

# Knowling's GROCERY STORES,

EAST, WEST and CENTRAL, offer the following:

- CHOICE BARBADOS SUGAR... 20c. lb.
- CHOICE TEA... 40c. lb.
- BEANS—Large White, very fine quality. Special Cash Price... 7c. lb.
- CURRENTS... 20c. lb.
- BUTTER—"Sunshine" or "Sterling"... 40c. lb.
- BUTTER—Creamery, Victory or Avalon... 53c. lb.
- COOKED CORNED BEEF—Australian, very fine quality... 40c. lb.
- COOKED CORNED MUTTON—Australian, best quality... 42c. lb.
- FLOUR—Victor Brand; absolutely the best brand on the market... \$1.25 stone
- CHOICE PICNIC HAMS, 7 lbs. average... 35c. lb.
- ARMOUR'S FINEST SMOKED HAMS—50c. lb. by the Ham
- 2 lb. Nett Tins FINEST ROAST BEEF—(82 oz. Meat) for... 60c.

## G. Knowling, Ltd.

oct. 12, 13, 15

## N. F. Board of Trade President is Optimistic

### Mr. Brooks Gives Political Twist to Interview—High Prices in England Get Knock Out—Italian Labour Goes on Protest Strike—Toronto Preparing for Recurrence of Influenza.

#### HIGH COST OF LIVING OVER IN ENGLAND.

LONDON, Oct. 14. The high cost of living in England at an end. "The war boom is over" according to London newspapers who announce the fact in prominently displayed streamers across their front pages. They indicate that the English are optimistic of giving a knock out blow very soon to remaining high prices. During the past six months the average fall in prices on raw materials has been thirty per cent. Rubber products have come down fifty per cent, tin has tumbled twenty-five per cent, copper six per cent, marine wool forty-five per cent, and American cotton thirty per cent. The sensational decline among food staples, however, was a thirty per cent drop in the price of sugar.

#### ITALIANS PROTEST STRIKE.

LONDON, Oct. 14. A two-hour nation wide general strike in Italy in protest against the arrest of political offenders who are opposing the Allied policy toward Russia, occurred to-day, says a Rome despatch to the "Exchange Telegraph." This strike was in effect from three o'clock to five this afternoon, during which time all trains were stopped.

#### CONNECTING CANADA WITH OLD

SUPPORT IRISH FREEDOM. DAYTON, Ohio, Oct. 14. The Ohio State Federation of Labor, in session here to-day, adopted a resolution favoring Irish freedom.

#### CENTRAL.

MONTREAL, Oct. 14. Additional passenger steamer service between Canada and the Old



### Why Stay Fat?

The answer of most fat people is that exercise and dieting is too hard, too troublesome and too dangerous a method to force the weight down. However, in Marmole's Prescription Tablets, all these difficulties are overcome. They are absolutely harmless, entail no dieting or violent exercise, and have the added advantage of cheerfulness. One little tablet after each meal and at bedtime—pleasant to eat as candy—will reduce your weight two, three or four pounds a week, and leave no bad results such as wrinkles or flabby skin. A good size box is sold by druggists at the reasonable price of one dollar, or if preferable they may be obtained by sending the amount to the Marmole's Co., 94 Grenfell Building, Detroit, Mich. They will reach you by mail, postpaid, in 10 days, sealed cover.

Now that you know this you have no excuse for being too fat, but can reduce your three or four pounds a week without fear of bad after-effects.

will weather the dull times with ease. Some of our young men are going to Canada and the United States but they usually do after the fishing season and most of them will return in plenty of time for next season. The lumber and pulp industry is prosperous and making good progress.

## Freemasonry and the English Speaking People.

The Masonic Fraternity, throughout the English speaking world, has been for the past few years, and is now having a phenomenal growth in membership. This is undoubtedly a splendid sign, for it is from the loyal and fraternal teachings set forth in Masonic Lodges, that the world may be saved from the chaos of anarchy.

In speaking with brethren, hailing from the United States, we learn that the two million or more Masons in that land, at every opportunity offered, emphasize, by word and action, "the oneness of the English-speaking people."

The publisher, and editor of "The Watchman of Israel," a monthly journal published in Boston, in the interest of Anglo-Saxon Unity, in a recent letter to us points out, the unlikelihood of any difficulty arising between the United States and Canada by the many influences working in that land at the present time, by saying:

"Is there not a reason for the fact that the standing army of this country is practically domiciled on the Mexican borders instead of on the Canadian. It would be possible to have serious trouble with our southern neighbor, because of the unlikeliness of our ideals, but no serious trouble could ever take place between this country and yours (Canada) any more than your country could take up arms against England."

Freemasonry has played a very important part in welding together the different parts of the British Empire, and it is also doing a good deal towards fostering a oneness of ideals among the English speaking people throughout the world, even in spite of those who are endeavoring to foster the spirit of antagonism in the United States and Canada.—Masonic Sun.

## The High Commissioner in Egypt.

Lord Allenby, the conqueror of the Turks, and now High Commissioner for Egypt, has arrived in England from Cairo on sick leave, and it is rumored that he will not return to Egypt. It is said that he does not wholly approve of the new policy with respect to Egypt, which will place a very large part of the control of affairs in the hands of the Egyptian Nationalists and will diminish the authority and prestige of the office Lord Allenby has been filling.

