

For lovers of green tea  
**"SALADA"**  
 GREEN TEA

This Will Delight the  
 Hearth of Any Mr. Jiggs

Quickly Prepared Boiled Dinner, Using Mr. Jiggs' Favourite. Buy Corned Beef in the Can and Cook the Vegetables on the Plan Given by Culinary Expert.

A boiled dinner for the quick meal? Revolutionary, of course. Perhaps your memories associate the odor of those vegetables boiling in the pot with the corned beef throughout most of the day. If you are really modern, however, you prefer your cabbage white

would like to serve a mustard butter sauce with the meat itself. After the beef has been arranged on a platter with the vegetables, the sauce may be poured over it or it may be passed at the table. The vegetables, themselves, should be thoroughly drained and dressed with melted butter. If you must have onions as well as potatoes, carrots and turnips with the boiled dinner, why not bake them with butter in a covered casserole? That will solve the space-on-top-of-the-stove question, although a set of triplicate saucepans, which will all go on one burner, will allow you to cook a variety of things at one time.



(By Edith M. Barber)

and crisp and delicate in flavor rather than dark and mushy and strong.

For a boiled dinner, modern style, and for the quick meal, carrots and turnips may be diced or cut into strips and cooked together. The cabbage must go into a pot by itself. The potatoes may be boiled in their skins. When they are tender they may be peeled and shaken over the fire to dry.

And now about the corned beef which belongs in a boiled dinner. It may be bought in canned form and heated in its container in the water in which the potatoes have been boiled. Perhaps you

**Baked Onions**

24 small onions  
 3 tablespoons butter  
 3 tablespoons butter  
 1 tablespoon sugar  
 1/2 teaspoon salt  
 Pepper  
 Wash and pare onions, melt butter in baking dish, add sugar, salt and pepper. Add onions and stir well. Cover and bake in a moderate oven, 375 degrees Fahrenheit, about one hour until onions are tender.

**Mustard Sauce**

2 teaspoons dry mustard  
 1/4 teaspoon Worcestershire sauce  
 2 tablespoons water  
 1/2 cup melted butter  
 Mix dry mustard with Worcestershire sauce and water and when smooth stir in melted butter. Serve in sauce boat with corned beef.

**Quick Meal**

Corned Beef Mustard Sauce  
 Boiled Potatoes Buttered Cabbage  
 Buttered Turnips and Carrots  
 Baked Onions Coffee

**Method of Preparation**

Light oven  
 Prepare onions and bake  
 Prepare carrots and turnips and cook  
 Scrub potatoes and cook  
 Shred cabbage  
 Wash grapes and chill  
 Make mustard sauce  
 Cook cabbage  
 Heat meat  
 Drain and dress vegetables  
 Open can of soup and heat  
 Make coffee.  
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**BE BEAUTIFUL**  
 By ELSIE PIERCE  
 FAMOUS BEAUTY EXPERT



Models need to preserve their figure lines and RUTH MARTIN and NOREEN CARR keep off unwanted pounds by drinking clear fruit juices several times a day.

You're Safe if You Serve (and Drink) Cocktails of the Fruit Juice Variety.

I read an article recently by a physician who contends that one cocktail stimulates the appetite, two are unnecessary and the third definitely checks the appetite.

That in itself might be considered an argument for the third as a reducing aid were it not for the high caloric value that alcohol beverages have. When you have consumed three such drinks you have had enough calories to count it a meal, and no further food is necessary.

The modern hostess is safe and altogether sane if her cocktails are the fruit juice variety. They are refreshing, thirst-quenching, less potent as a head and tongue twister or calorie mounter-upper.

My own store closet this summer includes: grape juice, pineapple juice, tomato juice, prune juice, cranberry juice. And the gratifying toast I have had on those fruit juices cocktails.

I also have a hand press for making orange juice (keeping the oranges in a large ice pail in the refrigerator). The slogan "squeeze your own" has been passed on from guest to guest and I find that most people are glad to do little things themselves instead of being waited on hand and foot. A bit of the ice goes into a glass or the ice can be dispensed with, because the oranges themselves are ice cold and the glass goes under the hand press to receive the fresh juice. It's fun, and we all know the value of citrus fruits as an aid to digestion, as a preventative and corrective of acidosis, as a stimulant to the appetite. A half and half mixture of lemon juice and orange juice makes a fine "good morning" drink and helps to keep you feeling fine and fit all day.

Tomato juice and sauerkraut juice have recently joined the very popular juice drink list. One man I know likes a half and half mixture of both, says the half taste makes him feel fit and eat heartily.

**Night Caps**  
 If you just cannot think about warm milk on a warm night (much less drink it) try one of the fruit juice drinks as a night cap. I've heard it said that they are very potent as sleep inducers.

