

SASKATCHEWAN WHEAT AVERAGES 20 BU. TO ACRE

Canadian Press Despatch. Regina, Aug. 30.—Estimate of wheat yields contained in reports crop correspondents of the Saskatchewan Co-operative Elevator Company give figures ranging from 10 to 30 bushels an acre. The bulk of the estimates are in the neighborhood of 20 bushels an acre.

Rust damage is reported from wide-ly-scattered districts, but varies in intensity. Wheat cutting is general in most parts of the province, and good progress is being made with the oat harvest in many sections. Some districts are practically ready to thresh and others will start threshing operations next week.

night beautifiers. There is a beauty looked into theroughly, and we have in health that is far more attractive reached no decision yet. in health that is far more attractive to men than mere regularity of features or a made-up complexion. Health should be the first essential of women who want to win and hold admiration, respect and love. At the first indication of ill-health as indiadmiration, respect and love. At the first indication of ill-health, as indicated by dark circles under the eves. of all payments have been met. The cated by dark circles under the eyes, a sallow complexion, headaches, backache, pain in the side, nervousness, irritability and melancholia, women should take Lydia E. Pinkham's Vegetable Compound, the standard remedy for women's ills, which has been proven to help 98 out of every 100 women who try it.

A WOUND IS

Absorbine Jr. enables you to shut the door quickly.

The skin is Nature's own protection against germs. When it is bruised, broken or cut, that protection is withdrawn. The door is open. As quickly as possible Nature closes it by forming what we call a scab and renders you But this scab sometimes takes days to form and until it has fully sealed the wound, even until the wound has thoroughly healed again you must fur-A few drops of Absorbine Jr. in the water will give you an antiseptic wash that will kill all possibility of infection and help nature to heal the wound. As well as being a very powerful germicide,
Absorbine Jr. will draw out the inflammation and bring instant relief.
Absorbine Jr. is antiseptic, germicide

to keep always in the house; easy to carry around if you travel. \$1.25 at your druggist's.

PEDLAR'S Metal Ceilings

For stores, dwellings, churches, theatres, etc. Fireproof, durable, sanitary, artistic.

The Pedlar People, Ltd. London Office: 489 RICHMOND STREET.





COCK-FIGHTING was born with the cocks.

But it is only 80 years ago that the first man felt "like a fighting tock!"

Now he has brothers, sisters, nephews, nieces, all over the world—all feeling "like a fighting cock!"

It happens this way: A person half sick with bad stomach, dull and heavy headache, takes Beecham's Pills just before going to bed. Immediately the Pills begin to harmonize the digestive and believe the programs.

Consequently, this person has a good night's sleep and arises in the morning with clear brain, bright eye, keen appetite, and full of energy for work and play.

It is now just 80 years since cheecham's Pills first began correcting disordered stomachs and birring sluggish livers and bowels o natural activity—and feeling like a fighting cock" is associated a inseparably with Beecham's illa, as the pills are with good saith.

At All Druggists

SEVEN-YEAR-OLD BOY

New York Police Expect the Early Arrest of the Person Who Strangled Youngster.

Windham, N. Y. Aug. 30.—Arrests are expected today in the murder of 7-year-old Howard Rothenberg, whose body was found near a lake, his hands tied behind his back, a gag in his mouth, and a napkin twisted about his neck. The child was

The napkin used in the murder has been identified, according to Constable Harry Turk, who conducted the investigation. The perpetrator of the crime will be arrested before

the crime will be arrested before nightfall, he said.

Little Howard had been spending his vacation at Windham, accompanied by his mother and sisters. His home is in Newark, N. J., where the body will be taken today.

Early yesterday he went fishing to try out a new rod his father had just sent him. When he did not return a general alarm was given and a search

general alarm was given and a search begun. Late yesterday his body was found about 25 feet from a pool of water. Scratches and stains indicated that the body had been dragged some

MAY CONTINUE CREDITS TO AID YOUNG FARMER

Ferguson Cabinet Investigates Present System of Rural Assistance.

