

In Praise of Fruit Salad and Its Place on the Menu

Always Room for Argument as to Whether to Use French Dressing or Mayonnaise. Latter is Appropriate if Dish is Final Course. Recipe for Glazed Ham.

You can always get up an argument in regard to the place of fruit salad in the menu. Foreign visitors are sometimes inclined to criticize us for our use of elaborate salads. Sometimes the comments are just, and yet most of us will remain devotees of the right kind of fruit salad served in its proper place.

Certainly we will cheer for chilled sections of grape fruit or orange, drenched with a piquant French dressing and served on the foundation of crisp lettuce or romaine. A few thin slices of avocado will provide contrasting flavour and texture. The same is true of the meaty California grapes. By the way, I had a salad which answered

1/2 cup brown sugar
2 teaspoons mixed mustard
Arrange ham in baking dish. Mix sugar and mustard, spread over ham and bake in a hot oven, 425 degrees F., twenty to thirty minutes. Baste occasionally during the baking.

Fruit French Dressing
1/2 cup salad oil
4 tablespoons grapefruit or orange juice

1/2 teaspoon salt
1/2 teaspoon paprika
1 teaspoon powdered sugar
1 tablespoon lemon juice
Mix ingredients, chill in refrigerator and shake or beat well before serving.

Quick Meal
Mushroom soup
Baked sliced ham
Baked sweet potatoes
Buttered spinach
Fruit salad

Toasted crackers. Coffee.

Method of Preparation
Light oven.
Scrub potatoes and bake.
Prepare ham and bake.
Prepare fruit for salad.
Look over spinach and cook.
Open can of soup and heat.
Make dressing.
Toast crackers.
(Released by The Bell Syndicate, Inc.)

Members of the New Quebec Provincial Cabinet

Four Former Ministers Receive Appointments Last Week.

Last week the new provincial cabinet for Quebec took office. The premier, Hon. Adélard Godbout, who is a prosperous farmer who has made a success of farming on a scientific basis, holds the positions of Minister of Agriculture and Minister of Colonization. The new Minister of Mines, Hon. Edgar Rochette, was the winner of a Rhodes Scholarship and otherwise a brilliant student during his school and college career. He was Minister of Labour in the Godbout government of 1936.

The fourteen portfolios of government are divided between eight men, six others having been included as ministers without portfolio, as follows:

Hon. Adélard Godbout, Premier, Minister of Agriculture and Minister of Colonization.

Hon. T. D. Bouchard, St. Hyacinthe, Minister of Roads and Minister of Public Works.

Hon. J. A. Mathewson, Notre Dame de Grace, Montreal, Treasurer.

Hon. Wilfrid Girouard, Arthabaska, Attorney-General.

Hon. P. E. Cote, Bonaventure, Minister of Lands and Forests and Minister of Game and Fisheries.

Hon. Oscar Drouin, Quebec East, Minister of Municipal Affairs, Trade and Commerce.

Hon. Edgar Rochette, Charlevoix-Saguenay, Minister of Labour, Minister of Mines.

Hon. H. Groulx, Outremont, Montreal, Provincial Secretary and Minister of Health and Education.

Hon. F. L. Connors, St. Anne; Hon. Wilfrid Hamel, St. Sauveur, Quebec; Hon. L. J. Thibault, Maskinonge; Hon. Leon Casgrain, Kamouraska-Riviere-du-Loup; Hon. Georges Dansereau, Argenteuil; Hon. Cleophas Bastien, Berthier, ministers without portfolio.

Four Had Experience

Four of the ministers have had previous experience in the cabinet. They are: Mr. Bouchard, who served from June, 1935, to August, 1936, as Minister of Trade, Commerce and Municipal Affairs, the only member of the Taschereau government, aside from Mr. Godbout, who is in the cabinet; Mr. Rochette, who served as Minister of Labor, Game and Fisheries from March, 1936, to August of the same year under Mr. Godbout's brief former premiership; Mr. Bastien, who was minister without portfolio for the same period; and Oscar Drouin, who was Mr. Duplessis' first Minister of Lands and Forests and who was the first minister to resign from the Union Nationale government.

Toronto Telegram:—A man must have several bees in his bonnet to produce an idea that is a honey.



That Body of Yours

(by James W. Barton, M.D.)

Good Posture Builds Physical and Mental Health

For a number of years I lectured to university graduates; men and women teachers in high and preparatory schools. I tried to impress upon them the importance of having their students stand erect and so keep free of spinal curvature, round shoulders, and other defects in posture.

