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**THE CANADIAN BANK OF COMMERCE**

The Bank will make delivery of all Bonds on 12th October, or as soon thereafter as full payment for them is made.



Hello Homemakers! Hearty home-spun foods are popular when the family get together. The fragrance of bacon and corn bread on a chilly October morning is something to awaken happy memories of days when breakfasts were meals to be reckoned with; of country kitchens with wood crackling in the stove; of children shuffling through piles of gold and crimson leaves.

People like to remember the old family traditions but they are particularly nostalgic about the dishes mother used to make—the pies, the biscuits, the pungent pickles and similar delights. These hearty foods belong to fall menus.

**BRAN CORNBREAD WITH BACON**

- 1 egg
- 1/2 cup sugar
- 1 1/2 cups milk
- 1 cup cereal bran
- 1/2 cup cornmeal
- 1 1/2 cups sifted pastry flour
- 4 1/2 tsp. baking powder
- 1 teaspoon salt
- 1/2 pound diced side bacon

Grease a 9x9 inch cake pan. Pre-heat electric oven to 400 degrees. Beat egg and sugar together, add milk, bran and cornmeal. Sift flour with baking powder and salt and sift into first mixture. Pour into prepared pan. Arrange bacon on top and bake 30 minutes. Eight servings.

As a supper dish serve this with scalloped tomatoes or a creamed vegetable cooked in electric oven at same time as cornbread.

**CHICKEN LOAF**

Choose a 5-pound rather fat hen and have it disjointed. Barely cover the pieces with water. Add a few sticks of celery, a small onion, sliced, and two or three pieces of parsley. Bring to boil and then simmer gently until meat falls from the bones. When cool enough to handle, cut meat into small pieces and add the meat to 1 cupful white bread crumbs, 1 cupful milk, 1 cupful of the chicken stock, strained, salt and pepper to taste and 1/2 teaspoon celery salt. Stir in 4 well-beaten eggs; pour into greased shallow pan, place pan in pressure saucepan and cook 20 minutes at 10 lbs. pressure. To serve, cut in squares and serve with mushroom gravy made from remainder of chicken stock and sauteed mushrooms.

Serve with hot potato salad, cranberry jelly or some of your red currant jelly, mixed green salad, pickles and celery heart.

**MOCK MINCEMEAT**

- 1 1/2 cups seeded raisins
- 4 medium apples
- 1 orange
- (grated rind and juice)
- 1/2 cup cider
- 2-3 cup sugar
- 1/2 tsp. cinnamon
- 1/4 tsp. cloves

2 crushed graham crackers  
Cut raisins. Peel, core and slice apples. Combine raisins, apples, orange rind, juice and the cider. Cover and simmer 10 minutes. Add sugar, spices and cracker crumbs. Stir until well blended. Cool thoroughly before using as pie filling. For a 9-inch pie.

**CREAM FILLED SQUASH**

Cut 2 pepper squash in half and scrape out the seeds and stringy portion. Place in pressure cooker with large whole scrubbed potatoes. Cook potatoes and squash together 10 minutes at 10 lbs. pressure. Remove as soon as cooked. Pour the following creamed mixture into squash: to 1 cup cream sauce, add 1 cup chopped meat and season with salt, pepper and a dash of nutmeg.

**INDIVIDUAL LIVER OILS**

- 1/2 pound liver
- 1 1/2 cups mashed potato
- 2 tbsps. chopped onion
- 1 tsp. chopped celery
- 1/2 tsp. salt
- 1 egg, beaten
- 1/2 cup milk

Parboil liver 5 mins., and then put through food chopper. Combine liver, potatoes, and seasonings. Beat in egg and milk. Turn in greased muffin tins and bake in electric oven at 375 degrees for 20 minutes. Heat a can of vegetables and bake 4 apples at the same time to conserve electricity.

**EYES EXAMINED  
O. T. WALKER**

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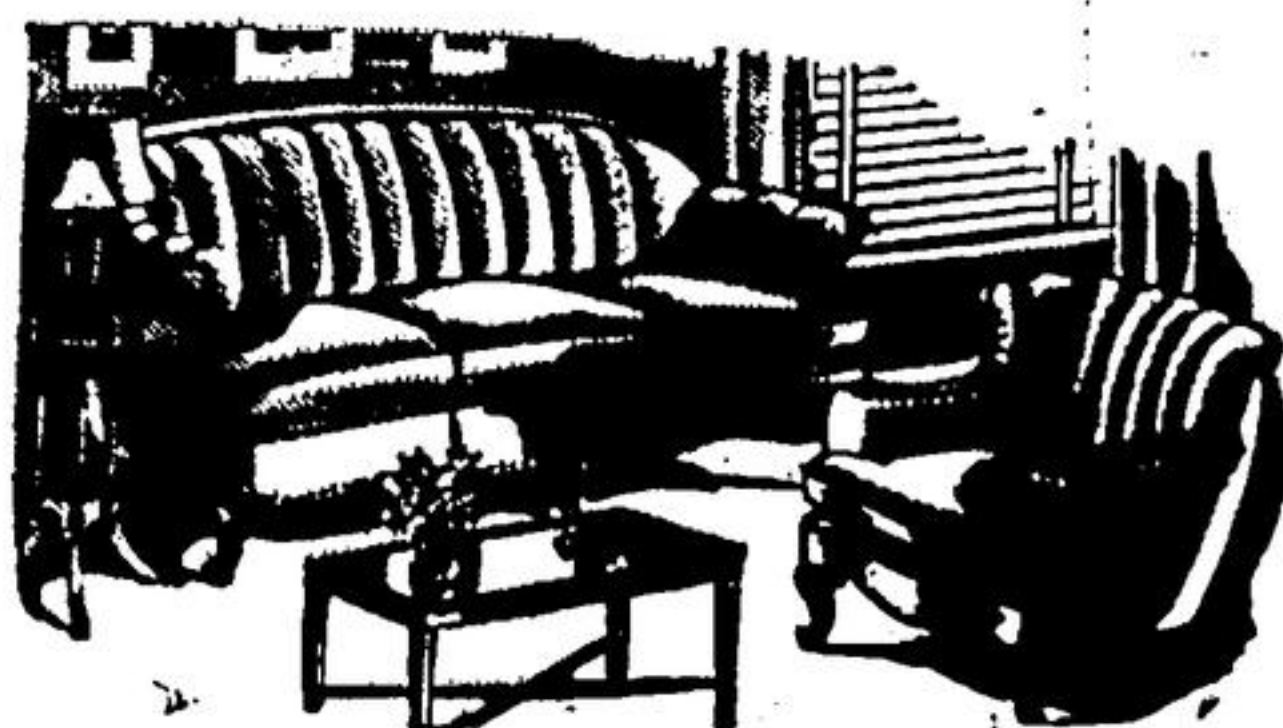
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