New Regulations to Conserve Big Marine Mammals of Canada's

North-Are Easily Killed. Guarding against depletion of the walrus herds in Canada's northern waters the Dominion has recently laid down new regulations to protect these huge marine mammals. Everything from sardines and Its to walrus and whales are takalways be vigilant country's marine wealth lessened unduly by too fishing or, in the case of Northwest Territories Branch of the Degarting at of the Interior, and off-

of the Governor-.n.cil. In brief, they he one shall kill any than use as food for himpandents or for his dog and I that no Eskimo or half-

"quired to make! butter contain 1624 calories to the of the R.C.M.P. each pound, as against 900 for a pound of number of walrus kill- must lamb, 765 for boiled eggs and 510 production weight, sex, etc., for boiled rice. chang also prohibit the exthe north of any walrus expect of the lides for commercial Valle is your to be big chaps. They

> orders are was examined by casily discatible. There are also certain by-products rand There mammals are to important a part the time when firearms with a matives they indiag with spears

> > experience of con-

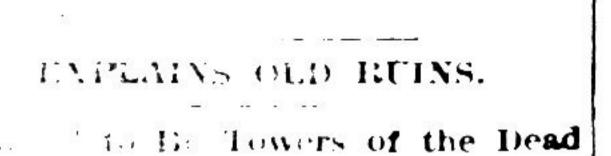
 $\Gamma \leftarrow Z_{i}$ inbabwe

is all in one

to briabily, a much

any commendal

1. 1. r.fles came, housewife had to make their own yeast i with potatoes, malt and hops. Today my preliminary labor. bushels of wheat annually. in if apportun-



-- Not Starchouses.

1 . .

. If A MUDIOR JUNK.

the same at the Lisheries.

ING THE PUBLIC.

partment of Agriculture for approval.

