

EAT AS MUCH, IF NOT MORE, IN HOT SPELL—DR. HILL

M. O. H. Says Body Needs More Food and More Water.

LIKE A MOTOR CAR

Human Must Have Power and Moisture and It Is Folly to Starve Oneself.

People should eat as much, if not more, in the hot weather than they do when heat is not so great, said Dr. H. W. Hill of the Institute of Public Health. Dr. Hill scoffed at the idea that less food should be taken when the mercury was up in the 90's, characterizing it as merely an old custom.

"I think that that idea must have drifted along from the dark ages when meat and foodstuffs in general could not be kept through the warm weather. The result was that it would decay, and so people would really be compelled to eat less, because they could not help themselves. Now ice and refrigerators allow the storage of food for long periods. The old idea of starving in the hot weather is all bosh."

Many people say that they feel weak and have no appetite in the warm weather, said the reporter. "How about this?"

When weak, food is needed. "Well," replied the M. O. H., "the heat effects some people, making them feel weak and weary, that is a sure sign that one requires greater nourishment. The undue strain on the system of the excessive heat naturally weakens the body. This, of course, means that more food must be taken if this strain is to be counteracted. Children especially should be fed well. They are under greater disadvantages than are grown-ups. They not only have to hold their own with the heat, but should continue to grow. By all means feed the kids. Give them the best of judgment in giving them food."

Dr. Hill stated that only about one-fifth of the food taken in the hot weather went to building up the body. The remainder went off into heat, perspiration, the cure of the body, and young ladies who dislike it for the ravages it creates on their complexion, and appearance in general, received great praise from the doctor. He said that without perspiration one could not live in the weather of the past few days.

Like Water for Motor Car.

"Perspiration pulls down the temperature for the body," he said. "During the past few days the temperature was almost the same as that of the body. The body is built, in some ways, like an automobile engine. The cooling system is about the same. A car cannot run if it must depend on merely the air to cool off the motor. The cooling system, with one exception, have radiators. The evaporation of this water lowers the temperature of the motor by taking heat to transform it into steam. The same with the body. The perspiration which comes from the skin requires heat to dry it up; therefore, the heat which would greatly increase our annoyance is used to do away with the moisture on our bodies. The more one perspires the cooler one really is. Man could live without moisture, indulging in many drinks of pure water will aid in perspiring. Cooling drinks of course, require heat to absorb them. So the drinker is cooled by the heat before he quenches his thirst."

Soft Drinks, if Pure.

Dr. Hill said that soda water and other drinks of that nature did not harm the stomach, providing that they were pure and the soda was of good quality. The great humidity along the coasts results in many deaths for children. The great amount of moisture in the air does not allow the body to perspire as freely as it does. Mothers who believe that their little ones would be better off if they spent the summer at the beach, are making a mistake. The best place, if one cannot decide heat altogether, is in a dry climate. In that respect, London is well located, and the infant death rate here during the hot spells has been low.

PORT STANLEY

PORT STANLEY, AUG. 2.—Mr. and Mrs. Ed. McVee and Mr. and Mrs. Allen Young, have returned home to Ingersoll after spending several weeks with Mr. and Mrs. G. Dennis.

Miss Moore of Listowel is visiting her niece, Miss Margaret Ward, the Log Cabin, for a while.

Mrs. Stanley Shepard has returned to her home in Denver, Colorado, after spending several weeks with Mrs. F. E. Shepard.

Mr. and Mrs. Schuyler are guests with Mr. and Mrs. Harry Sampson. Rev. L. Wherry of Montreal is the guest of Mrs. W. T. Bell.

Rev. Mr. McDonald of Tyngsboro is spending a few days at the rectory with Rev. and Mrs. Mark Turnbull.

Sgt. J. S. Kingston of the San Antonio, Mississauga, is visiting with his family for a time.

Mrs. W. King and Miss Hattie Storey of Aylmer visited Mrs. George Goodhue on Thursday.

NOMINATION BLANK

GOOD FOR 5,000 VOTES
Nominate Yourself or a Friend.
PRIZE CONTEST DEPARTMENT OF THE ADVERTISER
Dundas Street, London.
Gentlemen,—I hereby nominate as a candidate in your Automobile Prize Contest:

Name

Address

Nominated by

Address

NOTE—Only one nomination blank will be accepted for any candidate.

