

Roast Duck with Orange Sauce for Sunday Dinner

Menu for the Week with a Special Dinner to Make Sunday an Extra Special Day. Recipes for Tomato Juice Cocktail and Stuffed Ripe Olives.



(By Edith M. Barber)
The plans for the week-end will influence the market order for the week. Now is a good time to stock up with fresh fruits and vegetables. Here are the menus for the week.

- Sunday—Breakfast**
Watermelon
Ready-to-Eat Cereal
Bacon and Eggs Blueberry Muffins
- Coffee**
- Dinner**
Anchoy Canape Stuffed Ripe Olives
Roast Duck with Orange Sauce
New Potatoes Buttered Broccoli
Stuffed Pepper Salad
Coffee Ice Cream Almond Cake
- Supper**
Egg Salad
Sliced Tomatoes
Cake with Whipped Cream
Ginger Ale
- Monday—Breakfast**
Orange Juice
Ready-to-Eat Cereal
Bacon Toast Coffee
- Luncheon**
Omelet With Creamed Duck
Lettuce Salad
Tea Sliced Peaches
- Dinner**
Veal Cutlet
Crowned Potatoes Corn on the Cob
Apple Pie
- Tuesday—Breakfast**
Prune Juice
Ready-to-Eat Cereal
Fried Beef Muffins Coffee
- Luncheon**
Vegetable Goulash
Ginger Cookies Tea
- Dinner**
Broiled Fish
Baked Potatoes Baked Tomatoes
Orange Ice
- Wednesday—Breakfast**
Stewed Appricots
Ready-to-Eat Cereal

- Hot Rolls**
- Coffee**
- Luncheon**
Toasted Bacon and Cucumber
Sandwiches
Iced Tea Fried Peaches
- Dinner**
Roast Stuffed Lamb
Browned Potatoes Braised Carrots
Bavarian Cream
- Thursday—Breakfast**
Melons
Ready-to-Eat Cereal
Baked Potatoes Coffee
- Luncheon**
Cheese Souffle
Celery Salad
Peaches in Cream Tea
- Dinner**
Lamb Pie
Baked Potatoes Lima Beans
Beet Salad
Blueberry Cake, Hard Sauce
- Friday—Breakfast**
Orange Juice
Cooked Cereal
Omelet Toast Coffee
- Luncheon**
Sardine Salad
Lettuce Sandwiches
Pecan Cookies Iced Coffee
- Dinner**
Jellied Tuna Fish, Cucumber Sauce
Corn on the Cob Baked Potatoes
Chocolate Pie
- Saturday—Breakfast**
Ready-to-Eat Cereal
Bacon Hot Rolls Coffee
- Luncheon**
Baked Stuffed Peppers
Biscuits Berries Iced Tea
- Dinner**
Broiled Hamburg Steak
Baked Sweet Potatoes Baked Onions
Peach Cobbler
- Tomato Juice Cocktail**
1 can tomatoes
Small bottle chili sauce
1 bay leaf
2 bouillon cubes
2 cups hot water
1 tablespoon sugar
Salt, Paprika, Celery Salt
Boil ingredients together five minutes. Strain, chill and add dash of tomato sauce and juice of one lemon, and shake with ice.
- Stuffed Ripe Olives**
Select the largest ripe olives. Cut around centre carefully and remove pulp from stones without breaking halves. Fill with cream cheese mixed with horseradish and caviar and serve on thin slices of lemon dipped in minced parsley.

(Copyright, 1936, by the Bell Syndicate, Inc.)
Washington Post:—The people are sharply divided into two classes at this time: The ignorant, illogical, prejudiced and demagogic rabble—and those who are going to vote for your candidate.

On Waffle-Making and Waffle-Eating

Many Different Tastes in Waffles, but All Like Lots of Them.

(By Helen E. Himball)
Waffle-making is a sort of festivity—everyone around the table joins in the cook's interest in the progress of each waffle from a smooth rich batter to crisp, brown sections with that incomparably delicious smell that freshly-baked things have!
When you don't know what to prepare, make a big pitcher of waffle batter!