from time to time to see that the

regulations are complied with, Goods

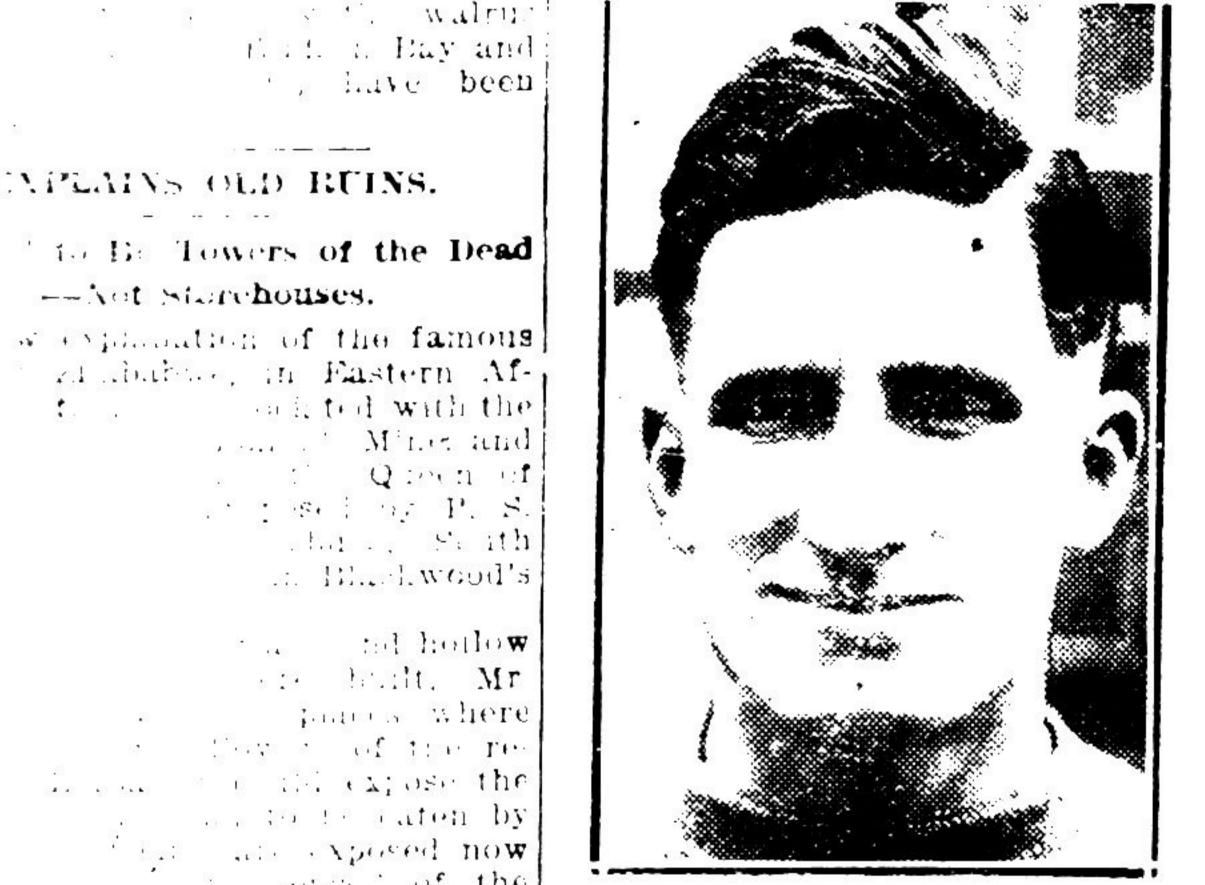
inspected into Canada are subject to

Long Lived Community.

residents residing within a space of

It has been discovered that eight

similar requirements.



H. "LARRY" WILSON Forward Oakville Intermediate O. H. A. Hockey Club -

played for Milton intermediates as Oakville did not have an intermediate! team. In 1930 he was with Hornby. Last season he patrolled the boards for Oakville team. Larry possesses a good shot, is a fast skater and covers .01 his check well. Like brother "Doug," he has played a smart game in the outfield for the Oakville baseball club and also for the the birds Oakville softball team.

Rather Smoke. a Paddzed From Sale of

Journalism Fine Training,

with the true type and other for young men desirous of entering " " . . . I to brank chetric light public life was depicted by Sir Thomas ! It the remelting of bab. White while speaking before 200 rep to the form on top of resentatives of Toronto daily newsis a protable which must be papers at the annual Newspaper Night a fore pouring the new lodge meeting and dinner of Antiquity - ... Serim is sav- Lodge, A.F. and A.M. on Wednesday sermulation sold evening of last week, Mayor Stewart. Controller Ramsden and members of the city council were among the guests.

Destitute Have Selves To Blame.

salmon can- cut-of-works and down-and-outs have ate i for about \$15,360, only themselves to blame for their conditions, declared Police Magistrate McCaughrin in court here to-day, \$120,000,000 when he fined two men. James Robinson, and Jack Stevens \$25 and costs or 10 days on charges of drunkenness and vagrancy. "In these hard times keep away from the booze, or you'l' never get a job," the cadi warned them. that his in their fac-

ir valed for are graded as Not since the opening of the public There . Standard, or Second school here on Tuesday, Sept. 1st. has Bresponding to First, Se- a strap been wielded anywhere within aird : Fourth Grade and the the institution, but instead of signify- Journal. later a which must be a true repreing that the millenium has arrived to dution of the quality, quantity and the secret has just leaked out that we will of the contents of the con- during the holidays all the straps in thing r. must be submitted to the De- the school were stolen. Impectors visit the various plants ,

CLUBBING RATES.

Regular. Champion Toronto Daily Globe \$5.00 \$6.35 Mail and Empire.... 5.00 6.35 two blocks on Ann street, Ingersoll, Toronto Daily Star.. 5.00 years. The youngest of the eight is Montreal Fam. Herald 79 years of age and the oldest /92



By DR. R. E. LEE

BREAD is not only our best but our most economical food, an important consideration in these days of careful budgeting of expenditures for the table. It is no longer thought of only in the familiar white-loaf form, but in an almost endless variety of loaves, rolls, buns, biscuits, coffee breads, etc., and made of many different types of flour. By varying the choice of bread the diet can be given the sort of appetizing variety that children as well as adults find appeal-

Bread is an important source of carbohydrates — supplying energy to the body-and protein, material for growth and repair. Wheat protein, mostly gluten, ranks with the best proteins of vegetable origin. But bread made of milk, yeast, shortening and salt, is a highly varied food, supplying also fat, fibre, ash and vitamins. A well rounded diet can be had with bread, butter and milk. Of the everyday foods, bread and butter is richest in calories, the measure of energyproducing characteristics of food. A slice of bread and butter will supply 116 calories. About 2700 are needed daily by the average man. Bread and

