

THE GREAT ENERGY FOOD with the delicious Flavor

EDWARDSBURG CROWN BRAND CORN SYRUP

The CANADA STARCH COMPANY Limited Montreal Send in a label for "Canada's Prize Recipes" a valuable book—FREE

Seeking to Solve Some of the Secrets of Apple Pie

Double Crusts a Favourite. Then Don't Forget the Cinnamon or Nutmeg. Speaking of Apples! What About Peaches. Try Fried Peaches Served with Meat. Peach Pudding. Peach Shortcake.

"Bless my soul! No apple pie!" exclaimed the Earl of Dudley, according to legend, whenever dinner was served without his favourite dessert.

From my own experience with Englishmen I feel sure that he probably demanded an apple tart rather than pie, which may be called purely American. We demand our pies with double



(By EDITH M. BARBARA)

crust. We use plain pastry, while the English prefer crust of the puff-paste type. Both are good desserts, when well made. Be sure that your apples are tart and that you use plenty of sugar. I like to mix a little flour with the same amount of sugar to sprinkle over my bottom crust before I put in alternate layers of apples and sugar. Then I add a good-sized piece of butter before I put on my top crust.

What, no cinnamon or nutmeg; I do not go so far as did Irvin Cobb when I asked him his stand on the much discussed question of which belongs with apple pie. "Neither," he pronounced. "It is a sin against a great fruit." If I use either, I prefer cinnamon, but I usually reserve it for brown betty with which I think it does belong.

blends well with peach flavour. I need hardly mention short cake and peaches together as this is certain to be one of your favourite desserts. I am going to give you however a recipe for baked peach pudding which you will want to try.

Peach ice cream is another dessert which needs no praise. You probably make it in the easiest way, half cream and half peaches crushed with sugar. Mousses and parfaits flavored with peach pulp are among the favorite frozen desserts. These can be packed in salt and ice and put in the trays of the automatic refrigerator.

Peaches are used almost entirely as a sweet, for a breakfast fruit or for a luncheon or dinner dessert. I have a recipe, however, which can be used with meat to take the place of a vegetable. Have you ever tried fried peaches?

Peach Pudding 1 tablespoon shortening 2 cups sugar 2 eggs 1 cup milk 1/2 teaspoon salt 2 cups flour 1 1/2 teaspoon baking powder 1/2 teaspoon mace or nutmeg 1 quart peaches Cream the shortening, add the sugar and eggs well beaten and the milk. Mix and sift the flour, salt, baking powder and mace together. Add half to the first mixture. Mix the remaining flour with the peaches and add. Place on a well greased pan and bake half an hour in a moderate oven (375 degrees F.). Serve with a sauce or cream.

Fried Peaches Cut six peaches in halves and remove the stones but not the skins. Melt two tablespoons of butter in a frying pan and place the halves in the pan with the cut side down. Cook until soft, basting with butter. Turn and fry on the other side for a few minutes; add more butter as needed. Sprinkle with one-half cup granulated sugar and cook until the sugar melts. Serve with hot meat or as a dessert.

(Copyright 1936, by The Bell Syndicate, Inc.)

Suggest Men Should Try Preparing Fowl Supper

Goderich Star:—Those who have been accustomed to provide fowl supper for different organizations will approve of the attitude of those ladies at Nile who, as The Star correspondent reported last week, over-ruled the suggestion for once in the village. By far the greatest and heaviest part of the work for such affairs, falls upon the ladies. They may not actually kill the necessary fowls, but they do the roasting and also all the other cooking; they do the serving and worst of all, the dish washing. It is little wonder they rebelled. If the men in any locality are keen for a fowl supper, they should undertake to do the necessary killing, plucking, dressing, roasting, cooking, serving and dishwashing themselves. It however wouldn't be wise on their part to let the public know who were providing the supper. It wouldn't likely attract the crowds that now attend those functions. If they could keep that feature a dark secret among themselves it might work for just once, because it is a case where advertising wouldn't pay.

