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'SALADA' TEA

Canned Salmon the Old Standby for Quick Meals

Using Salmon Mayonnaise is Most Appetizing. In Cold Weather Creamed Salmon in Ramekins may be Used for Main Course. A few Recipes.



(By Edith M. Barber)

Among the oldest contributors to the quick meal problem is canned salmon. Before the days of the businesswoman-housekeeper, quick meals were considered legitimate at house-cleaning time, and on days when there was a seamstress in the house and all the women in the family had to help so that she could turn out as many gowns as possible; then the men of the household just expected to have canned salmon.

Even to-day when there is a much greater variety of canned products on the market, salmon is the same good old standby. On a warm evening a salmon mayonnaise is most appetizing especially if the salmon has been chilled. Minced pickle or olives may be added to the mayonnaise with perhaps a dash of onion juice. As a further filling garnish there may be halved hard-cooked eggs.

If the weather is cold, creamed salmon in ramekins, bread cases or patty shells may be used for the main course, a few sliced mushrooms, green peppers or bits of pimento will add flavour and colour. Then there is that generally popular combination of soft bread crumbs, well seasoned, of course,

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How Much Variety in Making of Menus?

Some Special Recipes for Currant Buns, Steamed Prune Bread, Bran Date Bread.

We can't go very far into the subject of making menus without coming to the matter of variety. Women looking for help in meal planning, usually ask for suggestions for variety in their everyday menus. In fact, variety seems to be a word that covers a multitude of conditions and many sins. Nearly all of us justify a poor menu now and then with the excuse that we do not have much variety from which to choose.

When we come right down to the matter of eating, just how much variety do we want? People who regularly eat in restaurants where there is a wide selection of food, eat pretty much the same meals day after day. Every home has its traditions in cooking. Too many new ways and strange foods will be as upsetting in the home as they are unprofitable in the restaurant.

But, meals do become monotonous and there must be something different in menus to make them interesting. We can do no better than take a tip from the restaurateurs who make a business of planning interesting meals. Nearly all of them will tell you that the secret of success is good home-cooked food with little extra touches to give variety. Some of the "little things" are hot breads, particularly the dark, fruity ones; garnishes that can be eaten, such as carrot straws, radish roses, celery curls, pickles, jelly.

The smart restaurant chef knows something about using left-overs, too. Food is never just "warmed over." It is made into a new dish and is garnished and served with all the fanfare of a chef's special. Here again it is the little thing that does the trick—perhaps something so simple as a topping of buttered corn flakes for a casserole of scalloped left-over vegetables and meat.

Those dark, fruity breads that everyone likes, can be in the form of muffins, buns or loaves. Here are a few recipes to add to your collection.

Honey Currant Buns

1/2 cup prepared bran
1/2 cup currants
1/2 cup milk
1/2 cup honey
2 cups flour
4 tps. baking powder
1 tsp. salt
1/4 cup shortening

Combine bran, currants, milk and honey. Sift together the dry ingredients and cut in the shortening. Add to the first mixture and combine. Turn onto floured board and shape in a long roll. Divide into 12 equal pieces. Roll each piece into a ball and flatten out to one-half inch thickness. Place on greased pan and bake in a hot oven (425 deg. F.) about 25 minutes. Yield: 12 buns 2 1/4 inches in diameter.

Note: If desired, buns may be glazed with a mixture of honey and melted butter before baking. This gives them a golden brown colour.

Steamed Prune Bread

1 cup prepared bran
1 cup sour milk
1/2 cup prunes (soaked several hours, stoned, drained and chopped)
1 tsp. molasses
1/2 cup sugar
1 cup flour
1/2 tsp. soda
1 tsp. baking powder
1/4 tsp. salt

Mix together the bran, sour milk, prunes and molasses. Add the sugar, then the flour which has been sifted with the soda, baking powder and salt. Put the batter into a greased can. Cov-

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BIG PACKAGE—LOW PRICE

er tightly and steam for 3 hours. Yield: One loaf, eight servings.

Bran Date Bread

1 1/2 cups boiling water
1 1/2 cups dates (cut fine)
1 1/2 cups prepared bran
1 egg (slightly beaten)
2 tps. melted shortening
1 tsp. vanilla extract
1 1/2 cups flour
1 tsp. soda
1 tsp. salt
1/2 cup sugar
1 tsp. baking powder
3/4 cup chopped nuts

Pour boiling water over dates and cool. Add bran, egg, shortening and vanilla. Sift dry ingredients and add nuts. Add dry ingredients to first mixture and stir only until smooth. Bake in greased loaf pan in a moderate oven (350 deg. F.) 50-55 minutes. Yield: One loaf 3 1/2" x 8".