Pread is one of the most readily digestible of the foods. This is partly due to the yeast, which raises the ne 'an way, an well as the dough rendering the bread porous and open to the action of the digestive juices. Yeast also acts upon the gluten of the flour, conditioning it, making it room 1.500 to 4.000 soft and clastic and rendering it more

int are ago measured formed during the fermentation pro-I' and To a hour to the end of its cess which give to bread its character-... which, itself, was 2 feet | istic pleasing flavor. Finally, yeast has a direct nutritive value in the loaf. It is rich in protein and one of the best known sources of vitamins. The more yeast that is used in making the bread, the shorter the period of time necessary for formentation and the greater the

> Many years ago the baker and the the yeast manufacturer has placed in their hands yeast in a convenient form, dependable and ready to use without Consumption of wheat in bread rm is highly important to the farmer. An extra slice of build a day for everyone in Canada would mean the consumption of an additional 6,000,000

> > "And you met that brilliant young painter. Is he very artistic?"

in answering the call."

phone operator."

When I married her she was a tele-

THE REASON

"I simply had to let my new maid

"More insubordination, I suppose."

JUST ORDINARY

one more gown than I had."

"Why no! I learned the wretch had



"That girl's arways horning in." "Well, her father's a cowley and she was raised on a randa."

A BAD NIGHT

First Fish-"You say you didn't get

a wink of sleep last night? How was

that?" Second Fish-"The dog-fish

UPS AND DOWNS

"What keeps you up?"

Nevermore.

A Montreal judge reprimanded a

boy who was stealing a ride on a

truck which crushed his leg against | /

a post, making amputation necessary.

Because of this admonition, says the

Toronto Mail and Empire, it is un-

likely that the boy will steal rides on '

Worrying.

specialist, who claims that constant;

people of this weakness.

suggestion and resolution can cure

The habit of workying can be cured

by the will, according to a famous |

more trucks.—Edmonton

"My down."

In 1926 7 S Larry was on the defence for the Oakville Juniors. In 1929 he

Says Some Jobless Men Would

Councillor Murray, of Weston, has his own ideas as to the type of man who is rligible for relief work of Wes ir k" metal, Iton "I do not call it relief when a man' comes to us for relief work, and that man walks into a store and pays 25 cents for a package of cigarettes. shops that man should not be getting rewhere it lief," said the councillor, during a dis- kept me awake barking at the moonthe meeting the cussion on relief being provided.

own was com to the! Journalism as an excellent training!

Orillia, Oct. 27.—The majority of

The Walkerton Herald-Times says

WDOD'S PHOSPHODINE. The Great English Preparation. Debility, Mental and Brain Warry, Despendency, Loss of Energy, Palpitation of



PATENT No. 315-148

May be applied to automobile tires to prevent skidding or slipping on ice, snow, wet or muddy roads.

Fig 1 shows general view of automobile wheel with device attached.

"(Medium)) Her spirit is very slow Fig 2 is an enlarged perspective view of the device, which comprises a "U" shaped shoe, 10, which may be "'Sall right lady, jes take yer time. made in various sizes to suit different sized tires. Ends of shoe 10 are rolled as shown at 11.

> Nos. 12, 13, 14, Fig 2, is a link connected to a periphery chain 15. Fig 2.

> No. 10, Fig 2, is provided with studs 16. Fig 2, which may be threaded and screwed in or riveted in or may be pressed out of the traction surface of shoe 10.

> Studs 16 are sof arranged that they will not bump and are tapered so they will not clog with snow or mud.

> These chains can be applied to the tire tightly, and will stay tight.

There will be an immense market for this invention, as

every motorist will want to carry a pair for his own safety. Manufacturing cost will be low; therefore this invention offers an unusual business opportunity.