Special to The Advertiser. Toronto, Aug. 30 .- "We may continue rural credits in such a way as THE BEAUTY OF HEALTH

Newspapers and magazines are devoting columns to magic or overtient leave to acquire a farm of his own," said one of the ministers of the Ferguson government to The Advertiser today. "The whole question of continuing the system is being

system is showing a deficit of about \$10,000 per year, but it is expected that it will become self-sustaining

Workers in the Fields Near Wilkesbarre Walk Out in Protest.

Special to The Advertiser. Wilkesbarre, Pa., Aug. 30. — More-than 2,000 miners who went on strike at the Pine Ridge, Delaware & Laurel Run Collieries of the Hudson Coal Company, near here, walked out be-cause the company wanted to run the collieries overtime these last few days, and because of the poor quality of the coal being sold to the emovees. Frank Marfisi, president o the Pine Ridge local, of the United Mine Workers, said today. Marfisi claimed that a product which is "half coal, half rock," is being sold to the miners.

TORONTO EXHIBITION TRAIN SERVICE - CANADIAN PACIFIC.

fused to meet the local grievance

Canadian Pacific special train will leave London 4:50 a.m. on September 1, 3, 4 and 5, arriving Parkdale 8:09 a.m., and Toronto Union Station 8:20

Labor Day—Monday, September 3-two special trains will be operated, leaving Toronto Union Station 6:50 p.m., Parkdale 7.00 p.m., arriving London 10:30 p.m.; also leaving Toronto Union Station 10:15 p.m, Parkdale 10:25 p.m., arriving London 2:25 a.m. In addition, all regular trains will carry extra coaches during entire period of Toronto Exhibition. period of Toronto Examplion.

For full information, tickets, etc., call or phone City Ticket Office, 417

Richmond street, phone 125; or Depot Ticket Office, phone 96.—Advt.

CAR HITS VERANDA POSTS. Special to The Advertiser. Lambeth, Aug. 30.—John Hooper Delaware township struck the orch pillars of the Longwood Inn with his car yesterday. He was traveling toward London when he was crowded off the highway by a Lon-don woman, who crossed the road with her car in making the turn from the St. Thomas road. The damage to Mr. Hooper's car and the ver-anda posts of the inn was slight.

SOME ANSWERS TO FOOD QUESTIONS. Answers to readers' questions regarding diet will be given by Winifred Stuart Gibbs, food specialist, writer and lecturer on autrition.

Questions should be accompanied by a self-addressed, stamped envelope, as only those of general interest will be answered in this column; others will be answered through the mail.—Address: Winifred Stuart Gibbs, 39 West 37th street, New York City.

Will you be so kind as to tell me the correct weight for a boy 3 years and 8 months old. My boy does not seem to have much of an appetite. Kindly give me a list of food for him. Is it bad to give him milk taken right off the ice? His breath at times is

off the ice? His breath at times is foul.—Mrs. A.

The normal weight is (without clothing) 34 to 34½ pounds.

A typical food plan for a day would be: Breakfast, stewed peach, ½. Goddled egg, 1. Buttered toast, 1 slice. Milk, 1 glass. Dinner, chicken broth, 1 cup. Roast lamb, small slice. Fished potesto. 1 slice. Asparagus tips from six stalks. Junket, 1 cup. Supper, bread and butter, 1 slice. Rice, 1 tableoon. Sugar, 1 teaspoon. Milk, 1

This is adapted from the advice of a well-known physician who special-izes in the care of children. The izes in the care of children. The breakfast fruit may be varied by sliced orange or mashed prunes. The egg by a slice of bacon or a serving of well-cooked cereal; the lamb by a bit of broiled steak or lean chop; the dessert by a portion of prune or two tablespoons of tapioca pudding.

or gelatin.

