

**ALWAYS GIVES Better Results LESS EXPENSIVE, TOO!**



Quaker Bran is natural Bran—purified—dehulled and packed in sealed cartons for your protection.

● The secret of success in making bran dishes is to use natural bran. That's why so many of Canada's best cooks insist upon Quaker Natural Bran. It's especially suitable for baking... gives you that real nutty, wheaty, bran-flavour, mixes well, and rises lightly.

**QUAKER Natural Bran**

- Shirred eggs
- Toast
- Coffee
- Luncheon
- Deviled fish
- Lettuce salad
- Tea
- Canned cherries
- Dinner
- Pot roast, brown gravy
- String beans
- Spanish rice
- Caramel custard
- Friday—Breakfast
- Grapefruit
- Cooked cereal
- Fish cakes
- Rolls
- Coffee
- Luncheon
- Eggs O'Donohue
- Lettuce with chili dressing
- Tea
- Apple sauce
- Cookies
- Dinner
- Cream of tomato soup
- Baked stuffed cod
- French fried potatoes
- Turnips with sour sauce
- Banana cream tarts
- Saturday—Breakfast
- Stewed peaches
- Ready-to-eat cereal
- Bran muffins
- Coffee
- Luncheon
- Hot beef sandwiches
- Fickles
- Olives
- Canned pineapple
- Tea
- Dinner
- Broiled chops
- Baked potatoes
- String beans and celery in cream
- Cabbage salad
- Strawberry ice cream
- Turnips with Sour Sauce
- 4 or 5 turnips
- 1/2 teaspoon salt
- 1/2 cup sugar
- 2 teaspoons cornstarch
- 1/2 cup vinegar
- 2 tablespoons butter



KEEP ALL YOUR SKIN YOUNG AND LEVELY WITH THE SAME SAFE SOAP SELECTED FOR THE DINING ROOMS.

It's made with gentle olive oil!

**PALMOLIVE SOAP**

5¢ A CAKE

**Mayor of Kapuskasing Couldn't Catch the Horse**

The following paragraph about Mayor E. S. Noble, formerly of Timmins, where he was town councillor for a couple of terms, but who for several years has been mayor of Kapuskasing, tells of an amusing and unavailing chase after a horse. The Northern Tribune says:—

"A runaway horse was pursued with considerable agility by Mayor Noble last Wednesday afternoon but despite the mayor's fleetness of foot, the horse, a spavined, broken-down nag, easily out-distanced his pursuer. All of which proves that a man cannot run as fast as a horse, any kind of a horse. The chase occurred as Mayor Noble emerged from the town hall to be confronted by the horse on the sidewalk. Mayor Noble approached cautiously. The horse regarded him a bit dubiously and then turned tail and bolted in the general direction of the mill. Mayor Noble took after it. By the time they had reached Government Road, the horse was far in the lead. Panting a bit, Mayor Noble stopped and watched it center off in the direction of the depot, swishing its tail now and then in a somewhat boastful manner. It was finally cornered and caught by two juveniles at the entrance to the C.N.R. depot. Perhaps it was contemplating buying a ticket to Miami, or California, or some place for the winter."



**Mummy says**

**We're the best advertisement for Fry's Cocoa**

● You don't have to coax young people to drink FRY'S COCOA—they love the real, chocolaty flavour and will clamour for it daily.

FRY'S COCOA will help to keep your children fit and healthy during the long winter months.

Write for illustrated Recipe Book, sent free.

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**Fricasse Chicken With Boiled Rice and Biscuits**

Suggested Menu for a Week. Sunday a Chicken Dinner. For Monday's Luncheon Poached Eggs with Hot Milk, and for Dinner, Chicken Pie with Vegetables.

Poultry is inexpensive just at the moment so I am suggesting fricassee chicken for Sunday dinner. You may serve boiled rice or hot biscuits to accompany the luscious gravy which is always associated with this dish.



(By Edith M. Barber)

**Sunday—Breakfast**  
Stewed apricots  
Scrambled eggs with sausage  
Toast Marmalade Coffee

**Dinner**  
Clam juice cocktail  
Celery Radishes

- Chicken fricassee
- Hot biscuits
- Mashed potatoes
- Green peas
- Endive, chiffonade dressing
- Mince pie
- Supper
- Baked scalloped tomatoes with cheese
- Toasted biscuits
- Cake
- Tea
- Monday—Breakfast
- Orange juice
- Ready-to-eat cereal
- Bacon
- Whole wheat rolls
- Coffee
- Luncheon
- Poached eggs with hot milk
- Carrot salad
- Canned peaches
- Tea
- Dinner
- Chicken pie with vegetables
- Cranberry jelly
- Gingerbread
- Tuesday—Breakfast
- Sliced bananas
- Cooked cereal with dates
- Omelet
- Toast
- Coffee
- Luncheon
- Chicken hash
- Celery salad
- Toasted crackers
- Tea
- Dinner
- Baked spare ribs with apples
- Mashed potatoes
- Creamed cabbage
- Fig and nut pudding
- Wednesday—Breakfast
- Prunes
- Cooked cereal
- Hot rolls
- Coffee
- Luncheon
- Onion soup
- Cole slaw with cooked dressing
- Meiba toast
- Tea
- Dinner
- Fried oysters, sauce tartare
- Creamed potatoes
- Scalloped tomatoes
- Macaroni cream
- Thursday—Breakfast
- Sliced oranges with dates
- Ready-to-eat cereal

