

THE HIGH COST OF LIVING MAY BE REDUCED BY FOLLOWING THE HOUSEKEEPERS' BUYING GUIDE

Canada Food Board License 9-6364.

Cliff Robinson's Quality Meats and Fish

We have an extra good list of specials for this week-end. Be here early to get your share.

CHOICE DAIRY BUTTER	45c lb.	CREAMERY BUTTER	55c lb.
FRESH EGGS	58c doz.	BEEF HEARTS	12 1/2c lb.
CALVES' HEARTS, special	15c lb.	MINCED STEAK	25c lb.
POT ROAST BEEF	25c lb.	PICKLED SHOULDER PORK	30c lb.
PICKLED BACON	35c lb.	PICKLED HOCKS	15c lb.

FRESH SPARERIBS, TENDERLOINS, CALVES' LIVER, OXTAILS, HONEYCOMB TRIPE, FRIES.

TRY OUR ALL-PORK SAUSAGE, fresh daily 20c and 25c lb.
CHEESE DEPARTMENT—Swiss, Oka, white, yellow, cream, pimento, limburg, Roquefort.
HOMEMADE HEADCHEESE Try a bowl. 20c each

Make This Bright, Sanitary Store Your Store.

PHONE 6186.

LAST DELIVERY 6 P.M.

206 DUNDAS STREET.

START THE NEW YEAR RIGHT

Serve Poultry at Least Once a Week

We can always supply you with a choice roasting or boiling chicken. Ask your grocer or butcher to order in good time, and be sure he orders from

SPECIALTIES

Dressed Poultry Selected Eggs
Dairy and Creamery Butter.

C. A. MANN & CO.

78 KING STREET. PHONE 1577.

Canada Food Board License No. 7-078.

Happy and Prosperous New Year to All!

We sincerely thank you all for your trade during the past and wish to say that we are in a position to give you even better service during the coming year. Now that the winter weather is here your stock and poultry need special care and the best of feeds. We have some choice mixtures of grains and mash, specially prepared to produce heat and aid egg production. A good supply of Bran, Shorts, Oil-cake and Hog Feeds always on hand. Choice Flour, Cereals, Beans, Rice, Tapioca and Potatoes at low prices. Good Hay, Straw, Salt, Grit and Shell in stock. Ask for anything you need that is kept in a flour and feed store. Phone orders promptly attended to. Let us serve you.

RIGNEY BROS.

The Live-Wire Flour and Feed Store.

100 KING STREET.

PHONE 425.

Fish Specials at Onn's Up-To-Date Market---

Oysters, New York Counts, pint	60c
Shrimps, pint	35c
Shell Oysters, dozen	25c
Oleomargarine, lb.	35c
Shortening, lb.	30c
Lobsters, tin	20c
Salmon	2 tins 25c
Mackerel	15c

Flounders	15c
Sliced Salmon	20c
Halibut	25c
Codfish	18c
Haddock	12c
Smeets	18c
All other varieties.	18c



: ONN'S UP-TO-DATE MARKET :

PHONE 1296.
143 KING ST.

WATERLOO COUNCIL IS BACK UNOPPOSED; HAS ONE NEW FACE

Further Nominations and
Elections in Western
Ontario.

WATERLOO, Jan. 2.—The Waterloo town council was returned by acclamation, including Mayor Kutt, A. Foster, the only new man in the council. They are as follows: S. P. Kioskewitz, A. H. Cochrane, M. M. Merklinger, H. A. Sturm, A. C. Moyer, Arthur Foster, A. Leves, Bauer and C. N. Huehn were returned by acclamation for the water and light commission.

N. DUMFRIES HAS CONTEST.
GALT, Jan. 2.—There is contest for re-election for North Dumfries B. Y. Little and J. R. McLeod, both councillors last year seeking office.

REFUSE TO STAND.
EMBRO, Jan. 2.—There is to be another nomination meeting in a week or so on account of those who were nominated refusing to stand. The reeve and trustees were put in by acclamation. They are: Reeve H. B. Atkinson, Trustees Wm. French, R. H. Hawke and G. McKay.

NOMINATED IN DAWN MILLS.
WABASH, Jan. 2.—The annual nomination meeting was held in the Dawn Mills township hall, and was largely attended. Those nominated for reeve were: Durward Sturgis, Edgar Moore, Russell Holmes and Harry French.
For councillors: Russell Holmes, Thomas Skinner, John Leeson, George Woods, Fred Deacon, H. Weiss, John Gibson and John Hinton.
The two latter withdrew immediately after being nominated.