The second question about iced milk I should answer by advising that the milk be warmed to about the

Specialist in Foods Gives Advice Regarding Oysters

week-end.

By L. MADELEINE MILLIGAN, B.S., tacles which are surrounded with Oysters stand shipping very well as ice. They must not, under any cirthey remain edible for a period of cumstances, become frozen, although

they remain edible for a period of from eight to ten days even when shelled, if they are kept at a low temperature. They will keep even longer and more satisfactorily if they are removed from their liquor. Shucked oysters are usually washed carefully in a number of waters and are then packed in air-tight reception.

CLIFF ROBINSON Quality Meat Shop

Store Closed All Bay Monday Buy extra quantities for Labor Day Holiday. Big values in Spring Lamb this

CHECK THEM OFF

Opposite each of our specials we have left a space so that you will find it easier to check off what you need. Clip this list and check off the items you need. It saves time and makes

	shopping easy.		
	LAMB SPECIALS.		
1	Breasts Lamb	15c	lb.
-	Shoulders Lamb		
	Legs Lamb	35c	lb.
-	Loins Lamb	40c	lb.
	Fresh Mint With Every On		
	BEEF SPECIALS	1	
	Pot Roasts	121/2c	lb.
	Oven Roasts	15c	lb.
	Rump Roasts		
1.	Rib Roast, Rolled, no waste	25c	1b.
	PORK SPECIALS.		
. L	Shoulders Pork	18c	1b.
700			

	Rib Roast, Rolled, no waste 200 10.
	PORK SPECIALS.
	Shoulders Pork
	Spare Ribs
	Pork Kidneys
	Fresh Hocks
	Sweet Bones
	Pork Liver
-	While they last, Fresh Pork Tenderloin .45c lb.
	Smoked Picnic Hams
	Peamealed Back Bacon
	Peamealed Roll
	Fresh Creamery Butter, our brand 38c lb.
	Pickled Shoulders, mild cured 18c lb.
	Pickled Hocks
	Corned Beef, very choice

LOOK AT THIS! TWO DAYS' SPECIAL. Big saving on lard; buy now...3-lb. pail 55c; 5-lb. pail 85c Kindly let us have your orders Friday evening, if possible.

SPECIALS For SATURDAY



eties for Saturday. We have added a few wanted lines to our stock. Phone your orders. Our delivery covers all parts of the city.

Kippers, Bloaters, Halibut Fresh Cod, Whitefish, Lake Trout, Haddies, Fillets, Steak Salmon, Flounders and Pickerel.

Poultry — Ducks, Broilers, Fowl. (We truss them free.)

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Remember, you get the highest quality goods, delivered absolutely FREE.

APPLE and RASP-BERRY JAM 49c ORANGES, Regular 40c. Per ... 31c

RED SALMON-PASTRY FLOUR — F.C. BAKING POW-24-pound S9c DER, 22-oz. 35c

UP-TO-DATE-MARKET

POTATOES, 39C SARDINES, 25c GRAN. SUGAR -CORNFLAKES -Three packages ... 29c LAUNDRY SOAPS 14 For \$1.00

SHORTENING pails 53c CORN SYRUP -PORK AND BEANS 1-lb. Tine.. 10 for \$1 TOILET PAPER, 6 for 25c

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discomfort; so it may therefore be concluded that their assimilation is not markedly difficult. To certain individuals, however, the dyster is repellant, and a brief description of their construction and composition may be of interest. First, there is the liver which in this animal is a very bulky organ and which constitutes the fleshy part; then we find a single adductor muscle which closes the valves of the shell; next to this muscle is the "mantle," which contains the "gills" or "beard." The gills really form the outer part, being slightly fringed in appearance, and they furnish the test as to when the