What to eat with the waffles is a matter of choice. Some think creamed chicken is the only thing worthy of appearing with waffles, others like lots of butter and maple syrup. Then there is the old-fashioned school of waffle-eaters who will have nothing but sugar and cinnamon. But all true waffle-friends agree on one thing—have plenty of them.
Here are three menus for breakfast, luncheon and Sunday night supper when waffles are the chief attraction:

- Breakfast**
Tomato juice
Waffles with butter, maple syrup and bacon
Coffee
- Luncheon**
Sardine Salad
Lettuce Sandwiches
Iced Coffee
- Supper**
Fruit cup
Waffles with creamed chicken
Green salad
- Tea**
Lemon snow pudding

Waffles
1½ cups flour
3 teaspoons baking powder
½ teaspoon salt
¾ cup sweetened condensed milk
¾ cup water
2 eggs, separated
¼ cup butter, melted.

Sift flour once, measure, add baking powder and salt and sift again. Blend sweetened condensed milk and water and add gradually to first mixture, stirring constantly. Add egg yolks and melted butter. Fold in stiffly-beaten egg whites. Bake at once, on hot waffle iron. Makes five waffles.

Chocolate Waffles
1½ cups flour
3 teaspoons baking powder
½ teaspoon salt
¾ cup water
2 eggs, separated
¼ cup butter, melted
1 square unsweetened chocolate
Sift flour once, measure, add baking powder and salt and sift again. Blend sweetened condensed milk and water and add gradually to first mixture, stirring constantly. Add egg yolks, melted butter and chocolate. Fold in stiffly-beaten egg whites. Bake at once, on hot waffle iron. Makes five.

½ teaspoon salt
¾ cup evaporated milk
¾ cup water
2 eggs, separated
4 tablespoons melted butter
Sift flour. Measure. Add baking powder, sugar and salt and sift again. Blend evaporated milk and water with well-beaten egg yolks. Add to dry ingredients. Add melted butter, beating thoroughly. Fold in stiffly-beaten egg whites. Preheat waffle iron six minutes. Place four or five tablespoons batter on grid. Bake three minutes or until brown. Serve hot sprinkled with cinnamon or sugar. Makes six waffles.

Difficulties at Ferry Followed by Jail Terms

A despatch from Cochrane last week noted that it is difficult enough to bring a car onto the ferries in the North when sober, but Frank Yanta Sunday evening, found it more difficult to get his truck on the ferry crossing the Abitibi River near Cochrane and which resulted in his appearance before Magistrate E. R. Tucker Monday on charges of being drunk while in charge of a truck and assault.

The episode began when Yanta ditched his truck while approaching the ferry, and was warned not to try to drive it again. Headless to warnings, however, he again got on the truck and got so far onto the ferry and again stuck.
The ferry attendant endeavoured to get the vehicle into a proper position on the ferry, but was hindered by Yanta, and in the scuffle was thrown from the ferry into the water, fortunately at a shallow point. He was able to get safely to land.

For the assault Yanta will spend two months in gaol and on the charge of being drunk while in charge of a truck was given 15 days in gaol to run concurrently and his license was suspended for two months.

When the Women Made the Cloth Strong and Sure

This one is from The Boston Evening Transcript of recent date:—

"When I was a young man in Illinois," said Colonel B., "the stumps were pretty thick, but we raised a fair crop of corn. We had a 'silly' plow and I sat in the seat, managing the horses, four handsome bays. One day I found a stump right in my way. I hated to back out, so I said a word to the team and they just walked that plow through that stump as though it had been cheese."

The audience was silent until Major S. remarked quietly: "I had a similar experience, myself. My mother always made our clothes in those days, and the cloth, too. The old lady was mighty proud of her home-spun—said it was the strongest cloth in the whole state. One day I had just plowed through a white-oak stump in the way you speak of, Colonel. But it was a little too quick for me. It came together before I was out of the way and nipped the seat of my trousers. I felt mean, I can tell you, but I put the string on the ponies, and they just snaked that stump out, roots and all. Something had to give."

Timmins Man Loses Life at Golden Gate

Premature Explosion Results in Death of J. B. Oulette and J. Evagent.

After having worked for short periods in many mines in the North, J. B. Oulette, formerly of Timmins, found steady work at the Golden Gate, the Kirkland Lake area's oldest mine, located at Swastika. He had been there just two months when he was killed in a premature explosion.

He and J. Evagent, a Norwegian, were the only two underground at the time of the blast, so it may never be known exactly what happened.
Mrs. Oulette is living in Timmins, although she left for Kirkland Lake when she received news of her husband's death.