DORCHESTER RESULTS.
DORCHESTER, Jan. 2.—The school trustees appointed for the ensuing year

were: Tom McFarlane, Dr. Gill and J. J. Ford. They intend installing a new furnace in the schoolhouse.
The village trustees were also appointed, namely: Wm. White, George Chittick and Albert George.

NO PORT ELGIN MEETING.
PORT ELGIN, Jan. 2.—Nomination meetings in this town and district were taboed on account of influenza. The regular nominating proceedings were allowed, but no gatherings for speaking. In Port Elgin there was not much interest, and it looks like the old council will receive by acclamation.
In Sauguen the following were nominated:
For reeve—J. H. Webster, Cecil Jamieson, Gilbert Christie, Alex. McConnell, Wm. Atkinson, J. B. Lyness.
For councillors—Messrs. Webster, Atkinson, Greathouse, Pierson, Leader, D. Smith, A. Brunton, Alex. Lamont, J. T. Wallace, Archie Bryce.
In Bruce Township there will be an election. The following were the nominees:
For reeve—G. Brown, P. Dobson, A. McLean, J. McKenzie, H. McLean, Jas. Johnson.
For deputy—M. McNeill, Geo. Baker.
For councillors—M. A. Avis, S. D. McKenzie, James McKenzie, James Donaldson, D. J. McFadyen, John Cunningham, Silas Haney and J. B. Richardson.

WALKERVILLE WITHOUT RACE.
WALKERVILLE, Jan. 2.—Charles A. Brabant, Charles J. Stodgell, Robert Caldwell, Ernest Clague, H. H. Whittemore and C. C. Stephens have been elected to Walkerville council by acclamation, six of the nominated candidates retiring. The three last-named are new to municipal life. The new school trustees are Albert Long, E. H. Gregory and C. Stevens.

ERIEAU ACCLAMATION.
ERIEAU, Jan. 2.—Charles P. S. Blenheim was down to Erieau, holding nomination. The council for 1919 was elected by acclamation as follows:
Reeve—J. G. Kerr.
Councillors—W. McKenzie, N. McCauley and C. Stevens.

LION'S HEAD COUNCIL.
WILKINSON, Jan. 2.—The council in Lion's Head was elected by acclamation as follows:
Reeve—B. Moore.
Councillors—Messrs. Stewart, Warren, Mosher and Warder.
In Lindsay Township Councillor Dan

McDonald was made reeve by acclamation, and six are in the field for the council.
Warton has to have another nomination. Councillor Irwin was made mayor by acclamation, and only three men were made councillors: C. E. Parke, J. McManuel and A. Lauren. There is a strong contest for the reeve between S. W. Pope and J. A. McDonald.

WARDSVILLE COUNCIL.
WARDSVILLE, Jan. 2.—The following is the council for the municipality of Wardsville for the year 1919, all elected by acclamation:
Reeve—Robert Pegh (re-elected).
Councillors—Wm. Murdoch, George Harold, George M. Fauds, Arthur A. Smith.

LUCKNOW ACCLAMATION.
LUCKNOW, Jan. 2.—The council for this year will be:
Reeve—Robert Johnston.
Councillors—Wm. Murdoch, George H. Smith, Wm. E. Henderson and Robert Thompson.

This is last year's council, and as they drew up the bylaw for the purchase of the electric light plant, which was voted on and carried by a small majority, they will be given a chance to show what they can do with it during the year. The retiring council members were also re-elected by acclamation.

BRUSSELS ACCLAMATION.
BRUSSELS, Jan. 2.—Brussels council was elected by acclamation for 1919 and will be constituted as follows:
Reeve—S. T. Plum.
Councillors—Wilton, M. Fraser, I. C. Richards and Harry James. The two latter are new men.
School Trustees—John Logan, M. Black and John Cunningham.

HOUSEKEEPING IS A BUSINESS. ECONOMICAL COOKING IS A SCIENCE.

Our Consumers' League

BY ISABEL C. ARMSTRONG.

Your Chance in Thrift Stamps?

How much money are you going to save in thrift stamps during the year 1919? One woman wants to go on a trip to Europe some sweet day, by and by, now that the war is over, away up to Norway and Sweden, and all kinds of out of the beaten-track places. Once upon a time she studied in Germany, but she hasn't the least inclination to go back to Germany, never again, she says. But, in any case, after working her head and her hands off for the Red Cross and in other kinds of war service for four and a half years, she is beginning to dream again of the journeys in which her heart has delighted.

