MANY OUTINGS STAGED AT PORT

Civic Employees Throng Invererie Heights For Yearly Frolic.

EVENTS ARE VARIED

Port Stanley has been the scene of umerous large picnics, but few have the distinction of being so successful as that held by the Public Utilities Commission at the lakeside yester-

This frolic attracted more than 1,500 civic employees who thronged the park on Invererie Heights. Every event on the big sport program drew numerous entries and each was contested keenly. The youngsters' ice cream race, an ingenious novelty arranged by the sports committee, was enjoyed as much by the amused spectators as by the contestants them-

The ice cream swallowing and athletic inclinations of the youthful runners were here admirably combined, and tanned faces flushed with the glow of exercise were besmeared with ice cream, which gave a mirthful aspect to the fray. General Manager E. V. Buchanan proved to be the sporting wizard of the occasion when he demonstrated his prowess as a bowler before a crowd of feminine spectators. Mr. Buchanan "This is the way to do it, girls, said This is the way to do it, girls, and straightway shot a wicked roller at a pop bottle, which made a good substitute for a kitty. When the sphere caught the bottle amidships from the gathering, but the demonstrator refused to give further examples of his super-bowling ability.

Long tables, on the hill, loaded with edibles designed to tickle the palate of each and every famished picnicker presented a lively scene when the Public Unlitties' employees sat down to the repast.

Staff Wins Game.

A baseball game between the staff A baseball game between the staff and the supervisers was staged prior to the races. The staff captained by E. Bamford won in five innings by a score of 9 to 8. Those on the winning team were: E. Bamford, E. McMur-ray, C. Cooney, J. Christie, C. Allen, A. Aitken, J. Gray, C. Horton and P. Murray.

P. Murray.

The committee in charge of the afternoon's successful outing were: G. W. Blay, T. P. Johnstone, J. Mid-dlebrook, W. E. Foster, A. L. Greene,

dlebrook, W. E. Foster, A. L. Greene, Miss J. Ferguson and R. Hanson. Dr. Sm th was starter for all events and Buchanan was the judge.

Folk ving are the winners of the sorts: Boys, under 10—Jim Smith, Capitina. Stores and garage race—Murphy, C. Cooney. Meter race—Ialone, McMurray. Girls, under 10—va. Ebsworthy, Gertrude Welbourn. laygrounds men—K. McFarlane, K. funter. Playgrounds ladies—Miss funter. Playgrounds ladies—Miss Vilson, Miss Talbot. Waterworks ace—D. Smith, C. Taylor. Ladies' nread and needle—Miss Andrews, liss Ferguson. Girls, under 8—Annie faloni, K. Albimonti. Office and under 8-J. Fitzpatrick, J

Boys under 8—J. Fitzpatrick, J. Malone. Ladies' potato race—L. Garratt, G. Wilson and M. Webster. Ice cream race, under 10—F. Mori-rity, K. Barbour. Parks department W. Peters, C. Cooper. Linesmen's race—A. Pierce, J. Hamilton Operators' race—R. Pring, J. Merrifield. Ladies' bowling contest—Mrs. Stokes, Mrs. Grav.

Mizpah Conclave Outing. Another delightful afternoon't was enjoyed by the True Kindred Mizpah, Conclave No. 1. The picnic was arranged in celebration of reiving their charter Tuesday at the Masonic Temple. More than 35 people from Detroit and Chicago were the guests of the conclave, of which Mrs. Albert Glinze is the newly-appointed worthy commander.

newly-appointed worthy commander. The winners in the races were:
Girls under 6—Jessie Weir, Betty
Weames. Boys under 6—Leonard
Wilsie, Frew Simmons. Girls, 7 to 9
—Hazel Wilsie, Jessie Wright. Ladies'
race—Mrs. Arbuckle, Mrs. Weir. Fat
ladies' race—Mrs. Hanna, Mrs. Robertson. Needle and thread race—Mr. and Mrs. Wright, Mrs. Fadyen and Mr. Tippensee. Name writing contest—Jessie Burkett's team won. Baby show—Jack Wright, son of Mr. and Mrs. Robert Wright of St. Thomas; Freddy Prouse, son of Mr. and Mrs. William Prouse, London.

