

Men and Boys as Cooks

By MARY I. BARBER, Kellogg, Co.
London, Ont., Canada.

Why should boys know how to cook? From the practical point of view there are many times when the ability to get a meal will be most welcome. In the thoughtless family, when mother is ill or away, why should not father and the boys be able to prepare breakfast, at least—and to leave the kitchen in good order afterwards?

From an educational point of view, learning to cook develops certain powers of observation, the senses of taste and smell, and an appreciation of the ingenuity and skill it takes to turn out a finished meal at the right time.

Many men take pride in the way they can manage a camping party—building and keeping the fires, trying the bacon, boiling the coffee and even flapping the flapjacks or baking biscuits. But this efficiency is often lost when they enter the doors of their homes.

Meal preparation has been made easy for us by the food manufacturers. If our emergency shelf is well stocked, a balanced meal can be achieved with a can opener and some sauces.

For breakfast, prunes from the can, corn flakes from the package, codfish balls from the can, toast, and coffee will form a satisfying meal; for lunch, canned vegetable soup, canned Welsh rabbit on crackers, tea, and crisp cookies from a tin box. For dinner, open a can of assorted hors d'oeuvres if you wish to stimulate the appetite. The main course may be creamed chicken, macaroni with cheese, baked beans, kippered herring, or cold tongue—all of which comes canned. Round this out with a can of lima beans (to take the place of potatoes) and a can of spinach. For dessert, there is nothing better than a can of mixed fruit which has been thoroughly chilled.

Knowledge of right combination of foods is important. A rule to follow for each meal is:

One food for heat (starches, fats, and sugars).

One food for meat (meat, eggs, cheese, fish, milk or legumes).

Some foods to keep us feeling fit (fruits, vegetables, all-bran or whole cereals).

The main object of cooking is to preserve, or develop flavor. The food manufacturers have done this for us. The main object of eating is to give our bodies the materials they need for growth and health. Let boys learn the principles of food selection, and if they live where there is a grocery store and a cow, and if they own a can opener, their health will be insured until the emergency passes.

Have you a Suit or Overcoat to make? We make a specialty of making up customers own goods at prices that are absolutely the lowest for first class work. FARRELL, THE TAILOR, 310 Water Street.—July 17, 1924

Improved Roadways

FACILITATE AUTOISTS CROSSING CONTINENT.

CHICAGO—(A.P.)—Oklahoma and South Dakota, two states noted in the past by automobile tourists for their bad roads, are mending their highways with the result that in the future driving through them will be better and easier.

Oklahoma announces that 350 miles of hard surfaced roads are being built and the cost of the programme, together with bridges, will reach \$9,959,000. Twenty-four federal aid projects embracing 127 miles of concrete highway at a cost of \$5,455,000 are now being completed by the state highway commission. Twenty-nine stretches of gravel highway totalling 223 miles, also receiving the aid of the federal government and costing \$4,014,000, are being laid.

The commission contemplates spending between \$5,000,000 and \$10,000,000 annually for six years. Three countries will vote within the next month on road bonds, totalling more than \$2,000,000.

Financed by 70 percent of a motor vehicle license tax and the entire proceeds from a two cent tax on gasoline, the 6,000 mile trunk highway system of South Dakota, begun in 1919, will be approximately one-fourth completed and gravel surfaced at the close of 1924, under supervision of the state highway commission. The system comprises six direct east and west routes through the state and an equal number running north and south. The construction programme of this season is the most significant yet undertaken, as it will complete a number of the through routes in the east half of the state. By the end of the year a total of 1,000 miles of the arterial system will have been graded. During the last fiscal year the highway fund received \$1,350,000 from automobile fees and \$90,000 from the gasoline tax. The former fund is devoted wholly to new construction and the latter to maintenance.

Pearline for easy washing.—July 17, 1924

WONDERFUL SAVINGS DURING OUR GREAT

A MOST SENSATIONAL BARGAIN EVENT!
Offering High Grade Furniture at Sale Prices

All the new ideas, that is what our furniture stock presents—all the new designs and creations of the furniture world as they are produced, with all the newest effects in coverings. During this sale you are offered the lowest prices quoted on high grade furniture for this year. Everything for the home will be found here in abundance. Qualities are absolutely dependable, styles are faultless, and assortments are very complete. Nothing is lacking to make this one of the most important furniture sales in our history. Don't miss this wonderful opportunity to save. This sale will be in force until the 30th of August.

Beautiful
Bedroom Suites

5-Piece Suite.

Consisting of Bed, Vanity Dresser, Cheffertola, Bench and Bureau. Made of genuine birdseye maple, neatly decorated with blue stripe effect. Reg. Price \$500.00 per suite. Sale Price \$412.50

6-Piece Suite.

