THE HIGH COST OF LIVING MAY BE REDUCED BY FOLLOWING

THE HOUSEKEEPERS' BUYING GUIDE

BURBANKS' Meat Market

1st.—We sell only the best quality of meats procurable. 2nd.—Our prices are much lower than up-town stores that handle the

same quality of meats. 3rd-Our store is always kept clean and all meats wrapped with sani-

4th.-No person handles your meat except our clerks and you. 5th.—We have a very good delivery service, which is always on the dot. 6th.—We cater to the class of people who are particular.

THIS WEEK'S SPECIAL.

Choice Rib Roast of Beef, rolled free 26c Best Shoulder Roast of Beef. 25c Hamburger Steak (ground while you wait)25c

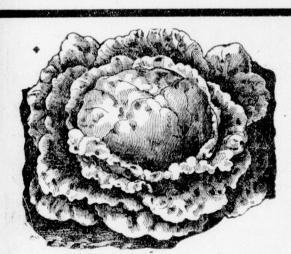
Choice Shoulder Pork Chops, 35c Choice Loin Pork Chops40c Veal Chops 32c Peanut Butter (made under your

Three Deliveries Daily at 8:30, 10:30 and 3 p.m.

and EFFICIENT SERVICE

Cleanliness, Quality and Low Prices Maintained by Your Co-operation.

B



AWAR GARDEN

Everyone should have a garden, if it is only 10 feet square, for every little will

It will be greatly to your interest to select the best varieties and make your gar-

You cannot make a mistake in including any or all in your list this season.

pkt. oz. 2 oz. 1/1h. 11h.

551110	parte oze	202. 74 10. 110.
BEANS-Golden Wax	.10	.20 .65
BEET-Detroit Dark Red	.10 .25	.45 .80 \$2.50
CARROTS—Scarlet Model	.10 .40	.65 \$1.20
CABBAGE—Copenhagen Market	.10 .40	.75 \$2.50
CUCUMBER-Fordhook Famous	.10 .35	.65 \$1.00
CORN—Golden Bantam	.10	.20 .60
LETTUCE—Grand Rapids, Curled	.5 .35	.65 \$1.00
LETTUCE—Big Boston, Head	.10 .35	.65 \$1.00
LEEK-Scotch Champion	.5 .35	.55 \$1.00
MUSKMELON-Miller's Cream	.5 .25	.45 .75
WATERMELON—Cole's Early	.5 .25	.45 .80
ONION (Seed)—Yellow Globe Danvers	.5 .35	.70 \$1.30 \$5.00
PARSNIP—Hollow Crowned	.5 .25	.45 .75 \$2.00
PARSLEY—Champion Moss, Curled	.5 .25	.45 .75
PEAS—Little Giant	.10	.15 .40
RADISH—Long Icicle	.5 .25	.45 .80 \$2.50
SALSIFY—Mammoth Sandwich Island	.5 .40	.80 \$1.50
SQUASH-Vegetable Marrow (Summer)	.5 .25	.45 .75 \$2.25
SQUASH—Chicago Hubbard (Winter)	.5 .20	.35 .65 \$2.00
SWISS CHARD—(Summer Spinach)	.5 .25	.45 .75
TOMATO—Chalk's Early Jewel	.5 .50	.90 \$1.50
TURNIP—White Model	.5 .25	.45 .75 \$2.50
TURNIP—Golden Ball	.5 .25	.45 .75 \$2.50
ONIONS—Yellow Dutch Sets		1b. 25c · 2 1bs 45c
ONIONS—English Multipliers		lb. 25c; 2 lbs. 45c
POTATOES—Early Eureka		
POTATOES—Irish Cobbler	peck, 60c; bus	h. \$2.50: hag \$3.50
POTATOES—Early Goldfinder	,,,	μ, ψείσο, μαβ, ψοίου

Look over the above selection carefully. You get the best in these. Send your order by mail. Phone your wants or call and we will deliver free at prices quoted.

DOMINION SEEDS, LIMITED

119 DUNDAS STREET.

London's Cut-Rate Meat Market

Compare our prices and quality before buying elsewhere. We save you money on choice quality Mosta Satisfaction quaranteed

choice quality meats. Sa	distaction guaranteed,
CHOICE MILK-FED VEAL	CHOICE HEIFER BEEF
Legs (whole or half)30cChoice Fillet Roast35cLoin and Back Roast28cShoulder Roasts (For dressing)25cStewing Veal Breasts22c	Prime Rib and Rump Roasts
Large supply of Tenderloins, Spareribs, Choi	

PARTS OF CITY DAILY. FAULDS & DAWES PHONE 5750.
MARKET HOUSE.

THE CUT-RATE MEAT MARKET

"THE CASH AND CARRY STURE"

Redpath's, 5-pound cartons50c Aylmer Peas, 2 tins35c Domestic Shortening, Ib, carton 29c Granulated, bulk, 10 pounds ... 98c Maple Leaf Salmon, 1-lb. tin.. 40c Oleomargarine 34c Corn Syrup, 20-pound pail .. \$1.75 Maple Leaf Salmon, 1/2-ib. tin.. 22c Seeded Raisins, two for 25c

FRANK SMITH, MARKET LANE

HOUSEKEEPING IS A BUSINESS. ECONOMICAL COOKING IS A SCIENCE.