Mother's Club Picnics. The picnic of the Manor and High-land Park Mothers' Club was voted the most successful in their history, by the 25 children and adults who reveled in the delights of London's favorite picnic grounds. Mrs. Tat-tersall, the president of the club, and Mrs. Wright, the secretary, arranged an enjoyable program of sports.
Following are the winners:
Ladies under 35—Mrs. Wright, Mrs.

Davey.
Ladies under 40—Mrs. Wright, Mrs. Andrews. Ladies over 40-Mrs. Osmond, Mrs. Thread-the-needle race - Mrs. Davey, Mrs. Andrews.

Buttonhole race—Miss Cleveland, Mrs. Wright. Fat ladies' race—Mrs. Tattersall,

Miss Cleveland.
Thin ladies' race—Mrs. Wright,
Mrs. Whiteby.
Time race—Mrs. Andrews, Mrs. Snowshoe race—Mrs. Wright, Mrs. Osmond. Walking race—Mrs. Tattersall, Mrs.

Mrs. Thomas Glover Removed To Hospital In Serious Condition.

Special to The Advertiser.
Chatham, July 27.—Mrs. Thomas Glover of this city is in the General Hospital in a serious condition as the result of an alleged attempt at suicide in Tecumseh Park last evening.

Mrs. Glover was discovered lying on the east side of the park in an unconscious condition by two men who sent out a call for a physician. Dr. C. B. Oliver, who was playing on owling greens, was called and had he woman removed to the hospital.

A nurse in attendance on the woman is stated to have found a hottle, partially filled with chloroform, in Mrs. Glover's dress, also a handkerchief which had been saturated with some of the contents of the bottle.

The woman is alleged to be des-condent over some domestic troubles



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Herring, Whitefish, Trout. Restigouche Salmon, Fillets. Halibut, Haddie, Kippers. POULTRY - Fresh killed Chickens, Ducks, Fowl. We truss them ready for the pan.

Real choice quality,

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At Your

SPECIALS FOR SATURDAY

Goods of the Highest Quality at prices you can afford to pay SALADA TEA RED SALMON

Black, Mixed and 65c for \$1.10 1 lb. tins Red Rose Tea, per lb...
Our Special Tea, per lb...
Canned Corn or Peas, 2 tins...
Jelly Powders, assorted, 3 for.
Shortening, 3 lb. pails...
Oatmeal, 6 lbs. for...
Cream of Wheat, 4 lbs. for.
Kellogg's Cornflakes, 3 pkgs...
Cornstarch, 2 packages for...
Laundry Starch, 2½ lbs. for.
Good Quality Prunes, 2 lbs...
Brunswick Sardines, 4 tins...
Bulk Cocoa, 2 lbs. for...
Rice, good quality, 4 lbs. for...
Pearl Taploca, 2 lbs...
Minute Taploca, 2 pkgs. for
Creamery Butter, per lb....

Nutrition Nuggets

Make a study of seasonings; nicelyfiavored food is well along toward good digestion.

Sub-acid fruits are certain varieties of grapes, huckleberries, mulberries, peaches, plums, prunes,

Try serving cottage cheese balls on lettuce leaves as the main dish of a summer meal at least once a week. This does away with all danger of

* * *
A diet list calling for acid fruits includes sour apples, blackberries, sour cherries, cranberries, currants, gooseberries, grapefruit, tart grapes, lemons, limes, loganberries, nec-tarines, oranges, pineapples, sour plums, raspberries, strawberries, tan-

Sweet fruits are black currants, certain varieties of pears, prunes, peaches and persimmons.

It is concentrated and easily-digested scorching the muffins.

gerines.

Are as pure and wholesome as it is possible for expert

Try This Week's Special for Sunday

New England Sugar Covered Crullers 30c Dozen

Below are the dealers from whom Lamon products can be bought.

G. B. DRAKE, Rectory and Ham-liton Road.

MISS CONNOR, Cheapside and Maitland Sts. MRS. HORE, 455 Dundas St. (near Maltland).

