

# Quality Foods for Those Who Appreciate Economy

## The Home Chef's Suggestions for Tomorrow's Menu

**Breakfast.**  
Raspberries and Cream  
Scrambled Eggs, Mole  
Toasted Raisin Bread  
Milk  
Jam  
Coffee

**Luncheon**  
Sand Dabs, Tartare  
Chipp Potatoes  
Lettuce, Tango Dressing  
Currant Ice  
Kisses  
Tea

**Dinner**  
Crab Cocktail  
Spiced Pickles  
Poached Albacore, Oyster Sauce  
Wax Beans  
Parsley Potatoes  
Pickled Beet Salad  
Fresh Figs and Cream  
Sponge Cake  
Milk  
Coffee

### SCRAMBLED EGGS, MOLE

Drop two eggs for each person to be served into boiling water for five minutes; remove the eggs and cut off the tops. Heat two tablespoonsful of butter in a saucepan for six servings and scoop out the eggs into the hot butter; add three tablespoonfuls of cream and a seasoning of salt and pepper; stir lightly and cook two minutes. Serve on squares of buttered toast.

### SAND DABS.

Remove the heads, tails and fins from six small sand dabs, wash well and drain. Dip in salted milk, lay in an oiled baking pan, sprinkle with olive oil and bake in a hot oven eight minutes. Remove carefully to a hot platter, garnish with lemon slices and parsley, and serve tartare sauce.

### TANGO DRESSING.

Mix in a cold bowl that has been rubbed with a clove of crushed garlic half a cupful of olive oil, one and a half teaspoonfuls of lemon juice, half a teaspoonful of dry mustard, one-third of a teaspoonful of paprika. Stir until thoroughly blended and add a cupful of chili sauce and two-thirds of a cupful of mayonnaise dressing.

### CURRENT ICE.

Place in a saucepan one and a quarter cupfuls of sugar and three cupfuls of water, mix well, bring to a boil, skim and boil five minutes. Remove from the fire and cool. Add four tablespoonfuls of lemon juice and two cupfuls of strained, fresh currant juice. Mix well, pour into a freezer, cover, pack with three parts

## BOMBARDIER ADMITS KILLING OF COMRADE NEAR HALIFAX

Canadian Press Despatch.  
Halifax, N.S., July 17.—"I went there to get him. I did not care whether I killed him or not. I did not take rifle and ammunition down for nothing."  
So declared Bombardier George Coleman of the Royal Canadian Artillery, who shot and killed his comrade, Acting-Lance Bombardier W. F. Groves, at Connaught Battery, near here, about 9 o'clock this morning, following a quarrel which the two men had yesterday.

Groves, who was shot in the abdomen while engaged in opening the battery gate for the column's admission to the fort, was rushed to Camp Hill Hospital, where he died shortly after 1 o'clock this afternoon. Coleman, who has been placed under arrest, made a statement to the police this afternoon in which he admitted the shooting, and declared it was intentional.

Coleman is unmarried and is thirty-three years of age. He was born near St. John, N.B. Groves was an Englishman, married, and 41 years of age.

fine ice and one part rock salt and freeze until stiff.

### KISSES.

Place in a saucepan one-quarter of a cupful of water, one cupful of sugar, and the rind of half a lemon, bring to a boil and boil until a little dropped from the tip of a spoon will spin a thread. Pour the syrup slowly, beating all the time, into the stiffly beaten whites of three eggs and beat until cold. Shape the mixture in small cakes on a baking sheet that has been polished with olive oil and dusted with flour. Let stand in a warm place half an hour, place in a nearly cold oven for fifty minutes or until dry and crusted. Let stand until cold. To remove from the pan warm the pan a little before detaching.

### POACHED ALBACORE.

Cut servings of albacore in half-inch slices, remove all skin and bones. Drain the liquor from one pint of California oysters, two tablespoonfuls of tomato catsup, one tablespoonful of lemon juice, and four tablespoonfuls of butter, place in a shallow pan, heat and add the slices of albacore, cover tight and cook slowly until the fish is cooked. Heat four tablespoonfuls of butter, add the slices of albacore, cover tight and cook slowly until the fish is cooked. Heat four tablespoonfuls of butter, add the slices of albacore, cover tight and cook slowly until the fish is cooked. Heat four tablespoonfuls of butter, add the slices of albacore, cover tight and cook slowly until the fish is cooked.

### MAJESTIC THEATRE

Opens Monday—Advt. 184

## ALLIED PREMIERS HIGHLY PLEASED

One-Third of Program Before Conference Is Already Covered.

### PERFECT SCHEME

Associated Press Despatch.

London, July 17.—The experts' plan for a reparations deal, intended to be devoid of sentiment and political nationalistic feeling, is going through the most critical period of its progress. The experts, who spent the second day of the inter-allied conference at work in the committee rooms in Downing street, tonight reviewed the work of the day. The British are said to be particularly pleased, because the deliberations are keeping close to the vital purpose for which the conference assembled, that of adopting a broad, sweeping measure for making the experts' scheme workable.

### CIVIL SERVICE ORDER IS PASSED IN COUNCIL

Commission Required To Proceed With Reorganization of Departments.