Inside Story of Men in Power in Europe

New Book at Timmins Library Gives Some Intimate Sketches in Various Lands

A close-up of political Europe, more than just sketches of Hitler, Stalin, Mussolini, Baldwin, Eden and their rivals, but a correlated story from which the reader may draw his own conclusions is "Inside Europe", by John Gunther, one of the Timmins Public Library. The author was for 11 years European correspondent for the Chicago Daily News and during that time he acquired a great deal of information that could not be sent out over the cables. He presents it here in a forceful style. The book has been translated into six languages and is now in its 21st edition in England and the United States.

A book that is called "the first attempt to consider the divorce of Henry VIII as a 'lawsuit replete with human interest'" is "Clement VII and Henry VIII," written by Judge Pierre Crabites, who discusses in detail all the leading figures in the case, the actions, and the network of intrigue that surrounded them.

Sir Arthur George, secretary and official biographer of the late Lord Kitchener says of Arthur Hodge's new biography that bears the title "Lord Kitchener": "Exhaustive, without being overloaded with detail; entirely accurate and sympathetic, without being fulsome. Mr. Hodge has imparted new colour to facts already known and he has brought to light several new facts of first rate importance."

Fiction in the new books at the library includes: "The Black Orchid," by George Goodchild. Inspector MacLean, in Singapore this time, finds his murder clues in the red imprint of a hand and in crushed orchids.

"Fire Over England," by A. E. W. Mason. (The scene of this adventure novel is laid in the England of Queen Elizabeth and Sir Francis Drake when the great armada sailed against England.)

"The Island of Sheep," by John Buchan. (Canada's Governor General's newest novel of the Norlands—a good tale, packed with adventure, not a little mystery, and Buchan's well-known insight into human beings.)

"Old Soldier," by Frederick Niven. (A Jeweller's shop in Edinburgh pro-

vides the setting for this story of soldiers in a workaday world).

"Death Comes to Cambers," by E. R. Pushton. (Mystery in an English country home).

"Too Much Together," by Ruby M. Ayres. (He was too close to her to see the love she had. He married another and then began to realize).