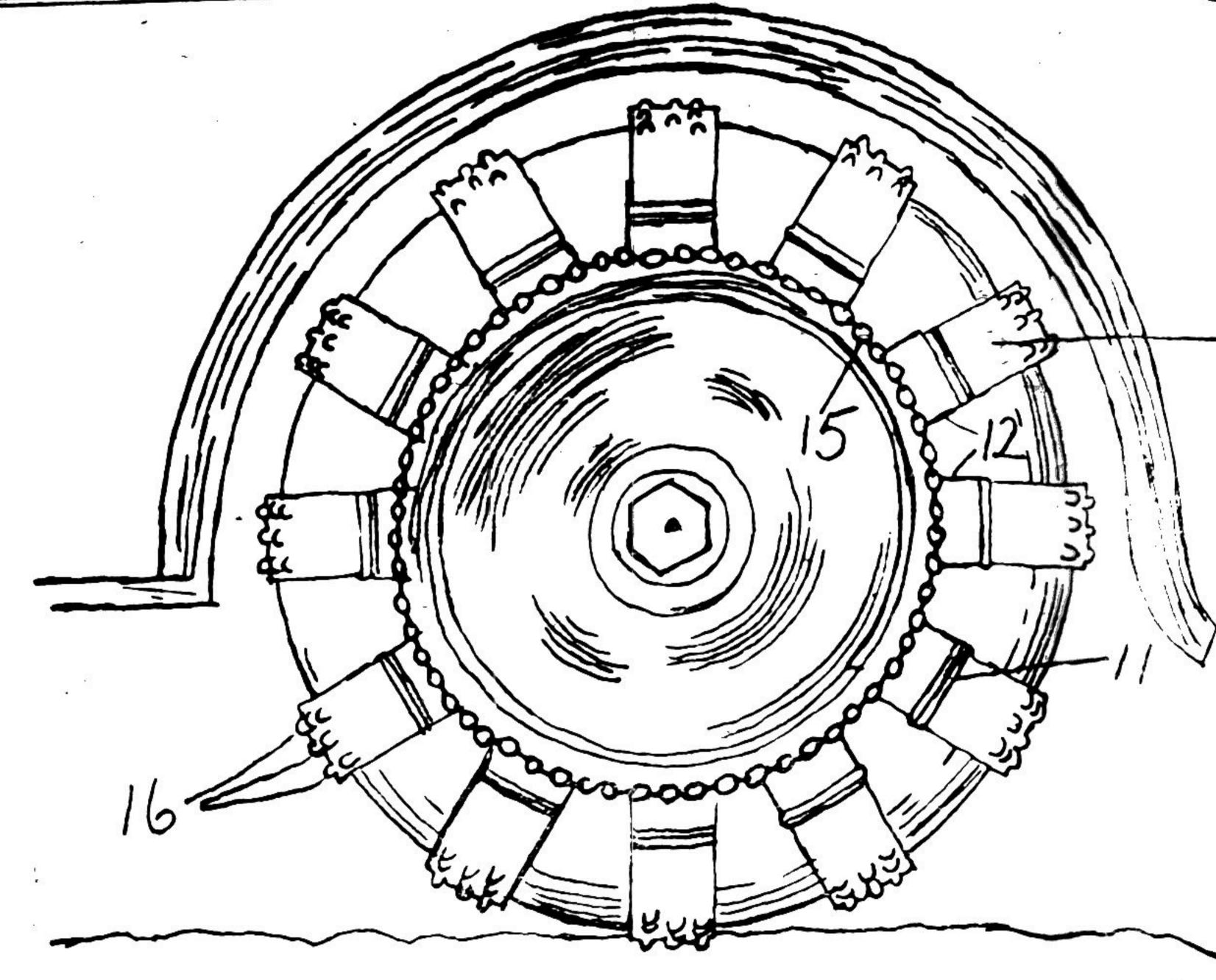
For copy of Patent or any other information desired,

