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AVOR OFFICERS... 9.—(Can. Press.)—... Christian Endeavor...

DOWN TO THE SEMI-FINALS ONE TORONTO RINK IS LEFT

Van Valkenburg, Balm Beach, Only Local Rink to Survive in Trophy Competition at the O. B. A.—Scores.

The second day of the O. B. A. tournament brought the trophy competition down to the semi-finals.

Some of the games furnished very close scores. P. J. Booth of the Grand...

Renie was put out of the Association by Eddie Wallace of Berlin...

Third Round—Association—Alexandra—Oakland—11 F. W. Keck...

Association—Second Round—Alexandra—London R.C.—11 F. W. Keck...

Association—Third Round—Alexandra—London R.C.—11 F. W. Keck...

Association—Fourth Round—Alexandra—London R.C.—11 F. W. Keck...

Association—Fifth Round—Alexandra—London R.C.—11 F. W. Keck...

Eight Lawn Tennis Experts Are Left In City Championships

The championship singles were brought down to the last eight yesterday. Sherwell and Henderson...

Men's Open Singles—4 p.m.—Henderson v. McPherson, Spanner v. Carlaw...

Men's Doubles—4 p.m.—Legg and Innes-Taylor v. Burnaby and Burnaby...

Men's Open Singles—5 p.m.—Foy and Mrs. Pack v. Miss Marquis...

Men's Open Singles—6 p.m.—Foy and Mrs. Pack v. Miss Marquis...

Men's Open Singles—7 p.m.—Foy and Mrs. Pack v. Miss Marquis...

Men's Open Singles—8 p.m.—Foy and Mrs. Pack v. Miss Marquis...

Men's Open Singles—9 p.m.—Foy and Mrs. Pack v. Miss Marquis...

Men's Open Singles—10 p.m.—Foy and Mrs. Pack v. Miss Marquis...

Soccer Referees Saturday's Games League Records

At a meeting of the Toronto and District Soccer League, the following referees were appointed for Saturday's games:

Referees: P. W. L. D. For. Ag. Pts. Baracas... 8 6 1 1 28 7 12

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REGINA SHOULD GET FEDERAL AID NOW

If Bonds Were Guaranteed Cyclone City Would Recover From Catastrophe Within a Year and Would Be Stronger Than Ever, Says Wm. Mc-Bain of the C. N. R.

"In my opinion, granted that the government guarantee bonds to the amount of two millions and loans money to individuals who have not the money to rebuild...

"No one who has known the pioneers who built up the west and the conditions they mastered will predict the death of Regina as the result of one disaster. The western spirit is there and will show."

"One big thing in Regina's favor is the mayor of the city. Peter McArthur has the confidence of everyone. He is one of the old guard, but as progressive as any young man in the town."

"It was a miracle. Mr. McBain arrived in Regina the morning after the storm. The condition of the city was indescribable. Three thousand were homeless. The residential district had suffered most, but churches and warehouses had not escaped."

"It is a miracle that no more were killed," he said. "An hour and a half before the Sunday schools would have been filled with children. The same time later hundreds would have been killed while at evening church."

"Speaking of conditions thru western Canada, McBain declared that the ever better and better than ever before. Spring and fall wheat are a day ahead of last year. There is no fear of drought, and unless a cyclone or earthquake upsets calculations, there will be a bumper harvest."

"In Europe during the summer of 1911 the excessive heat was observed by De Fleury to have had a pronounced effect. Not only was there increased sickness during the hot period, but his subsidence many persons developed gastro-intestinal disturbances, congestion of the liver or some skin affection of digestive origin."

"The frequency of congestion of the liver would seem also to support the theory of a deficient elimination of poisons as an important cause of the morbidity due to the heat."

PREPARING MEATLESS DINNER

Substitutes Recommended by Cooking Teacher

Mrs. Gesine Lemcke, the cooking teacher, is a strong advocate of a vegetable diet for the summer. She says the dishes included in a vegetarian diet are quite as nourishing as meat dishes and are easier to serve.

"When you talk to women about the meat diet," said Mrs. Lemcke, "to a New York Sun reporter, 'most of them at one think of fish. Fish is a delicate and delightful food, but it must be admitted that its cooking calls for a certain amount of care and dexterity in its preparation. When it is fried, rather than baked or boiled, great care must be given to ventilation, so that odors may be avoided, and the kitchen must be kept clean and bright.'"

"There are the various paste foods used by the Italians, which are far more in favor with Americans than rice. The natives of Italy are natural vegetarians, living largely on green salads, breads and various garden products."

"Fruit salads, made from fruits combined with lettuce or romaine and served with a French dressing, are finding great approval with American diners. They are refreshing, appetizing and quite as satisfying as the usual meat dishes at this summer season, when the palate demands a change."

"Bananas, which are among the most nutritious of fruits, should have a place in all fruit salads. Oranges and grapefruit appear among the best salad fruits; pears and apples combine delightfully with celery. Vegetarian dinner should have a bountiful dish of fruit salad, varied from day to day as to material. It should be kept in a cool refrigerator for an hour or before being served, as this improves it largely in flavor."

"One of the 400 or 500 dishes made from eggs should appear at the home dinner. In this country we associate eggs with breakfast, but the French cooks have taught us the delicious things that may be prepared from eggs in combination with vegetables and sauces which make them pleasing to the eye and the palate. At the old Hoffman House they made a...

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What's the time? NOW is the time to try Wolfe's Schnapps

The most wholesome spirit obtainable, and the very best stimulant for general use. As a pick-me-up tonic, and digestive, WOLFE'S SCHNAPPS is always opportune, and exercises a most beneficial effect upon liver, kidneys and other organs.

Invaluable for stomach disorders, WOLFE'S SCHNAPPS should be kept in every house.

George J. Foy, Ltd., Toronto Distributors

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