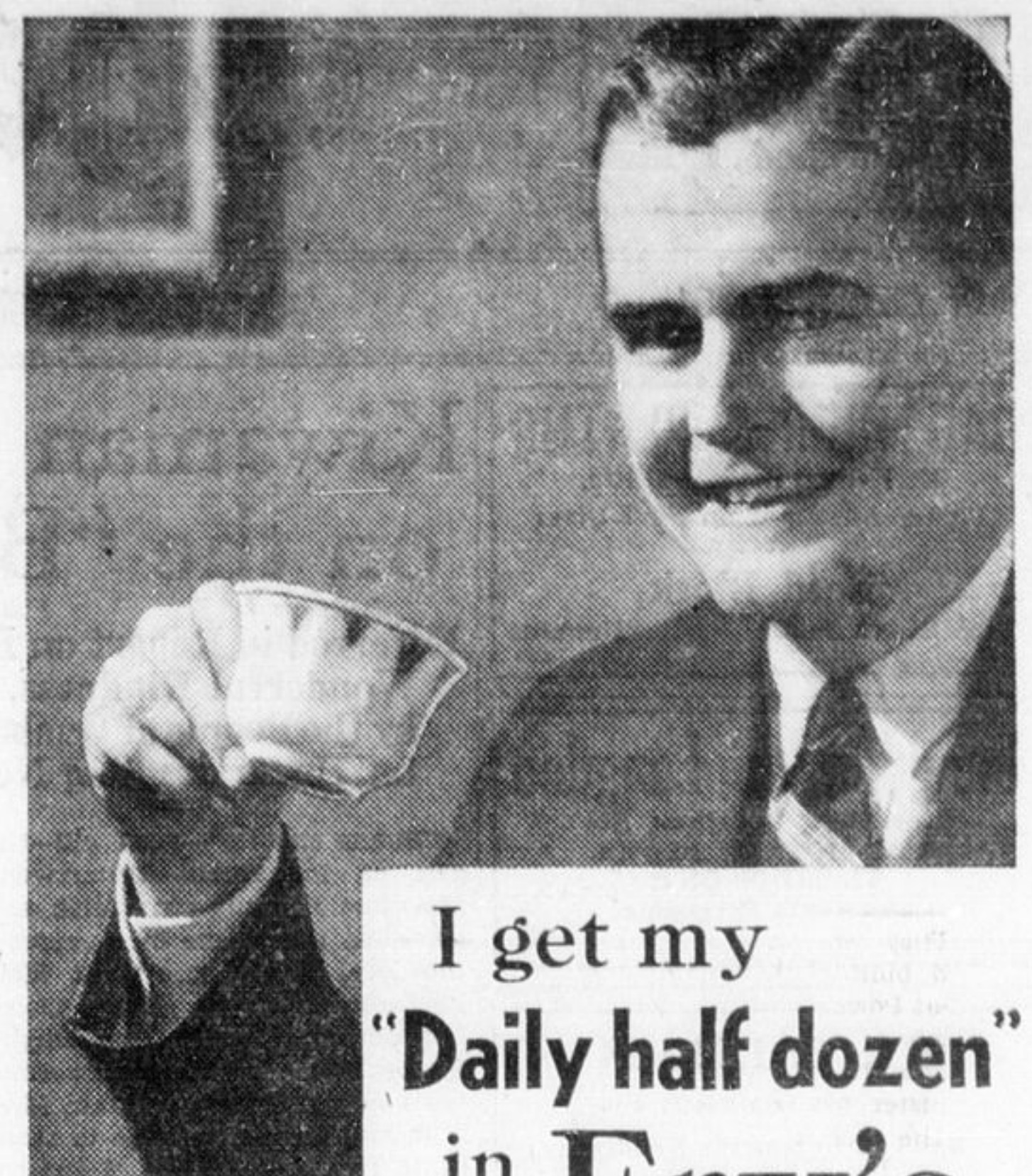
Contracting for Supply of Christmas Trees Now

In addition to supplying her own needs, Canada is an important source of Christmas trees for the United States, and as usual at this time of the year representatives of established Christmas tree dealers from south of the international boundary have visited Canada, particularly Eastern Canada, to contract for supplies to be delivered shortly before Christmas. Notwithstanding the increased sale of potted trees and rather costly artificial plants in the Eastern United States, the regular seasonal demand for trees cut in the provinces of Nova Scotia, New Brunswick, and Quebec has shown a decided increase during the past two seasons over former years. In 1935, shipments totalled 3,573,642 trees valued at \$364,135; in 1932 the figures were 1,920,443 trees with a value of \$175,089.

Christmas trees from Eastern Canada find a market in most of the large cities of the Eastern United States that may be reached without prohibitive freight charges. The trees in demand range in height down from 12 feet, the most common sizes being from 6 to 10 feet. One New York chain store has listed its requirements as being for trees from 7 to 9 feet in height packed in bundles of three and 6 to 7 feet in height packed in bundles of four, the trees to be fully branched double-needs Balsam.

In addition to the regular firms, there are produce brokers who are willing to act as agents on commission for any firm or shipper desiring to sell on consignment. This latter practice, states the Canadian Trade Commissioner in New York, is not a financially sound one from the shippers' point of view because of the limited marketing period which encourages price-cutting by the agent in order to secure his commission, also the shipper has to pay the freight charges in advance.

Action Free Press:—Down in the city it seems that competition is so keen that even the funeral directors are called on to answer charges of unethical practice. It's nice to live in the rural sections, where business is not paramount.