Canadian Press Despatch.

Ottawa, July 17.—Passing of an order-in-council requiring the civil service commission to proceed with the reorganization of government departments, must co-operate with the commission; regulations for making the service compact by reducing positions and personnel to the minimum consistent with efficiency; strict scrutiny of estimates and expenditure by an officer under the minister of finance clothed with the proper authority; consolidation of such services as the engineering, purchasing and accounting; these were the main recommendations of the report of the Senate committee inquiring into the efficiency of the civil service.

The feature of the report was that it upheld the civil service commission; advocated the widest use of its powers, and censured deputy ministers for failure to co-operate with the commission.

## C. N. R. ESTIMATES ADOPTED IN HOUSE

House Passes Vote For \$56,000,000 To Cover Bond Issues.

### SENATE CRITICIZED

Canadian Press Despatch.

Ottawa, July 17.—A vote of \$56,000,000 to the Canadian National Railways and another of \$900,000 to the Canadian Government Merchant Marine to cover the year's bond commitments and deficits, were passed by the House of Commons just before midnight, after several hours' debate, in which several progressive members criticized the Senate bitterly for throwing out some of the proposed branch lines on the National Railways.

Right Hon. Arthur Meighen brought up the purchase of the Scribner Hotel, and hoped that the government would take advantage of the first opportunity to sell it.

W. D. Euler (Liberal, North Waterloo) as chairman in the special committee on Canadian National Railways and shipping, reviewed the work of that committee. He expressed an increased confidence in Sir Henry Thornton. The country should assist him in every possible way and hold him responsible for the welfare of the system. The system was constantly improving, and a large measure of the service which has been the object of the purchasers of the Canadian National Railways was now secured.

Mr. Euler believed the C. N. R. should receive a larger proportion of the mail business. The government should consider some scheme for the recapitalization of the system, as would be done with a privately-owned line. Endeavors should be made to eliminate much of the duplication. Mr. Euler found nothing very reprehensible in the purchase of the Scribner Hotel. Quarters were needed in Paris, but if the property could be sold at an advantage it might be advisable.

Sir Henry Drayton (Conservative, West York) urged that the Canadian National Railways should endeavor to get away from "ornamental investments." Sir Henry Thornton was "an engaging personality with a thorough understanding of publicity" which was necessary to a man in his position.

Hon. G. P. Graham said that he hoped parliament would preserve its friendly communication with the management of the Canadian National Railways. Only in that way could the road be made a success.

As for the carriage of mails, it was essential that mails be carried by the shortest route in the shortest possible time. While he would prefer to keep all mail traffic for the national road, the government must give the best mail service possible.

As for the Scribner Hotel in Paris, he thought it was a good building, and worth the money. So long as it was a suitable home for the Canadian National, Canada should keep it. When it ceased to be that, Canada should sell it. As for capital expenditure, everything which improved the earning power of the National road was, in his opinion, justified.

Another problem before this committee is what penalties to inflict if Germany willfully defaults under the Dawes schedule.

Premier MacDonald gave a luncheon today to United States Ambassadors Kellogg, Premiers Herriot and Theunis and Prof. De Stefan, the Italian finance minister, at the Athenaeum Club, the famous haunt of writers, statesmen and scientists, and tonight the British governing entertained the delegates at a dinner at Lancaster House.

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## DETROIT WOMAN INJURED WHEN AUTO TURNS TURTLE

Canadian Press Despatch.

St. Thomas, July 17.—Mrs. J. A. Martin-Cooke, wife of a prominent Detroit architect and one young lady whose name cannot be learned, were injured on the L. & P. S. gravel road at the turning south of White's Station this afternoon, when the large coupe driven by Mr. Martin-Cooke overturned.

There were five in the car, three young ladies living in Port Stanley and Mr. and Mrs. Martin-Cooke. Mrs. Martin-Cooke was taken to Amasa Wood Hospital where her injuries were found to be serious, while the rest, with the exception of one young lady who suffered a fractured arm, were unhurt. The large car was badly damaged. Mr. Martin-Cooke stated he thought the steering gear had gone wrong.

### SATURDAY SPECIAL

Nut-Fruit Bread

BRIGHTON'S O.K. BAKERY

479 Emery. Tel. 2160.

UP-TO-DATE MARKET

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ONN'S UP-TO-DATE MARKET

## FRESH CAUGHT FISH

Special prices for FRIDAY AND SATURDAY. It will pay you to buy your FISH here, where you can always depend upon its freshness.

FRESH-CAUGHT HERRING, lb., 15c; FRESH-CAUGHT WHITEFISH, lb., 20c; CHOICE HALIBUT STEAK, lb., 28c; FRESH MACKEREL, lb., 19c. Also Fresh Codfish, Pinnas, Haddies, Fillets, Kippers, Lake Trout, Sea Salmon. POULTRY—Fresh-Killed Broilers, Fowl, Turkeys, Trussed FREE. Green Goods, Bulk Pickles, and Olives.

Laundry Soaps, 16 bars \$1.00 Redpath Sugar, with your order, 10 lbs. 87c

CHOICE CREAMERY BUTTER, per lb. 35c</