This Week-End We Offer the Following

MODEL H-63 McLAUGHLIN SEDAN-Five first-class tires, bumper. Motor runs like new. Varnished six

MODEL 22-48 McLAUGHLIN 4-PASSENGER COUPE-Just 13 months out; refinished; five good tires. A good

1923 WILLYS-KNIGHT SEDAN-Run less than 2,000 miles. Former owner bought a larger car. Priced to

1922 DODGE SEDAN-In the pink of condition. Must be sold at once.

1923 FORD ROADSTER with every needed accessory.

Every one of the above cars carry our 30-day guarantee and can be bought on our easy payment plan.

McLAUGHLIN USED CAR EXCHANGE

Effective September 19, Ford closed models were reduced over \$100.00, making it possible for you to buy a good used Ford at the lowest price in history.

You can have confidence in buying from Middlesex Motors as we have a pride in the performance of Ford products, and are more interested than any other automobile dealer or used car market.

1921 FORD TOURING—Shock absorbers, good tires, top and upholstery, good mechanical condition, at \$325.00, or \$123.50 cash and \$20.50 monthly.

1922 FORD TOURING CAR—Like new, shock absorbers, spare tire, dash light, exceptionally good tires, run but very little; \$410.00, or \$155.20 cash and \$25.84 monthly for twelve months.

1922 FORD SEDAN—Good paint, tires and upholstery, dash light and shock absorbers; a real buy at \$525.00, or \$196.50 cash and \$32.75 monthly.

monthly.

1922 FORD SEDAN—Owner-driven, in exceptional shape, shock absorbers, dash light; \$500.00, or \$185.00 cash and \$31 monthly for twelve months.

1920 FORD SEDAN—Motor newly overhauled, good tires, in first-class mechanical condition; \$375.00, or \$137.50 cash and \$22.84 monthly for trially monthly.

1920 FORD SEDAN-Motor newly overnatice, good these instructions mechanical condition; \$375.00, or \$137.50 cash and \$22.84 monthly for twelve months.

1918 FORD COUPE—In good mechanical condition, at \$210.00, at \$80.20 cash and \$13.35 monthly for twelve months.

1923 FORD TOURING—As good as new; \$450.00, or \$168.00 cash and \$28.17 monthly for twelve months.

1918 CHEVROLET TOURING, at \$150.00.

1919 GRAY-DORT TOURING, at \$210.00.

LOOK! IMPORTANT! Bring this ad with you when inquiring about any of the above cars.

MIDDLESEX MOTORS LIMITED

TALBOT ST. AT QUEEN'S AVE. OPEN EVENINGS.

Jack White Treats You Right

Offers his stock of 30 rebuilt Fords with a 30-DAY-30 **GUARANTEE**

All this stock must be sold for we have 40 more cars coming.

Fords From \$90 Up.

Don't forget to see

Terms Within Reason 374 DUNDAS ST.

BEEMER & CO.

Here's Value in USED CARS See Them At Once!

CADILLAC PHAETON-Guaranteed good as new. CHEVROLET - F. B. Sedan

Touring. Also Ford, Sedan, Coupe and Touring. Inquire about Easy Payment

BEEMER & CO.

LIMITED. 127-133 Queen's Ave. Phone 5670.

TIRES NEW OR REPAIRED New Dunlop or Dominion. People say our repairs are best. Rubber boots, half oled and repaired. London Battery & Tire Repair York and Talbot Sts. xv Phone 6151.

IACK WHITE TREATS YOU RIGHT. FORDS NOTHING FORDS 874 DUNDAS ST. tf PHONE 95J.

WINDSHIELDS We have special windshield plate glass and modern facilities for fix-ing your broken windshields. THE HOBBS MANUFACTURING

BOARD DRIVE SUCCESSFUL. Chatham, Sept. 27.-With several ndustrial prospects for the city lined

FOR SALE Glass Windows

The chilly winds remind us to put them in at once. All sizes.

W. A. O'DELL

HARDWARE. 379-383 Talbot St. Phone 187.