- Deviled Fish
- 6 strips of bacon
- 2 tablespoons minced onion
- 4 tablespoons minced green pepper
- 6 minced olives
- 1/2 teaspoon cloves
- 2 cups tomato pulp and juice
- 1 pound flaked fish
- 1 cup crumbs
- Cook the bacon until crisp; remove from the pan and mince; cook the pepper and onion for two minutes in the bacon fat; add the olives, cloves and tomato and boil for five minutes. Add the flaked fish, the minced bacon, the olives and more seasoning if necessary. Place in greased ramekins, cover with the crumbs, dot with butter and bake in a hot oven (400 degrees F.) twenty minutes. If cooked fish is used, bake only until the crumbs are brown. This mixture may be used to spread on rounds or oblongs of bread, and baked for five minutes in a hot oven to serve as canapés.
- Almond Icebox Cookies
- 1 1/2 cups flour
- 1 1/2 teaspoons baking powder
- 1/2 cup chopped almonds
- 1 cup (1/2 package) sliced dates

**BE BEAUTIFUL**  
By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



The youth of to-day swims, dances, plays golf and tennis as a matter of accepted routine. The well equipped gymnasium also attracts most youngsters and here we see DIXIE DUNBAR taking a few swings at the punching bag.

**We're Getting Bigger, Better, More Beautiful**

My lecture tours during the past few years have taken me before groups of young women in high schools and colleges, before women's clubs, business women's organizations and so on. By far the most fascinating part of preaching beauty and teaching beauty is seeing the actual evolution of beauty from year to year.

It has been interesting, too, to note the difference in the attitude on the part of schools throughout the country. Not so many years ago high schools and even higher schools barred make-up and even mention of the now "fine art" was avoided. Result? The proverbial "forbidden fruit" angle. Powder puffs were wielded with secret satisfaction when classes were over. And the powder wasn't always of unquestionable quality. But today the schools welcome beauty guidance, just as they have added "vocational guidance." Instead of frowning on make-up, they teach young women how carefully to select and properly apply make-up. In several colleges actual courses in beauty and charm have recently been added to the curriculum.

**Statistics Prove It**

That, added to the fact that we are getting bigger and lovelier, should mean a more and more beautiful "next generation." Statistics compiled by both men's and women's colleges prove that though the entering age of "freshmen" is now almost a full year younger than a few decades ago, the average height of girls entering college has increased nearly two inches and the weight seven pounds. The young girl of today is by no means "skinny."

Child labour, working in dark rooms, lack of fresh air, sunshine, exercise and nourishing food have much to do with stunted bodies. And elimination of all these "lacks" accounts for the more beautiful bodies we see in our schools today. Children also have regular physical examinations. That helps. We're learning more and more about vitamins. That helps. Mothers and teachers are working together. That helps even more. Athletics are becoming more and more popular. The body is stretched to newer heights. By the time our children are old enough to enter college they're physically fit.

And there the emphasis on beauty really begins. The importance of fresh air, sunshine, exercise in the open are taught as axioms. And this foundation of physical fitness is topped by the lectures on loveliness, on skin care, hair grooming, hand beauty, make-up. Do you wonder that we're getting bigger, better and more beautiful? Do you

**BLACKHEADS**

Get two ounces of peroxide powder from your druggist. Sprinkle on a hot, wet cloth and rub the face briskly. Every blackhead will be dissolved. The one safe, sure and simple way to remove blackheads.



**"I'm undisputed Champion of the Laundry!"**

"I'm a real champion, too, because when I knock 'em out, they stay knocked out. Which is one way of saying that when I out the scrub-board and set-tubs and all the painful toil that goes with them, they never come back. I'm a fighting champion, too, always ready for a bout with the biggest bundle of washing you can bring me. Every day or once a week, it's all the same to me. I clean them up beautifully... without hurting even the most delicate fabric... in quicker time than you ever thought possible. Just snap my switch and I go to work on them while you rest or do other things. A small down payment makes me yours. Find out about it."