I advised that when there was no examination by nurse or physician, they secure a mirror and let each student look at himself both sideways and facing the mirror; that if the student could see himself or herself as they actually stood, and then could see the great difference when they "stood tall" or erect, there would be fewer cases of spinal curvature and round shoulders.

So strong did I emphasize the value of developing the abdominal muscles in attaining the erect carriage, that in marking their examination papers it was not unusual in an answer regarding posture to come across the words printed, not written, "Develop the abdominal muscles."

That the development of the abdominal muscles is the biggest factor in attaining the erect carriage can be seen by standing sideways to a mirror and drawing in the abdomen, just as well developed abdominal muscles draw the abdomen backward. Immediately the chest stands out, the shoulders go back, and the spine becomes straight.

The simplest exercises to develop the abdominal muscles are (a) trying to touch toes, knees kept straight, and (b) lying on the floor and raising legs, knees kept straight, to a right angle, that is forming two sides of a square with body and legs. The buttocks must not be raised off the floor when legs are raised.

There is nothing that gives one such a feeling of mental and physical health as the acquirement of a good posture.

When, however, it is found that there is a spinal curvature, (and parents should take a look at the backs of their growing boys and girls) the family doctor should be consulted. If he finds that by placing the boy or girl in certain positions the spine becomes straight he may show the exercise that should be taken, or send the youngster to a physical director. If the spine cannot be pulled straight by exercise, an orthopedic physician must be consulted and a plaster cast or other apparatus must be worn for months.

TO-DAY'S FASHIONS



"Grand Dame" Type

A dinner gown of the "grand dame" type is welcome to the wardrobe of the woman who looks well in striking clothes. Here is a dramatic and beautiful model of black velvet over white taffeta, a model that is becoming to both the young girl and to the more mature type. The velvet overdress buttons on snugly over a seamed and form-fitting bodice. It opens to reveal the taffeta underskirt with pleated flounces. The white pleating is used to outline the deep square décolletage.

Stand tall yourselves and encourage your youngsters to sit and stand tall.

Health Booklets Available

Seven helpful booklets by Dr. Barton are now available for readers of The Advance. They are: Eating Your Way to Health; Neurosis; Why Worry About Your Heart; The Common Cold; Overweight and Underweight; Allergy or Being Sensitive to Various Foods and Other Substances; and Scourge (gonorrhea and syphilis). These booklets may be obtained by sending Ten Cents for each booklet desired, to cover cost of handling and service, to The Bell Library, in care of The Advance, Timmins, 247 West 43rd St., New York City.

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Beauty and You

by PATRICIA LINDSAY



To learn deep breathing lie on a bed as demonstrated by JANICE LOGAN, with arms parallel to side. Keeping mouth closed inhale so deeply as to raise bosom from bed. Exhale through nose slowly and repeat.

Do the Words You Speak Portray Your Best Qualities?

It is a difficult task for any beauty editor to instruct you on how to change your voice! The majority of girls and women who have not been so fortunate as to have voice instruction included in their schooling would greatly benefit by reading an elementary book on voice control, and by taking voice lessons from a credible instructor. A poor instructor can take away what natural loveliness you have in your voice and leave you worse off than you were before you sought his training.

Hollywood charm authorities think the best step you can take alone is to have your voice recorded on a record so that you may play it back to yourself to detect what is wrong with it. Then you should attempt to make your voice more vibrant, warm and sincere by correcting bad speaking habits.

Every worth-while instructor will tell you that good posture and deep, even breathing are most essential to voice quality and appeal. If you walk and sit in correct posture your vocal apparatus in your neck can function as it should, and your ribs will be held up in place so you may breathe properly.

Once good posture has been mastered learn to relax. Tension does horrible things to your voice. You cough nervously, swallow your words, sneeze, croak or get your throat passage otherwise congested. The result, as you know all too well, is anything but alluring!

So relaxing or "limping" exercises are in order if you are inclined to be either nervous or tense. Yawning and stretching as you lie on the hard floor, help a great deal. My Slumber Inducing Exercises, would also aid you to better voice control. You may do them before going to bed or just before you step out to a gala evening when you want to be languid, relaxed and fascinating! You know, my dears, pose gets the man's interest every time, and

Quintuplets Nurse to be Married in December

(From "Chit Chat" in The Nugget)
Five little hearts are breaking down at the Dafoe Nursery today as the Dionne quintuplets wonder who will replace Molly O'Shaughnessy, pretty, auburn-haired Irish nurse who, after three and a half years as something of a second mother to the five sisters, is resigning to become a bride, the wedding date being set for sometime in early December.