TENDERS will be received up till 5 p.m., Wednesday, Oct. 3, for the erection and completion of a cement block or concrete and red brick cheese factory at Thorndale, Ont., for the Thorndale Co-operative Dairy Co., Ltd. Plans can be had at the architect's office, and the tenders to be sent to the secretary. The lowest or any tender not necessarily accepted. Wm. G. Murray, architect, 307 Dominion Savings Bidg., London.; Mrs. John Dawson, R. R. 2, Thorndale, Sec.

THE LONDON ADVERTISER CLASSIFIED ADS. Phone 3670. Standardized and indexed for Quick Reference, THE LONDON ADVERTISER.

reserves the right to classify properly all advertisements submitted for publiation.

Not responsible for errors in adver-isements following date of first publi-Ads. not cancelled after 10 p.m. Ads. for morning paper must be in by Ads. for morning paper must be in by 10 p.m.

Ads. for evening paper by 1 p.m. noon. All advertisements for Saturday's papers must be in our hands by 10 p.m. Friday previous, to enable them to appear under their correct classification. Otherwise they must appear under the classification "Too Late to Classify."

CLASSIFIED RATES. 1 day 2c per word
3 days 5½c ""
6 days 10c ""
When Advertiser Box is required allow 3 words. A charge of 10c for mailing is also added.
Marriages, Births and Deaths—One insertion, \$1; two insertions, \$1.50.
Memoriam Notices—12c per count line (10 lines the minimum).
Card of Thanks—\$1 per insertion.
Engagement Notices on Women's Page—75c one insertion, \$1 two insertions. These notices must be signed by the sender, and will not be taken over telephone.

DISPLAY ADVERTISING, ements-15c per line each inser-

Meetings—15c per line each insertion.
The London Advertiser will not insert
"make good" more than one incorrect
insertion of an advertisement ordered
nore than one time. one 3670. Want Ad. Department. THE LONDON ADVERTISER.

CHANGE ROUTING OF CARS TO FACILITATE SERVICE

Another change has been made in the routing of the Oxford and Normal cars in an effort to relieve the situation caused by the work of paving on Richmond street.

Normal cars, leaving Richmond street at Central avenue, will proceed to Adelaide street, but instead

of turning round and returning the

same way, will run south on Adelaide

street to Dundas and down Dundas to the city.

Street to Dundas and down Dundas to the city.

Oxford cars also will leave Richmond street at Central avenue, proceeding to take out memberships a few months ago, have joined up since the drive opened on account of the activities of the board. street to Dundas and down Dundas

Our Family Food Its Selection, Uses and Prepara

High Food Value of Cheese Fish, Lots of Fish

A Concentrated Food That Has Its Place in Every Well Ordered Dietary.

Mackerel, Halibut, Codfish, Haddock, Fresh Fillets, Smoked Fillets. POULTRY-Chickens, Ducks, Fowl (trussed free). Saturday Grocery Bargains

BREAKFAST BACON SANI-FLUSH NEW DATES Two lbs. ... 25c 89c tins 25c APPLE AND RASP. JAM 4-lb. pails:... 49c PASTRY FLOUR CORN AND PEAS REDPATH SUGAR (with your order) 10 lbs. \$1.05 SHREDDED WHEAT Two packages 25c six lbs. 25c ckages 29c PALMOLIVE SOAP Limit of four. 25c LAUNDRY STARCH 2½ lbs. for 25c LAUNDRY SOAPS All makes, \$1.00

ALL HIGH-CLASS GOODS AT PRICES YOU CAN

AFFORD TO PAY. WHY PAY MORE?

If you want it fresh let us fill the

order. We carry nothing but the

best with a money-back guarantee

of satisfaction. Herring, Pickerel,

Up-to-date Market.

kippers, 2 pairs... 35c

whitefish, per lb. ... 20c

Steak Salmon, lb. 20c

SHORTENING

143 King St.

SARDINES

At Your

39c Four 25c

-Cash Bargain Grocery-

SPECIALS FOR SATURDAY. EVERY ONE A REAL BARGAIN.

PURE CLOVER HONEY-5-lb. Pail60c 10-lb. Pail\$1.20 Choice Sections, each28c Wagstaffe's (Raspberry) 87c
Welch's (Plum) 60c
Welch's (Peach) 60c
Welch's (Peach) 51.00

KRANULATED SUGAR—
Redpath, 9 lbs. \$1.00
Icing Sugar, 2 lbs. 25c
Broken Water Ices, lb. 20c

133 KING ST. , BHONE 968. FREE DELIVERY.

Preserved Ginger, extra fine, lb. 40c

Just To Help You

Use our Checking System. It makes selecting easy. Simply mark off, in the spaces on the left, the items you need.

