

GOVERNOR CUTS
TAIL FOOD COST

One Hundred and Forty-Six Prisoners Fed on 10¢ Cents a Day.

"How to live and grow fat on an expenditure of 10¢ cents per day" would easily be used as a title for a book written by Governor Byron Dawson of the county jail. The governor has just issued the food report for the jail for the quarter ending Dec. 31 and states that the 146 prisoners were his "guests" during that period and grew fat on the jail fare which cost the above-mentioned sum, and half a cent lower than the previous quarter. The total number of days the prisoners slept behind the bars were 2,566.

Bread was the main item on the list of "eats," and lived up to its reputation as being the "staff of life." The prisoners masticated 5,288 pounds of bread and chewed 4,224 pounds of meat. Whether they were cooked or not, they had to eat 375 pounds of oatmeal, 350 pounds of corned beef, 320 pounds of it was washed down by 22 pounds of tea.

The prisoners weren't allowed to be sweetened with 525 pounds of sugar. The governor believes in lots of "pep," and that's why the boys had their meals seasoned with 1½ pounds of pepper. They are also the "salt of the earth," and 100 pounds of salt is listed in the grubstake. The governor points out though that some of the salt was used in making whitewash which was later plastered in the coal walls.

Five bushels of turnips, two bush-

els of carrots and one-half bushel of onions were used in stews, while 30 bags of potatoes and 195 pounds of beans helped to barter from the outer world.

Sick and insane prisoners drank up 1½ quarts of milk and 2½ pounds of coffee.

CHALLENGES MOTHERS
TO BETTER METHODS

Mrs. D. A. McKay Addresses Members of Rectory Street Mothers' Club.

Mrs. D. A. McKay issued a challenge to mothers last night, when she delivered a stirring address before the members of the Rectory Street Mothers' club. Her subject was "Facts From a Mother's Experience."

"Mothers' work is the biggest work on earth," she declared. And no mother could hope for real success without divine assistance. Young mothers, in their early thirties, might appear to manage nicely without any display of religious tendencies, but later they would realize their loss.

A mother should be confident and fearless, regardless of criticism, said the speaker. She should begin very early to teach vital truths to her children by means of story telling. And often the modern mother could pleasure away from home, little realizing the opportunity she was losing, and the real pleasure she was sacrificing. Later in life the knowledge of this loss would bring sadness.

Mrs. W. Hogarth, adding a few remarks to the thought-provoking address, urged the mothers to hear Mrs. Eaton tell stories at the children's educational conference to be held in Knox Presbyterian church next week.

The members of the club are arranging a skating party next month, to which the teachers are being invited. Mrs. Edman reported that the previous work had been accomplished during the past month.

A musical program included piano numbers by Jack Tucker, readings by Olive Mahon, a duet by Winnie Sharratt and Madeline White, and a violin number by Velma Cunningham.

NO CRIMINAL CASES SEEN
FOR SUPREME COURT HERE

With the opening of the supreme court sitting, but three weeks away, no criminal cases are yet scheduled for trial before Mr. Justice Ross.

At the fall session last October there were two manslaughter cases, William R. Hodges and Thomas Clare, as well as the cases against Thomas Ross and Sylvester Hanson, who were both sentenced to lashes and long terms in Kingston penitentiary.

The trials of the latter were both appealed and adjourned to the 12th inst. waiting for the evidence of Court stenographer Henderson before proceeding.

NO MEETING LIKELY.

It is not likely that the January meeting of the London railway commission will be held on Monday, as the appointments to the 1925 commission will not be known officially until that time. The city council holds its January meeting at the same hour and the commission is usually held. No arrangements for a later meeting have yet been definitely named.

Your
Eyes

SHOULD BE
EXAMINED
BY

F. Steele

London's Optometrist,
Opposite Loew's Theatre.

FREAK APPETITES DOMINATE
IN MALES, CHEFS DECLARE

Mystery of Wives Becoming Gray Disclosed in Tour of Restaurants.

ODD, YES, SIR

The reason wives quickly become gray and why the average restaurateur becomes rich has now been discovered. It is the peculiar, altogether unaccountably fatty way in which the male appetite seeks to appease its demands.

A trip around London's thirty odd restaurants this morning and a talk with the chefs proved the fact that men in search of the pleasures of the table on the counter as the chefs may be, are as fastidious as the oddest of old maids. It is quite a commentary on modern civilization that what makes the restaurant owner rich should also contribute to the silver threads amongst the fold in the heads of good Canadian wives. But so it is, and for it seems utterly impossible that the almost incredible gastronomic fancies of businessmen, as displayed in the average housekeeper without working throughout the 24 hours.

What Would Maise Say?

What would Maise say, for instance, if Claude demanded for lunch a pot of tea, or shoe-string potatoes and coffee, or celery heart, hot mince pie with cream and a cup of pie with coffee, doughnuts and two poached eggs, or chicken sandwich, soup, chocolate layer cake and artichokes? The chef would be called for day by day in London cafes. So the writers and chefs say, at least. For the statement that these are really the ordinary and usual things. They believe that the appetite of the day and of the sportsman at night after the hockey games are over is a thing apart and of another world of irrationality.