The family came to Timmins about a year ago and he found work at district mines for a short time. He was employed at the Naybob and the Delante. This may be sent to Kenora to take a job at the Wendigo mine. Returning to this part of the North early in the summer, he had finally obtained a steady job at Golden Gate.

The family home was originally near Powassan. Two daughters, Lena and Alpha, are at a convent and the third, Yvette, who lived for a while in Timmins, was at Swastika keeping house for her father.

Smaller Number This Year at North Bay Normal School

According to word from North Bay there are only 88 enrolled this term at the North Bay Normal School, while last year there were 114. The reduction in the number thus trailing for the teaching profession is not an unmixed evil, as there is an ample supply of teachers and no doubt salaries have tended to go below proper levels on account of the number each year added to the teaching profession. It is an interesting sidelight also to note that this year there are more graduates from Timmins High School attending Normal than in other recent years.



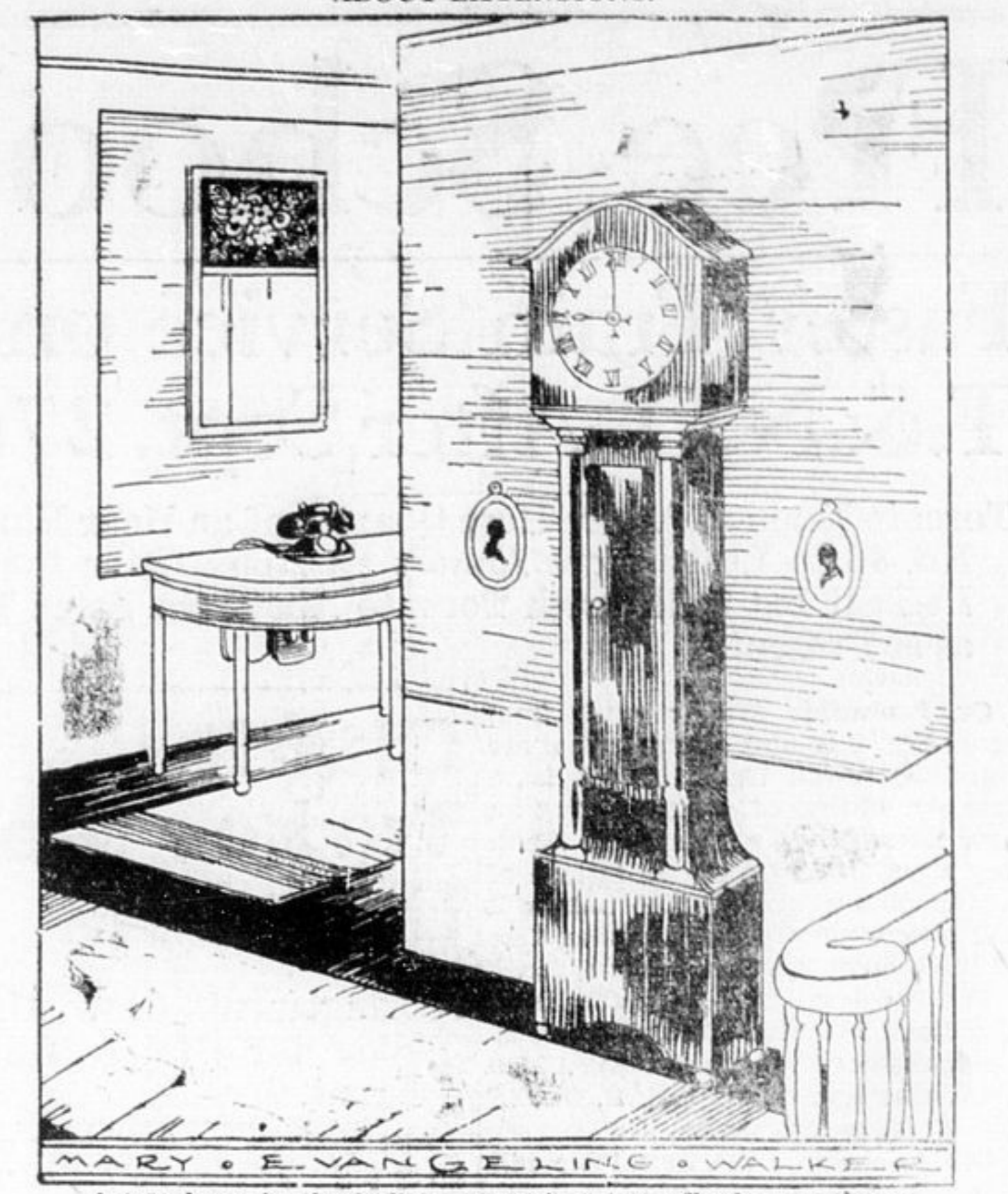
That Body of Yours

By James W. Barton, M.D., Toronto
Does Your Food Affect Your Health and Physique?