We are offering for this week-end sale-the biggest values we have had in months.

PHONE YOUR ORDERS OR SHOP EARLY.

BEEF SPECIALS.

Stew Beef8c lb.

Beef Cuttings	10c
Pot Roast	. 12
Oven Roasts	.15c

	1 of moast	12/20
	Oven Roasts	15c lb.
	Rump Roasts	
	Steak Roasts	20c lb.
	Rolled Rib Roasts, no waste	25c lb.
	VEAL SPECIAL	LS.
1	Stew Veal	10c lb.
	Shoulders Veal	18c lb.
	Rumps Veal	25c lb.
	Loins Veal	
-	Fillets Veal	
-	BIG PORK VAL	
-	Shoulder Roasts Pork	18c lb.
-	Pork Kidneys	10c lb.
-	Ham Roasts	
	Fresh Pork Hocks	8c lb.
100	Spareribs	12½c lb.
1	Loin Roasts	N 30c lb.

Loin or Rib Roasts, Mutton, limited amount 20c lb. Breakfast Bacon, sliced ... |3-lb. Pail Shortening 30c lb. 55c each Peamealed Back Bacon ... 5-lb. Pails Pure Lard Smoked Picnic Hams, 20c lb. 5-lb. Pails Shortening

Mild Cured Pickled Hocks. 85c each 6c lb. Mild Cured Corned Beef ... Pork Liver, Pork Hearts, Country Sausage, fresh every day 2 lbs. for 25c Fresh Green Goods. Spring Chickens.

Make This Bright, Sanitary Store Your Store. ROBINSON

Four Cars. 202 DUNDAS. Two Phones: 7111-7112.

BUY ADVERTISED GOODS

The Sure Way To A Square Deal

Should Commend It To All

Cheese is one of the most valuable cheese: "It seems fair to believe that foods on the market in many respects there was practically no difference and yet in some households it is used very rarely. It is a whole lot of food spect to ease of digestion, at least in the same and t very rarely. It is a whole lot of food in a small amount of space. In other words, it is a very concentrated food. One pound of cheese contains the solid part of one gallon of milk. It contains a large amount of a very good quality of protein; that is, a protein which has more value in the body than the proteins found in vegetables or meats. The fat, which is present in considerable amount, is butter fat which is rich in the valuable vitamin A.

Among the minerals found in cheese are calcium, phosphorus and iron—the three minerals mentioned by nuplete food. By grating the cheese roughly grating the cheese is so concentrated in not always considered in planning its use in the diet. It should not be used in large amounts at one time, nor in combination with other concentrated foods. The use of such dishes as macaroni and cheese or rice and cheese are most satisfactory ways of using this food for several reasons. The cheese lacks starch, and when this is supplied by the macaroni or rice the resulting dish is a more complete food. By grating the cheese

Not Indigestible.

In spite of a rather widespread imression, cheese is not an indigestible ood nor one to avoid for any reason Dr. Langwrthy, of the

FOR THE JAM POT. Canning and preserving is such a cleasure because there is so much to how for the time and energy spent. Grape Marmalade.

The grapes should be picked over. washed and drained. Separate the pulp from the skins and put the pulp n the preserving kettle. Cook it very slowly until the seeds separate out, then press through a fine seive: Add the skins to this fine pulp and measure. Return to the kettle with an equal amount of sugar and cook slowly for thirty minutes. The mixture should be stirred occasionally during cooking to keep it from scorching. Put in sterile glasses and cover with paraffin.

Yellow Tomato Preserves. 1 pound yellow tomatoes 2 ounces preserved ginger 2 lemons

matoes and lemons; cook these to-gether with the ginger in the syrup Peach Marmalade.

1 to 2 oranges

small pieces. Remove skin and stones small pieces. Remove skin and stones from the peaches and cut into small pieces. Put the orange peel and pulp and the peaches into a preserving kettle with just enough water to keep from burning; cook slowly until juicy, then measure and add an equal amount of hot sugar. Cook until thick, stirring occasionally to keep from scorching. Pour into sterkeep from scorching. Pour into sterile glasses and cover with paraffin.

