

# VETERANS' THRIFT PLEASES PREMIER

TORONTO, March 31.—Last fall the Ontario Government granted the Great War Veterans \$5,000 towards the expenses of the entertainment of Canadian V.C.'s at the Canadian National Exhibition. The veterans have returned to the Government the sum of \$1,500 of the grant unexpended, and Premier Drury today was immensely tickled, according to the Toronto Star at this evidence of thrift, public spirit and conscientiousness shown by the veterans' committee.

## SELLING-OUT SALE

\$35,000 stock of Men's Clothing and Furnishings still to be sold, and \$10,000 of orders which could not be cancelled will be disposed of at a great sacrifice.

**\$10,000 Worth of Pants**

From the Tolton Mfg. Co. and Crown Pant Co.

SEE THEM PILED ON THE TABLES

HUNDREDS OF PAIRS BEING SOLD EVERY WEEK.

### FREE

A pair of braces free with every pair of Pants valued at \$3.50 or over; also one dollar given to every fifth purchaser of a pair of Pants valued at \$3.50 or over. It will pay you to come to this sale.

#### STORE OPEN THURSDAY EVENING

LOT NO. 1	LOT NO. 3	LOT NO. 5
Regular \$4.50	Regular \$6.50	Regular \$10.50
<b>\$2.50</b>	<b>\$3.50</b>	<b>\$5.95</b>
LOT NO. 2	LOT NO. 4	LOT NO. 6
ant. worth \$5.00	Regular \$8.00	Regular \$12.50
<b>\$2.95</b>	<b>\$5.00</b>	<b>\$6.95</b>

85 SUITS, 35 SPRING OVERCOATS AND 350

RAINCOATS AT HALF PRICE

## GIANT CLOTHING HOUSE

120 DUNDAS STREET.

## Fresh Fish Arriving Daily

VARIETIES FOR FRIDAY AND SATURDAY.

Fresh Herring, Whitefish, Pickerel, Perch, Haddock, Cod, Halibut, Smelts, Sea Salmon, Fillets, Kippers, Finnan Haddie, Salt Codfish.

SHELL FISH—Oysters, Shrimps and Periwinkles.

#### GROCERY SPECIALS FRIDAY AND SATURDAY.

JELLY POWDERS.	GRANULATED SUGAR.	EXTRA SPECIAL.
Three packages for 25c	Redpath, 9 lbs., \$1.00	4-String Bromo. Each at ..... 55c
PREMIER JAMS.	Redpath, cwt., \$11.25	
All flavors. A snap.		
4-lb. pail ..... 55c		
	BLACK TEA	CORN, PEAS,
PURE ORANGE	SPECIAL.	TOMATOES.
MARMALADE.	2-lb. bag ..... 75c	Per tin ..... 15c
Extra Special.	LAUNDRY SOAPS.	
4-lb. pail for ..... 85c	11 bars for \$1.00	

Holbrook's Dried Peas, pkg. .... 10c  
Creamery Butter (choice), lb. 50c  
Carnation Milk, 3 large tins, 50c  
Minute Tapioca, 2 pkgs. for ..... 25c  
Corn Syrup, 5-lb. tin for ..... 55c  
Crisco, 5-lb. tin ..... 75c  
Toilet Paper, 13 rolls for ..... \$1.00  
Shredded Wheat, pkg. .... 15c  
London Corn Flakes, 2 pkgs. .... 25c  
Grape Nuts, 2 pkgs. for ..... 35c  
Rolled Oatmeal, 5 lbs. for ..... 25c  
Cowan's Cocoa, 14-lb. tin ..... 25c

We Deliver to All Parts of the City Absolutely Free.  
Please Let Us Have Your Order Early.

## ONN'S UP-TO-DATE MARKET

PHONE 1296. 143 KING STREET.

## Cliff Robinson Quality Meats and Provisions

### STOCKTAKING TIME

This sale affords you a golden opportunity. Many of these specials are listed below cost, and will be picked up quickly.