Girls of London Called On To Show Spirit of Brothers In Trenches

Scores Are Needed at Once to Help With Fruit and Vegetable Harvest—Story Told of Three Girls in Khaki Who Got Salute Without a Smile From Soldiers.

(BY ONE WHO WAS THERE.)

It was a hot night, white-hot, but with a moon that could have etherized anything—even the gray blankets on the three little cots that nearly filled the untidy room.

Three girls on the cots. Dot slept in dreamlike exhaustion. Flossie moaned and tossed a brown arm toward the window. The third girl lay wide awake, staring into the moonlight. They were berry-pickers, two of them with blue National Service Badges to their credit. The third was there to go away and write about it, to wake up London if she could, so that no more cherries and raspberries should rot into useless pulp while the farmers cried for ten fingers with a patriotic heart behind them.

The Spirit of the Trenches.

There were thirty girls in the old farmhouse—university graduates, college girls of the one-£9-nine and twenty brand, high school students like Dot and Flossie, a sprinkling of older women, teachers and nurses and stay-at-homes. They had come out into the brilliant flat spaces of the Niagara Peninsula for the same reason that their brothers had gone into the trenches—for the money, not for the holiday, not for the companionship, but because Lloyd George had said that the plow was out of hope. And the berry-picker's basket is its first cousin.

There were two girls at Winona. Flossie had said before she dropped asleep. "They were using grape vines when a thunderstorm came on—an awful storm. The men went in. Even the boys left. But the girls didn't. They said they guessed the boys in the trenches didn't come in out of the wet and lightning wasn't a bit worse than German guns. So they stuck. By and by the boys came out and tied too with rivers running off his hat. Every time we feel like quitting we say: 'Remember the girls at Winona! It's great to have—well—traditions of the service.'"

Flossie's First Day.

Flossie is seventeen. She'd never earned her money before. She'd been at life until the \$2.71 of her first week's war-pay tumbled into her little white crocheted bag. You'd have said perhaps that she and Dot wouldn't have stood gunfire—or sunfire, which, at 96 degrees in the shade, is a pretty close second. But you'd have reckoned without her. "Remember the girls at Winona! It's great to have—well—traditions of the service."

THE OLD WATER PAIL

A Relic of By-Gone Days Made Immortal by Verses of William Coulter.

The accompanying lines were written, about twenty-eight years ago, by William Coulter, then a lathe-hand in the employ of E. Leonard & Sons. In those days we did not have a water tap in the shop, but a pail was placed on a shelf near the grindstone in the centre of the shop. It was the job of the latest apprentice to keep the water replenished in the pail, and there was some grumbling if it stood too long on hot days, and got too warm. When we arrived at the shop one morning we found these lines, neatly written, and the firm who will recognize the poem, and it will perhaps revive old memories.

"ONE OF THE OLD TIMERS."

Midway of the shop on a shelf all alone,
Sits an old, honored vessel, neither
wooden or iron. No drink requires heat,
But something substantial, the material
And when I am thirsty I go there to drink.

Its color keeps changing by fingers that
soil,
Of hands that are caressed by good
honest toil.
Now to speak of its pleasure, the
tale,
This relic so dear is the old water-pail.

Made weary and faint by the sun's hot
breath,
When the blood in our veins courses
languid and slow,
And our throats parched with thirst,
and our strength doth us fail,
We seek get revived at the old water-pail.

ABOUT TIME TO SPEND MONEY ON CHILDREN

Controller J. H. Saunders, Fire Chief Aitken and City Engineer Brazier will inspect the river this afternoon to locate three or four places suitable for swimming holes.

Controller E. S. Little at the board of control this morning thought that should be three at least, one on the south branch, one in West London, and one on the north branch. "We have spent a lot of money on excursionists, and it is about time we spent a little for the children," continued Controller Shaw.

The locations will be made, and estimates of the cost will be prepared.

MAY GET AIRPLANE FOR IRISH PICNIC

Mayor Stevenson announced that efforts were being made on behalf of the Royal Flying Corps recruiting committee to get a machine for the Irish picnic at Port Stanley. He would have definite information as to that shortly.

"The second day we were here we had—ten hours straight. This Dot's contribution. Dot has a face like aistine cherub, a humorous cherub with a kissable mouth. You couldn't imagine her little hands holding a hoe. The older girls thought we'd quit, but we didn't. We made one-hundred-and-ten cents an hour."

"Do you know we met some soldiers from the camp on our way back?" Flossie broke in. "We were in khaki and so were they, and when we got out we saluted."