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**Unknown Man Takes Own Life in Shack Near Hearst**

Last week a report from Hearst told of the finding of the body of an unknown man in a settler's shack near Hearst. The name of the man is believed to be Dubois but apart from that little seems to be known about him. Coroner E. R. Tucker investigated the case as did also the police and a formal inquest with a jury was not considered necessary, as it seemed to be established beyond question that the man had shot himself. The man was a stranger and had arrived at Hearst some days previous to his death. He later made his way to Mileage 9, west of Hearst, and his headed north till he reached the cabin of a settler named Veilleux. After he had been at Veilleux's place about an hour, the settler went to the bush to cut some wood. He was engaged at this work only a short distance from the cabin when he heard a shot and returned to the shack to find Dubois with his shirt open at the breast and a bullet wound in the heart. Dubois was dead. The body was taken to Hearst by dog team. Further confirmation of the suicide theory was given by the accounts given in Hearst of the actions and attitude of Dubois while in that town. One story told was to the effect that the previous week while in Hearst Dubois had asked for iodine on the plea that he wished to dress an injury. Suspicion was aroused however, and he was asked to show the wound. As he apparently had no injury, the iodine was refused him. He was evidently suffering from mental depression and irresponsibility of action.

Renfrew Mercury:—Sentenced to terms of imprisonment totalling four months in connection with charges of theft, a youth at Rockhampton, Queensland, was taken to watch-house to have his fingerprints recorded. When this was completed, he was told to wash his hands, and as the constable turned his back, the youth ran out of the room and escaped from the building. Later in the day he returned to the watch-house, saying that he had just run home to say good-bye.

**That Body of Hours**

By James W. Barton, M.D., Toronto

The Value of Salt to the Body

One of the disturbing conditions that occurs after operation is exhaustion, a partial stoppage or paralysis of the intestinal muscles, some congestion of the kidneys and a lowered blood pressure. This is now believed to be a form of poisoning and if the symptoms increase there is great mental and physical weakness, the tongue is dry, the blood pressure goes still lower, the pulse rate increases, hiccup appears and almost no urine is passed.

These symptoms may gradually disappear or a still more serious condition develop such as unconsciousness, laboured breathing, uncontrollable vomiting, marked rises in temperature with sometimes dangerous heart symptoms.

You can readily see how disheartening these symptoms of poisoning are to the surgeon, to the family doctor and the family.

It is very gratifying therefore to learn that a very simple remedy has been discovered that will counteract the above distressing and dangerous symptoms which sometimes occur after operation. The regular Paris correspondent of the Journal of the American Medical Association writes of a paper read by Dr. Max Levy, Paris, before the Academy of Medicine, recording some remarkable results obtained in this poisoning occurring after operation.

The treatment consisted of the injection of a solution of common table salt into the veins of these patients.

Thus when any of the above symptoms occur (even in mild form) after an operation, a chemical analysis of the blood and urine should be made immediately. All the results can be obtained within two hours. The marked decrease or disappearance of the salt in the urine gives the best idea of the amount of chlorides or salt that has been withdrawn from the blood and tissues to be lodged in the tissues where the operation has taken place.

The treatment consists of injecting very slowly into a vein 20 c.c. (a little more than half an ounce) of a 4 per cent. solution of sodium chloride (table salt) and continuing to inject this solution from time to time during the first and following days according to the amount of the decrease of salt in the urine.

When symptoms are very severe larger doses should be given each time.

The results of this method of increasing the amount of salt in the blood have been most gratifying especially following abdominal operations in general surgery.

Are you bothered with colds three or four times a year? Have you ever stopped to consider the consequences? Send for Dr. Barton's illuminating booklet, The Common Cold, the ailment that receives so little attention yet may be as dangerous as being attacked by a hungry lion? Ask for booklet 104, enclosing ten cents to cover the cost of mailing. Be sure to give your name, full address, and mention the name of your newspaper. Other Dr. Barton booklets, Eating Your Way To Health (101), Why Worry About Your Heart? (102), and Neurosis (103), are also available at ten cents each. Address The Bell Library, care of Porcupine Advance, 247 West 43rd St., New York, N.Y.

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**Some Current Samples of Old Country Humour**

(London Humorist)

A two-volume novel has been banned in America. Apparently it was as broad as it was long.

In one Berlin store small change is supplied by an electrically controlled robot. Over here it is usually father who is wired for cash.

"I find that I run better if I eat nothing on the day before a race" says a famous sprinter. It seems that that little fast makes him a little faster.

October, according to a connoisseur, is by far the best month for oysters. Though we very much doubt whether they have the intelligence to realize it.

Renfrew Mercury:—Only one person appeared as an audience when civic election candidates gathered for a meeting in Edmonton. He was the caretaker of the building in which the meeting was held. That was a rare example of civic indifference on the part of Edmontonians. It more than matches anything of the kind in Ontario, and here of civic indifference there is plenty.

**"What's Behind the News"**

Every Thursday at 7:15 p.m.  
Every Sunday at 5 p.m.

**GRATTAN O'LEARY**

Canada's Outstanding News Commentator

over **CKGB**

Mr. O'Leary's interesting insights on "What's Behind the News" are sent to you as a radio feature by The Life Underwriters' Association of Canada.

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