BEEF SPECIALS	PORK SPECIALS
STEWING BEEF, LB. .... 18c	FRESH PORK HEARTS, LB. .... 10c
OVEN ROASTS BEEF, LB. .... 20c	CHOICE PICKLED SHOULDER, LB. .... 25c
LEAN BEEF CUTTINGS, LB. .... 20c	CHOICE PICKLED HOCKS, LB. .... 12½c
FRESH GROUND STEAK, LB. .... 20c	COUNTRY PORK SAUSAGE, LB. .... 20c
BEEF HEARTS, LB. .... 10c	LEAN SHOULDER ROASTS, LB. .... 28c
	PORK, while they last, lb. ....
LAMB AND VEAL SPECIALS	
BREAST LAMB, while it lasts, per lb. .... 15c	STEWING VEAL, per lb. .... 15c
BREASTS VEAL, while it lasts, per lb. .... 15c	SHOULDER VEAL, TO DRESS, per lb. .... 25c
10 LBS. GRANULATED SUGAR. .... \$1.15	CREAMERY BUTTER, per lb. .... 60c
4-LB. PAILS JAM, strawberry, raspberry, peach with apples; limited amount. Per tin. .... 50c	STRICTLY-FRESH EGGS, per doz. .... 35c
PORK AND BEANS, regular 20c size, two for. .... 25c	ARMOUR'S XXX OLEOMARGARINE, while it lasts, per lb. .... 25c
QUART BOTTLES CATSUP, each. .... 25c	HOME-MADE SHORTENING, 2 lbs. for. .... 25c
FRESH-MADE WHEY BUTTER, per lb. .... 53c	SUGAR-CURED SMOKED HAM, whole or half, lb. .... 38c
	FRESH GREEN GOODS, BULK OLIVES, BULK PICKLES, ETC.

KINDLY LET US HAVE YOUR ORDERS EARLY—ORDERS TAKEN UNTIL 7:30 P.M. FRIDAY—FIRST DELIVERY LEAVES STORE AT 8 A.M. SATURDAY—NO ORDERS TAKEN FOR DELIVERY AFTER 2:30 P.M. MAKE THIS BRIGHT, SANITARY STORE YOUR STORE. 2 PHONES, 7111-7112. THREE CARS. 206 DUNDAS STREET.

## HOME ECONOMICS

MRS. ELIZABETH KENT, MacDONALD COLLEGE.

PARSNIPS.

CORPORAL PUNISHMENT.



Parsnips are the earliest available spring vegetable and consequently are desirable more for that fact than for their own palatability. They are, however, also valuable as food, for their sugar, pectin, and phosphorus. They contain, moreover, from three to four per cent of starch, in grains about one-twentieth the size of the potato starch grain, and have seven times as much fat as potatoes.

Only young parsnips in which the tough, woody fibre has not formed should be used for human food. To prepare them, wash, scrub, and peel them, then wash and scrape, and cook forty-five minutes in salted boiling water. Four of the water-plumage parsnips into cold water and clip off the loosened skins. Wash, season with butter, salt and pepper and serve hot.

Parsnips are also very good, served with butter sauce. Prepare them as above but shape the mashed parsnips into small croquettes and pour the sauce over them. For the sauce, melt two tablespoonfuls of butter, mix into it three tablespoonfuls of flour with which half a teaspoonful of salt and a quarter of a teaspoonful of pepper have been mixed, and pour on a cupful and a half of hot water, stirring constantly. Boil five minutes and add a tablespoonful of butter in small pieces.

For luncheon, two or three hard-boiled eggs, cut into halves, and the butter sauce, to make a very nourishing and appetizing dish.

No more puzzling question faces the young mother than that of physical punishment. Children must learn to obey and often they cannot understand the reason for obedience. Whipping is so old a punishment that it is almost instinctive. Baby hands that are promptly slapped when found touching forbidden things, soon learn not to touch them, or at least not to be caught touching them. The trouble with physical punishment is that it trains a child by appealing to that in him which we least wish to see in his character, namely, fear, the fear of physical pain. It seems to be the easiest not for it has not really educated the child to do right, to obey because obedient, but because he is afraid.

Moreover, most honest mothers will admit that it is practically impossible to strike, or shake, or even carry a child in a way that is not humiliating to self-control and self-respect. Whether it is good for the child or not, physical force to compel obedience is bad for the mother. It is plain evidence that she has not been intelligent enough or kind enough, in short, that she herself has lacked the moral force to control him. (Copyright, 1921, the Metropolitan Newspaper Service.)

## Personal Health Service

(By WILLIAM BRADY, M.D., Noted Physician and Author.)