I get my "Daily half dozen" in Fry's Cocoa

- 1 SATISFIES HUNGER 2 PROVIDES ENERGY 3 REPAIRS TISSUE 4 FORTIFIES BONES 5 BUILDS MUSCLE 6 PROMOTES SLEEP

QUALITY · FLAVOUR · FOOD VALUE

Super-Novae Born in Ages Long Past

By SHAKES

A look at the stars usually makes man feel pretty small, particularly if he has a little knowledge about the size of the galactic system, the huge distances that separate the stars from the earth.

Most people have at least heard of the Novae, those stars that become very bright quickly, after centuries of stability, then fade out again into the night. Some have been the size of the sun, some larger. The most common explanation is that these stars have contracted until they exploded and when that happens, great clouds of white hot gaseous material surrounds them, giving off the comparatively bright light that reaches the earth.

Those explosions occurred centuries ago, yet the light, travelling at 186,000 miles a second has just managed to reach the earth. As if those things weren't difficult enough for the layman's mind to grasp, along comes news from the world of science of "super-novae." These tremendous explosions did not take place hundreds of years ago, but millions of years ago—perhaps in the age when gold was filtering up through the rocks of the Porcupine. Now a beam of light that began say a million years ago at a point in space far beyond the galactic system, would travel 1,000,000 x 365 x 24 x 60 x 60 (the number of seconds in a million years) x 186,000 miles. That's quite a long way.

But even more amazing is the size of great shell of gas from which that light began its travels. Dr. Henry Norris Russell, of Princeton University, whose articles in astronomical subjects are so clearly written that they appeal to those just passively interested in the skies, has been doing some more estimating. Mrs. Gasparichin, of Harvard, pointed out recently certain peculiarities in the spectrum of a super-nova known as S. Andromedae. "If, following her lead," said Dr. Russell, "we assume that at a maximum a super-nova shines ten times more brightly per unit of surface than the sun, the surface area of S. Andromedae comes out to 6,000,000 times the sun's and its diameter about 2,500 times the sun's, rather larger than the orbit of Uranus."

Dr. Russell says there is nothing absurd about these dimensions, for the shell of gas that came from the explosion is expanding at the rate of 6,000 kilometers per second. This particular super-nova is estimated to be about 60,000,000 times as bright as the sun. If it remained at that brightness for a month it would give off as much radiation in that time as the sun would in 5,000,000 years.

Those are astronomical figures for sure. Sometimes it's just as well to think about these things. Mr. Hitler and Mr. Mussolini please note.

Read This Story of Action and Romance

Intrigue, Adventure, Excitement, Interest—All are Here.

It's a story no stranger than truth—the truth of the intrigue and the private "money wars" that are waged in the world-to-day is more weird than a lot of fiction. It's a story of a young man and a young woman, thrown together by the smallest chance in a mission that meant fortune or poverty to hundreds.

Bill Brocklebank is the name of the Englishman who saved a wealthy American from being shot to death in New York. Pamela is the name of the young woman. She is the financier's niece, whose safe conduct from one end of Europe to the other is a most important thing. Both are characters in "Brocklebank's Adventure." It was written by R. A. J. Walling, the English author whose works find a steady, popular demand in England, Canada and United States.

The reader is bound to recognize bits in the story that read like to-day's news from Europe. But this story has an ending—the muddled affairs of Europe seem not to have. You'll enjoy this "Brocklebank's Adventure." The Adventure feels sure. It begins a week from to-day and will be given in the usual generously-proportioned instalments.

Waterloo Chronicle:—Father Coughlin having apologized for calling President Roosevelt a liar and double-crosser, now calls him a Communist. Sudbury Star:—Incidentally, the best way to keep from hitting your finger when you hang pictures is to hold the hammer in both hands.