E. TALESKI, Richmond and Re- MRS. CARTER, Wilson and Surgent Sts. A. L. SHADDOCK, Bruce and Wortley Road. LONDON PASTRY—Lew Summers
—Open Wednesday, August 1,
Richmond and Horton Sts.

BAKERY PHONE 5635J.

Honey As Body Energizer Ranks Far Ahead of Steak, Potatoes, Asserts Expert

LONDON EVENING ADVERTISEN, FRIDATE JULY 41, 176

Coming Back To Tables of Country In More Attractive Form
With Scientific Blending of Several Additional Flavors.

tion. One cup of noney is equal to one cup of cane sugar in sweetening power and may be used in place of sugar. Honey is also a substitute for

By L. MADELEINE MILLIGAN, B.S., From this, it is afterwards disgorged. fied and evaporated by the bees for their own use which man takes possession of and consumes instead. It is a sugarous exudation from the nectariferous glands of various flowering plants and shrubs which the bee gathers by drawing it up from the flower, after which it passes into the dilatation of the eosophagus, which forms the "crop" or honey-bag.

properties by the secretion of the secretion of the honey-comb. This function of the honey-making is usually performed by the neuter or working member of the hive. Honey is classified as a vegetable product, though manufactured by insects.

Considered from a chemical standpoint, honey is a concentrated solu-

Honey is the nectar of flowers modi-fied and evaporated by the bees for

Cash Bargain Grocery

CANNED MILK SPECIAL. St. Charles Milk, medium, tin ...10c Libby's Milk, small, 6 tins25c Keep Sweet Cream, large tin 15c Silver Cow, tin19c Eagle Brand, tin20c Eagle Brand, Un
Shippman's Paste, Anchovy, Lobster
and Bloater, jar20c
Libby's Sweet Mixed Pickles, large Dill Pickles, dozen20c Autumn Leaf Salmon, red, tin ...25c SPECIAL!

Heinz Vinegar, 16-oz. bottle20 Libby's Olives, 5-oz. bottle, 2 for 25c Bartlett Pears, large 21/2-lb. tin..29c Lemon Soap, special, 4 cakes ... 25c

133 King St.—Phone 968—Free Delivery

glucose and for that reason is more readily absorbed into the blood stream than cane sugar. This makes it a most desirable sweet, which furnishes energy to the system rather than forming fat and bone; in this respect it ranks second only to dates and is far ahead of steak, fish, potatoes and white bread. It is less likely than other foods to cause digestive disturbances due to fermentation and it exerts a slightly laxative action. One cup of honey is equal to one cup of cane sugar in sweetening molasses and that it is preferable to syrups has long been acknowledged. It is most assuredly to be preferred to so common on our markets.

When we stop to consider that nearly 80 pounds or sugar per year, on an average, are consumed by every man, woman and child in the is necessary as an energizer in our bodies, it is therefore most essential that it be pure and that it have a that it be pure and that it have a pleasing flavor. In pure honey we have every opportunity to suit even the most fastidious taste in delicate flavors. At one time in the history of our country honey was the principal sweet, and it is so recognized in many of the older countries today. Now we are bringing it back to our tables in a more attractive form than ever with scientific blending of several additional flavors. Honey was, perhaps, more in demand for sweetening before the discovery of a method of making sugar from the cane.

ages may be obtained at this office.

The doctor has prescribed orange juice for my baby, but we live some distance from the railroad and cannot always get good oranges. Is there anything I can use in its place?—Mrs.

C. A. L.

Tomato juice will help to make up for the lack of oranges. In fact, I should alternate the tomato juice with orange even when you have a plentiful supply of the latter.

Will you give a recipe for vegetable soup that will be good for my 10-year-old daughter? She is anaemic and the school dietitian has advised vege-

Household Hints

Breakfast. Oranges (sliced). Oatmeal with Top Milk.
Toast. Coffee.
Luncheon. Corn Chowder.

Celery. Sultana Drops. Saratoga Flakes.