### Oxalic Acid Food Fallacies.

Nearly every fair to middling good doctor who sets up as an authority, or blushing slightly though not painfully, let me say rather a teacher of hygiene and personal health, goes daffy on something or other. With me it is the catching cold superstition, they tell me, I am quite rabid on that subject. But I may say that, just as I am insane about the communicable character of the respiratory infections, I am well known (and politically well heeled) health officers regularly declare are caused by low necks, thin stockings and seamy garments; so Dr. Dick seems to have flown off the handle on the subject of sugar for children or even for adults; and likewise Dr. Harry is a little queer on the subject of vegetarian diet and the subject of oxalic acid in food.

Iodine is a rank poison. Yet we eat many things that contain iodine, and not only without injury but with real benefit to health. Here are a number of wholesome foods which contain more or less oxalic acid—they are listed in order, the items containing the most oxalic acid first: (Ebach's determinations as reported by Minkowski, published in "Diet in Health and Disease," by Drs. Friedenwald and Rubrah, W. B. Saunders Co., Philadelphia, Fifth Edition.)

In 1,000 grams of food: Grams of Oxalic Acid

Cocoa ..... 4.5  
Black tea ..... 3.7

Spinach ..... 3.2  
Rhubarb ..... 2.4  
Beetroot ..... 0.13  
Bread crust ..... 0.13  
Pears ..... 0.12  
Figs (dried) ..... 0.9  
Chocolate ..... 0.9  
Potatoes ..... 0.4  
Beets ..... 0.4  
Beans ..... 0.3  
Strawberries ..... 0.05  
Tomatoes ..... 0.05  
Carrots ..... 0.02  
Celery ..... 0.02  
Rosa Cabbage ..... 0.02  
Various flowers ..... 0.017  
Coffee ..... 0.1  
Even chicory, if there is any used to adulterate or flavor coffee, contains 0.7 gram of oxalic acid to the thousand grams. Yet none of these foods should be avoided by the individual.

Oxalic acid is eliminated in the urine of a normal adult in the daily amount of 0.001 to 0.002 grams. If the normal acidity of the urine is diminished, the oxalic acid (as calcium oxalate crystals) may not be kept in solution, and this is a source of trouble. There is also a state of ill health associated with the presence of oxalate crystals in the urine, of which sometimes hypochondria, and which may disappear within a few days if the patient is kept on an oxalic-free diet and given suitable medicines to favor solution of oxalic acid or calcium oxalate in the urine. It should be clearly understood that

### Children Cry FOR FLETCHER'S CASTORIA

Owing to the pattern manufacturers increasing the price of patterns from this date will be 15 CENTS EACH.

3367

A POPULAR "COVER-ALL" APRON. Pattern 3367 was employed to make this design. It is cut in four sizes: Small, 32-34; medium, 36-38; large, 40-42; extra large, 44-46 inches bust measure. A medium size will require 6½ yards of 27-inch material. Striped seersucker with facings of white plaid would be good for this, or one could have percale, gingham, drill or lawn.

A pattern of this illustration mailed to any address on receipt of 15 cents in silver or stamps.

Name .....

Town .....

Province .....

Age (if child's or miss's pattern) .....

Measurements: Bust..... Waist.....

CAUTION: Be careful to inclose the above illustration, and send size of pattern wanted. When the pattern is sent, you need only mark 3367, or whatever it may be. When in waist measure, give waist and length measure. When miss's or child's pattern, write only the figure representing age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than one week from the date of application.

### QUESTIONS AND ANSWERS.

Fletcherizing Did It.

I have been Fletcherizing for the past 2½ years. Reduced from 230 to 155 pounds. Am feeling fine. Although I am 46 years old I feel like a sixteen year old kid. I eat one meal a day, which I find satisfies me, under this plan. Good luck to you. (G. K.)

ANSWER—Horace Fletcher himself accomplished a similar result, besides greatly improving his health and physical endurance. Those interested may read Fletcher's "The New Gourmand or Epicure," which is published by Frederick A. Stokes Company, New York City, and may be obtained in most libraries.

The Effect of Calomel.

I was amazed at your statement that "calomel has no effect on the liver." Of course I know one always follows a bad dose of salts, or should do so, and salts in itself is enough to arouse most livers. But why give calomel if it has no effect on the liver? (P. O.)