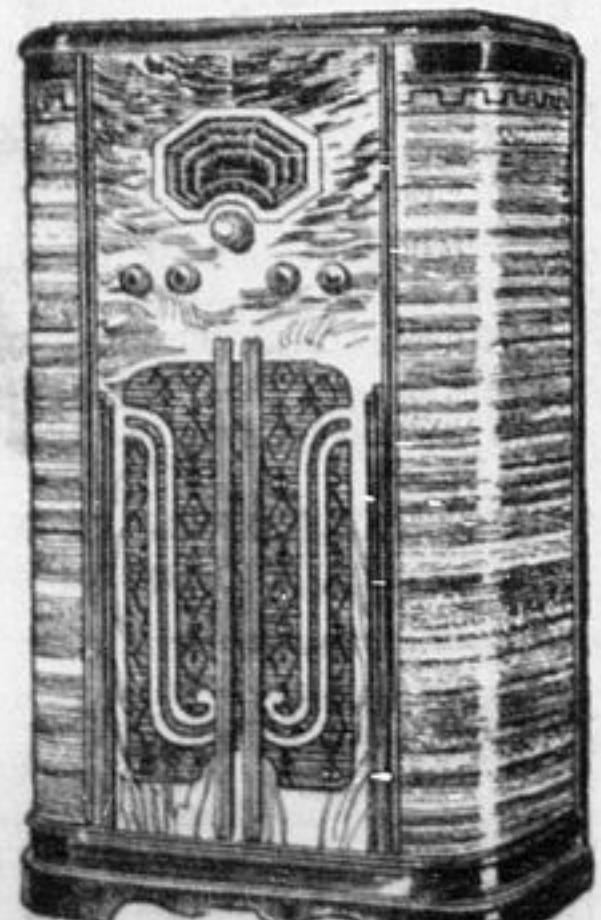
PILES

With a record of 50 years as a most satisfactory treatment for piles or hemorrhoids, you can positively depend on Dr. Chase's Ointment

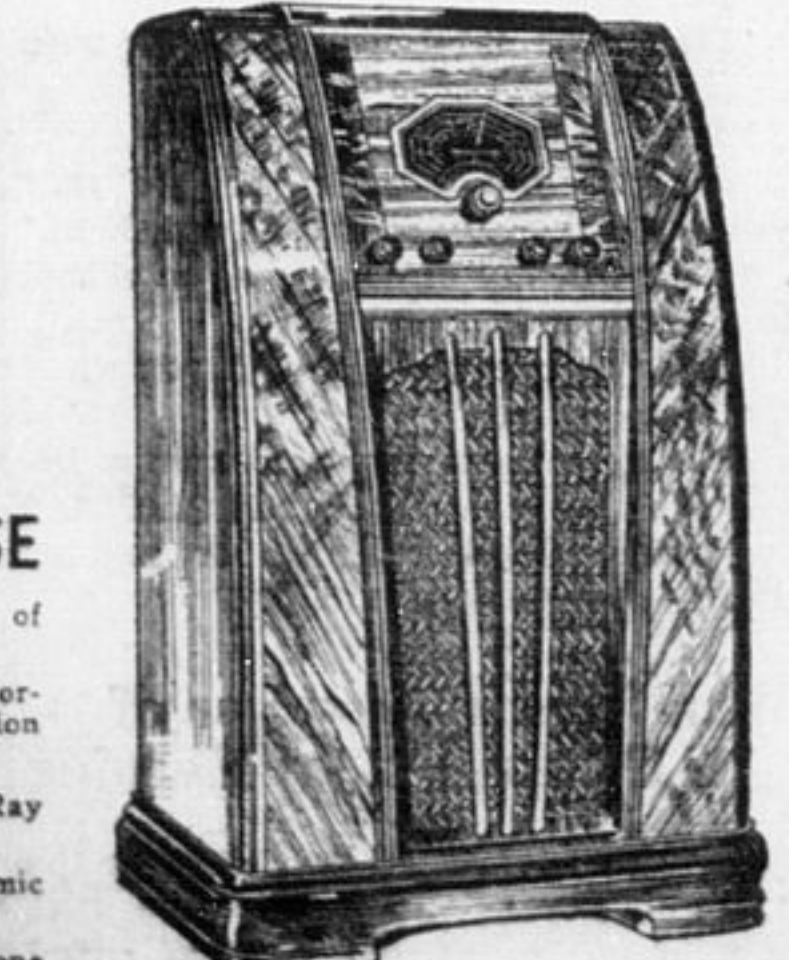
DEMONSTRATION EVENT

At All Our Stores Canada Northern Power Corporation Limited Controlling and Operating Northern Ontario Power Company Limited Northern Quebec Power Company Limited