Pear Chips.

pounds pears pounds sugar 1/2 pound preserved ginger 3 lemons

The hard winter pears may be used for this recipe. They should be washed, cored and cut in fine pieces or "chips." Cover the pears with the sugar and chopped ginger and let stand over night. In the morning add the lemons which have been cut fine and the seeds removed. Cover the pears with the sugar and chopped ginger and let stand over night. In the morning add the lemons which have been cut fine and the seeds removed. Cover the pears with the suggestion is to drink milk instead of water with your meals. cut fine and the seeds removed. Cool all together for about four hours, until the pears are clear and the syrup thick. Put into sterile jars

WE SELL DAVIES' FA-MOUS WILTSHIRE BACON. KNOWN THE WORLD OVER FOR ITS FLAVOR AND QUALITY. TRY A POUND AND BE CON-VINCED.

Orders deliv-| Threshing parts of the lb.... 12½ city.

BEEF.	SAUSAGE.	
Shoulder Roast, 12½	Home- Made 15	
Pot 10	New England 25	
Roast IU	Cambridge. 25	
Ribs, Rolled 30	Little Pig 28	
Rib Stew 10	LAMB.	
Family Roast 15	Choice 35	
Ceylon 60	Whole Shoulders 23	

Phone 705

177 Dundas

654 Dundas.

are calcium, phosphorus and iron—the three minerals mentioned by nutrition experts as the essentials most often found to be lacking in the average Canadian dietary. For this one reason, if for no other, we should regard cheese with great respect. Calcium is most essential to growing children, and is needed by adults as well, in order to keep the teeth and bones in good condition. Iron is used in making good red blood, and phosphorus is needed by every cell in the rus is needed by every cell in the of crumbs or of other food should al ways cover the top of the dish so that the cheese will not be directly ex-posed to the heat of the oven.

Its Flavor an Asset. The flavor of cheese is another valuable asset, since it makes possible many combinations of otherwise tasteless foods. Bland foods, such as United States Department of Agricul-ture, states in his report of some ex-periments on the digestibility of make particularly good combinations

> Answers to readers' questions regarding diet will be given by Winifred 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 answered through the mail.-Address: Winifred Stuart Gibbs, 37 West 39th street, New York City.

Answers to Food Questions.

Is it ever possible to make peanut butter at home? My husband is very fond of it, but we are not always able to obtain the commercial product as we live some distance out in the country?-Mrs. G. V. C. It is quite possible and not very 1 pound sugar
Wash and scald the tomatoes and nut butter at home. Shell the nuts remove the skins. Cover them with the sugar and let stand over night. A thick syrup will form which should the skins and discard any imperfect the other ingredients. Slice the to-matoes and lemons; cook these together with the ginger in the syrup drained from the skins until the mixture is thick and the tomatoes are transparent. Pour into sterile Be careful not to scorch the nuts, as When slightly browned rethis will cause the development of poisons.

My physician ordered a milk diet Sugar
Put the orange peel through the food gridger and cut the pulp into how to serve the milk. Can you advise me?—G. S.

The first bit of advice is to plan

soup for lunch, and a milk pudding for dinner should give you about three cups of milk. Adding a glass of milk between meals would make a full quart a day. Cream on cereal, a creamed vegetable, or milk gravy would add even more. If the milk

My liftle girl has taken a dislike to eggs cooked in ordinary ways, but the doctor says she should have them. How can I serve them?—Mrs. A. C. J. How can I serve them?—Mrs. A. C. J.
Probably the most successful way to overcome your difficulty will be to combine the eggs with other foods which the child particularly likes, and to use them in custards, simple puddings, and other made dishes as far as possible. Drop an egg into a scooped-out tomato, season and cover with crumbs and bake slowly. The egg will not show, and the dish is delicious. Or bake an egg in a mound of mashed potatoes or rice. Sometimes an omelet with a pretty red jelly will appeal when the plain omelet would not. Slightly beaten egg may be added to a white sauce to be used with vegetables or on toast. In such dishes, however, the child does not eat the whole egg as when it is served alone. A good cook book should give you many ideas for cooking eggs. book should give you many ideas for cooking eggs.

with cheese, because it adds the needed flavor and also a great deal of additional food value in the form of protein, fat, mineral and vitamines.