"I know how I'm going to do it. Thrift stamps!" she declared the other day, as she saw the sign staring her in the face in a well-known local store. "Will you take your change in thrift stamps?"

She nodded to the printed query and replied aloud. "Yes, I'll take my change that way, but not until after Christmas. I can't until I have all my Christmas presents bought." And there was a kind of apologetic, almost pleading note in her voice.

How many times you resist temptation to buy something you really don't need in the least, something in all probability that would spoil your digestion, in order to add another thrift stamp, a twenty-five-cent thrift stamp to that card with sixteen squares you are going to get sprouted right away? When you have sixteen stamps on the card, then you exchange it for a fully-registered war savings certificate, and so on, every generous outburst you will get your own back with usury amounting to five dollars in five years' time. Think of it, four dollars earning one more dollar!

By the time you have eight of those war savings certificates, you will be entitled to a fifty-dollar Victory Loan. It will bring you fifty dollars in five years, even if it is only worth forty dollars right away. Doesn't it make you dizzy to think of the way those salvaged quarters here, and quarters there, are going to pile up into the nucleus of a fortune some day?

Since the last Victory Loan was the last big Victory Loan, it is possible that the opportunity will only be offered for one year to buy thrift stamps and war savings certificates on the present terms.

Ever so many people in the city and Western Ontario are carrying round their thrift cards already. They have given them to the children instead of birthday, Christmas and New Year's Day presents. When it comes St. Valentine's day, on will go another thrift stamp, and so on, every generous outburst during the year. Aunts, uncles, cousins as well as mothers and fathers will tumble over themselves in helping the little people to get their thrift cards filled up.

The big people are going to be just as eager and interested over their own thrift cards as the little people can possibly be over theirs. Quite probably lots of big people will welcome gifts of thrift stamps on birthdays, St. Valentine's days and festive occasions such as these, just as much as the juveniles. Particularly with this kind of a commemorative appeal, if one is saving money to go to Europe, to take some special kind of lessons, to buy a new rug, to help pay for a house, or just to purchase an old age annuity, or a corner of an old people's home.

Thrift stamp buying is not only good business for oneself, but for the country as well. It will furnish the power to help keep the wheels of industry revolving merrily, to help develop the enormously valuable resources of the Dominion, to help Miss Canada run her own show, and to make good times for all the people. It is up to the people to profit by the good times and help to make more good times, also to lay away a goodly store for that rainy day. May it never come!

Will you take your change in thrift stamps?

TO MEET THE NEED OF NURSES

"One of the Workers" in the influenza epidemic, who has since kept closely in touch with health conditions in the city and district, and has been working for herself along the line of promoting efficiency in public health service, this week sends in a letter suggesting a plan which is a big step in the direction of centralizing public health activities in the city under the board of health.

She says of her idea of establishing a city registration bureau for nurses in a central location in the immediate future, "You can see how this plan would gradually evolve into the one which has already been proposed, namely, taking over all the city nurses under the board of health."

The letter is as follows:

London, Canada, Dec. 30, 1918.

Dear Miss Armstrong,—In view of the great demand in the city for nurses for influenza cases, and the need that many people are voicing for the re-establishment of a city registration bureau; and inasmuch as we have been told by the city health authorities that we can expect to find causes of influenza occurring off and on all winter, it has occurred to a number of people that it would be well to make improvements found to be necessary in the "modus operandi" to help develop the resources of the Dominion, to help Miss Canada run her own show, and to make good times for all the people. It is up to the people to profit by the good times and help to make more good times, also to lay away a goodly store for that rainy day. May it never come!

Will you take your change in thrift stamps?

For equipment, I would suggest two telephones, one for nurses, and one for other calls; an office manager, a stenographer, and someone to answer the phone, thereby insuring that the business will be dispatched rapidly and smoothly.

The city might be divided into districts, and a trained nurse assigned as head nurse of each district, the size of the district depending on the number of trained nurses which the city has available already and can command for the work.

All nurses, V. A. D.'s, and practical nurses or volunteers must register at the central office before they go on a case.

The name of each V. A. D. or practical nurse, who is sent into her district, with name of family and address, to be sent to head nurse of district daily from central office.

Head nurse to respond to calls by V. A. D.'s or practical nurses for advice or instruction.