Flossie's face was very serious. There was a light on it that didn't come from the sight of the untidy room or the remembrance of the \$2.71.

"Brothers" in Arms.

"I thought," she said softly, "I thought we were all brothers in arms. And I think they felt it, too, for they saluted back and never smiled at all. The third girl thought of these things and many more as she watched the sleepers and the sprinkling of old heroism to hoe; to pull belts, slipping along in the mud; to spread fertilizer under an August sun. But it was just what Canadian girls have—heroism. They're the sisters of Flanders and St. Julien boys. What would you expect? Emotion without an outlet is like a kettle with no spout. If they weren't something you could do—YOU could do—about the raspberry drive, there wouldn't be any use in telling you about Dot and Flossie, and the scars on their faces and the burns on their necks."

Not Enough For HER.

There was a woman who came in at 11 o'clock today—four hours and a half after Dot had started to work—three and a half since the Springfield car had been on the local tracks. Two and a half cents a box for raspberries? Oh, no, said the woman. "No, I won't go. I got a good home, an I won't go for that."

She had money, pinched features and her mouth closed with a snap. Slacker? Oh, yes. Just like the farmer's son who came and smoked cigarettes while Dot and Flossie picked cherries. But when you come to think of it, we'd get the most out of this summer—Dot with her battered arms—or the pinch-faced woman who wouldn't understand if you told her about the Winona girls in the rain, and the soldiers who saluted without smiling."

MAYOR ASKS ALL TO MAKE THURSDAY NEXT HALF HOLIDAY

Issues Proclamation to Enable All to Attend Picnic.

MANY BABIES ENTERED

Sports Will Have Fine Wind Up in Big Carnival on Board Walk.

Mayor Hugh A. Stevenson today issued a proclamation, calling upon the people of London to observe Thursday next as a half-holiday in order that the annual picnic of the Irish Benevolent Society at Port Stanley.

His worship announced that because of the fact that the annual picnic of the Irish Benevolent Society at Port Stanley, which is held on Thursday, and that the majority of the people always attend the Irish picnic it is desirable that the usual Wednesday half-holiday be abandoned and celebrated instead on Thursday.

Best All Past Records.

Officers of the Irish Benevolent Society are completing the arrangements for the sports attractions on the athletic track during the afternoon. The sports attractions on the athletic track during the afternoon will have a number of new and startling features while the dancing committee has also provided for a great entertainment.

Fireworks on Board Walk.

But the night carnival on the Board Walk, where cash prizes will be given for the best Irish costumes worn by men and women is to be one of the greatest features of the evening. The carnival will have a number of new and startling features while the dancing committee has also provided for a great entertainment. Fire Chief John Aitken, chairman of the sports show committee, said that the carnival will bring every baby in Western Ontario to Port Stanley, the Irishmen assert.

BURST OF FLAME FROM FUSE BOX SILENCES WIRES

G. N. W. Out of Business Through Electrical Trouble

G. T. R. AFFECTED, TOO

Old Style Operating Resorted To in Order to Keep System in Movement.

The burning out of an Helena Power Company defective fuse on a pole at Richmond, Ont., today put the G. N. W. telegraph service out of commission for some time, and forced the Grand Trunk dispatcher's staff to resort to the old-fashioned method to operate the sounders.

Owing to the faintness with which the sounds came through over the G. N. W. wires, typewriters had to be dispensed with, and the operator was forced to place his ear within a few inches of the instrument.

Had the auxiliary system of the blue vitrol jars not been operative, the Grand Trunk would not have been tied up owing to the lack of facilities to dispatch trains.

Messages at the G. N. W. office could not be transmitted nor received, because of the power outage. The sounders being completely out of the line, the dispatches over the main lines still went through, but a few inches of the fuse box and set the pole on fire. A crowd watched the electrical display.

A fireman went to the pole, and after considerable work with a small fire extinguisher, managed to put out the blaze.

The same trouble was experienced about two weeks ago, but it was at an early hour in the morning, and no serious effect was felt from the break. It was then hurriedly repaired, and because of an uncompleted job it is claimed the blow-out happened today.

The necessary repairs were made, and the G. N. W. service restored later.

CITY HAS NOTHING TO SAY ABOUT SITE BUT JUST PAYS THE BILL

It would appear that the city who will foot the bill for the site of the proposed military hospital here has no say whatever in the locating of the building.