There is one man who comes into a restaurant regularly and orders human haddis, fried potatoes, fried mushrooms and fried tomatoes. There is another who orders and eats, though in a less exclusive "joint," roast beef, mashed potatoes and fried every night of his life. He speaks with a distinctive Scottish burr and makes every mouthful count.

There is a third who weighs less than a hundred and forty pounds, who invariably gets through a large porterhouse steak with a couple of potatoes, and who finishes up with hot mince pie and ice cream, and leaves a well-cleaned plate to tell the tale.

Spinach Fiend Here.

There is a spinach fiend in the city also. Summer and winter he asks for spinach. "Spinach or I die" seems to be the burden of his song. He is also a holder of the finest vegetable and in the winter he uses the canned variety. But he stands by his favorite, and the chef who has the spinach in the middle of the day and of the sportsman at night after the hockey games are over is a thing apart and of another world of irrationality.

In one cafe it is quite common to have certain customers ask for oyster and mince pie with cheese and coffee. The same customers come back so that they seem to thrive on the same type of food. The chef who demands cheese in some form in every meal. It may be potatoes "aux gratin," or Welsh rarebit, or omelette, or live on the top of the sizzling cheese, or potatoes O'Brien au gratin, where the sizzling sauce is made of butter, cream, and cheese. Or, simply apple pie and cheese in the old-fashioned way.

Some people treat every day as Friday, or Saturday, or Sunday, as if there is no fresh fish they fall back on the smoked and dried kinds. They get salmon, haddock, kipper, and sardines, and smoked eels, and even potted and shad roe. It all helps business and the bonifances, in their humble way, of the chef who, with a smile and a rubricated geniality, who supply all the needs of the hungry Londoners with a ready facility.

Beyond Surprise. It is impossible to surprise them. They have served up, omelette, black soured cream, and omelette, devilled eggs, olives, and oysters, crabs, larks, tunney fish, crayfish, eels, nate de foie gras, and every sort of internal economy of every animal that walks.

They are beyond surprise. If someone walked in from a horned pterodactyl, or a cut off a joint of walrus, or a select piece of the breast of an emu, or a portion of rhinoceros, or a piece of the undercar of a baby elephant, doubtless they would dive into the depths of their kitchens, and in due time the desired article would come in on a platter, and the only difference in the preparation of the food would be in the figures on the bill.

In any case, he would get what he deserved, a change from the usual run of cafe fare.

LAUNDRY TRUCK STRUCK
AT STREET INTERSECTION

One of the trucks of the Forest City Laundry came to grief at noon today at the corner of Richmond and Hyman streets, when it was struck by a street car. The truck had come out from Hyman street, and in crossing the tracks found it necessary to slow down on account of the street car going south was near the intersection and before the truck could get clear of the tracks it was struck on the side of the road. Fortunately the driver was not injured.

KIWANIS BOYS MEET.

Members of the Kiwanis boys' group met at the Y. M. C. A. last night for Bible study and supper. Fred L. Ross, vice-president of the Kiwanis, was present and spoke of the work they would accomplish during the coming year. Grand Chief Ranger Paddy Haines led the opening ceremony. The program included a lively sing-song, gym class and swim.

AID INSTITUTIONS.

The Irish Benevolent society will likely meet shortly for its annual election of officers and other business. The society recently distributed its financial surplus from the 1924 picnic. Donations were sent to several charitable institutions. No social gatherings are planned until the 1925 summer picnic at Port Stanley.

Boston Feels
Heavy Tremor

Associated Press Despatch.

Boston, Jan. 7.—A heavy tremor, believed to be an earthquake, was felt shortly after 8 o'clock this morning throughout the eastern portion of the state. Houses were shaken and dishes were jarred from shelves. In Marblehead, where the shock was unusually heavy, scores of persons sought safety in cellars.

The tremor was distinctly felt in Brockton, Haverhill, Lowell, Lawrence and along the north and south coast. Various reports timed it from 8:05 to 8:15 o'clock. A rumbling accompanying the shock sounded like thunder, according to reports from several places.

At Harvard Observatory it was said that the phenomenon possibly was due to frost in the ground.

It is conceded in educational circles

the unanimous choice as chairman

of the four-member executive com-

mittee as being Mr. Lawrason will

be held at 8 p.m. tomorrow night.

It is confidently expected, also, that

Trustee A. Roy Cairncross will be

chosen as vice-chairman because of

his splendid service to the board

during the past year as chairman of

the special survey committee and be-

cause of the fact that the vice-

chairman this year will, in all prob-

ability, be the chairman of the board

in 1925.

Indications point to the personnel

of the four-member executive com-

mittee as being Mr. Lawrason will

be held at 8 p.m. tomorrow night.

It is confidently expected, also, that

Trustee A. Roy Cairncross will be

chosen as vice-chairman because of

his splendid service to the board

during the past year as chairman of

the special survey committee and be-

cause of the fact that the vice-

chairman this year will, in all prob-

ability, be the chairman of the board

in 1925.