Make This Bright Sanitary Store Your Store

LISTED BELOW ARE A FEW OF

Our Leaders for Friday, Saturday

Fresh Shoulders Pork-no shank, lb...... 18c Pork Liver, lb. 5c Pot Roasts Beef, lb. .. 121/2c VEAL SPECIALS. Breasts Veal to dress, lb.10c Rump Roasts Veal, lb...25c

Pork Kidneys, lb. 10c

Veal Shanks, lb. 8c Shoulders Veal to dress. . 15c Loins Veal, lb. 30c

Pickled Hocks, lb. Pickled Shoulders, lb. . . 15c Country Sausage, made fresh every day 2 lbs 25c Smoked Breakfast Bacon, sliced, lb. 35c Smoked Picnic Hams-a real buy20c lb. Fillet Veal, lb. 35c

Fresh Pork Spareribs, lb. 10c | Fresh killed Spring Lamb-Fresh Creamery Butter-our any cut-Fresh Mint. own brand 35c lb. Peanut Butter, lb. 25c Stew Beef, lb.10c Assorted Jelly Powders, 3 for 25c 4 lb. tins Marmalade 65c ea.

Canned Crawford Peaches Canned Pineapple .. 35c ea. Qt. bottles Catsup, each . . 25c Kippered Snacks, 3 for 25c Sterling Catsup, reg. 35c ea.

Saturday for 25c 3 lb. pails Lard, each....55c 5 lb. pails Lard, each 85c

Kindly let us have your orders early.

4 Cars

202 Dundas Street.

CHOICE MEATS AND GROCERIES ON SALE AT BARGAIN PRICES

IF YOU WANT TO SAVE MONEY AND AT THE SAME TIME GET A1 QUALITY, SHOP HERE EARLY AND AVOID THE RUSH.

SPECIAL-With Your Order-9 lbs. SUGAR \$1

Shoulder Roast 15c 100 lbs. Granulated Shoulder Roast 18c Breast Spring Sugar, Pork 18c Lamb 22c Rolled Pot Roast Beef... 15c \$11.15 Delivered. Beef Cuttings ... 10c Boiling Beef 10c Ham Roast Pork Shoulder Mutton. 20c Hamburg Steak, 2 Brisket Beef 8c 25c-28c Cooked Roast Pork for 25c Breast Veal ... 121/2c Loin Roast Pork.. 30c Pot Roast Beef 12½c Stew Veal 10c Leg Mutton 25c Jelly Tenderloin. 45c Stew Beef 10c Shoulder R. Veal 18c Loin Mutton 25c Fresh Spare Libs 10c Gillet's Lye. 2 for 25c | Post Toasties ... 11c | 1-lb. Criscoe 25c | Rinso 3 for 25c Mincemeat 20c Washing Soda Lux 4 for 45c Bulk Tea 60c Breast Mutton 121/2 Pickled Spare Ribs, lb. 5c | Pickled Spare Fresh Side Bacon, Creamery Block or Breast

Pork Tenderloin, lb. 50c | 3-lb. pail Lard 50c | Soap, 20 bars ... \$1.00 | Cooked Pigs' 25c **ANDERSONS The Big Store**

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Lard 80c

tion of invert sugar, dextrose and levulose in equal proportions with traces of dextrin and other substances, most of which correspond to those elements present in the human It has a characteristic odor and is of a gummy and waxy con-sistency. It usually resolves itself into a fluid and a solid crystalline portion which are separable from each other by pressure in a linen bag. Chemically, the saccharine matter is of two kinds; the one resembles that from the grape (glucose) while the other is uncrystallizable and analogwhich exists along with common sugar in cane juice. Mannite, a non-fermenting kind of sugar has a long with common sugar in cane juice. Mannite, a non-fermenting kind of sugar has a long to the uncrystallizable sugar pour on one and one-half cups hot water. Cover closely and simmer one hour. Strain liquid and simmer sugar in cane juice. Mannite, a non- load brain indicated and use for fermenting kind of sugar, has also gravy.

been encountered in certain honey. It | Sultana Drops—Take one cup of may be mentioned also that, in addition to sugar, honey centains a slight amount of protein, one per cent mineral matter and certain volatile oils to which are due the page 187. Sultana Drops—Take one cup of sugar, two eggs, one and one-half cups flour, one cup chopped nuts, one teaspoon cream of tartar, one teaspoon class odor and flavor. Hony contains more fructose than

LONDON **PASTRY** Lew Summers

Open Wednesday August 1st

Richmond and Horton

Braised Pork Tenderloin. Mashed Potatoes. Brown Gravy. Creamed Silver Skin Onions. Cherry Pie. Coffee. FAVORITE RECIPES.

