ver 30 Years

### WARFARE BALANCED MEALS

e in Any One Type of Food, De Garmo of New York

"Dieticians are now employed in most of the leading hotels in the country to work out with the chefs a properly balanced menu for the table d'hote dinners." Formerly the chef prepared a meal that was appetizing; now the chef and the dietician prepare a meal that is nutritious and healthful as well.

"Habit is the chief obstacle to a sane diet. The people of New England have had pie for breakfast so long that they consider people who the country of the country of the same diet. The people of New England have had pie for breakfast so long that they consider people who the new that the consider people who the new that the people of the South. The faverage man orders steak or roastbeef because he knows that even a bad cook can't go far wrong e even a bad cook can't go far widdon ham and eggs."

### THE GIRLS' WORK



### Liver Pains

# THE STANDARD'S SPORTING SECTION

### Dominion Speed Championships

St. John Will be Battleground for Big Skating Events This Coming Winter.

	Mha saan		0-11				
	The score						
		8	lue	Goo	D88.		
	Nixon		75	79	81	235	78 1-3
	Farmer		64	77	77	218	72 2-3
	Fowler		. 68	76	66	210	70
	Nickerson		72	75	82	229	76 1-3
1	Jarvis		.90	81	98	269	89 2-3
			-				
			369	388	404	1161	
			C	NR			
	Stevens		77	75	96	248	82 2-3
	Lawson		90	94	94	278	92 2-8
	McGowan.		84	86	82	252	84
			70	400	00	0.00	00

points.					
Following	is the	80	ore:		
Bro	ock d	Pa	ters	on	
McMichael .	.90	* 88	98	276	93
Moore	90	76	71	287	70
Gorrie	71	71	75	217	721
Masters	. 78	58	89	235	78 1
Henderson .	. 82	86	90	258	86
	-			-	
	411	389	423	1228	
F	ord A	toto	r Ce		
Latham	. 84	84	105	273	91
Ring	62	73	82	217	82 1-
Woolman	. 76	73	86	245	81 2
Geldart	. 73	76	97	245	81 8-
Reid	79	80	90	249	88
	-	-	-	-	
	374	385	470	1229	

	8:	vane			
Quinn	83	105	94	282	94
Winter	98	89	97	284	94.2
Appleby	91	91	80	262	87 1-
Leeman	.94	75	110	279	93
Ward	94	79	95	268	80 1-
				1376	
		gles			
Doherty				278	93 3
Kelly	95	88	98	281	92 D
Cusack	89	89	89	267	89
Steevens	82	88	81	251	85 3
McCurdy	85	. 95	80	260	96 2

### INTERESTING FACTS REGARDING INTERNATIONAL YACHT RACING

canadian Yacht Atlanta, Built at Bellville, Ont., in

### U. N. B. Followers Are Confident

Paid in Neighborhood of \$20,- Bluenose Given 000 for Canadian Hockey Club to Mrs. Geo. Kennedy

### Fredericton High Defeated Normal

Score 10-0 Losers Showed Considerable Inexperience

So. John Will be Postleprouse for Reg Valley Allanta, Bull et all-ville, Ont. in 1086—The Eastest and Slowrest Time Made.

Seare of great antication than 2 loss for the 18 million of the 18 mi

# Great Reception

unenburg Crowds Cheered Bands Played and Cannons Boomed on Arrival.

Lunenburg, N. S., Oct. 27—Cr. heered, bands played, cannons b

### FAMOUS PITCHER MATHEWSON WILL RECEIVE FORTY THOUSAND



New York, Oct. 27—There was for ates that there will be about \$40,000 the first instalment of the Fenwick redericton ack. Re
in the noted star, who is regaining his lost health at Saranac Lake. The committee in charge of the affair estimation of the same of the proceeds of the first instalment of the minute of the pologrounds on September 30 for the onlookers as so requested, the same of the noted star, who is regaining his lost health at Saranac Lake. The committee in charge of the affair estimates that there will be about \$40,000 to no built in sending near the readout will be sent to Matty soon. The dealsy was caused by the necessity framework of the onlookers as so requested, the onlookers as so requested, the onlookers are not be also the same between the Glants lost health at Saranac Lake. The committee in charge of the affair estimates that there will be about \$40,000 to no built in sending near the same of the dealsy was caused by the necessity for the sending and the premaining \$10,000 on built in sending near the sending and the premaining \$10,000 on built.

Mathewson In World's Series

World's Series

0. Matthewson pitched against Plank Second game, Athletics, 2 New York, 9: Athletics, 2 New York, 9: Athletics, 0. Coakley pitched against Matthew London, N. J., is all his name implies on baseball matters. He points out that Christy Matthewson won three and not four games in the world's series of 1905. Mr. Sharp is

### St. John Amateur Rowing Club

Looking Forward to Next Season-Open Fair Next Monday to Raise Funds.

orphans coming to a close another very interesting fair will give the part

assist athletics.

The St. John Amateur Rowing Club has obtained the use of the Carleton Curling Rink and will open a fair on Monday evening and the members in the assistance of other organizations in the city it should prove a grand success. The large rink is being decorated and booths are being erceded. Although only organized early last summer the Rowing Club has done much. It managed to send four of its members. Hilton Belyea, Robert Belyea, Charles Campbell and Grenville McCavour to the New England championships, held on the Charles River, Boston last July, with the result that Hilton broke the record and won the senior scull event, while Robert won the Intermediate championship. The Club was then active and aided greatly in sending Hilton to St. Catherines where he captured the Canadian championship, and made a great mame for St. John when he lost the International championship event by only two feet.



# **ANNOUNCEMENT**

TO OUR

## **New Brunswick Patrons**

The Maritime Export Company, Charlottetown, P. E. I., will be shipping as usual until January, 1922

MARITIME EXPORT COMPANY. P. O. BOX 146 CHARLOTTETOWN, P. E. I.