Marriage at Cochrane on Wednesday Last Week

A despatch from Cochrane last week says that the wedding took place at the home of Edward Rutledge Tucker, magistrate in the District of Cochrane, and Mrs. Tucker, on Wednesday, Oct. 2, of their daughter, Mildred Helena, to James Wallace, son of the late James and Mrs. Hepburn, Durham, Ont. Rev. A. F. Bamford officiated.

The house was decorated with pink gladioli, blue delphinium and pink and white asters. The wedding march was played by Miss Cora Elliot, who also played during the signing of the register.

The bride was given in marriage by her father and wore a gown of ivory Manhattan satin, with tulle and velvet turban to match. She carried a bouquet of Talisman roses and lily-of-the-valley and wore a gold amethyst necklace, worn by her mother on her wedding day.

She was attended by Miss Florence Young, Toronto, as bridesmaid, who wore a frock of French gold lame, with raspberry velvet girdle and turban to match. She carried a bouquet of Johanna Hill roses.

The best man was Mr. R. Shirley, Cochrane. After the ceremony a wedding breakfast was held, the bride's mother wearing a gown of black tulle velvet and turban to match. She wore a corsage of Briar Hill roses and baby's breath.

Later, the bride and groom left on a motor trip to Montreal and New York. For travelling the bride wore a wine redier tweed three-piece ensemble, trimmed with mole and with hat and accessories to match. On their return they will reside in Cochrane.

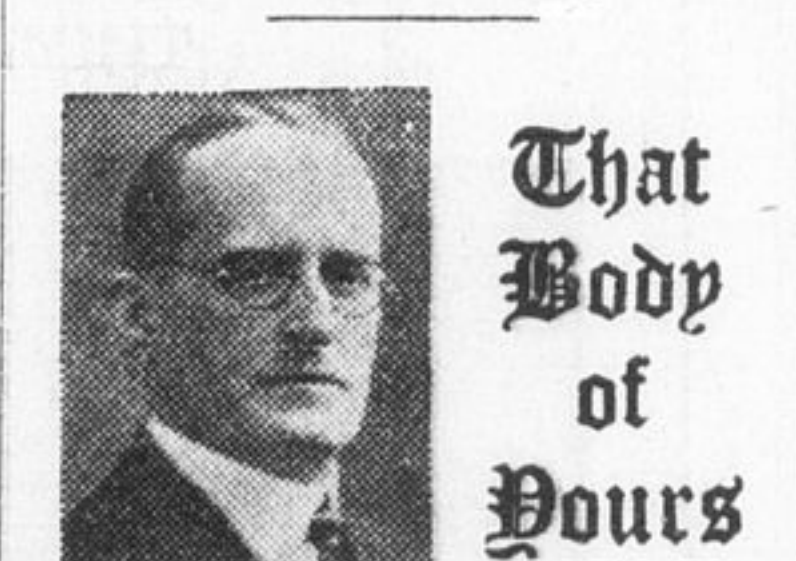
Kirkland Family Said to Have Moved West for Bonus

Before the recent election in Alberta it was said in jocular way that if the Social Credit party got into office there would be a regular exodus from all other parts of Canada to the province where \$25 per month was to be the fate of all. That, of course, was the general opinion was that Social Credit was too preposterous to be considered by the intelligent Canadian voter. Since the election there have been fewer jokes, though one Timmins man did say that the T. & N. O. intended to run one-way week-end trips to Alberta—no return—for \$5.00. However, reports last week from the West suggested that at least one Ontario family has taken the earnest view of that \$25 per month. And that one family apparently comes from this North—from Kirkland Lake to be correct. According to despatches this Kirkland Lake man is said to have quit his job at Kirkland and bought a second-hand automobile to bring his wife and eight children to Alberta in the hopes of sharing in that beautiful promise of \$25 per month. He was able to reach Alberta all right, but in a day or two he was "up against it," and had to apply to the relief authorities in Drumheller, Alberta, for relief. The relief authorities, however, were not very ready to hand out the relief, let alone any \$25 per month, and so the Kirkland Lake man feels that he has been very grievously deceived in the matter.

Marriage at Sturgeon Falls on Tuesday Last

A despatch last week from Sturgeon Falls, Ontario, says:—"A marriage of much interest was solemnized at Trinity United Church manse, Tuesday, Oct. 1, when Rev. G. Stamey Packham officiated at the wedding of Margaret Gladys Kirkup, daughter of Mr. and Mrs. John Jacques, Sturgeon Falls, and Colenzo John Reddington, son of Mr. and Mrs. J. C. Reddington, Schumacher. The bride wore a bottle green velvet frock of floor length, cut on princess lines. Her gown featured a tiny capelet and she wore matching turban with flare nose veil, shoulder bouquet of pink talisman roses, lily of the valley and bouvardia. She was attended by her sister, Miss Jean Jacques, who wore plum silk crepe with gleaming cellophane draped neckline. She chose matching hat and accessories, and shoulder bouquet of ophelia roses and fern. Dr. Dawson, Ogdensburg, N.Y., was best man. At the reception which followed the ceremony, at the home of the bride's parents, her mother received in a gown of brown triple sheer crepe with matching hat and corsage of tea roses. The groom's mother wore violet velvet with matching hat and shoulder bouquet of pink roses. Later the bridal couple left for a trip to Toronto, London and other points east. The bride wore a rust and brown plaid frock, and smart tweed coat with fox collar, brown hat and accessories. They will return to reside in North Bay."

