BREAD ECONOMY SEEN IN FILMS

Crowds View First Picture of World's Food-Saving Campaign.

RECIPES COME IN

Helpful - Contributions Invited for Demonstration

How to Save Wheat, Beef and Bacon for the Men at the Front Issued from the Office of the Food Controller for Canada. MENU FOR WEDNESDAY

Brenkfast. Oatmeal Porridge Milk Suga Omelette Toasted Graham Bread Pear Marinalade Luncheon

Potato Soup Bran Gems Butter Cold Tongue Apple Sauce Tea Milk Sugar Dinner Cabbage Baked Potatoe White Bread

Carrot Pudding The recipes for Carrot Pudding and Bran Gems, mentioned above, are as follows:

Carrot Pudding: 1 cup sugar. 1 cup beef suct.

1 cup raisins.
1 cup grated apples.
1 cup grated carrots.
1 cup bread crumbs.

1 cup flour.
1 teaspoon cinnamon.
1 teaspoon cloves.
1 teaspoon salt.
4 level tablespoons mol
3/2 teaspoon seda.
Steam three hours.

Bran Gems:

1½ cups flour.

½ cup bran.

1 cup sour milk.

1-3 cup molasses.

½ teaspoon soda.

1 tea poon sait.

2 tablespoons melted dripping.

Mix and sift dry ingredients; add milk molasses, and combine mixture; then

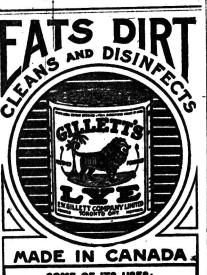
Conducted by

The new and beautiful Princess nurses made a very pretty contrast. Theatre was reop ned list night with At the close of the program refreshments were brought into the hall and ments were brought into the hall and from King street is most imposing, and the antenoom is very large, and the street is most imposing the street in the street is most imposing the street is last night was arranged with jardinieres of flowers. The mezzanine floor is perfectly beautiful and most attractive with a state of the Drives George. tive with delightfully comfortable asmwould make an ideal tea room. Mr. Land Mrs. Gooch and Miss Miss would make an ideal tea room. would make an ideal tea room. Mr. Leone Hartley in Brant ord last week. Whitney and Mrs. Whitney occupied one of the upper boxes. The latter, a one of the upper boxes. The latter, a daughter of the late Mr. H. J. Hill, manager of the Exhibition for many the Okanagan Valley. B.C.

Upon the Movie Screen.

A full house witnessed the first series of the "Canadian Topical Review" pictures on bread economy at the Re
The Movie Screen.

The Exhibition for many agon for rose pink with corsage of white tuile and scarf of the same material, and a silver band in the same material, and mrs. Clifford Marshall were in Mr. Whitney's box, a so that will be same material, and a silver band in the same silver band in the same material, and a silver band in the same silver band in the same material, and a silver band in the same silver band in the same



SOME OF ITS USES: For making soap. For washing dishes For cleaning and disin

For removing ordinary obstruc-tions from drain pipes and sinks. REFUSE SUBSTITUTES E.W.GILLETT COMPANY LIMITED

:-:

Society---Mrs. Edmund Phillips

York, are at the Prince George. Mr. and Mrs. Gooch and Miss Mil-

Cornespond with the control of the c

the black habits of the nuns and the pretty blue and white uniforms of the pretty blue and white uniforms of the pretty blue and white uniforms of the property bags were sent out in response to a special appeal of the Canadian Ked Cress Society. The workroom in the university library is open on Monday, Wednesday and Friday of each week and workers, new or old, will always find a great deal of work ready to do.

On Thursday evening, Sept. 27, the drawing for the silver tea service, under the ausgices of the Parkdale Chapter, I. O. D. E., was held at Mrs. Burrows, Close avenue. The lucky number was 300.

CAR STRUCK WAGON.

Thrown from a wagon by a Harbord car at the corner of Ossington avenue and Northumberland street, at 6.30 last evening, Harry Barker, 57 Auburn avenue, was injured about the shoulders and back. Barker was driving across the car tracks, when the north-bound car struck the wagon, throwing the driver to the pavement. Barker was taken to the Western Hospital.

MAKING CHRISTMAS STOCKINGS. To date the Beaches Red Cross have

prepared 200 Christmas stockings valued at \$1.10 each. The work is being done under the direction of Mrs. Scott, and the hours are from 10 in the morning until 10 at night.

CONVALESCENTS GET GIFTS.

The Toronto committee of the Cana dian convalescent home at Dieppe for officers has received word of the safe arrival of the many useful things reeived at the shower held at the hon of Mrs. H. D. Warren June 25. The artic'es sent were greatly appreciated.

Kelloggis TOASTED

The Universal Demand is for

CASTED CORN FLAKE CO. LONDON CANADA.

Kellogg TOASTED CORN FLAK



GET THE ORIGINAL—made from carefully selected southern by a strictly Canadian Company—in their up-to-date plant at London, Ontario.

Ask for the red, white and green package and refuse all substitutes of the "just-as-good" variety.