Favourite of Dr. Allan Roy Dafoe, the quintuplets themselves, Business Manager Keith Munro, and well liked by Mr. and Mrs. Oliver Dionne, Molly Estella, youngest daughter of M. R. O'Shaughnessy, of Cobalt, has become engaged to Charles Joseph MacMillan, son of N. A. MacMillan and the late Mrs. MacMillan, of North Bay.

In her near-four years with the five sisters, Molly has shared their lives as almost no other human, and it was she who shepherded the quintuplets into the room in Queen's Park when they met Their Majesties last June.

Molly and Charlie will have the best wishes of all and the blessing of Dr. Dafoe, the Dionnes and Marie, Emilie, Cecile, Annette and Yvonne when the marriage vows are said next early December in the Pro-Cathedral of the Assumption here in the City.

Effort Unappreciated

(From The Montreal Star)
The host's daughter had just played the "Moonlight Sonata."
"Ah," remarked a guest. "Very difficult thing to play that."
"Myes," said another. "A pity it wasn't impossible."

Disappointed

Did you know I had a little money when you married me?
"No, I thought you'd a lot."

A Start

A military observer gave it as his opinion that it was too early yet to say precisely what line the allied command would take on the Western Front. What's wrong with taking the Szigfried, to begin with?

Not Bad Idea

A correspondent who has joined a cavalry regiment wants to know what is the best way for him to get on. Well, of course, he could ask the colonel to hold the horse's head for him.

Best Way

"I caught my husband flirting."
"That's how I got mine too."

In Every Office

"Have you got a dictating machine in your office?"
"Yes—confound him."

To Start With

"Ethel, love, what would you do if you were in my shoes?"
"Well, dear, I think I'd get a pair about three sizes smaller."

Hardly Flattering

Artist (proudly): "I shall never do anything better than that."
Friend: "Nonsense! You mustn't lose heart!"

One of the Season's Most Attractive Weddings at St. Matthew's Church

Miss Mae Dickinson and Mr. Joseph M. Stachow Married. Church Beautifully Decorated for Occasion. Wedding Dinner at Home of Groom's Parents. Reception at Hollinger Hall in Evening.

One of the season's loveliest weddings took place on Thursday afternoon, November 9th, at 4:30 o'clock, at St. Matthew's Anglican Church, when Miss Mae Dickinson, daughter of Mr. and Mrs. John Dickinson, of Timmins, became the bride of Mr. Joseph M. Stachow, son of Mr. and Mrs. Fred Stachow, of 113 Maple street north.

The Rev. Canon R. S. Cushing officiated, and wedding music was supplied by Mrs. Chas. Elles at the organ.

The church was beautifully decorated for the occasion with tall baskets of mixed flowers, and a large number of friends of the popular bride and groom attended the ceremony.

Entering the church on the arm of her father, who gave her in marriage, the bride was a picture of loveliness in a gown of white moire taffeta, made on princess lines. It was fashioned with a fitted jacket, with long leg o' mutton sleeves, buttoned to the waist at the front, and bearing the new bustle at the back. The skirt of the gown flared gracefully from the long fitted waistline, and she wore matching accessories and a long veil of embroidered tulle caught in a heart-shaped coronet of orange blossoms. She carried a white satin muff, with beautiful mauve orchids.

Miss Dorothy Dickinson, sister of the bride, was maid of honour, wearing a charming gown of pink net over taffeta, fashioned with a fitted waistline, very full flared skirt, and matching bolero jacket. She wore a flowered cap to match, with a bustle bow of satin, and carried a bouquet of butterfly pink roses and fern.

Miss Mary Stachow, sister of the groom, was the bridesmaid, attractively attired in a gown of mauve chiffon, fashioned on long fitted lines, with a matching jacket. She wore a matching flowered cap, identical to that worn by the maid-of-honour, and carried an arm bouquet of talisman roses. Both the maid-of-honour and the bridesmaid wore lovely cameo lockets, gifts of the bride to her attendants.

Mr. Roland Legault acted as groomsmen, and the groom was also attended by Mr. Stanley Yuskow.

Following the ceremony, a wedding dinner was served at the home of the groom's parents, 113 Maple street north, where the groom's mother received the guests, becomingly attired in a street-length dress of navy blue chiffon, with matching accessories and a corsage of roses. Mrs. Dickinson, mother of the bride, chose for the occasion an afternoon dress of teal blue crepe, with matching accessories, and a corsage of roses.

The home was attractively decorated for the occasion, the bride's table being centred with a large wedding cake, beautifully iced, and adorned with vases of mixed flowers.

