

THE MIXING BOWL



Hello Homemakers! The colour of fall fashions should send us spinning and twirling to vie with nature's coloured leaves as they dance into nooks and crannies. Such colours, as polka orange, minuet grey, and ballet purple seem to make us happy and proud.

While preparing meals we should be pleased with our colourful fall vegetables, too — the orange pumpkin, the green-grey squash and the purple grapes. These and other fall vegetables are economical in price yet high in food value.

CORN AND GREEN PEPPER MOLD

1 cup cooked corn
 1/2 cup chopped green pepper
 1 tsp. grated onion
 1/2 cup chopped celery
 1 tsp. gelatine
 1/2 cup cold water
 1/2 cup cooked salad dressing
 1/2 cup boiling water

Soak gelatine in cold water. Add boiling water and stir until dissolved. Chill and add mayonnaise and salt. When partially set, add prepared vegetables. Pour into 6 individual greased molds and chill in electric refrigerator. Unmold and garnish with parsley.

SAUTED TURNIP

4 cups grated turnip
 1/2 cup butter
 Salt and pepper

Cut turnip in half, peel and grate. Place grated turnip in shallow pan in which butter has been melted. Add salt and pepper. Stir occasionally and cook, covered, for about 20 minutes. No water is needed for fresh turnips using this method.

SCALLOPED ONIONS IN TOMATO

8 large onions, sliced
 3 tbsps. butter
 3 tbsps. flour
 1/2 tsp. salt
 1/8 tsp. pepper
 2 cups tomato juice

Arrange half of onions in casserole, sprinkle with half the flour, salt and pepper. Dot with butter. Finish all ingredients in a second layer. Pour on tomato juice. Bake in electric oven at 400 degrees for 35 to 40 minutes. Serves 6.

ORIENTAL MARROW

1 vegetable marrow
 2 green peppers
 3 tbsps. butter
 5 ripe tomatoes
 1 can rice
 1 tsp. celery salt
 1/2 tsp. garlic salt

Prepare marrow by peeling and cutting into cubes. Soak in salt water for 15 minutes. Melt butter in a skillet, add green pepper cut into strips (without seeds) and the marrow rolled in flour. Sauté until brown. Add peeled tomatoes, canned rice and seasonings. Cook ten minutes. Yield about 8 servings.

TAKE A TIP

3. Cranberry Sauce — Combine 1 quart cranberries, 2 cups water, 2 cups white sugar and boil 5 mins. For Berets.
4. Caper Sauce — Combine 1/2 cup melted butter, 1/4 cup bacon dripping, juice of 2 lemons, 1 tsp. minced onion, 1 teaspoon chopped capers, salt and pepper. For Baked Potatoes.
5. Mushroom Sauce: Melt 1/2 cup butter and blend in 3 tbsps. flour, 3 tbsps. minced onion, 1 cup consommé of thin gravy and 1 cup sautéed mushrooms. For Vegetable Marrow.

REQUESTED RECIPES

CURRIED VEGETABLE (for Mrs. E. D.)

1 cup diced carrots, cooked
 1 cup string beans, cooked
 2 cups cauliflower flowerlets, cooked
 1 cup cooked rice
 3 tbsps. butter
 1 small onion, diced
 1 to 2 tbsps. curry powder (as desired)
 2 1/2 tbsps. flour
 1/4 tsp. salt
 1 1/2 cups tomato juice
 1 tsp. Worcestershire sauce
 1 cup soft bread crumbs

Arrange all the vegetables and rice in layers in a casserole. Now melt the butter and cook the diced onion until golden brown. Blend in the curry powder, salt and the flour. Add tomato juice and Worcestershire sauce. Cook until thick and pour over the vegetables in the casserole. Cover with buttered crumbs and bake at 400 degrees F. until crumbs are browned. Serves 4 to 6.