The Battle Creek Toasted Corn Flake Co., Limited. Head Office and Factory: London, Ont.

MANY WOMEN PLACED. Five Hundred Applications Received at Government Bureau During

September. The Ontario Government Employ-

IF YOU DO

YOUR OWN

PAINTING

MARK SILVER JUBILEE District Convention of Knights of the Maccabees Inaugurate Membership Campaign.

In St. George's Hall yesterday afterment Bureau for women told of 503 noon and evening a district convention applications for work during Septem- of the various tents of the Order of the applications for work during September. Of these 175 were new, employers had made 90 applications, and 187 had been sent to positions. There were only 53 calls for munition workers. In the domestic service there were 50 registrations for permanent work. Sixty-two orders came from the country 16 calls, to meet which were three new applicants. Three were placed, one having a child. For day work 19 new and 104 former applicants registered. Requests for workers were 139. Ninety-seven were provided in a week.

of the various tents of the Order of the Maccabees was held, District No. 6 embracing Toronto and several miles around the city, was represented, the convention being presided over by R. Ferell, district record keeper. The meeting was held to complete plans to compense the twenty-fifth year in office of D. P. Markey, the supreme commander, and it was resolved as a tribute to his many years of leadership, starting yesterday, to inaugurate a member ship campaign on a gigantic scale, when the many workers will strive to add 25, do not not all the various tents of the Maccabees was held, District No. 6 embracing Toronto and several miles around the city, was represented, the convention being presided over by R. Ferell, district record keeper. The meeting was held to complete plans to compense the twenty-fifth year in office of D. P. Markey, the supreme commander, and it was resolved as a tribute to his many years of leadership, starting yesterday, to inaugurate a member ship campaign on a gigantic scale, when the many workers will strive to add 25, do not not not not not not and several miles around the city, was represented, the convented the city, was represented, the convented the city, was represented. Maccabees was held to city, was represented, the city, was represented, the city, was represented, the city, was represented. It is convented to being presided over by R. Ferell, district record keeper. The meeting was held to complete plans Maccabees was held, District No. 6 em-

five years the protection in force has increased from \$31,000,000 to more than \$364,000,000, and the association has paid out \$95,000,000 in death claims, and has now a fund of \$22,000,000 standing to its credit. It was decided at yesterday's recting to grant insurance to all members now in uniform. The following officers were elected for the ensuing term: J. R. Ferell, past commander; J. B. Verney, district commander; E. H. Woolley, district record keeper; A. W. Frye, general organizer; S. W. Trusler, provincial commander; Dr. E. H. Adams, district chaplain, and Harry E. Dodds, district lieut.-commander. As the total number of members now serving in the forces is not obtainable, it was resolved that a list be prepared.

FOR ARMENIAN RELIEF

States Asked for Offering. New York, Oct. 1.—The Sunday school children of the United States will be asked to make an offering at Christmas or some other appropriate time for Armenian and Syrian relief time for Armenian and Syrian according to announcement made here today by the society for the relief of Chancellor of University of New Brunswick Penalizes Members of Eastern Clubs.

unday School Children of the United

WOMAN VICTIM OF POISON.

Announcements

Notices of any character relating to future events, the purpose of which is the ratising of money, are inserted in the advertising columns at 25 cents an again line.

Amount cements for churches, societies, clubs or other organizations of future events, where the purpose is not the raising of money, may be inserted in this column at two cents a word, with a minimum of fifty cents for each insertion.

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MUSICAL PARADOX—Central Y. M. C. A., College street, Friday and Saturday, Oct. 5th and 6th; the most novel fair of the season. Business men's luncheon the season. Business men's luncheon and high tea each day.

POLITICAL ÉDUCATION LEAGUE—
Address by Mrs. Ralph Smith of Yancouver on "Some Canadian Problems,
Including the War Time Franchise
Bill," in the Conservatory Music Hall,
(entrance University avenue), Wednesday, Oct. 3, 8 o'clock sharp. Open to
the public.

STUDENTS FINED FOR PART IN "INITIATION"

Fredericton, N. B., Oct. 1.—Because many of the students of the University Sydney, N. S., Oct. 1.—Mrs. Try- of New Brunswick last week participhena Seymour "came to her death pated in the "initiation" of members of from poisoning at the hands of some the freshmen clubs, in violation of person or persons unknown," so a orders of Chancellor C. C. Jones, the person or persons unknown," so a coroner's jury decided today. This verdict was based on the opinions of the freshmen clubs, in violation or persons unknown," so a coroner's jury decided today. This verdict was based on the opinions of the chancellor today announced that each verdict was based on the opinions of student who took part would be fined. The students will be suspended from all privileges until the fines are jury on September 22nd. No doctor could be found in North Sydney or prizes and scholarships during the sydney Mines to perform an autopsy on the body of the deceased, the the awarded will be cancelled. The students affected declare that they will jury at the former sitting ordered an dents affected declare that they will appeal to the university senate.

Polly and Her Pals

TOO MUCH "REVERSE ENGLISH" ON THE TESTIMONIAL.



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