Genuine Birdseye Maple, consisting of Bed, Bureau, Vanity Dresser, Cheffertola, Bench and Rocker. Reg. Price \$600.00 suite. Sale Price \$500.00

Walnut Suite.

A beautiful 6 piece Suite of genuine Burl Walnut, neatly carved, with a gilt stripe effect. Bed, Bureau, Wardrobe, Vanity Dresser and two Chairs. Reg. Price \$500.00 per suite. Sale Price \$412.80

Solid Walnut Suite.

Consisting of Bed, Vanity Dresser, Bench, Wardrobe, Bureau and Rocker; dark finish, neatly carved, well front of genuine solid Walnut. Reg. Price \$780.00 per suite. Sale Price \$599.00

Bureaus and Stands.

Finished in Surface Oak, Ash, Elm, Golden Oak, White Enamel and Ivory, with plain plate and bevelled edge mirror.

Reg. Price \$37.50 suite.	Sale Price	\$31.50
Reg. Price \$48.00 suite.	Sale Price	\$40.00
Reg. Price \$51.50 suite.	Sale Price	\$42.95
Reg. Price \$58.50 suite.	Sale Price	\$49.50
Reg. Price \$60.00 suite.	Sale Price	\$50.00
Reg. Price \$72.00 suite.	Sale Price	\$60.30

Magnificent
Brass Bedsteads

Brass Bedsteads.

Square and curved head and foot, 2 inch continuous posts with 1 inch, 1 1/2 inch and 2 inch fillers; dull finish with pretty ribbon effects, fancy polished vases in several beautiful designs, four feet and four feet six inches wide.

Reg. Price \$30.00 each.	Sale Price	\$25.00
Reg. Price \$35.00 each.	Sale Price	\$27.50
Reg. Price \$40.00 each.	Sale Price	\$33.12
Reg. Price \$45.00 each.	Sale Price	\$37.50
Reg. Price \$60.00 each.	Sale Price	\$52.50

Metal Bedsteads.

A splendid assortment of Metal Beds in White Enamel, Walnut, Ivory, Mahogany and Circasian finish; sizes 3 ft., 3 1/2 ft., 4 ft. and 4 1/2 ft. wide and 6 ft. long.

Reg. Price \$ 7.50 each.	Sale Price	\$ 6.25
Reg. Price \$11.50 each.	Sale Price	\$ 9.25
Reg. Price \$15.00 each.	Sale Price	\$12.50
Reg. Price \$18.75 each.	Sale Price	\$15.25
Reg. Price \$22.00 each.	Sale Price	\$18.50
Reg. Price \$26.00 each.	Sale Price	\$22.00
Reg. Price \$30.00 each.	Sale Price	\$25.15
Reg. Price \$34.50 each.	Sale Price	\$28.57
Reg. Price \$40.00 each.	Sale Price	\$33.55

aug15,f.s.tu

Attractive Values in Parlor Furniture

Our selection of Parlor Furniture is very smart, of endless variety and very serviceable. You can buy this furniture with the positive assurance that it is reliable throughout, no matter how low or how high the price you pay for it.

Chesterfield Suites.

Three pieces, extra heavy spring seat, movable cushions, with tow, moss and cotton filling, upholstered in beautiful tapestries, velour and mohair.

Reg. Price \$300.00 suite.	Sale Price	\$250.00
Reg. Price \$330.00 suite.	Sale Price	\$275.00
Reg. Price \$432.00 suite.	Sale Price	\$360.25
Reg. Price \$490.00 suite.	Sale Price	\$406.25
Reg. Price \$520.00 suite.	Sale Price	\$452.15
Reg. Price \$550.00 suite.	Sale Price	\$528.00

Parlor Suites.

Five pieces, consisting of Settee, 2 Arm Chairs and 2 Small Chairs, in Birch and Mahogany; spring seats with heavy stitched edge, seat and back upholstered in pretty tapestry, velour and verona cloth.

Reg. Price \$ 60.00 suite.	Sale Price	\$ 50.00
Reg. Price \$ 69.00 suite.	Sale Price	\$ 57.37
Reg. Price \$ 85.00 suite.	Sale Price	\$ 68.62
Reg. Price \$110.00 suite.	Sale Price	\$ 87.87
Reg. Price \$152.00 suite.	Sale Price	\$126.57

3-Piece Suites.

Mahogany finished frame, seat and back, upholstered in beautiful blue figured tapestry, extra heavy springs. Reg. Price \$180.00 suite. Sale Price \$150.50

Extra heavy mahogany frame, curved arms, 3-piece suite, seat and back upholstered in pretty selected tapestry. Reg. Price \$212.50 suite. Sale Price \$177.00

3-piece, heavy scrolled mahogany frame, heavy tempered springs, seat and back upholstered in special tapestry of exquisite shadow design. Reg. Price \$165.00 suite. Sale Price \$130.00

Odd Arm Chairs and Rockers.