That Body of Hours



By James W. Barton, M.D., Toronto
Epilepsy, the Brain and Present Treatment to Prevent Attacks

Everywhere through the world the search for the cause of epilepsy goes on. Almost every part of the body has been blamed for causing epilepsy. "This disease has been the subject of a great deal of speculation and has not escaped even the most extravagant fancies. The cause has been blamed to conditions due to heredity all the way up to stomach and intestinal intoxication or poisoning."

Dr. E. E. Langdon, Los Angeles, in the Laryngoscope, St. Louis, states that it is evident that a large proportion of active epileptic patients show absent, or responses below normal, when the ear is violently stimulated. These epileptic patients do not appear to be disturbed by this ear stimulation whereas normal persons would show pallor, excessive perspiration and nausea.

Now as it is generally agreed that these responses to ear irritation or stimulation go through the lower part or base of the brain, the failure to get a "response" in epileptic patients would show that some of the changes in the brain which may be the cause of epilepsy are located in this lower or "base" region. The suggestion by Dr. Langdon then is that epilepsy is not necessarily or entirely due to trouble or changes in the higher or intellectual part of the brain but that in part at least something is wrong or amiss in the lower centres.

All this is of help in trying to find the real or whole cause of epilepsy; the day may soon be near when the knowledge of its cause and the cure will be in our possession.

Until we do find out the cause, four simple rules now generally recognized as being able to prevent most attacks are:

1. Cutting down on the amount of starchy food eaten—sugar, bread, potatoes, pastry.
 2. Increasing the amount of fat foods eaten daily—butter, cream, fat meat, egg yolks.
 3. Cutting down on the amount of liquids taken daily—water, tea, coffee, milk, soft and hard drinks.
 4. A daily dose of phenobarbital or similar drug.
- Observing these simple rules, and avoiding overeating and eating when tired, enables many patients to remain free of attacks.

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BE BEAUTIFUL
By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



The sensible "short" that created such a stir with sports associations when first worn some years ago are now the accepted costume for tennis and many women wear them for golf. At the golf tournaments in Florida last winter, nine out of ten contestants wore shorts by preference. ELIZABETH BERGNER poses in a pair of linen shorts with blouse to match.

PROLONG GOOD EFFECTS OF SUMMER SPORTS

Many years ago a well-known physical instructor of Washington said to me "make exercise more enjoyable and women will fall to it naturally and keep it up." Her words come back to me now that I have seen women exercising, naturally. I've seen them enjoying every minute of it, not realizing that it was exercise. This famous instructor emphasized sports and games, divided her classes into teams competing in different games, and the specific game was designed to give the participants the type of exercise most needed—aimed "at the spot" so to speak.

As I recall that very valuable discussion with her, I can't help wondering about the "keep it up" part. At one of the finest Eastern beaches, I've seen some six or eight weeks of natural, enjoyable exercise. I've seen women whip a mean serve across the net net in a tennis match. I've seen them playing handball with men opponents (it's supposed to be more or less exclusively a man's game). I've seen them go through eighteen holes of golf without puffing (do it myself, in fact). I've seen women, not young girls, mind you, but middle-aged women riding, bubbling as the horse broke into a gallop.

Not Routing

Summer is the time for pleasurable exercise and sports, for getting down to the "spots" without the obvious one, two, three routine of the daily dozen. The wonder of it is that women don't prolong these sports at least as long after the summer as the weather and circumstances will permit. It isn't only the too-thin or the too-stout persons who should indulge in these sports. Everyone of every age should have some form of pleasant exercise. The woman with a normal and youthful figure has mighty good reason for partaking in sports and games. It's just the grandest way to keep that figure young, alert, supple and graceful.

Don't wait until the little bulges accumulate; don't wait until that flowing hipline suddenly takes on a "bunch." Keep the bloodstream active via exercise and it won't allow that lovely line to age or break.

Another thing to bear in mind—particularly for you late vacationists who have postponed your two week holiday until the summer's end—choose the sport that aims its exercise where you need it most. And please, please keep it up, at least a month or so after the last summer week-end.