People to-day are studying the number of heat units of their daily food intake, and likewise the amount of vitamin D bread, sunshine milk, proprietary foods containing lime, iron, phosphorus and other food products. All of this is of interest of course but the advertising began to us upset the minds of the average individual that it was necessary for Prof. McCollum, Johns Hopkins University to remind him that in addition to his usual meal add some milk and raw fruit or raw vegetables at least once a day, he need not think further about vitamins and minerals.

The Household by Lydia Le Baron Walker

THE PLACE OF THE TELEPHONE IN THE HOME, WITH A WORD ABOUT EXTENSIONS.



A telephone in the hall is convenient but affords no privacy.

One of the difficult things to settle wisely is where the telephone shall be placed. It should be in a convenient place but one that is not too public. There are times when it is desirable to have privacy for conversations. The homemaker may wish to put in an order for provisions when guests are in the house, for instance, and it is unfortunate if the visitors have to listen to the details and know what to expect for their meals. Business conversations should not have to be overheard by all within range of the speaker's voice. And these examples are but a few of many where it is either bothersome to have to hear telephone conversations, or annoying to have others overhear what is said.

Phones in Hall
Halls are an accustomed place for telephones. Everyone can listen in, however, and so when there is but one phone without any extension, it is wise to decide adversely about placing the instrument there.

Hall Closet
If there is a hall closet large enough for a telephone and telephone table, this is a convenient place and sufficiently secluded. There must either be

a window in the closet or an electric light. Nothing is more annoying, when phoning, than to be unable to see to jot down notes, or to consult the phone book.
Back Entry
A back entry is frequently selected for the placing of the phone. The ringing of the bell can be heard by the maid. Or if there is no maid, whoever is in the back of the house can hear the bell. By leaving the doors open from the entry, the sound will carry far. Wherever the phone is it must be where the ringing of the bell can be heard without difficulty.
Extension Phones
There is much to be said in favour of extension phones on different floors of a house. The bell can be heard, and in one of the places at least where the phones are located, there can be opportunity for privacy. Dashing downstairs to take the receiver off and answer the call before the bell stops ringing is avoided.
A Summary
The essential things are to be able to have privacy at the phone, to have it located where the bell can be distinctly heard, where the light is good, and in a space sufficiently roomy for a chair and table to be positioned so that one can talk in ease and comfort.
(Copyright, 1936, by the Bell Syndicate, Inc.)

Funeral of Iroquois Falls Lady at Beachburg, Sept. 15

Iroquois Falls, Sept. 16.—Following a short illness, Mrs. Ena Mae O'Harro, aged 59 years, widow of Walker O'Harro, died in the Anson General Hospital Saturday afternoon, September 12. Mrs. O'Harro was formerly Miss Ena Mae Wall, born in Cobden. Her marriage took place in Renfrew, and for some time she resided in Beachburg. At the time of her death she was a resident of Iroquois Falls.

Sunday at 9 p.m. a short service was held at the home of her daughter, Mrs. George D. Adams, for members of the family and immediate friends. Rev. Dr. R. S. Laidlaw officiated. The body was taken to Beachburg for burial and the service was Tuesday, September 15 at 3 p.m. Rev. William Higgs conducted the service. Pall-bearers were Duncan Camrie, Allah Crosier, Graham Jeffrey, Donald McLean, Donald Davidson, Robert Rollins. Interment was in the Beachburg cemetery.

Mrs. O'Harro is survived by one daughter, Mrs. George D. Adams, Iroquois Falls.

Warning Given Against Another of Those Rackets

(Barrie Examiner)
The Toronto Better Business Bureau, which is constantly on the alert to detect rackets by which business men are fleeced, tells of a "year-book" scheme, which secured advertisements on a basis of 1,000 copies. This order was later reduced to 650 copies and, although the book was printed in April, the printer has still 400 copies on hand for which he has been unable to secure payment. At the most, the advertisers in the book got a circulation of only 250 and many of these must have gone to the advertisers when collections were made. As the Bureau observes, "the money the advertisers paid might just as well have been thrown away."