Because they lend themselves to so nany ways of preparation, oysters are almost universally used, and they ap-pear on the menus of the most exclupear on the menus of the most exclusive as well as the cheapest restaurants and hotels. They are especially relished by invalids and children. Langworthy gives their composition as follows: 88.3 per cent water; 6.1 per cent nitrogenous matter; 1.4 per cent fat: 1.9 per cent salts and 2.3 per cent glycogen. One dozen oysters contain only about an ounce of solid matter so, they therefore contain nutriment so they therefore contain nutriment in a very diluted form and are not

considered an economic food, but their use is undoubtedly healthful and affords variety in a dietary. The total solids are about equal in amount to those of milk, but a quart of oysters shucked costs from four to five times as much as a quart of milk. Ovsters like milk are bulker for the Oysters, like milk, are bulky for the amount of nourishment which they contain and they are the two animal foods which are exceptional in fur-nishing large amounts of carbohydrate, although not in the same form Look For Good Color.

When buying oysters in the shell, the shells should be very tightly closed and the oysters should have a good characteristic odor. You may ask to have one opened and it should and to have a "ropy" or slimy appearance and should be of good color.

Their appearance as well as their odor should also be carefully noted if oysters which have been opened are purchased and they should be in their own natural liquor without the addition of any water. Oysters should be eaten as soon as they have been re-moved from the shells and the prac-tice of opening large quantities of them at one time and keeping them in tubs until purchased is to be de-plored; this is because of the ease with which they transmit disease

Oysters are most easily digested when eaten raw, as cooking in any form, whether by grilling, scalloping or stewing, coagulates and hardens them, thereby rendering them more difficult of solution in the stomach. In cooking them, when the gills begin to separate, somewhat resembling partly opened pages of a book become slightly frilled or puckered at the edges, they should be re-moved from the fire. The application of heat prolonged much beyond this stage injures both their flavor and

Camp Corn or Indian Meal Bread. Mix together and sift three cups of yellow corn meal (which is the same as maize or Indian meal), one cup of lour, one tablespoonful of granulated sugar, one teaspoonful of salt and three heaping teaspoons of Baking Powder. Work in a cupful of lard, cold. Add enough cold water or milk to make a stiff batter. Pour into a greased and floured baking tin bake in hot oven for about 40

If you have no oven there is no eason why you should not have corn read. Heat a fry-pan, rub the inside with a piece of pork or bacon rind. Form the dough mixed as above, but a little stiffer, into small cakes, dust with flour and put them in the fry-pan. Cover the fry-pan with its lid or a tin plate and cook on a part of the fire where the heat is not too great. Turn over when necessary nd eat hot or cold.

Corn Bread Baked in Ashes. Mix thoroughly together three pints of cornmeal (which is the same as maize or yellow Indian meal), one pint of flour, six teaspoonfuls of baking powder, and one teaspoonful of salt. Stir in cold water enough to make a stiff dough. Form into balls as big as hen's eggs, roll in dry flour and bake in the hot ashes of the fire, which should completely cover the bread. These will bake sufficiently in from fifteen to twenty min

Mix and sift one quart of flour, two heaping tablespoonfuls of baking powder and one teaspoonful of salt. Rub into the flour dry two tablespoonfuls of butter, lard or any kind of sweet fat. Add cold water enough o make a soft dough. Roll it on a well-floured breadboard into a sheet an inch thick, cut into biscuits with an empty baking powder tin, bake in a greased pan in a hot oven ten or fifteen minutes.

Ginger Bread. Mix together one cup of molasses, one tablespoonful of ground ginger, half a teaspoonful of salt, half a cup of melted butter or drippings, one cup of milk and three cups of flour, mixed with two teaspoonfuls of bakng powder. Bake in gem pans in a noderate oven for half an hour.

Dried-Fruit Pie.

Evaporated apples, pears, peaches,

Whole Wheat Bread Is Appetizing, Nourishing Digestible.

Brighton's O. K. Whole Wheat Bread Is recommended by doctors for its nutritiousness.

Sun Maid Raisin Bread Is delightful for a change. Get them from your grocer or have them delivered from the plant.