A magnificent assortment in beautiful designs, wood backs, heavy spring seats, upholstered in beautiful tapestries.

Reg. Price \$23.00 each.	Sale Price	\$19.12
Reg. Price \$30.00 each.	Sale Price	\$25.00
Reg. Price \$36.00 each.	Sale Price	\$30.00
Reg. Price \$45.00 each.	Sale Price	\$37.50
Reg. Price \$48.50 each.	Sale Price	\$41.21
Reg. Price \$50.00 each.	Sale Price	\$40.00

Carpet and Linoleum Squares
at Specially Reduced Prices

August is always the month for bargains in our Furniture Store—the month when thrifty buyers anticipate their needs and save money. This Sale of beautiful floor coverings is a money-saving opportunity which you should not fail to take advantage of. We are showing a splendid assortment in which good taste, artistic colorings, rich effects and practical economy are skilfully maintained.

Carpet Squares.

A magnificent assortment in Tapestry, Axminster and Velvet Pile, showing the newest designs and colorings; Size 8 feet 3 x 10 feet 6 and 9 feet x 12 feet.

Reg. Price \$40.50 each.	Sale Price	\$33.75
Reg. Price \$44.00 each.	Sale Price	\$35.75
Reg. Price \$50.00 each.	Sale Price	\$40.00
Reg. Price \$60.00 each.	Sale Price	\$52.50
Reg. Price \$70.00 each.	Sale Price	\$61.25
Reg. Price \$75.00 each.	Sale Price	\$62.50

Linoleum Squares.

The modern durable Rug, absolutely waterproof and sanitary; come in and see the many lovely patterns in the newest colorings, suitable for every room in the house.

Size 6 x 9 ft. Reg. Price \$12.50 each.	Sale Price, \$11.25
Size 9 x 9 ft. Reg. Price \$19.00 each.	Sale Price, \$17.00
Size 9 x 10 ft. 6. Reg. Price \$21.75 each.	Sale Price, \$19.65
Size 9 x 12 ft. Reg. Price \$25.00 each.	Sale Price, \$22.50

TERMS STRICTLY CASH—No Changing at Sale Prices

The Royal Stores, Ltd.
Furniture Department

Dining Room
Furniture of Merit

Buffets.

A magnificent assortment of Buffets in the very latest designs, with British Plate, Plain and Bevelled Mirrors, in the following finishes: Surface Oak, Golden Oak, Fumed Oak, Walnut and Early English.

Reg. Price \$ 53.00 each.	Sale Price	\$ 42.90
Reg. Price \$ 75.00 each.	Sale Price	\$ 62.50
Reg. Price \$ 80.00 each.	Sale Price	\$ 66.25
Reg. Price \$ 85.00 each.	Sale Price	\$ 70.65
Reg. Price \$105.00 each.	Sale Price	\$ 87.50
Reg. Price \$112.50 each.	Sale Price	\$ 93.75
Reg. Price \$140.50 each.	Sale Price	\$112.00

China Cabinets.

In Quartered Oak, Golden Oak finish, plain and bent glass doors, fitted with three shelves.

Reg. Price \$52.00 each.	Sale Price	\$43.90
Reg. Price \$80.00 each.	Sale Price	\$69.75
Reg. Price \$95.00 each.	Sale Price	\$81.25

Extension Tables.

Square and round, on pedestal with five and six legs, claw foot, finished in Elm, Surface Oak, Fumed Oak, Plain Oak, Quartered Oak and Early English, highly polished; 6 feet extension.

Reg. Price \$25.00 each.	Sale Price	\$20.60
Reg. Price \$30.00 each.	Sale Price	\$25.00
Reg. Price \$40.00 each.	Sale Price	\$32.50
Reg. Price \$50.00 each.	Sale Price	\$41.25
Reg. Price \$70.00 each.	Sale Price	\$57.50

Dining Room Suites.

Consisting of 5 Chairs and Carver's Chair, leather padded seat, finished in Golden Oak, Ash, Quartered Oak, Fumed Oak and Early English.

Reg. Price \$ 40.00 suite.	Sale Price	\$ 33.12
Reg. Price \$ 55.00 suite.	Sale Price	\$ 46.62
Reg. Price \$ 75.00 suite.	Sale Price	\$ 62.50
Reg. Price \$ 90.00 suite.	Sale Price	\$ 74.23
Reg. Price \$ 98.25 suite.	Sale Price	\$ 88.51
Reg. Price \$135.00 suite.	Sale Price	\$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50

Reg. Price \$135.00 suite. Sale Price \$112.50