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Another Evidence of the Improvement in Business

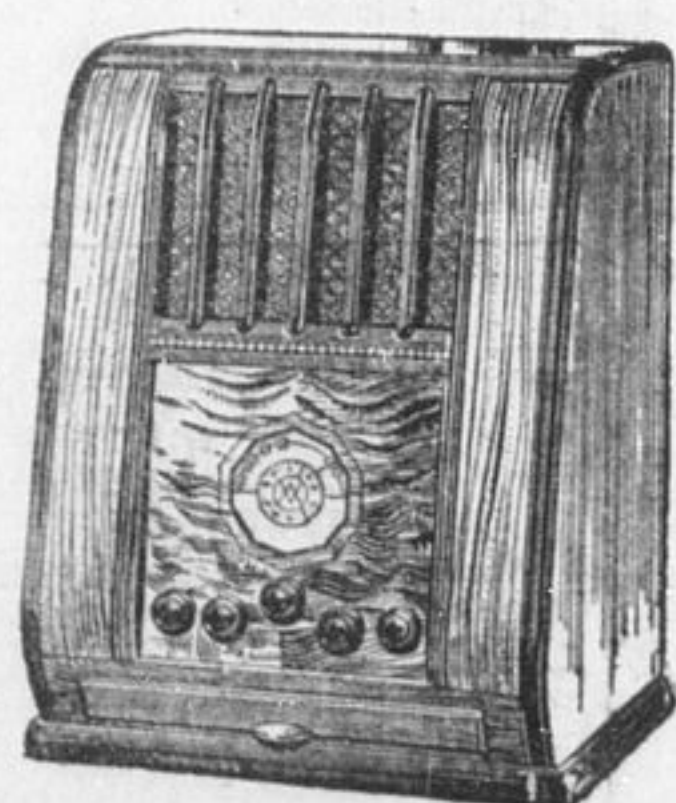
Confident that retail sales in Canada will show continued improvement this fall and winter, Canadian Industries Limited announce a further reduction in the price of cellophane cellulose film, widely used as a packaging and merchandising medium. This sixth successive price reduction since manufacture was commenced in Canada in 1932 is made with the belief that retail sales generally are on the up-trend and that a considerably broader use of the product will result from the reduction.

Mail and Empire:—Before her husband was defeated by Louis he belonged to the world, says Mrs. Baer. Now he is all hers. The world is content to let it be so.

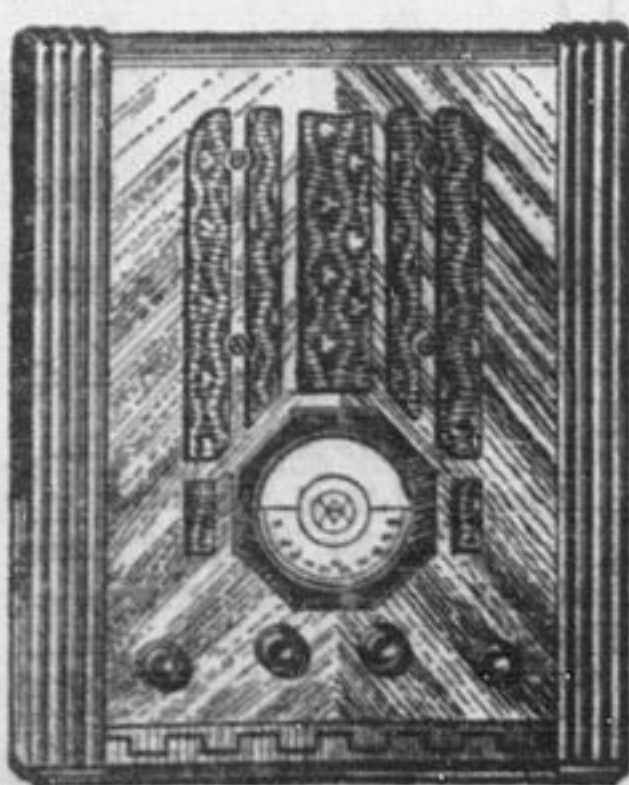
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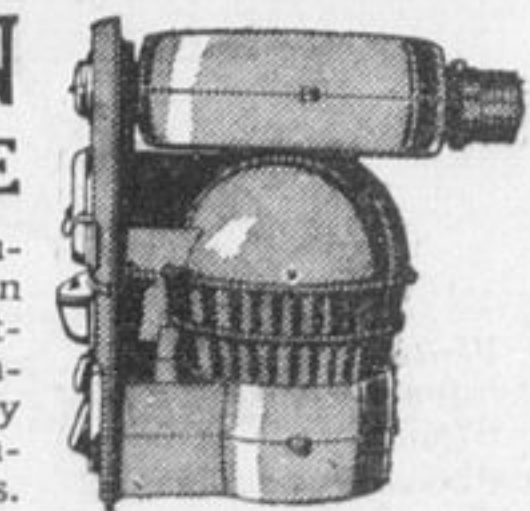
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