Our Consumers' League

SAVING TIME AND STRENGTH

Anyone might have known that a woman whose advice is always as senible as that of Christy Mackenzie, sometimes contributor to this department, would be sure to recognize the importance of conserving her own time and trength for the sake of the service she can render her family and the comnunity, and also because she wants to make the most of Mfe.

Christy is doing the greater part of her own work, as a wartime measure. She has just that much more for the Red Cross and other calls. You remember how she plans everything ahead. She told all about this phase of "system in housekeeping" several weeks ago in this department. Today she says:

"I make a practice of using my head in housekeeping, just as I would in acting as secretary for the Ladies' Aid Society or running any kind of business of my own. In fact, I regard housekeeping as a business, and that is why I am always looking around for business hints to adapt to it. In the first place, I never make two steps take the place of one. I have a convenient place in the kitchen where I keep the broom, oil mop, carpet sweeper, dusters, etc., which use for downstairs, and I have a similarly equipped corner in the bathroom upstairs. It pays, I can tell you, to have a carpet sweeper for each floor. Immediately after breakfast, I do up my breakfast dishes and leave everything so that I won't be obliged to come down stairs again, excepting perhaps for telephone call, or something out of the ordinary, until all my upstairs work is done. Before coming down stairs I try to think of everything I want to take sown with me, so I won't be obliged to use up my energy by unnecessary climbs. When I take something down to the cellar I always make a point of taking up with me on the same trip something I am going to need in the course

set tired just looking at them? Their attempts seem so amateurish. They will pick up a few knives or forks, perhaps a plate, and march with that into the citchen, then go back for one or two cups and saucers. They don't seem able to concentrate their minds on what they are doing, or to apply the least intelligence to the task. A good-sized tray is my most valuable ally in setting or clearing the table, and I know I do in one trip from kitchen to dining-ro just as much as I have seen other women do in ten trips, and in a quarter of the time that it takes them. I have always tried first thing to teach my maid: acquire the tray habit, and the habit of saving their time and steps, but it to acquire the tray hash, and the hash of saving their time and steps, but it frequently has been a pretty hard task to get them to use their common sense in this way. Some people seem always to prefer to take the longest, hardest way. By planning ahead, I save myself worry and tight corners, and nothing wears out your strength or robs you of efficiency like fussing and fuming. I'll admit, I'm Scotch, and it would be a strong temptation for me to worry over the property of my housework, or being caught entirely unprepared when company came, if left myself open for such worry. But, so far as it is possible I plan ahead, pre pare for emergency, have a convenient place for everything I want to work with and use my head to save my steps. I think I get through as much work as many women with even more strength, and with much less strain."

Everybody who knows Christy Mackenzie in real life knows that she is always ready to lend a hand in any good work, and that it will be carried through with the same thoroughness that characterizes her housekeeping.

TIME TO STORE WINTER EGGS.

"What's the time? According to the housewife's calendar, it's time to start storing eggs for winter use," is what a communication addressed this veek to the Consumers' League department has to say.

The drug stores are putting out the same bulletin, featuring a universally recognized egg preservative in their window displays, known to the public as "water glass," and to the chemists and other scientific people as "silicate of

"Why put eggs away now for use during the next cold season?" was asked druggist a few days ago.

"Because," he replied promptly, "eggs really keep in better condition that are put away now than those which are stored later in the season." There is a popular tradition to the effect that they are also lower in price. They un btedly are considerably lower than they were a couple of months ago, but, at that, hen fruit is by no means one of the cheaper edibles. Again, it will be remembered by many housekeepers, who have a good memory for these details, that eggs really were cheaper towards the end of April last year than they were

Local druggists announce a large demand for water glass at present, ar ndication that many of the London housewives favor the month of April for the storing of eggs. It is an indication also that many people are practically terested in the subject of conserving food, more, indeed, than ever before. So far as the proper time to store eggs for use next winter is concerned, two of the city's notably good housekeepers quote as follows from their own

"For several years," says the first, "I have put away the eggs for winter use about the middle of May, some time before the 15th. I did this last year as usual, and only today, I made delicious snow pudding from the eggs. Excepting that the yokes break, they have kept in perfect condition. I put mine away in three big stone jars. When a jar is filled, I take a piece of factory cotton, dip t in the water glass, and put it over the top, then press down the lid. This helps to exclude the air which causes the water to evaporate."

The second housekeeper says: "I shouldn't like to start putting away eggs now. I would feel they were too stale. Last year I began storing them some time in May and finished up about the end of July. Then I used them in the order, in which they were stored. I still have some dozens left, and they have kept beautifully. I use them for baking and all kinds of cooking. They whip p as nicely for meringues as new laid eggs."

