eal and Pork

h households as we have and gives a zest to this
to the roast is to spread of the roast. On oating of flour over all

of the herb seasoning to nat flows from the inside

e and other herbs; mix as so many families have ts, this is a good way to is and dress with white

ty-five minutes to every should be freed from fat applement on the market t from the dripping in a ripping. ny form. Not the appl

sugar, as you make i t. I think you will like

asts, and is particularly op it fine, season with appeal to every appetite auce, too, is often asked canned tomatoes. Hear

some pepper. Thicken ade a study of foods that have, also, a knowledge onship of foods is based,

of Paris

have quaint little Eton ing over vests of softly or chiffon.

t is a little vest resemb-evening vest in cut. It and made of striped heavy should harmonize with the coat worn.

t and long coat leng The later drop mid-hips and knee leng former are shaped e, barely covering

all coats for the your of soft woolly materian, the new duvety and striped and novel

siness by a frill ar

ingle breath of wide ma-

and pink malines will be to touch up the black or ecked gown.

e most dressy frills are

rose of brilliant color asp to a scarf sash.

or dark blue gown

2 sport Tam-Buk

nd it made her very med very sick indeed. ine and a half pounds. of lotion to use and of. The skin disease were doctoring for it. ld me to stop nursing ollowed, but the skin

and, having seen the plied Zam-Buk to its right from the first. mmation. I went on within one week from like a different baby was cured completely, as almost back at her icture of health. of the doctors has just

t for that money left.
The cost of Zam-Buk was \$2!

id healer Zam-Buk is." Use it for all skin ison, etc., and for piles, est free from ZAM-BUE



BROKE NEW RULE **FOR BOY SCOUTS**

Property Committee Will Allow Free Use of North Toronto Hall.

MARKETS IN OPEN AIR

Will Be Established on Spadina Avenue and Indian Road.

North Toronto Ratepayers' Associa tion and the Boy Scouts asked the property committee yesterday for the free use of the old town hall there for

free use of the old town hall there for their meetings.

"At the beginning of this year we decided that to give the use of civic halls without charge is too costly to the city," said Ald. Weston. "A tariff of charges was adopted. We should not fall down on our decision now."

A majority of the committee contended that an exception should be made in this case, and the association and scouts may meet in the old town hall in North Toronto free of charge.

Ald. Burgess put thru a motion urging the board of control to nominate a city architect at once.

Ald. Wanless moved that truck farmers be given permission to occupy, each morning for market purposes, the east side of Spadina avenue, north of Baldwin street, and the east side of Indian road south of Dundas street, provided the commissioner of works and police commissioners will recommend it.

and police commissioners will recommend it.

Need Rock Pavements.

"We would need a trap rock road at those market places to stand the wear and tear," Ald. May remarked.

"It will be an experiment in markets," Ald. Wanless said. "Other cities have tried out open-air market stands with much success." His motion was adopted.

Ald Wanless offered another motion that an open-air market be established in North Toronto, and that the assessment and property commissioners report upon the property required. This was carried.

Civic Garage, Sohe Street.

Commissioner Chisholm recommended that if the basement of St. Lawrence Market be arranged the civic garage there be abandoned and each department provide garage accommodation for its cars. This recommendation was not approved. Instead the board of control is to be asked to provide funds to fit up St. Andrew's Market for a storage place for the works department, and that the civic premises on Soho street, now used by the works department, be fitted up as a civic garage.

Because the parks and exhibitions committee meets the same afternoon as the property committee, it was decided that the property committee will meet hereafter at 2 p.m. instead of 2.30.

CHARGES AGAINST CHIEF FAIL.

CHARGES AGAINST CHIEF FAIL.

PORT HOPE. Oct. 6 .- (Special.)-Charges of trespass and assault, preferred by one Floody against Chief of Pelice Gummerson were dismissed by the police magistrate here today. It appears that the chief received a message from the Barnardo Home at Peterboro to take charge of a 13-year-old girl who had run away from a farmer's home in South Monaghan and come to Port Hope. The chief located the girl and placed her for the time being in the home of Con. H. Holdaway. Hearing that the little girl was at Floody's without his authority he went there to investigate. Floody understook to obstruct him, and the chief brushed him aside and entered the house.

PORT WELLER TOWNSITE SALE.

On Saturday night, in the Masonic Hall, St. Catharines, Chas. M. Henderson of this city, submitted various lots in the original townsite of Port Weller to public competition. Between 500 and 600 people attended and great public interest was displayed, the bidding being very spirited. A large number of lots were sold realizing several thousand dollars.

Port Weller, on the new Welland ship canal, is undoubtedly destined to become an important industrial centre. The amount of money now being expended in the canal by the government is a sufficient guarantee of the future of the town which offers an unusual opportunity to the small investor. One special feature of Port Weller is that the interest taken in the town is almost entirely local instead of, as commonly, coming from outside districts. The utmost confidence is felt that the entire subdivision will find a ready market.

HOLD-UP MAN AT KINGSTON.