Lord Allenby is one of the big outstanding figures of the world-war. His name as liberator of Jerusalem and of the Holy Land from five centuries of Turkish thralldom, will ever shine brightly on the pages of British history.

Lord Allenby is an old Haileybury School boy, and as a soldier a son of the Inniskilling Dragoons, for it was with that famous corps that he began his military career. He began with the cavalry and when the world-war broke out he was given command of the cavalry that formed part of the first Expeditionary Force. Then he went to the East.

## Tracts and Their Abuse.

We are a strong and firm believer in the widest possible toleration for all sects and creeds, but we do think that their advocates should exhibit a little common decency in their methods of pushing their business. Quite recently there have been certain peripatetic gentlemen making the rounds of the city and suburbs dropping pamphlets and letters at the doors presumably with the desire of enlightening the public and making them better and wiser. The pamphlet is calculated to do anything but this. Filled as it is with the most absurd and distorted applications of Scripture, it is likely to win few adherents. The language is painful English, and passage after passage is full of the coarsest and crudest abuse of all the "older established forms of Christianity, abuse that

## ASK FOR IT!

Expect to find the Fisherman, the "Mark of Supremacy," on every bottle of emulsion that you buy. This means that you will always ask for SCOTT'S EMULSION



## A Third to a Half full of Carnation Milk—then fill up with water

THAT gives the children a rich, nourishing drink of pure, sweet cow's milk. Adding an equal portion of water restores Carnation Milk to the natural consistency—not of skimmed or separated milk—but of rich, "whole" milk.

You always get milk of this quality from the Carnation condenseries.

It is rich. It is pure. It is absolutely safe.

Such quality in your milk supply—such freedom from bother—such assurance of safety—are due entirely to Carnation methods of distributing milk.

To start with, the milk is rich and pure.

It is gathered daily in Canada's best dairy centres.

A part of the water is removed by evaporation, leaving a milk of creamy consistency. Fresh and sweet, it goes into clean, new containers. Then it is sterilized to insure purity.

In this form it goes to you in perfect safety and is kept until you are ready to use it. It is used as cream in tea and coffee, on cereals or fruit.

But for ordinary use add an equal quantity of water.

There is no sugar or anything added to Carnation Milk, so it may be used for every household use.

Phone your Grocer. He is the Carnation Milkman.

Carnation Milk Products Co. Limited Aymer - Ontario Condenseries at Aymer and Springfield

# Carnation Milk

"From Contented Cows"

#### Adds flavor to old and new recipes—

Carnation Milk Makes richer dishes—more delicious puddings and custards. A Book with 100 delightful recipes will be sent free on request. This book also tells how TO PREPARE BABY'S BOTTLE—according to the formula of a noted specialist.

Use Carnation Milk for Table Use Children's Drink Baby's Bottle Coffee, Tea Cocoa Cereals Puddings Custards Cream Sauce Gravies Ice Cream Salads Welsh Rarebit Cream Fillings Icings, Candy—For every milk use

## Nature's Acrobat.

The weasel has been called the acrobat of Nature. It performs every kind of acrobatic feat. It does not, however, perform merely for the pleasure to be obtained from the performance, nor yet to give pleasure to others. There is a far more deadly purpose behind its somersaults. The weasel adopts this method of approaching its victims with a view to attacking them. It does not attempt to hide itself from its prey, but gradually performing all the time, approaches nearer and still nearer until within striking distance of its unsuspecting prey.

## ASK FOR ALVINA

The Improved Tasteless Preparation of an Extract of Cod Liver Oil. Especially Recommended for Persistent Coughs, Bronchitis, Anemia. A Splendid Tonic for Delicate Women and Children. Prepared by DAVIS & LAWRENCE CO., Manufacturing Chemists, Montreal.

## Her English Maid.

Mme. Calve, the famous prima donna, who is to retire after a career of twenty-five years in grand opera, is fond of telling this story against herself. "I once," she says, "had an English maid. She was a thorough good girl, truthful, honest and obliging. But she lacked tact. "One day I had occasion to make a train journey, and as I was entirely alone I took her with me in the same compartment for company. "Presently she noticed that a rope of pearls I usually wore was missing, and in a sudden panic she exclaimed: 'Oh, madam, where are your pearls?' "At home in the safe," I told her, adding that I never wore them when travelling. "Oh, dear, what a pity!" commented the maid. "They make you look like a real lady."

## His Slack Time.

Dr. George Clarke Simpson, the new Director of the Meteorological Office, tells this story apropos of the atrocious weather of last July, and the early part of August. A motor-coach (he says) was about to start from Ludgate Circus for a tour round London, and amongst the passengers was a re-tired Indian. "What sort of a chap is that?" asked the driver of the conductor, in a stage whisper. "I fancy that 'is come off' them 'fellers wot worrains 'the same' coz he 's the reg'ly in an umbrella. "Workshops 'the sun, eh?' repeated the driver, with a shiver. "Then I suppose the rooms over 'ere to 'ave a blinkin' 'rest!"