ANSWER—Neither has salts any particular effect on the liver. Calomel is a purgative by reason of irritating the bowel. Salts is a purgative for the same reason, and salts further has an effect on the water which it extracts from the bowel lining. Any brisk purgative is likely to produce evacuation of bile (if the liver is functioning) and there is no obstruction of the bile ducts. That may have accounted for the notion that calomel does something to the liver. Calomel has been a very old physic, and old things, in medicine, are always deemed good, even because it has been given by as many generations before us, but there is no other good reason for preferring calomel to other physics. Calomel has a proper place in the treatment of appropriate conditions in children and in adults as a more physic, but it is not to be used and ought to be dumped in the scrap-heap along with castor oil.

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Love the Birds.

Dear Miss Grey—I looked through two or three recent papers, but can't see where any one wants help. However, they often ask for comic recitations, so I am inclosing two.

My, this is lovely weather! Several farmers have tapped their maples and are getting quite a run of sap. They think though, that the season will be short.

I love to see the birds coming back. My husband and I have noticed robins, killedeer, bluejays, crows, blackbirds and others. There is quite a bit of hush now, so we certainly can observe the birds well.

I asked for a satchel, Miss Grey, and you said you'd send me one when they came in. I didn't get one, but remember now, that I didn't send an envelope, so will send one now.

Best wishes, ROSA M. ANS.—Many thanks for recitations and hospital mite. Rosa M. If more letters are sent I shall send one to you.

Selma Sue.

Dear Miss Grey—Here I am again to ask for more favors. I would be pleased to receive some recitations or good readings. I am inclosing some and will send one please send "I Want a Man," "Pat's Perplexity" and others.

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I will send you for sending in recitation, Rosa Lea.

When Cleaning Celery.

Dear Miss Grey—I am not a subscriber of the Times, but often get the paper from a neighbor and I always enjoy reading the letters of the Boxes.

I will pass along a household hint. When cleaning celery use an ordinary hand brush and the bristles will easily catch all the dirt out of the creases and so much quicker.

Would you send me your famous stocking-foot pattern? Inclosed find two mite for Stick Children's Fund.

ANS—Thank you for sending in recitation, also for hospital mite. Am mailing you stocking-foot pattern.

Attention, Fuzz Wuzz!

Dear Cynthia—I saw in yesterday's paper where a reader, named Fuzz Wuzz, offered patches and slips of plants, and I inclose 25 cents for same, ten cents for H. F. and five cents for patches.

Well, Miss Grey, you will have to excuse my writing with a pencil as I am in a hurry. I am packing up ready to move. If there is an address in the Box of anyone wishing a correspondent, send it along to me. Wishing you success, I am MARY ELIZABETH.

ANS—Possibly Fuzz Wuzz will see your letter and send slips and patches. I put all the money in our hospital fund.

Somebody's Grandmother—Many thanks for seeds which reached Mail-Box today.

Fatty and Chipper—Thank you for the little remembrance.

Useful Hints.

Dear Miss Grey—I received the recitations today, and am sending them back tomorrow morning. You didn't keep my envelope for the "Kentucky" piece, I would also like to have "The Aspiring Dishwasher." If you send them later, I will send back with another S. C. H. time, and also your postage. Would be glad to have any other recitations.

One Boxite said to use sandpaper to open fur fur. I find the easiest way is to turn up in little warm water to nearly cover the screw top. Another wanted crack filler for floors. Just paste made thick with small pieces of paper, while paste is still warm.

ANS—I shall forward "Kentucky philosopher," along with "Aspiring Dishwasher," when the former is sent in. Thanks for hints.

A Hospital Gift.

Dear Miss Grey—Find inclosed \$2 for sick children's hospital, also 10 cents for the famous stocking foot pattern. Sincerely, MARY.

ANS—What a generous gift for our fund. Thank you very much. Money sent in for stocking foot patterns. Patterns that incog No. 1 offered, for which I will send 10 cents when she has also for our hospital fund.

Wants Address.

Dear Miss Grey—I have been an interested reader of your page for some time, but now come for help. I saw where someone was offering quilt patches; it isn't the patches I want, but different patterns to make up patches. I have a lot of pieces that I would like to make up, but don't know any design how they should be put together. I would like to get quilt patterns that incog No. 1 offered, for which I will send 10 cents when she has also for our hospital fund.

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