Barrie business men are continually being canvassed for all sorts of these advertising schemes by people who travel around the country making a nice living in this way at the expense of the local business men. Merchants and others when asked to take space in these schemes, should turn them down hard. Money thus spent is just wasted.

Cobalt Woman Lost Toe While Busy Chopping Wood

Chopping wood in her home on Lang Street at Cobalt last week, Mrs. Annie Derouin one pedal digit. She was preparing for breakfast and the axe she was using slipped, going through her foot and through the bone of the small toe of the left foot. Taken to the Municipal hospital, it was found necessary to amputate the toe. Mrs. Derouin later was taken home.



From the minute we pick up your laundry...

Until the minute we return it to you, clean and pure, your laundry is given the most careful treatment. Each bundle is sorted according to materials and colours. Each particular fabric has its own special treatment so that it may be washed perfectly clean without damaging in any way the most delicate textile structures.

It would be impossible to wash clothes so clean at home and give them the scientific care that the modern laundry gives. Recent tests show that when they are returned to you they are as clean and pure as pasteurized milk.

End drudge days... entrust your laundry to the

TIMMINS
New Method
LAUNDRY
PHONE 153



Ask any of your neighbors what she thinks of her electric range. You will find she can't tell you enough good things about it. About the countless footsteps it saves her; about the coolness and comfort of her kitchen; about the countless savings in food it effects; about the tastier meals it cooks; about its surprisingly low cost of operation. She'll show you the range with pride; show you how easily it works and how its perfect, even cooking heat is always instantly available at the snap of a switch. Then, when you are convinced that electric cooking is the thing for YOUR home, ask US about our easy payment plan.

Canada Northern Power Corporation, Limited
Controlling and Operating
NORTHERN ONTARIO POWER COMPANY, LIMITED
NORTHERN QUEBEC POWER COMPANY, LIMITED

Canada's Fish Week Sept. 28th to Oct. 3rd

Annual Observance of Fish Day Endorsed by Dominion Dept. of Marine and Fisheries.

Any time's a good time to eat Canadian fish but they may be served off with particular appropriateness during the period from September 28th to October 3rd for that is when the Dominion will be observing "Canada's Fish Week." says a communication from the Dominion Dept. of Fisheries. Arrangements for "Fish Week" which is now held annually, are made by the fishing industry itself but the observance has the approval and support of the Dominion Department of Fisheries. There are very good reasons, too, for such an observance. For one thing, Canadian fisheries are worth a good many million dollars to the country yearly—close to 34 1-2 millions in '35. For another reason, to cite only one more, the fisheries are the direct support of more than 80,000 of the Dominion's people and also give work indirectly to many thousands more. Under these circumstances the fishing industry is obviously one of outstanding national importance and observance of a special "Fish Week" is abundantly justified. It is important to every household, too, because it is an industry which can supply more than 60 different kinds of food fish and shellfish of unsurpassed natural quality and handled by the producers in accordance with the most approved fisheries practice. And fish foods of good quality are rich, of course, in nourishment, exceptionally easy of digestion and rich in vitamins and mineral substances essential to the well-being of the human body. "Fish Week" will be a good time to eat Canadian fish foods—and so will any other time, for Canadian fish foods of quality are available all the year round either in the fresh, frozen or processed forms.

CANADA STANDS LOW IN THE EMPIRE IN DEFENCE COSTS

The Simcoe Reformer last week says: "The controversy aroused by Lord Elbank's speech on Canada's part in Empire defence continues to arouse debate in many parts of the country. Here are some figures which constitute a telling vindication of his remarks, being the per capita expenditure for defence in 1934-5 of various countries in the Empire: Great Britain \$18.44; Australia \$6.57; South Africa \$3.96; New Zealand \$3.09; Irish Free State \$2.25; Canada \$1.66."

Why Worry About our Heart?

Is it skipping beats, is it murmuring, is it large, is it small—send today for this instructive booklet (No. 102) by Dr. Barton which tells the story of your heart in a simple and satisfying way. Enclose ten cents to cover service and handling and be sure to give your name and full address. Send your request to The Bell Library, in care of The Porcupine Advance, 247 West 43rd St., New York, N.Y. For an additional ten cents you may also secure Dr. Barton's splendid booklet, "Eating Your Way to Health" (No. 101).