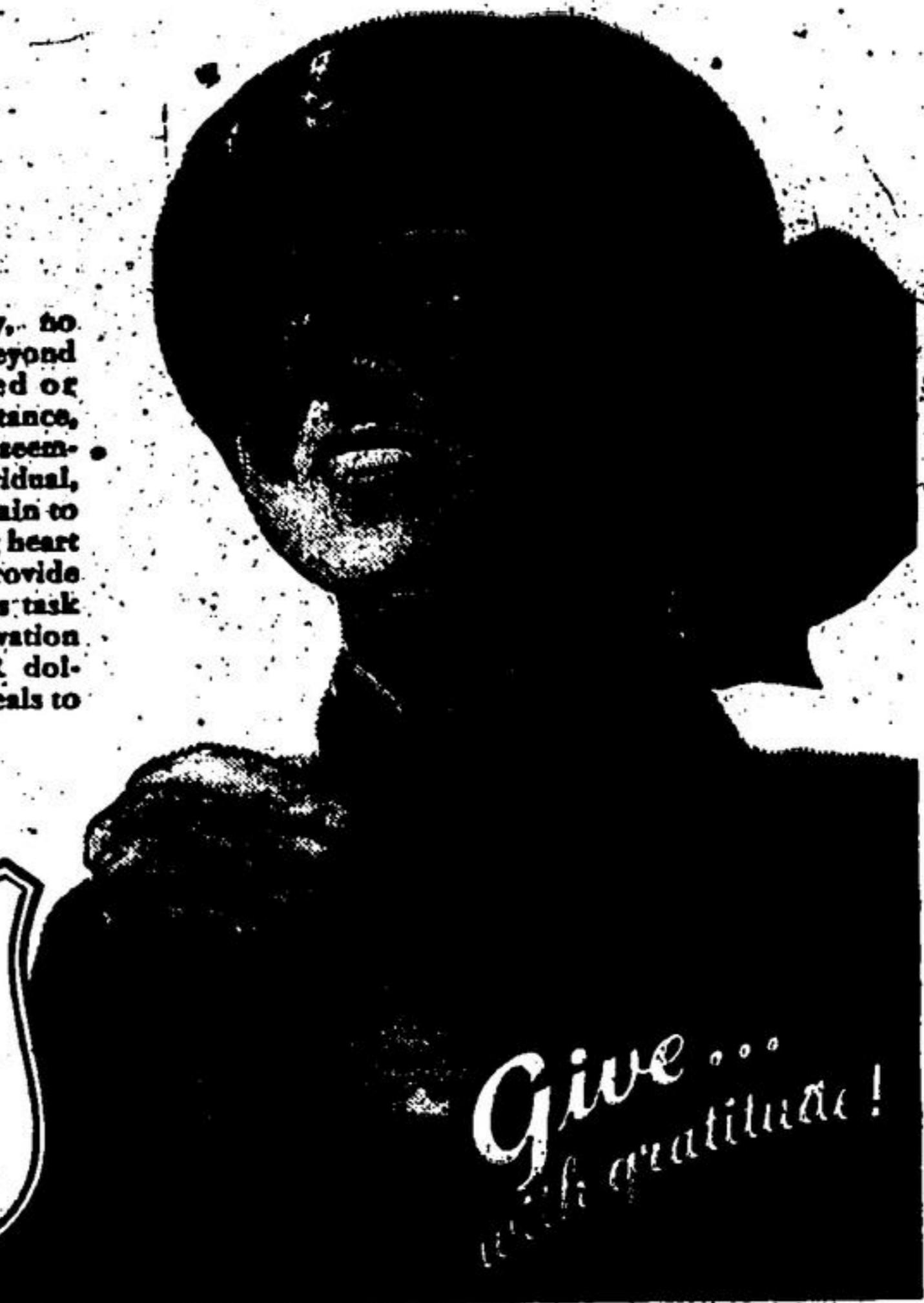
BAKED STUFFED TOMATOES (for Mrs. J. C. T.)

6 large tomatoes
 1 cup soft bread crumbs
 1/2 cup minced ham
 3 tbsps. minced onion
 1 sweet green pepper, chopped

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NOVEMBER 4th SET FOR POPPY DAY HERE

Saturday, November 4th has been set as Poppy Day and local canvassers, working under a committee headed by Mrs. Thomas Grieve will be on the streets that day selling the well-known poppies. All proceeds from sale of poppies and wreaths are used for work among disabled veterans and their families. The local Legion branch has always taken charge of Poppy Day in town, although the Poppy Fund is not an exclusive Legion project. It is independently administered for the benefit of all veterans, whether Legion members or not.

Mr. Thomas Goodlet left last week for an extended visit in the west. He will make his headquarters with Mr. and Mrs. James Arnot at Calgary.

Visitors one day last week with Mr. and Mrs. Walter Biehn were Mr. and Mrs. Oliver Smith of Calgary, Alberta.

SKINNY MEN, WOMEN GAIN 5, 10, 15 LBS.