A nurse would only leave one case and go to another after a visit by or consultation with the head nurse had been made. Head nurse would notify central office of release of nurse.

Each nurse would keep a record card supplied by the city of cases attended, family names, ages, work done and physicians' calls with date, these to be turned in to central office in person, when bill for service would be made out. Each family to be billed by office when nurse leaves, and all money to be paid in to city treasurer's office; nurses to be paid by the city, and bills sent through once a week.

Head nurse of district would arrange for relief of nurses under her when necessary.

A lecture by a trained nurse to be given once a week to all nurses who can attend.

The great advantage in having a head nurse to a district would be that a definite report of the existence of influenza in the city as a whole could be given.

This may appear to be very upsetting to the present run of things, but in reality the work would gradually evolve into the system of centralization, which has been already suggested and practically agreed to. As influenza dies out the V. A. D.'s and practical nurses can be dropped, and the head nurse becomes the public health nurse of her district, and proceeds with her regular work.

You are at liberty to print this letter if you consider it worth while. Very truly yours,

THE LEAN MAN AND THE POOR SHIP.

The following little parable, borrowed from the Minnesota Public Health Association Journal of December 25, illustrates the importance not only of eating to live, but of eating as well as to lay up reserve strength and fat against the day of emergency.

The article, by the way, is an expansion of the syllabus of public health, prepared by the Minnesota Public Health Association, of which Dr. H. W. Hill, formerly of this city, is the executive secretary, in co-operation with the state department of education for use of Minnesota teachers. The following is the article.

Too little is as bad as too much; whether speaking of fat or coal. The good ship Nantauk found it to be true, when she left port with only fuel to last for half her journey. Her coal supply became lower and lower, until finally only two small pieces of coal remained in the bin. The firemen rushed to the captain of the ship and asked him what they should do now that there were only two small pieces of coal left, and they were in mid-ocean, thousands of miles away from land, and hundreds of miles from a coal station. "Burn the two pieces of coal," said the captain, "and then begin to break up the steamer chairs."

The steamer chairs had been broken up and burned, so had the dining-room chairs and the kitchen chairs, and the tables, and most of the rafts, but still the ship was not in sight of land. Now the captain ordered the cabin torn down so that the boards could be used as fuel, except the hull itself, and that would probably have been used, too, if it were not for the fact that as soon as a board were taken from it, the ship would have to sink.

The man who had eaten only enough fats and carbohydrates to

All Christmas and New Year's Meat at Cut Prices Tomorrow

First Prize
Beef Sale Tomorrow
A few choice roasts of the Beef we sold for 75c a pound at Christmas, to be cleared at

50c Lb.

Some idea of the quality of this meat is when we tell you we paid 50c a pound for the carcass.

Every slice of this delicious extra choice Meat bought especially for the Christmas season goes. Has been gathered together and goes on sale regardless of former prices. Many choice roasts will be sold at less than cost price. We must make a clean-up tomorrow. Come and save. We will also offer many tempting specials in choice Groceries that you cannot afford to miss. We advise you to order early. REMEMBER

THESE PRICES ARE GOOD FOR SATURDAY ONLY

The Finest Creamery Butter

In London
54c Pound

In order to get a bigger sale and introduce this delicious Butter we quote this low price in 2 and 4-pound blocks.

WHY PAY 60c?

Swifts	35c
Oleomargarine	2 tins 25c
Pork and Beans	10c
Worcester Sauce	10c

GET IN ON THIS SNAP!

Chase & Sanborn's.

Coffee, 50c lb.

Big Sale of Choice Lamb

BREASTS	22c lb.
STEWING	20c lb.
LOINS	35c lb.
SHOULDER	32c lb.
STEWING VEAL	20c lb.
HAMBURG STEAK	25c lb.

Eastfirst Shortening, lb.	30c
Molasses per tin	15c
Snider's Catsup	30c

Tea 32c 1/2-lb.

Salada, Red Rose, Grand Mogul

ANDERSONS

STALLS 1, 2, 3, 4, 5, MARKET HOUSE.

License No. 9-9654.

The Big Pure Food Store

Open a Savings Account With the Bank of Toronto

and deposit there the small sums that are so easily spent, and watch the result of the "adding to" principle. These "saved dollars" will be the seed from which a snug bank balance will grow for future years.

INTEREST PAID twice a year on all savings balances.

THE BANK OF TORONTO

Head Office: Toronto, Canada.