Fruits and vegetables go so naturally together that we shouldn't talk of one and exclude the other. Sylvia Sidney, lovely and litesome screen star, admits that she exercises a little, eats whatever she wishes and keeps jars of a clear, strained vegetable broth in her icebox which she substitutes for a full-sized meal whenever she is too tired for the latter. Fresh vegetables, simmered without any meat stock, and ice.

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**That Body of Yours**

(by James W. Barton, M.D.)  
 Value of Sugar in Preventing or Delaying Fatigue  
 Some years ago Harvard research workers examined the blood of the runners in the Boston marathon race. It was found that the blood of the runners who came in toward the last and others who finished in poor physical condition was very low in sugar.

They instructed these runners who finished low down on the list and those who finished in poor physical condition to eat more sugar whilst training during the following year, and also to eat lumps of sugar during the race. Without exception all these runners who followed this advice either finished higher up in the race or were in better physical condition when they finished.

Another experiment of the effect of carbohydrate (sugar) in preventing fatigue or delaying the oncome of fatigue from exercise is recorded in the American Journal of Diseases of Children, Chicago. Drs. F. W. Schlutz and Eleanor Blish, Chicago, in order to determine the effect of the body's state of nutrition as regards fatigue studied the changes in the acid base balance, and in the sugar content of the blood after exercise on sixteen children between the ages of 8 and 13 years.

The effects of the exercise were observed in the fasting state (no food being digested), and after eating various sugars. Fourteen of the sixteen who exercised during fasting showed an increase of acid in the blood after fifteen minutes of exercise. The normal child showed less acid after the exercise than did the youngster who was weak.

In regard to the use of sugar before exercise it was found that the acid condition of the blood—the evidence of fatigue—was delayed for some minutes in those who ate the sugar before exercise. It was found that the ability to store sugar in the blood improved with exercise and that training (exercising regularly) increased the efficiency or ability of the body to store sugar.

You can thus see why giving a youngster (or an adult) some candy, bread,

**Advocating Fruit Growing in the North**

Haileybury People Have Been Successful in Fruit Growing

Members of the party of the Ottawa Board of Trade touring the North last week asked pertinent questions as to the growing of fruit in the North. When they learned of the remarkable showing made here in flowers and vegetables, they were naturally at a loss to understand why fruits should not also thrive. When told that the showing of flowers and vegetables at the Timmings Horticultural Society's annual show each year equalled the very best produced in any other part of the province, the lack of fruit grown here seemed all the more unusual. There have been individuals in the North who have made outstanding success in fruit growing. One of these—Dan Barr—may be mentioned. Reference was made in The Advance a year or more ago to his outstanding success in growing strawberries on his farm near Timmings. But compared to flowers and vegetables the growing of fruit in this part of the North may be said to be little indeed.

This matter is referred to in The Haileyburian in its last issue. The Haileybury paper last week says:— "Only a comparatively few people in the North attempt to grow fruit, which is surprising when one sees what success these few meet with. There are some small orchards in Haileybury where grand results have been met with this year and where apples, crab-apples, and plums have provided a bountiful crop and where the owners are now enjoying the fruits of their labours.

We have in mind two fruit growers on a small scale who have brought us samples of their product within the past few days. They are H. A. Day and James Elkins, both of whom have several apple trees that in good season are fine producers. Mr. Day also goes in for plums and has some especially fine fruit this year. We have enjoyed samples from both of these amateur growers and there is none to be found with a finer flavour.

"They tell us that it is not at all difficult to get some fruit trees started and that in a comparatively few years they begin to bear. It is only rarely that there is any damage to the blossoms from frost in the spring and the trees require very little attention. In fact, the only serious trouble our local men have is the protection of the fruit from the small boys who prey upon the orchards as soon as the apples reach eatable size.

"There is no doubt, from the success met with where it has been tried out, that fruit growing is possible in this district. The quality is fine and the seasons, on the average, are found very suitable. In time we may see Temiskaming become noted for its fruit, as it is now for its other agricultural products."

**Pretty Wedding at the Falls Recently**

Miss Marion M. Spence, and Andrew Robert Armstrong United in Marriage

Iroquois Falls, Sept. 20.—A pretty wedding was solemnized Saturday afternoon, September 11, at the Iroquois Falls United Church, when Marion M. Spence, twin daughter of Mr. and Mrs. James R. Spence, Iroquois Falls, was united in marriage to Andrew Robert Armstrong, son of Mr. Andrew F. Armstrong and the late Eleanor Carr Armstrong, Owen Sound. Rev. Dr. R. S. Laidlaw officiated. The wedding music was played by Mr. G. W. Cushnie, and during the signing of the register Mrs. A. S. Hayward sang "Because". The church was artistically decorated with ferns, ivy and autumn flowers.