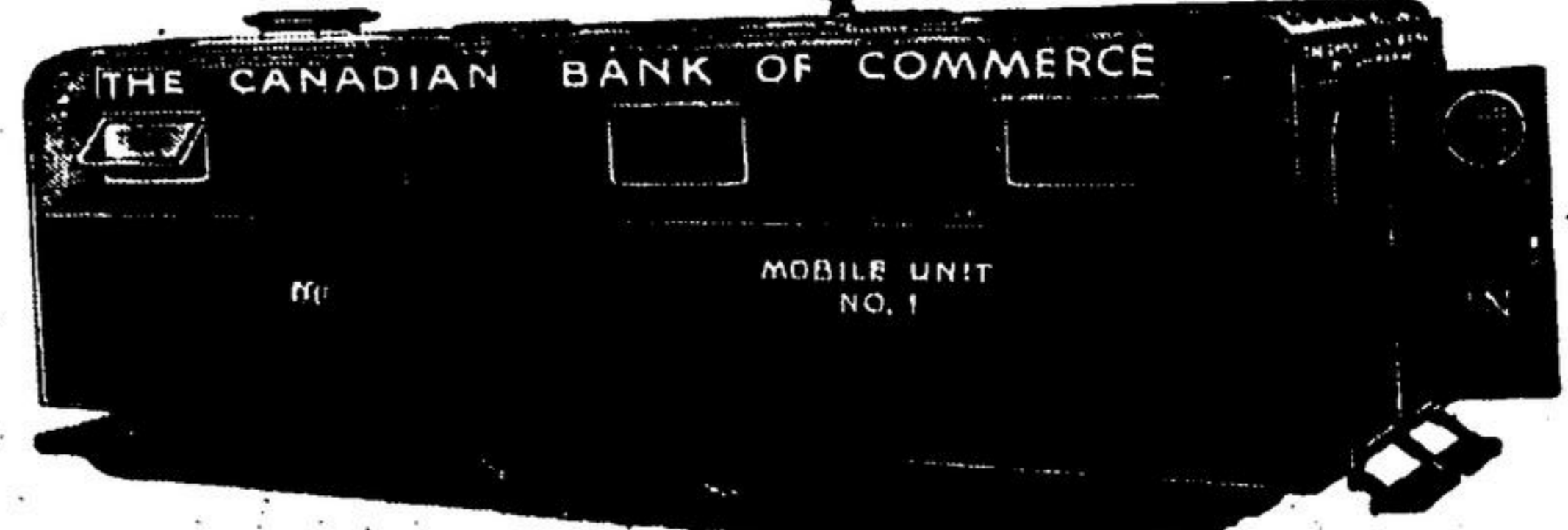
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EYES EXAMINED O. T. WALKER OPTOMETRIST

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Some months ago, during a business trip to Britain, a senior officer of The Canadian Bank of Commerce was favourably impressed with the mobile banking service offered by several British banking houses. His first encounter with this type of banking was at a trans-Atlantic air-terminus outside London, where, as he stepped off his airplane, he virtually stepped into a branch of the Midland Bank — on wheels.

When The Commerce was recently faced with the problem of what sort of bank premises to provide at the International Flowing Match (held this year near Alliston, Ontario) it was decided that the Bank would be well served by a mobile banking unit similar to those now in operation in Britain. An order was forthwith placed with a Toronto trailer manufacturing firm. Their instructions were to work with the Bank's Planning Department to construct a complete bank in miniature suitable for attaching

to a towing unit. The name given to this Bank is "Mobile Unit No. 1, The Canadian Bank of Commerce." It has an overall length of about twenty-eight feet and is of steel, wood frame, and masonry construction. The interior is paneled in heavy ply well-finished in accordance with traditional bank design. Ample customer space is provided. There are two tellers' windows, accounting space, fitted filing and stationery cabinets, a reinforced space for the safe, rest room, and a compact Manager's office, which converts to sleeping quarters.

The mobile unit has its own lighting facilities and is fitted with electric brakes. It can be heated. When on location it is stabilized by internally controlled jacks.

It will be operated by a manager with a staff of three, when full banking service is to be provided.

The exterior is of masonry, painted in maroon and warm grey with the Bank's name in gold lettering on a maroon backboard. A two-foot

decalco of the Bank's seal is affixed to each side. Although this trailer is the largest made by the builders it is light enough to be towed by the average passenger motor car.

It is not the Bank's intention to use the mobile unit solely for the provision of banking service. Where occasion permits, however, a full service will be given. Otherwise, the mobile unit will be towed to such gatherings as county fairs — where the attendance may be small, but where it can be used as an education medium. It is also felt that the mobile unit will be useful in emergencies, or to enable the Bank to set up temporary service where required, as at new mining developments, etc. Educational material and displays are now being developed for use with the mobile unit.

The first Manager of Mobile Unit No. 1 is to be Charles Ingils, Toronto, who will operate it at the International Flowing Match, where the usual attendance is about 200,000 farmers over a period of four days.