Later in the evening, a reception was held at the Hollinger Recreation hall, and attended by a very large number of friends who wished the bride and groom every happiness, and presented them with numerous lovely gifts for their new home. A buffet lunch was served at the reception and dancing to the music of Henry Kelneck's orchestra was enjoyed.

The bride and groom left the following day for Toronto and Detroit, the bride choosing for travel a becoming ensemble of wine crepe, with matching accessories, a muskrat coat, and a corsage of orchids.

Upon their return they will take up residence in Timmins.

Prior to her marriage the popular bride was entertained at numerous showers, her many friends presenting her with a large number of attractive gifts.

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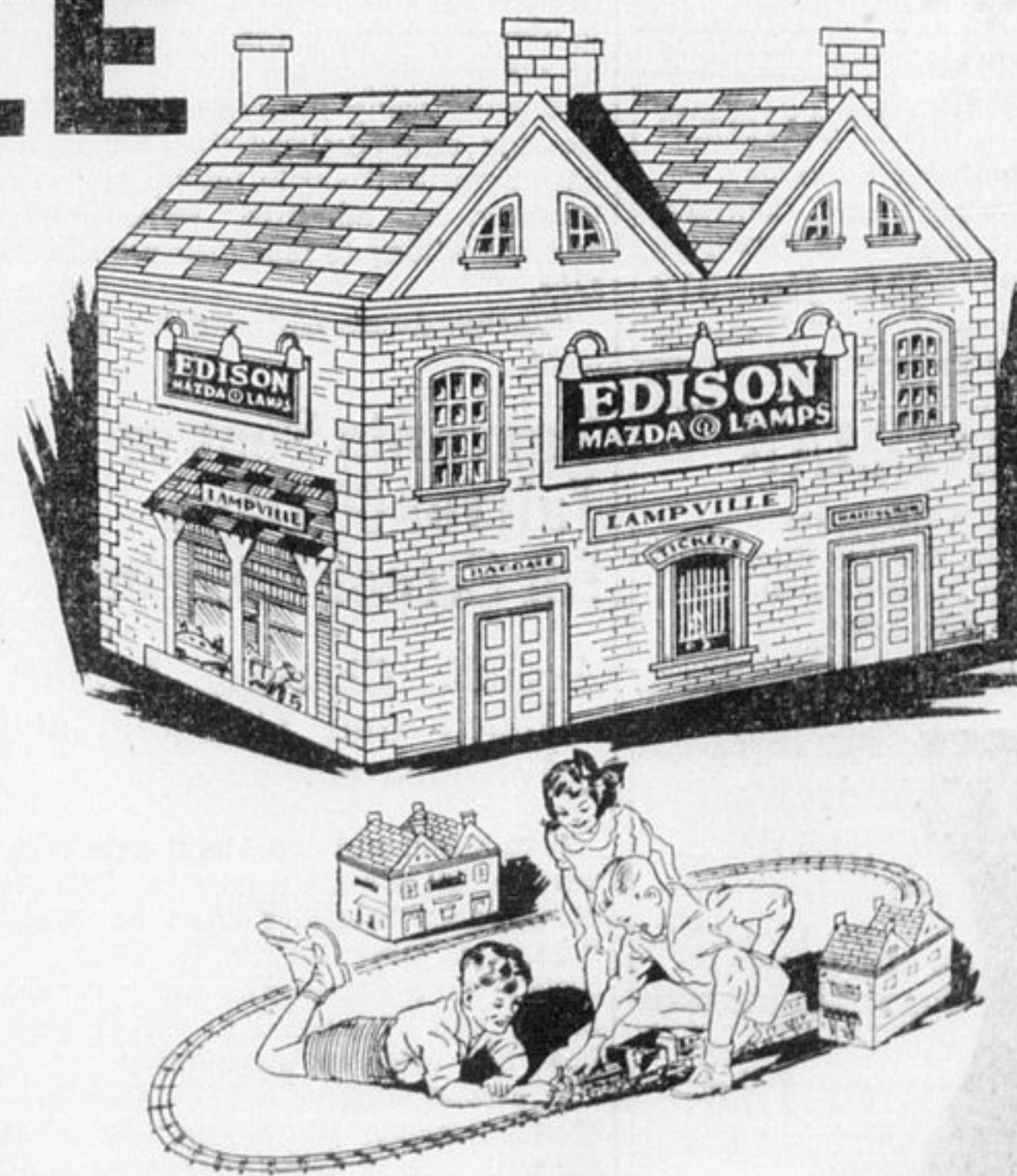
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