Controller Shaw stated this morning that it was merely a matter for the Dominion and Provincial Governments to decide. All the city had to do was to provide a location for the building of a location has been taken out of our hands," said Dr. Shaw. "The two Governments decided where it is to go, and we buy. That's all we have to do with it."

There was a rumor in circulation this morning that an injunction would be entered against the city, if the Odell farm were purchased, but there is thought to be little possibility of this.

LONDON ENTERTAINERS PLEASE BIG CROWD

One of the most entertaining lawn fetes of the season was held last night at Vandear, under the auspices of the Mair Patriotic League, a particularly fine musical program being rendered by the Lombardo Brothers' Concert Company of this city. The large crowd attending the fete was entranced with some of the most finely-interpreted modern and old-time music they had heard for some time. Although the party was supposed to have been a fund-raising demand for enclosures from the Lombardo brothers extended the fete until an hour later when the strains of the national anthem concluded the program. Much credit is due to J. A. Clemens for his part in the affair.

SWISS GOVT. SEQUESTERS THE ENTIRE CEREAL CROP

Berna, Aug. 2.—The Swiss Government has issued an order sequestering the entire cereal crops with the exception of the quantities required for the personal consumption of the producers and for seed purposes.

SMALLMAN/NERAN

THE WEATHER
FAIR AND COOLER.

SMALLMAN/NERAN

Every Silk Suit Half-Price Saturday

We announce for tomorrow a sale of summer apparel with values unprecedented and styles that will attract the attention of every woman who needs to replenish her wardrobe with fashions for immediate summer wear. Every woman likes broad variety, and this sale is not confined to a few suits, but embraces every suit in stock. Choose from our entire collection tomorrow at half-price.

This immense assortment, with practically every new style, line, color, shade, effect and weave of the season, will meet most all demands. You will find navy, brown, green, grey, sand, plum, etc., broken size ranges, but collectively all sizes—16 and 18 years, and sizes 36, 38, 40 and 42 bust, mostly in taffeta and Gros de Londres. Every suit half-price.

Sale prices—\$10.00, \$16.00, \$17.50, \$21.25, \$22.50, \$23.75, \$24.50 to \$29.50. These prices are your actual savings on each and every suit in this sale.

Silk Outing Coats, One-third Off

One rack of smart Silk Outing Coats—black, navy, grey, green and taupe, in taffeta, faille and moire silk, all to clear on Saturday at one-third off. Sale prices—\$12.23, \$15.00, \$16.67, \$20.00, \$25.00, \$28.00 to \$40.00.

Children's Wash Hats, About Half

Every Hat will be included in this clearance Saturday—fine Pique and Repp Hats in the smartest styles for children. Note the prices:

14 only Wash Hats.	Sale price.....	15c
17 only Wash Hats.	Sale price.....	39c
62 only Wash Hats.	Sale price.....	49c
71 only Wash Hats.	Sale price.....	69c

INFANTS' HOSE, HALF-PRICE—Colored Hose, in sky and pale pink, in sizes 4 to 6½. To clear Saturday at half-price..... 12½c pair

—Second Floor—

Clearing of Tennis and Beach Shoes

Special for Saturday Selling, 98c

Outing Shoes of heavy canvas, with rubber soles and heels. High lace style or low Oxfords, in white or navy. Sizes 11 to 7. Price..... 98c

Swiss Vests, 25c

Swiss Ribbed Cotton Vests, low neck, narrow crocheted yoke in front, short or no sleeves. Size 36; 10 dozen only. Special..... 25c

MESH PURSES \$1.39.

Special line of Silver Mesh Purses, with fancy folding gate top. Three styles, with fringe bottom. Special \$1.39 each. Smart Japanese Coin Purse. Made for Canadian coins, in hammered silver. Extra value, at..... \$1.00 each.

Men's or Boys' Tray Purses, for change or bills, in tan only. Special..... 11c each

STRIPE WINDSOR TIES, 59c.

Special purchase of Fancy Stripe Windsor Ties, in white silk bengaline, with colored candy stripes, in all shades; 12 dozen only in lot, to go on sale Saturday..... 59c each. White Wash Belting at 10c belt length

HOT WEATHER HOSIERY.