WILLIAM F. CROSS Inventor,

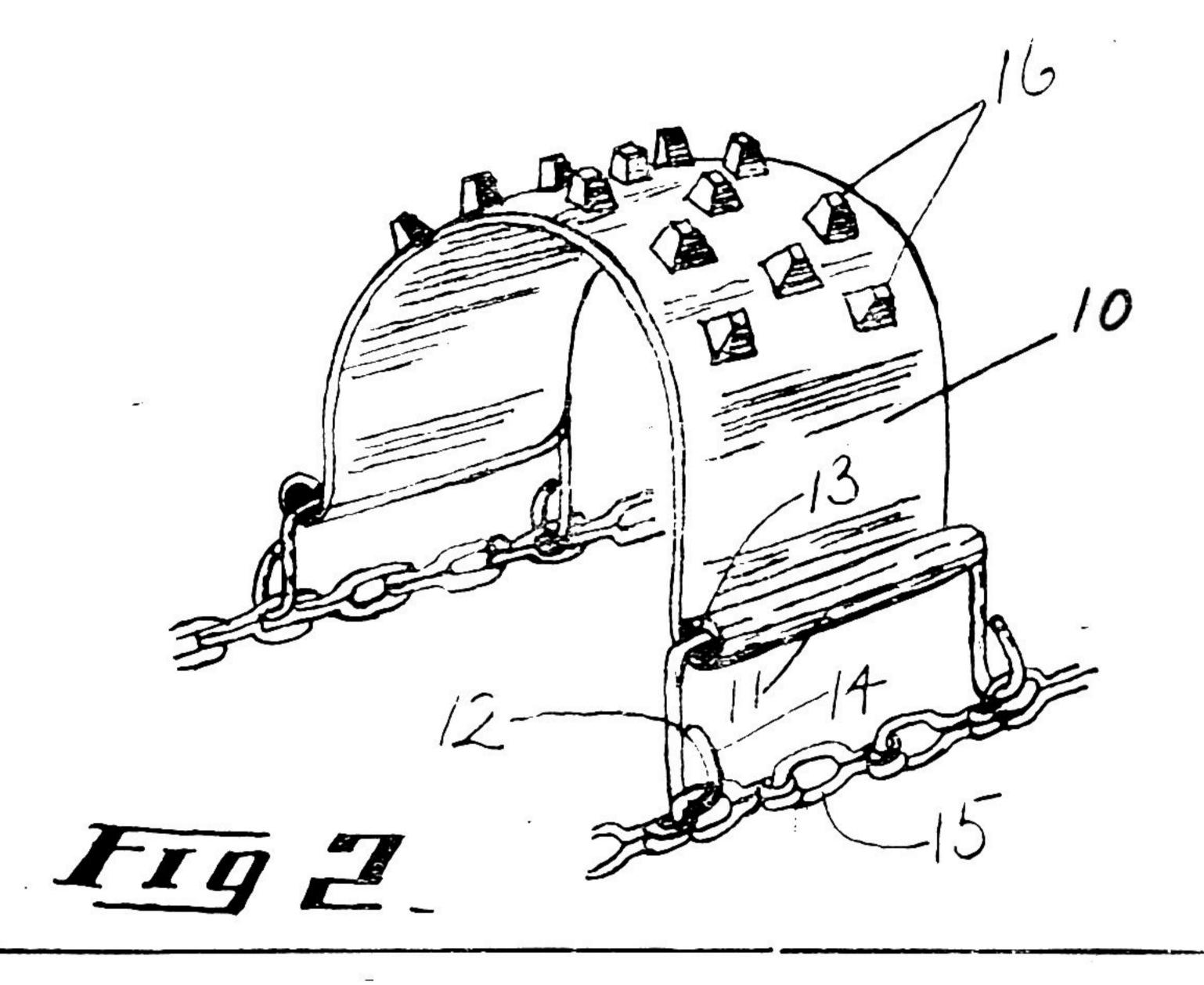
Box 558, Milton West,

Ontario, Canada.

Member of Chartered Institute of American Inventors.



FIA L



"No, not at all; he's really a very ! The word Bread defines a food product, but there is as much difference in bread as there is between potatoes and peas. Pure wholesom e bread, Bowen's Bread, is the finest food obtainable, but poor bread is a poor investment at any price.

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Baking Powder 2 tablespoons butter

Sift flour, baking powder and salt. With the knives thoroughly mix flour, butter and cheese. . mixture with milk to make a soft a. quickly and lightly to one-half inch th cut with a round biscuit cutter. Place ... each biscuit a cheese cube, one-half in hith ak and bake in oven at 400° F. about 12 or 1 minutes. More than 200 Interesting, tested reco tained in the New Free Magic Cook : bake at home, send for a copy. Write Brands Limited, Fraser Avenue,

