox, eyeing Old Man Weasel suspiciously.

"It's not a question who saw them first, but who gets them first," answered the crafty old Weasel.

Just then a joyous bark sounded on the evening air, and the next moment the Yellow Dog Tramp jumped right over the bushes, landing squarely on the little back porch. Raising a big stick in his strong right paw, he glared at the two wicked old robbers and shouted:

"Just a moment, if you please. Or you'll take your last, sad sneeze With this good old hickory stick! I will make you might sick."

"We were matching pennies," whined Danny Fox. "But I can't find my Pumpkin Penny. It rolled out of sight."

"Neither can I find my Carrot Cent," added Old Man Weasel. "Can't afford to lose my money."

"Matching pennies!" barked the good Yellow Dog Tramp, with a growl. "That's a poor excuse. What were you matching for?"

Danny Fox looked sheepishly at Old Man Weasel and Old Man Weasel glared foolishly at Danny Fox. Neither dared to say they had tossed up to see which of them would get the two poor little bunnies. They knew better than to explain matters to the brave Yellow Dog Tramp, especially when they looked at the big hickory stick. Goodness me, it was a dangerous weapon to play with, knotty and hard as iron. They could almost feel it coming down Bang! on their wicked old heads.

"I have some Pumpkin Pennies and Carrot Cents in my knapsack," faltered the little rabbit. "I'll give them to

Danny Fox and Old Man Weasel if they'll go away."

"All right," snarled Danny Fox.

"Suits me," agreed Old Man Weasel.

"It doesn't suit me," growled the Yellow Dog Tramp, the hair on his back bristling up and his eyes full of

fight. "I'll give you two old rascals one jump to clear out of here. If you don't

move quickly I'll bat a home

run with both of you," and swinging

back his club, that brave old dog took

a step forward. But before he could

take another Danny Fox leaped clear

over the Bramble Bushes to the mes-

sow, and Old Man Weasel dashed

down the little path to the front gate.

"Ha, ha!" laughed Mrs. Moon as she

saw them running swiftly to the Shady

Forest, "what cowards they are. Hope

they stub their toes and bark their

shins and step on a million pine needles

pins!"

"Rotheration," snarled Danny Fox,

on reaching the woods, "wish that

Yellow Dog Tramp was in Kam-

akaka."

"What's the use of wishing," sneered

Old Man Weasel, "if we hadn't stopped

to match pennies we both could

have had a nice rabbit for dinner."

And in the next story you shall hear

what happened after that.

Household Notes

A little fresh or canned fruit juice is nice added to the dressing for fruit salad.

As an appetizer, serve thinly sliced hard-boiled egg on lettuce with tartare sauce.

Checked oil cloth makes delightfully practical luncheon sets for everyday use.

When you make apple relish, to have it especially good, add a few seeded raisins.

Before baking cup custards, top with canned cherries, bake and serve with cherry juice.



"Ha, ha!" laughed Mrs. Moon as she saw them running swiftly.

Not Enough

THE NEW THROW-IN RULE IS A STEP IN THE RIGHT DIRECTION, BUT ONLY A STEP.

So far as the actual rules of play are concerned there has only been one change in addition to the offside rule. This other change affects the throw-in, and the reasons for the alteration have mystified a lot of people.

In the past it was necessary for the player throwing the ball to stand with a part of both feet on the touch-line until he had completed the throw.

Under the new rule the thrower must stand with both feet behind the touch-line.

It has been assumed that this "pushing back" of the thrower was meant to place him under an additional handicap, but a moment's reflection will serve to show that the opposite is actually the case. So long as it was necessary for a player to keep a part of both feet on the line he was frequently penalized for a foul throw because in throwing he raised his heels, originally placed on the line, and thus broke the rule.

Lessons From Long Ago.

In future the thrower will not have

to worry about the position of his feet at all, it being only necessary for him to keep a part of them on the ground.

This additional freedom is a step in the right direction, but in view of the opinions of many people—including Mr. John Lewis, the famous football official—the authorities might have gone still further. They might have so changed the throw-in rule as to give the throwing side a real advantage in those cases where the defenders wilfully kick the ball out of play.

Long ago the rules permitted the one-handed throw, and many players became so expert at the business that such a throw was almost as useful as a free-kick. The throw, even as now altered, is of precious little use to the throwing side. It certainly does not act as a deterrent to the defender who kicks out on the slightest provocation, or without provocation at all.

Household Notes.

Balls of cream cheese make a nice garnish for tomato salad.

Serve cold, stewed seedless raisins with a dash of orange juice.

Add a little chopped parsley to the white sauce for potato balls.

For a light dessert, top sweet elder jelly with whipped cream.

Either yellow or red apples make attractive cups for fruit salad.

MECCA

READ THIS REMARKABLE CASE and then you try Mecca

ON MY BACK FOR ELEVEN WEEKS

I was suffering with a running sore, putting my limb in hot water five hours of a day according to doctor's directions, and then finally I was told to lance it. I had been advised by more than one to try "MECCA" Ointment, and I did, with the result that in less than two weeks I was up and walking on my feet again.

MRS. JANE SMITH.

FOR BOILS AND CARBUNCLES

MUTT AND JEFF

FOR SALE, CHEAP, ONE RADIO, SLIGHTLY USED.

—By Bud Fisher



Baptism Deaths

A remarkable account of wholesale drownings in a river on the Belgian side of Sakenia, a frontier township between Northern Rhodesia and the Belgian Congo, is reported.

A native named Nyassala, known as Son of God, believed to be a religious fanatic from Nyassaland, is the leader of a movement which has been performing baptisms in the river by night.

Already more than 50 dead bodies have been recovered. A considerable number of "gods" assistants of Nyassala, have been arrested, but the leader escaped after a chase with the police in which casualties are believed to have occurred. All the baptized are natives.