Featuring Westinghouse Air Pilot RADIOS



- ASK ABOUT THESE ● Twice the selectivity of previous receivers. ● Full-range, all-band, color-light dial with precision vernier for finest tuning. ● Supersensitive Cathode Ray Tuning Light. ● New curvilinear dynamic speaker, over-size. ● Enclosed Ortho-acoustic tone chamber with tuned resonance pipe. ● Automatic tone compensation. ● Permanent alignment of condensers and transformers for "stabilized" performance.



- BLUE RIBBON ... FEATURES ● Music-voice control ... tone control ... automatic volume control ... tone extension control. ● Westinghouse All-Metal Radiotrons including new Beam Power Tube. ● Exclusive Air-Pilot tuning control. ● Cabinets of unique design and exquisite finish. ● Westinghouse precision engineering throughout.

SEE THE WORLD BY RADIO

BE BEAUTIFUL By ELSIE PIERCE FAMOUS BEAUTY EXPERT



If your hair is as blonde as ANITA LOUISE'S keep it light with lemon rinses or vegetable colour rinses.

Hair Shampoo Too Important to be Haphazard

A clean scalp is the most important step toward hair health and hair beauty. And there are two major ways to achieve scalp cleanliness—via brushing and shampooing. Tonic treatment, too, but these are more or less specialized. The fact remains, however, that most women rely almost exclusively on the shampoo for scalp cleanliness. And yet few realize that to be really successful the shampoo must be very thorough.

To see women rush into a beauty salon and say, "Shampoo and finger-wave and I must be out within the hour," makes you feel that these women invite a hit and miss, hurried scalp soaping. It is too bad because the operator cannot help hurrying. And a poor shampoo leaves an open door to scalp trouble—a combination of dust, and oil and grime, to scalp scaling, to bacteria. Failure to rinse every bit of soap away means more havoc. Do you know what is meant by soap dandruff? Scaly bits that look like dust that film the colour of the hair.

The Home Shampoo Most women to-day have their hair shampooed and then finger-waved in the professional parlour. But for those who have either naturally wavy or straight hair, which they prefer straight and there are a few chosen individuals to whom straight hair is becoming; or

for those who have to shampoo their hair at home, it is a worthwhile, wise investment to have at least one thorough shampoo at a superior beauty salon. Such salons have made a special study of shampooing in the past few years. You'll find that a shampoo is really a thorough scalp treatment starting with massage, with thorough brushing and then the shampoo.

Bland soap in liquid form is used. Never the bar right on the head. For one thing it is difficult to distribute the suds evenly, if bar is used, for another and more important reason, it is difficult to rise thoroughly. Liquid shampoo may be made at home by shaving the bar, allowing it to simmer over a slow flame in water, putting it in a clean, sealed jar for a few days. Two or three thorough soappings. As many rinsings. And then more. A spray is used. Very warm water, then cool. Not cold. A spray usually starts the shampoo before the soaping. Unless oil has been used first. Following an oil treatment start the shampoo by soaping, before adding water. After thorough rinsing add an acid rinse if you wish, lemon juice for light hair, vinegar for reddish or brunette hair. Thorough rinsing is half the secret of the successful shampoo.

(Copyright 1936 by The Bell Syndicate, Inc.)

Children Need Milk

During the fall and winter when your children are indoors a great deal their need for pure, vitamin-rich Milk is greater than ever. Doctors suggest that children should drink at least a quart a day. Every bottle of Timmins Dairy Milk is high in the protective qualities that safeguard health and help prevent colds! Have our milk men leave an extra quart on your doorstep all through the fall and winter.

TIMMINS DAIRY Phone 935