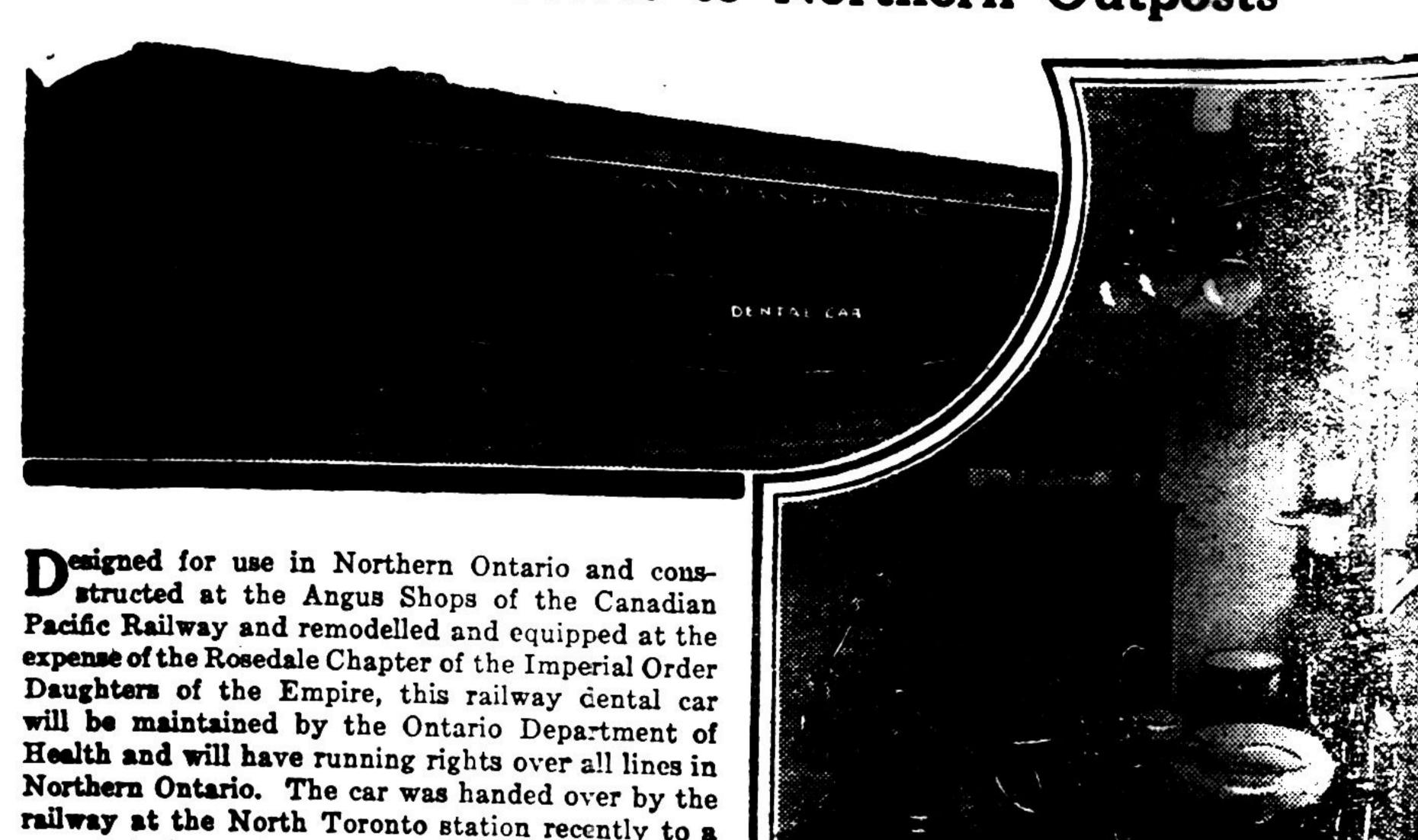
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Dental Services to Northern Outposts



railway at the North Toronto station recently to a representative gathering including Hon. G. S. Henry, Premier of Ontario; Hon. Dr. J. M. Robb. Minister of Health; Dr. W. J. Bell, deputy Mister Mealth; Dr. F. J. Conboy, director of der all services for the Ontario Health department; and delegates from the 65 chapters of the I.O.D.E. in Toronto. The car is complete in every way as a dental cou-

sulting office, fully equipped, with dentist and nurse attached, having their own quarters, with waiting room, dental chair and all accessories as in the most modern dental consulting rooms. Electric light, hot and cold running water, electric accessories are all contained in the car which will furnish dental service to children and adults throughout Northern Ontario

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