Like Housekeeper No 1, Housekeeper No. 2 uses the stone jars or big covered crocks which are most convenient receptacles.

So far as the water glass method is concerned, many methods have been ried by food authorities, and this is the one generally indorsed. In order to nsure success in preserving, the eggs must be as fresh as it is possible to btain them. In the second place, they should be non-fertile. Given the fresh on-fertile eggs, and a can of water glass. (silicate of soda), any novice, who losely follows the directions clearly given on the can, will meet with entire

Water glass is a thick, gelatinous liquid. To preserve the eggs, it is diluted with ten parts of water to one of the water glass. The water should first be bolled and then cooled. To this, for every four quarts of water, one pint of water glass should be added and thoroughly mixed. After the eggs have been placed in the jar, in which it is intended to preserve them, the water glass solution should be poured over them until they are entirely covered. Small lard palls or large lard cans, which can be covered tightly, make satisfactory receptacles. After the receptacles are filled, they should be stored in

The druggist man explains why water glass is such a satisfactory preservative. He says, "You know (but we didn't) that silicate of soda is the best kind of a mucilage. It coats the egg shells, and seals up the pores so perfectly that it entirely excludes air and germs." In any case, water glass does the work most satisfactorily, and there is one man in town who stoutly maintains that eggs have been poached in his home after being preserved by this method for eighteen months. The housekeepers, whose experience has been that the eggs keep perfectly, except in one respect, the yokes will break, would no doubt like to know how this difficulty has been overcome.

SOME "DONT'S" FOR EGG CONSERVERS.

Don't fail to read the directions through on the can of water glass before starting the work of preserving.

Don't fail to thoroughly grasp the directions before starting to follow them.

Don't do what a certain London damsel did last year. It was her first experience in preserving eggs. She got the nice, big crock, the fresh, non-fertile eggs and a couple of cans of silicate of soda to start on. She was going to a picnic the afternoon she got everything assembled. She glanced at the directions and put a big pot of water on to boil. After that, she carefully measured ten pints of the boiled water into the jar, and it seemed that hot July day it would never become reduced to the proper temperature for adding the water glass. The time was literally flying by, and there was still the problem of getting the eggs into the water glass. She chose the illogical way of dipping the eggs in, each plunge making her hands sorer and sorer, and when she did go to the picnic, it was with fingers all raw and cracked. The husband of the Model Housekeeper (and he could keep house very well himself) wanted to know why the damsel was so late. She told him her troubles, and all he did was to laugh and say, "Why didn't you read the directions to the end? You should have sense enough to pour the solution over the eggs."

Out of his wisdom born of experience, the husband of the Model House-keeper rubbed in this further advice, "Don't cook the eggs for breakfast if you find them floating round on the top of the crock some cold winter morning."

"Oh," said the damsel tartly (her hands were feeling very sore), "do they really learn to float? It is more than I ever could," whereupon the model husband hastened to smoothe things out by stating that he always felt injured when his wife sent him down cellar to get eggs out of the water glass. It was

so cold and sticky and hurt his hands."

fish them out with a big spoon, instead of repeating the mistake of doing so with your hands. Now, I can understand making a mistake like that ONCE, But the model husband hestened to draw attention to the fact that a thunderstorm was coming up.

"I should think," said the damsel, "with all your experience that you would

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RIB ROAST

came into the Market House. This fine quality Meat is on sale Saturday and

Olives, bottle 10c

Marmalade, jar 15c

Molasses, tin 15c

Roast Veal, lb.30c Chuck Pork, lb...... Breast Veal, lb.36c Veal Shank, lb. 121/20 Armour's Oleo 3X., lb. .. 370 Best Sirloin Steak, 1b. 35c Corn, can 23c ANDERSONS Bottle Syrup 25c 5-lb. Pail Syrup50c

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OUR EGGS ARE SPECIALLY SFLECTED AND WILL SUIT YOUR TRADE. SPECIALTIES-EGGS, BUTTER, OLEOMARGARINE, SHORT-ENING, PRIME OLD CHEESE. PHONE ORDERS DELIVERED PROMPTLY.

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Rib Roast Beef, rolled, 30c | Easyfirst and Domestic | Aylmer Corn Shortening 30c Stewing Veal 20c Pork Sausage 25c | Canned Salmon Leg of Lamb 35c12c, or 9 for \$1.00 Rex Catsup, qt. bot. ...2 Chuck Roast 28c Maple Leaf Salmon....20c Seeded Raisins, New England Ham30c | Large Can 37c |2 1-lb. packages for 2 Liver 12c Aylmer Peas 18c E. D. S. Peaches, can, 1

Sunset Tomatoes Clark's Pork and Beans, 1

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THE OLD RELIABLE FISH AND POULTRY DEPOT.

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When You Buy Here You Carry Away More Goods for the Same Money.

Cottage Roll Bacon 400 Medway Creamery, large rolls 54c New Colored Cheese28c lb. Fresh Eggs42c Old White Cheese32c lb.

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