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We Lead; Others Follow Place your orders early for genuine home-made delicacies.

Miss A. Willits

572 Richmond. Phone 997J. (formerly of Baxter & Willits)

orunes and other fruft are now prepared in excellent form, and with care will keep for years. Wash and soak over night in cold water, simmer in the same water until tender. Do not boil. Sweeten to taste and serve. If a pie is wanted take the fruit cooked as described, make a baking powder pie crust. Line a pie dish with it, pour in the fruit and cover with the pie crust. Bake until the crust is cooked. This recipe will answer for every variety of dried, desieated or evaporated fruit in the market. Observe strictly the two rules: Soak the fruit in cold water over night, simmer gently, but do not

ANY TIME. ANYWHERE. ANY DAY You can get FAIRFUL'S

BREAD COSTS NO MORE THAN OTHERS.

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For Highest Quality and Lowest Prices, choose your Meats and Provisions from this ad.

Lamb	Beef
Choice 35	Shoulder 14
Whole Shoulders 25	Family Roasts. 15
Lamb Chops 35	PrimeRib Rolled 30
Cured	RolledPot Roasts 15
Meats	Rib Stew 10
Smoked 32 Hams 32	Round Steak 25
Breakf't 35 Bacon 35 Cooked 55	Veal

Ham ... 30 Roasts... Pressed Beef 35 Shoulder Roasts.. 18 Loaf. Roast Leg 65 Thick Breasts . 14 Pork... 60 Packet Peas, 3 for 25 Black

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Let Us Fill Your Saturday Order. We Can Save You Money.

Marshmallow Fingers, lb.25c Broken Water Ices, lb.20c Shippam's Faste, bottle

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Canada's Largest Retail Grocers

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PICNIC SUGGESTIONS FULL QUART MONARCH PICKLES, 39C INGERSOLL CREAM TOY PAIL 1's, tall 39c BISCUITS, per lb......35C LOBSTER PASTE, PER TIN Dainty Tunch MAYON - 29c

American Beauty Shrimps, our price 25c Rock Island Lobster 47c SockeyeSalmon

½'s 21c Eagle Brand Salmon-1's, tall 21c

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Out Tea always satisfies. Special Blend, per pound Richmello, per 75c

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PEARL

CROWN SEALERS per pound 15c Pints, per dozen \$1.09 Choice Large Prunes, 2 pounds for 25c Quarts, per dozen.... \$1.19 Half Gallons, dozen, \$1.65 Camel Dates. Rubber Jar Rings 3 dozen for 25c 3 Packages for

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Just Look Over the Bargains Listed Below. Monday (Labor Day) Store Closed All Day.

10 lbs. Granulated Sugar, \$1 with your order.

SPRING LAMB Specials Leg Lamb, lb. 35c Loin Lamb, lb. 32c Rump Roast Beef 24c Roast Beef Breast Lamb, Ib. 20 COOKED MEATS. (first cut) Cooked Hams, Ib. 60c Jellied Tenderloin, Ib. 45c Cooked Beef Tongue, 65c Cooked Roast Pork, 65c Cooked Pigs' Feet, 3 lbs. for 25c Weiners, Ib. 22c Weiners, Ib. 22c (first cut)

(first cut)

Rolled Pot Roast Beef 15c

Boiling Beef 10c

Stewing Bee

(corner cut) 220 Roast Beef ... 200

Smoked Cottage Roll 30c Ham Roast Pork 28c Loin Roast Pork 32c

Pickled Shoulder 20c SMOKED MEATS. Smoked Ham (whole or half) Fresh Side Bacon 20c by the piece, Ib... 20c Smoked Breakfast 28c Home-made ... 15c Shortening Pickled Beef 25c Cambridge Sausage 20c
Pork Liver 5c Tongue Rolled Corned 15c Beef 400 BROWN SUGAR BAGS, 5c EACH.

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