It combines well with potatoes, cabbage, celery or tomatoes, and gives a different way of serving these vege-tables, as well as adding the necessary food value to make a more com-plete dish. Such combinations are es-pecially good for luncheon or supper dishes, as they should not be served with meat. It is always to be sememsame meal with meat, fish or eggs.

The protein foods are always the most expensive foods in our diet; cheese, however, happens to be comparatively cheap. This is another important reason why it should receive the serious consideration of every housewife. ANY TIME.

> ANYWHERE. ANY DAY You can get **FAIRFUL'S** PURITY BREAD

COSTS NO MORE THAN OTHERS.

MARGUERITES AND WHIPPED CREAM CAKES Are most popular at this season. Do not be disappointed. Place your order early. Miss A. Willits

and Preparation

572 Richmond. Phone 997J.

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** O. K. BAKERY 479 Emery. Phone 2160.

-LIMITED-

Canada's Largest Retail Grocers

NEW CHEESE POTATOES

SOUPS

Choice Quality Fresh Firsts 35c per peck CAMPBELL'S TOMATO

41c per dozen MAPLE LEAF SALMON 1s Tall Tin Half Tin

FOR 25c 39c SPECIAL BLEND | SPECIAL BLEND | RICHMELLOW TEA COFFEE Red Bag 63c 39c per 1b.

TEA Yellow 75c per Bag 1b.

Choice Creamery Butter Fresh for the 39c lb.

Week-End Trade MAPLE LEAF MATCHES

Machine-Sliced BREAKFAST BACON 3 Boxes for 33c lt's De- 35c lb.

LAZENBY'S CHEF SAUCE

FLOUR

Laundry Soap

Naphtha and Comfort 7 bars 50c

Cereal Week

Rolled Oats 6 lbs: 25c Satin: Cornmeal 6 lbs. 25c Wheatlets 4 lbs. 25c Rolled Wheat 2 lbs. 15c D. S. L. Bakin Dominion Corn Flakes

..... 3 for 25c Shredded Wheat 2 pkgs. 25c Shelled Walnu Puffed Rice 2 pkgs. 35c Seedless Raisin Puffed Wheat ... 2 pkgs. 29c Seeded Raisins Grape-Nuts, per pkg 17c Post's Bran, per pkg....15c late, almond ... Blue Rose Rice ... 3 lbs. 25c Flavoring Extrac Split Peas 3 lbs. 25c lemon, etc.

Magic Baking 16-oz. tin ... Icing Sugar ... Pure Gold Icing,

For real pastry

7-1b. Bag ..

24-lb. Bag

16-oz. tin .

Pot Barley 3 lbs. 15c Baking Syrup . 10c All Our Goods Are Sold on Money-Back Guaran WE SELL TO SATISFY.

Andersons Offer Special Values FRIDAY and SATURDAY

We suggest that you 'phone or shop early to avoid disappointment. Specials with your order: 10 lbs. Sugar, \$1.05, and 5-lb. pail Clover Honey, 60c.

_ SUNDRIES.	BEEF S	PORK SPECIAL.	
3 Pearline 25 1 large can Salmon .15 London Corn Flakes 11 2 cans Cocoa 25	Rib Roast Beef 25	Shoulder Roast Beef 15 Beef Tongue, lb 25 Hamburg Steak . 2-25	Loin Roast Pork30 Shoulder Roast Pork (no shank)18 Pickled Pork Ends.15 Pickled Hocks3-25
LAMB SPECIAL. Leg Lamb35 Loin Lamb35 Shoulder Lamb28 Breast Lamb18	Brown Sugar Bags, each 5c	White Cotton Sugar Bags, each 5¢	COOKED MEATS. Roast Pork
	Smoked Ham,	Smoked Breakfast	Cooked Ham6
Smoked Cottage Rolls, whole or half 30c	Smoked Rolled Shoulder 25c	Pea Mealed Back Bacon, by the piece 35c	Smoked Picnic Ham20c

The Big Store—ANDERSONS—Market House

Phones 1643-1644. Friday evening, 2064W. Five Deliveries: 9 and 11 a.m., 2, 4 and 8 p.m.