Braised Pork Tenderloin - Select two large tenderloins, sprinkle with salt and pepper, dredge well with flour. Brown on both sides in ham fat. Slice an onion over them and

half teaspoon soda, one-quarter tea-spoon nutmeg, two-thirds cup of but-ter. Cream sugar and butter, add eggs and dry ingredients. Dissolve soda and cream of tartar in one-quarter cup lukewarm water; stir in last. Drop by spoonfuls one inch apart. Bake in quick oven.

Corn Chowder—Take two ounces salt pork, four potatoes, two onions, sait pork, four potatoes, two onions, one can corn, one quart milk, sait and pepper. Slice the potatoes and onions, dice the pork and fry until crisp and brown. Add potatoes and onions and one pint boiling water, and boil half an hour. Then add milk hot, and the corn; season and boil up once. Serve years hot

HOUSEHOLD SUGGESTIONS.

Blackeyed Susan Salad—Arrange unbroken sections of oranges like petals on each salad plate. In center put a mixture of chepped dates and walnuts. Serve with mayonnaise.

Just To Remind You There is but one place to buy HOME-MADE PIES AND CAKES.

Miss A. Willits (Formerly of Baxter & Willits.) Phone 997J. 572 Richmond St.

Answers To Food Questions

Answers to readers' questions regarding diet will be given by Winfred Stuart Gibbs, food specialist, writer and lecturer on nutrition. Questions should be accompanied by a self-addressed, stamped envelope, as only those of general interest will be answered in this column; others will be answered through the mail. Address: Winifred Stuart Gibbs, 39 West 37th street, New

How can I tell whether my child is undernourished?—Mrs. T. W. A. Watch him carefully and notice whether he tires easily; whether he is "nervous" or fretful; whether he droops forward instead of standing up straight and whether he is below the normal weight for his age. Weight tables for boys and girls at various was may be obtained at this office. ages may be obtained at this office.

the school dietitian has advised vegeable soup among other foods.—Mrs.

The following recipe will make a nourishing vegetable soup for the child: One cup carrets, 1 cup turnips, handful of spinach (other vegetables may be substituted), I teaspoon salt, water to cover, I soup bone (or ½ cup scraped beef if desired). Chop vegetables until fine or put through a meat grinder. Cover with

Whole Wheat Bread Is Appetizing, Nourishing Digestible. Brighton's O. K. Whole Wheat

Bread Is recommended by doctors for its nutritiousness. Sun Maid Raisin Bread Is delightful for a change. Get them from your grocer or have them delivered from

the plant. BRIGHTON'S Roast 23 Beef 12 O. K. BAKERY 177 Dundas.

water, using as little as possible, and boil slowly until very soft. For young infants, strain, pressing the vegetables with the back of a large spoon. The liquid will be cloudy. For older infants press the vegetables through a sieve, adding one or more teaspoons of pulp to small cup of liquid.

Water drained from rice makes a more nourishing soup than plain water.

The soup will keep from three to four days, except in hot weather, if the entire quantity is heated to the boiling point every day before using.

Nearly one-eighth of the surface of Sweden is covered by lakes.

SWEET PICKLED BACON

Whole or Half Side

Order for \$1 or over delivered

LAMB	VEAL
Choice 40 Whole 28 Loin 40 Roasts 40 Choice Chops 35	Roasts
BEEF	**********
Rib Stew 10 Family 17 Roasts 17 Shoulder 15 Rolled 22	Bacon (Piece.) Smoked Hams 32



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Ask FAIRFUL'S Purity Bread, Coffee Rings Blue Ribbon Boxed Cake

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Purity Bread is the finest bread that it is possible to make—uniformly wholesome—good to the last crumb.

Fairful's Coffee Rings will be welcomed on your breakfast table (you get them fresh in sealed wax packages).

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