The bride, given in marriage by her father, was charming in her wedding gown of white satin, fashioned on princess lines with long train. The lace veil worn by the bride was previously worn by the bride's aunt, and was arranged with a Princess Marina wreath. She carried a lovely bouquet of cala lilies.

The bride was preceded by four attendants, Mrs. Wm. Brydge, twin sister of the bride, as matron of honor, was gowned in fuschia chiffon, with matching accessories; Mrs. W. Kishbaugh, bridesmaid, was gowned in grey chiffon, with matching accessories, both carrying sheafs of gladioli; the charming little flower girls, Heather Ann Brydge, niece of the bride, and Mary Margo Young, were gowned alike in Kate Greenaway dresses of daffodil organdie and carrying quaint nosegays of yellow zinnias and blue cornflowers. William Brydge was best man and the ushers were Dr. H. M. Young, G. L. Cameron, W. Kishbaugh and Dr. W. S. Leggat.

A reception was held later at the home of the bride's parents. The mother of the bride received the many guests, in a gown of brown chiffon with beige lace, and brown accessories, and wearing a shoulder bouquet of Talisman roses and lilies of the valley.

Later, the bridal couple left by motor for Southern Ontario and a boat trip on the Great Lakes. The bride travelled in a beige wool crepe suit trimmed with brown squirrel and brown accessories. On their return, the bride and groom will reside in Iroquois Falls.

The out-of-town guests at the wedding were Mr. A. F. Armstrong, Miss Mary Armstrong, Miss J. Todd, Mrs. E. E. Armstrong and Mrs. Fred Armstrong, all of Owen Sound; Mr. and Mrs. G. Armstrong and son, Graeme, Mrs. J. E. Patterson, Miss J. Patterson, Miss G. McIntyre, Mr. V. Middleton, of Toronto; Mr. and Mrs. J. R. Todd,

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**If You Like Books**  
 (By A. H.)

The poems by James Whitcomb Riley are so very interesting that they just ask to be quoted. This time, it is a little story, and entirely different from "Go Read Your Book", which was quoted in a previous issue. His poems are so true! And here it is:

**Young Old Man**  
 (Voluntary by artless "Little Brother")  
 By James Whitcomb Riley

Mama is a widow: There's only us three—  
 Our pretty Mamma, little sister, and me;  
 And we've come to live in this new neighborhood  
 Where all seems so quiet, old-fashioned and good.  
 Mamma sits and sews at the window,  
 And I—  
 I'm out at the gate when an old man goes by—  
 Such a lovely old man—though I can't tell you why,  
 Unless it's his greeting—"Good morning!"

Good morning! Good morning!" the old man will say—  
 "Fine bracing weather we're having to-day!"  
 And how's little brother—  
 And sister—and mother?—  
 So dear to each other!—  
 Good morning!"

The old man goes by, in his glossy high-hat,  
 And stripe-trousers creased, and all turned-up, at that,  
 And his glancing nose-glasses—and pleasant eyes,  
 As he smiles on me, always in newer surprise;  
 And though his moustache is as white as the snow,  
 He wears it waxed out and all pointed, you know,

And gloves, and high collar and bright, jaunty bow,  
 And stylish umbrella—"Good morning! Good morning! Good morning!" the old man will say—  
 "Fine fall weather we're promised to-day!"

And how's little brother—  
 And sister—and mother?—  
 So fond of each other!—  
 Good morning!"  
 It's Christmas!—It's Christmas! and oh, but we're gay!  
 The postman's been here, and Ma says, "Run and play!"  
 You must leave your Mamma to herself for a while!"

And so sweet is her voice, and so tender her smile!—  
 And she looks so pretty and happy and—  
 Well!—  
 She's just too delicious for language to tell!—  
 So Sis hugs her more—and I answer the bell—  
 And there in the doorway—"Good morning!"  
 Good morning! Good morning, Good morning, I say!—  
 Fine Christmas weather we're having to-day!"

And how's little brother—  
 Dear sister—er, rather—  
 Why, here is your mother—  
 Good morning!"

Huntsville Forester—Lieut.-Col. Geo. A. Drew, who announces himself as an Independent Conservative candidate in South Wellington, intimates that his policy will be to think and act for himself. If the policy of the Conservative party fails to meet with his approval, he will vote against it, if the Liberal policy appeals to him he will support it. We hope Col. Drew succeeds in carrying his riding. We are curious to know just what is to happen when a man of his outstanding ability challenges the supremacy of partyism, and injects a note of independence among groups within the Legislature whose incentive to act is inspired by the thinking of someone else.

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