Ladies' Pure Silk Hose, in dainty shades, and also black and white. Double lisle top and sole. Sizes 8½ to 10. Price..... \$1.65 pair

Ladies' Fibre Silk Ankle Hose, in black, tan, sky and pink, seamless; double lisle top and sole. Sizes 8½ to 10. Price..... 50c pair

Ladies' Fine Silk Lisle Hose in white or black; ribbed top, very elastic; sizes 8½ to 10. Price..... 55c pair

Ladies' Plain Black Cotton Hose, seamless, stainless dye, good value; sizes 8½ to 10. Price..... 18c pair

Silk Togards, worn to prevent the stocking from wearing through at the toe. Price..... 35c pair

Saturday in The Basement

Nine only Oil Cooking Stoves, two four-inch burners, unbreakable steel top. Extra special at..... 98c

Twelve only Oil and Gas Stove Ovens, glass door, two strong oven racks, asbestos lined. Extra special at..... \$2.79

Fifty only Brown Casseroles, with white lining, extra fine nickel stand. Special at..... \$1.49

Fifty only Brown Nine-Inch Pie Plates, with nickel stands. Special at..... \$1.49

Cotton Specials

7 Yards For \$1.00

500 yards of English Bleached Cotton, an exceptional good cotton, cambrie finish. Special..... 15c yard or seven yards for..... \$1.00

100 pairs Extra Strong Sheets, all made ready for use, large size. Price, per pair..... \$2.75

Special for Saturday, 50 pairs Single-Bed Sheets at..... \$1.75 pair

Horrocks' Superior Hemstitched Pillow Slips, sizes 40, 42 and 45. Price..... 35c each

TOILET NECESSITIES.

Toilet Wraps. Special line of fancy sateen-covered, rubber-lined to match. Pockets for all toilet articles. Price..... 68c each

Powder Puffs. Fine value at..... 7c each

Crest Brand Castile Soap. Pure vegetable oil soap..... 1½-lb. bar 29c

Talcums for the hot weather. Williams' Violet, 19c each; Colgate's Rose, Violet, Dactylis, 20c each; Mennens' Borated Talcum, 15c each; Minty's Jack Rose Powder at 25c can.



Clearance!

Saturday in the Men's Section

Tomorrow the first August Saturday will see many final clearings in men's hot weather apparel. Cool clothing will be sold in many cases at prices that you would be glad to pay if only to wear on the holiday, Monday, but these and furnishings will be your comfort all this summer and next and next, for they are lasting materials and styles, such as palm beach suits and Panama hats. Don't overlook these tomorrow. Your size may not be here later in your choice.

MEN'S LUSTRE COATS, \$1.95 EACH.

About 75 Men's Lustre Coats to go on sale Saturday, all new up-to-date coats of fine lustre, in plain black only, all sizes in the lot. The price should tempt every man who wants a coat for the hot weather. All are reduced. Sale price..... \$1.95 each

PALM BEACH SUITS, \$10.95.

The price of these Palm Beach Suits will surprise you. We have sorted out a lot for Saturday that should go quickly, tans, greys and other light shades; all this season's goods; cool and comfortable, and will give perfect satisfaction. They are worth nearly double the price asked; nearly all sizes are represented. Sale price Saturday..... \$10.95

HIGH-GRADE-SUMMER SUITS AT \$14.95.

A few dozen very fine Two-Piece Summer Suits in high-grade quality, assorted shades in palm beach and fine tweed effects, all sizes. Special price for Saturday..... \$14.95

MEN'S PANAMA HATS AT LESS THAN HALF PRICE.

The balance of this season's Panama Hats, all are high-grade quality, in fedora and sailor shapes, plain bands or fancy bands. These extra-quality Hats to be sold at less than the regular price of the cheaper-grade hats. All one price Saturday; sizes 6¾ to 7¼. Price \$3.19

BOYS' WASH SUITS, 75c.

A good time to fit out the boys with a wash suit. See the special table of these on Saturday; many different patterns to choose from for boys 3 to 7 years. Price..... 75c suit

BOYS' KHAKI BLOOMERS, 49c.

Here is a real snap—these splendid quality Bloomer Knickers in khaki and cotton tweed effects, sizes for boys 4 to 14 years. Very special price..... 49c pair



AFTERNOON TEA SPECIALS.

Special: Cold Roast Veal, Sliced Cucumbers, Bread and Butter..... 25c
Cantaloupe Sundae..... 20c

SMALLMAN/NERAN

AFTERNOON TEA SPECIALS.

Cheese Sandwich, Cup of Tea or Coffee..... 15c
Egg Salad, with Mayonnaise, Bread and Butter..... 20c