Indications point to the personnel

of the four-member executive com-

mittee as being Mr. Lawrason will

be held at 8 p.m. tomorrow night.

It is confidently expected, also, that

Trustee A. Roy Cairncross will be

chosen as vice-chairman because of

his splendid service to the board

during the past year as chairman of

the special survey committee and be-

cause of the fact that the vice-

chairman this year will, in all prob-

ability, be the chairman of the board

in 1925.

Indications point to the personnel

of the four-member executive com-

mittee as being Mr. Lawrason will

be held at 8 p.m. tomorrow night.

It is confidently expected, also, that

Trustee A. Roy Cairncross will be

chosen as vice-chairman because of

his splendid service to the board

during the past year as chairman of

the special survey committee and be-

cause of the fact that the vice-

chairman this year will, in all prob-

ability, be the chairman of the board

in 1925.

Indications point to the personnel

of the four-member executive com-

mittee as being Mr. Lawrason will

be held at 8 p.m. tomorrow night.

It is confidently expected, also, that

Trustee A. Roy Cairncross will be

chosen as vice-chairman because of

his splendid service to the board

during the past year as chairman of

the special survey committee and be-

cause of the fact that the vice-

chairman this year will, in all prob-

ability, be the chairman of the board

in 1925.

Indications point to the personnel

of the four-member executive com-

mittee as being Mr. Lawrason will

be held at 8 p.m. tomorrow night.

It is confidently expected, also, that

Trustee A. Roy Cairncross will be

chosen as vice-chairman because of

his splendid service to the board

during the past year as chairman of

the special survey committee and be-

cause of the fact that the vice-

chairman this year will, in all prob-

ability, be the chairman of the board

in 1925.

Indications point to the personnel

of the four-member executive com-

mittee as being Mr. Lawrason will

be held at 8 p.m. tomorrow night.

It is confidently expected, also, that

Trustee A. Roy Cairncross will be

chosen as vice-chairman because of

his splendid service to the board

during the past year as chairman of

the special survey committee and be-

cause of the fact that the vice-

chairman this year will, in all prob-

ability, be the chairman of the board

in 1925.

Indications point to the personnel

of the four-member executive com-

mittee as being Mr. Lawrason will

be held at 8 p.m. tomorrow night.

It is confidently expected, also, that

Trustee A. Roy Cairncross will be

chosen as vice-chairman because of

his splendid service to the board

during the past year as chairman of

LAWRASON SEEN
AS BOARD HEAD

Inaugural Will Be Held Tomorrow Night—Choice May Be Unanimous.

Associated Press Despatch.

Boston, Jan. 7.—A heavy tremor, believed to be an earthquake, was felt shortly after 8 o'clock this morning throughout the eastern portion of the state. Houses were shaken and dishes were jarred from shelves. In Marblehead, where the shock was unusually heavy, scores of persons sought safety in cellars.

The tremor was distinctly felt in Brockton, Haverhill, Lowell, Lawrence and along the north and south coast. Various reports timed it from 8:05 to 8:15 o'clock. A rumbling accompanying the shock sounded like thunder, according to reports from several places.

At Harvard Observatory it was said that the phenomenon possibly was due to frost in the ground.

It is conceded in educational circles

the unanimous choice as chairman

of the four-member executive com-

mittee as being Mr. Lawrason will

be held at 8 p.m. tomorrow night.

It is confidently expected, also, that

Trustee A. Roy Cairncross will be

chosen as vice-chairman because of

his splendid service to the board

during the past year as chairman of

the special survey committee and be-

cause of the fact that the vice-

chairman this year will, in all prob-

ability, be the chairman of the board

in 1925.

Indications point to the personnel

of the four-member executive com-

mittee as being Mr. Lawrason will

be held at 8 p.m. tomorrow night.

It is confidently expected, also, that

Trustee A. Roy Cairncross will be

chosen as vice-chairman because of

his splendid service to the board

during the past year as chairman of

the special survey committee and be-

cause of the fact that the vice-

chairman this year will, in all prob-

ability, be the chairman of the board

in 1925.

Indications point to the personnel

of the four-member executive com-

mittee as being Mr. Lawrason will

be held at 8 p.m. tomorrow night.

It is confidently expected, also, that

Trustee A. Roy Cairncross will be

chosen as vice-chairman because of

his splendid service to the board

during the past year as chairman of

the special survey committee and be-

cause of the fact that the vice-

chairman this year will, in all prob-

ability, be the chairman of the board

in 1925.

Indications point to the personnel

of the four-member executive com-

mittee as being Mr. Lawrason will

be held at 8 p.m. tomorrow night.

It is confidently expected, also, that

Trustee A. Roy Cairncross will be

chosen as vice-chairman because of

his splendid service to the board

during the past year as chairman of

the special survey committee and be-

cause of the fact that the vice-

chairman this year will, in all prob-

ability, be the chairman of the board

in 1925.

Indications point to the personnel

of the four-member executive com-

mittee as being Mr. Lawrason will

be held at 8 p.m. tomorrow night.

It is confidently expected, also, that

Trustee A. Roy Cairncross will be

chosen as vice-chairman because of