KINGSTON. Oct 6.—(Special.)—
While sitting on a bench in the city park last night with a lady, Harry Blackman a member of "A" Battery was held up at the point of a revolver by a stranger who demanded money. When Blackman said he had no money the stranger questioned the lady, but getting nothing for his trouble, passed over to another bench where a couple was sitting, and again flourished the revolver and demanded money. The gir' screamed. The hold-up man ran away. Three men who noticed him run, gave chase, but he eluded his pursuers. About half an hour before the hold-up occurred, the home of Cornelius Bermingham, near the park, was entered and robbed of a gold watch and two chains. Members of the family were home, but did not hear anyone enter the house.

ATTEMPTED TRAIN WRECKING

KINGSTON, Oct. 6.—(Special)—An open switch evidently turned by some person to wreck a train on the Grand Trunk Railway, caused two coaches on the early morning suburban train, backing into the station for passengers to go off the track. Trainmen had to jump to save their lives. An investigation is being held. Luckily there were no passengers on the train.

STANDARDIZE COMMERCIAL LAW

MADRID, Oct. 6.—(Can. Press.)—
The International Law Congress at its final sitting today, recommended the standardization of commercial laws, and especially with regard to bills of exchange and cheques. The next consess will be held at The Hague

CHEESE MARKETS. LINDSAT. Oct 6.—At the Victoria bunty Cheese Board today six factories seld at 12 %c and three at 12 1-160.

What Thin Folks Should DAIRY PRODUCTS Do To Gain Weight

Physician's Advice For Thin, Undeveloped Men and Women

Thousands of people suffer from excessive thinness, weak nerves and feeble stomachs who, having tried advertised flesh-makers, food-fads, physical culture strates and rule an excession. vertised flesh-makers, food-fads, physical culture stunts and rub-on creams resign themselves to lifelong skinniness and think nothing will make them fat. Yet their case is not hopeless. A recently discovered regenerative force makes fat grow after years of thinness, and is also unequaled for repairing the waste of sickness or faulty digestion and for strengthening the nerves. This remarkable discovery is called Sargol. Six strength-giving, tat-producing elements of acknowledged merit have been combined in this peerless preparation, which is enforsed by eminent physicians and used by prominent people everywhere. It is absolutely harmless, inexpensive and efficient.

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PAMPHLET PREPARED

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ledged merit have been combined in this peerless preparation, which is endorsed by eminent physicians and used by prominent people everywhere. It is absolutely harmless, inexpensive and efficient.

A month's systematic use of Sargol should produce flesh and strength by correcting faults of digestion and by supplying highly concentrated fats to the blood. Increased nourishment is obtained from the food eaten, and the additional fats that thin people need are provided. Leading druggists supply Sargol and say there is a large demand for it.

While this new preparation has given splendid results as a nerve-tonic and vitalizer, it should not be used by nervous people unless they wish to gain at least ten pounds of flesh.

LIVED UNDER SIX SOVEREIGNS.

KINGSTON, Oct. 6.—(Special.)—Mrs. Laing, mother of Rev. Douglas Laing, pastor of the First Baptist Church, died today, aged 96 years. She was the widow of the late Robert Laing. Born in Roxburghshire, Scotland, she lived under six British sovereigns. Mrs. Laing was a descendant of one of the Douglas families famous in border warfare in Scotland. She is survived by twenty-four grandchildren and six great grand-children.

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AGED GALTONIAN

USE STAG ISLAND

Sidney S. Strong, one of Galt's oldest H. Williamson, Dominion Governmen and most respected citizens, passed engineer, was at Stag Island yesteraway this morning at the ripe old age day and today, on orders from Dr of 89. Death was due to natural causes, but hastened by an incurable ail- ing over the island, as the governmen ment of many years' standing. Up to may take steps in the near future t the last Mr. Strong retained his acute use it as a peace park commemorate mental faculties and was able to ing the 100 years of peace between transact business, altho ostensibly he this country and the States. Last abandoned all financial activities on retirement from the managership of the Gore District Fire Insurance Co.



AS PEACE PARK

SARNIA, Oct. 6 .- (Special.) - G. H

the Gore District Fire Insurance Co. seven years ago.

The late Mr. Strong was a native of Dorset, England, and the son of Capt. Talbot Strong of the royal navy. He had lived in Galt 60 years. His earlier business life was spent as chemist and druggist. A gifted musician, he for years conducted the choir of Trinity Church, of which he was a devoted member. He is survived by one son, Arthur, of Galt; and two daughters, Mrs. MacWhinney, London, and Mrs. Lewis, Ottawa.

was brought to the attention of the government thru the efforts of several prominent men in parliament.

The island, which is about 400 acres in extent, is valued at \$300,000 by the owners. If the government takes over the property it will be used as a peace park and summer resort, and if not, it will be developed by the present owners. At this time the property on the island is valued at \$150,000, which includes docks, hotel and summer cottages.

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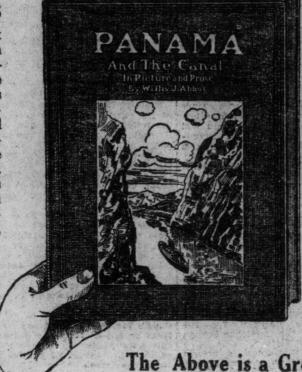
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