ESTABLISHED 1859

Cor. King and Richmond Streets.
Cor. Richmond and John Streets.FOUR OFFICES IN LONDON:
Cor. Dundas and Adelaide Streets.
Cor. Dundas and Taillor Streets.

BLOOD-POISON FROM BOIL ON KNEE IS CAUSE OF DEATH

Kintore Man Dead After
Three Weeks' Illness.

INGERSOLL, Jan. 2.—In East Nisour, near Kintore, the death occurred of Hugh John McDonald, a married man, in his third year, from blood poisoning which followed a boil on his knee. He was widely known in the district, and was a son of the late Hugh McDonald. About three weeks ago what appeared to be a boil appeared on his knee. It was not regarded as serious until about a week later when complications of an alarming nature set in. The funeral will be held Saturday afternoon to the Kintore Cemetery.

Flying Cross For Chatham Aviator

Lieut. Earl Crabb Is a Dis-
tinguished "Ace."

CHATHAM, Jan. 2.—A cablegram received yesterday by Mr. and Mrs. R. E. Crabb from their son, Flight Lieut. Earl P. Crabb, conveys the information that he has been awarded the Distinguished Flying Cross. No details were given. The officer is not yet twenty years of age. He has been in France since July last, and some time ago was reported as an ace having accounted for six foe aircraft. He is now with the army of occupation in Germany so far as his parents know.

VEGETABLES

Brussels Sprouts, per box 20c
Spinach, per lb. 30c
Hubbard Squash, each 10c, 20c, 30c
Squash or Vegetable Oysters 10c
Celery, white 5c and 10c
Celery Hearts, per bunch 15c
Onions, yellow, per lb. 5c
Lent Lettuce, crisp 5c and 10c
Horseshoe Radish, per lb. 5c
Endive, Green Curled 10c
Whitehead or French Endive 15c
Tomatoes, fancy house, lb. 40c
Parley, Watercress, Mint 5c
Celery for winter storage, Roots

MAIN & COLLYER

PHONE 2831. P. O. BOX 278.

NOMINATIONS

TILLSONBURG'S LINE-UP.
TILLSONBURG, Jan. 2.—When the time was up for qualifying for municipal honours it was found that there would be a warm contest for every public office except that of mayor. Only two of last year's council are running in that capacity, while two are seeking honours as deputy reeve. Following is the line-up for Monday's voting:

Reeve—C. W. Conn, W. Allan.
Deputy Reeve—A. S. Remie, A. McRae.
Hydro Commissioners (two to be elected)—C. H. Denton, J. McIntyre, E. F. Davis, J. C. Ross, E. V. Tillson, W. J. Wilkins.

Public School Trustees—W. Croxley, H. C. Hogarth, H. Johnston, Dr. Taylor, Council—W. Putnam, F. Kieker, N. L. James, J. E. Weston, Frank Gordon, Ora Ira Ribble, C. Booth, Stanley Barnett, F. Rogers.

CARADOC NOMINATIONS.
MUNCEY, Jan. 2.—There will be an election in Caradoc Township. The following are the candidates:

For Reeve—James Clerk, James Peters.
For Deputy Reeve—Lewis W. Beach, Douglas Lettich.
For Council—Hugh Brodie, William Veale, William A. Collins, Benjamin Hoover.
Donald A. Graham, the retiring reeve and ex-warden, is giving up.

VEGETABLES

Brussels Sprouts, per box 20c
Spinach, per lb. 30c
Hubbard Squash, each 10c, 20c, 30c
Squash or Vegetable Oysters 10c
Celery, white 5c and 10c
Celery Hearts, per bunch 15c
Onions, yellow, per lb. 5c
Lent Lettuce, crisp 5c and 10c
Horseshoe Radish, per lb. 5c
Endive, Green Curled 10c
Whitehead or French Endive 15c
Tomatoes, fancy house, lb. 40c
Parley, Watercress, Mint 5c
Celery for winter storage, Roots

MAIN & COLLYER

PHONE 2831. P. O. BOX 278.

London Pure Food Market

610 DUNDAS STREET.

PHONE 995.

FLOUR SALE SATURDAY

BEST DIAMOND FLOUR, 7-lb. bag	48c
BEST DIAMOND FLOUR, 12-lb. bag	80c
BEST DIAMOND FLOUR, 24-lb. bag	\$1.00

We Deliver Free of Charge.
GOOD GOODS—RIGHT PRICES.
610 DUNDAS STREET. PHONE 995.