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## Some Points on Parties for Fine Autumn Days

Re-unions After the Long Summer Vacations and Trips Call for Parties. Then Football Games Also Give Excuse for Parties, Too. And Some Recipes.

There is something about the bright, crisp days in the fall that makes even country hounds resigned to staying in town over week-ends. It is such fun to get together again after being separated. Reunions demand parties!



(By Edith M. Barber)

Football games give us another excuse, whether we ask the gang in for lunch beforehand or for supper after the game itself or after a gathering before the radio. Guests for these parties seem to have a way of increasing in numbers and for this reason, and because informal parties are always more fun, the food should be simple and quantities should be elastic. Nothing which must be served on the dot should be planned for after-the-game suppers. Traffic is a good alibi for late comers. On the other hand lunch must be served promptly as unlike theaters, football begins its show on time.

Either before or after the game, there is nothing like a good hot soup which should be served from a tureen if you

happen to have one, or from a pattery bowl which may be refilled from the kitchen unless you are lucky enough to have one of those electrically heated buffet sets. Onion soup, oyster stew, black bean soup or creamy potato soup, any one is a good choice. With the first there will of course be French bread and with others there should be hot crackers. There may well be the makings of a variety of sandwiches so that guests may choose their own fillings to put between slices of buttered brown and white bread. By the way, I should not remove the crusts of the bread for sandwiches of this type.

### What's Best to Serve

Instead you may like to serve a baked ham, a variety of cheese, a green salad and hot rolls. Soup may be served or not in this case. Instead of the ham, there may be hot sausages, preferably served in the chafing dish. Scrambled eggs, which, however, must be made up just before service, will go well with the sausages or with crisp bacon. Instead, there may be creamed potatoes or stuffed potatoes, both of which may be prepared ahead. The latter should, however, be put in the oven for their final baking as they are needed.

If your oven is not overloaded with other things, you may like to have biscuits or corn sticks ready to bake in different batches. Have you noticed how hot breads dress up the simplest meal? Your best jellies and jams belong with them. If they are served you can forget all about dessert if you like.

Speaking of desserts, there is nothing better for this sort of a meal than the choice of all good American pie. Our usual fall specialty is, of course, pumpkin. You may like to dress it up with a ginger flavoured meringue, although it needs no extra touches. Perhaps you will prefer that more modern product, butterscotch pie. And of course, you can't go wrong if you offer apple pie. Other desserts which will go over well and which will be easy to serve are hot ginger cake, nut cake, or any other production which is a specialty of your house.

### Corn Sticks

- 1 egg well beaten
- 3/4 cup corn meal
- 1 cup flour
- 1-3 cup sugar

Removes cigarette stains

- 4 teaspoons baking powder
  - 1/2 teaspoon salt
  - 1 cup milk
  - 2 tablespoons melted butter.
- Mix and sift dry ingredients, stir in milk which has been mixed with egg and butter. Mix well. Pour into greased corn stick pans or muffin pans and bake in a hot oven (425 degrees Fahrenheit) fifteen to twenty minutes.

### Butterscotch Pie

- 1 1/2 cups brown sugar
- 3 tablespoons water
- 3 cups milk
- 7 teaspoons flour
- 3 egg yolks
- 4 tablespoons butter
- 3/4 teaspoon vanilla
- Baked pastry shell
- 3 egg whites
- 6 tablespoons sugar
- 1/2 teaspoon vanilla
- 1/2 teaspoon almond extract

Cook brown sugar and water together until a sirup is formed. Place over hot water. Add some of the cold milk to the flour and stir until it makes a thin paste. Combine the beaten egg yolks with the rest of the milk and add these two mixtures one at a time, to the sirup, stirring constantly. Let cook over direct flame, stirring until it has thickened and is smooth. Add butter and flavouring. When mixture has thickened pour at once into baked pastry shell and cover with a meringue made by adding sugar and flavouring to stiffly beaten egg whites. Bake in a slow oven (300 degrees Fahrenheit) fifteen to twenty minutes, until meringue is golden brown.

### Scrambled Eggs with Shad Roe

- 6-8 eggs
- 1/2 cup cream
- Salt and pepper
- 1 tablespoon butter
- Paprika
- 1 can shad roe

Beat the eggs, add the cream and season to taste with salt and pepper. Melt 1 tablespoon butter in heavy frying pan, pour in mixture and stir over a low fire until just set. Turn out on a hot platter, sprinkle with paprika and arrange around the eggs the roe, which has been lightly browned on each side in butter.

### Black Bean Soup

- 2 cups black beans
- 2 quarts water
- 2 onions sliced
- 1/2 pound salt pork
- 12 cloves
- 3 bay leaves
- 2 stalks celery
- Salt, pepper.

Soak beans, overnight. Add the other ingredients and simmer until beans are soft. Add more water if necessary during cooking. Press through a coarse sieve, add more water to bring to desired consistency, reheat and serve with sliced lemon and hard-cooked egg. Sometimes, a teaspoon of sherry is added to each portion.

### Quick Onion Soup

- 6 medium-sized onions
- 3 tablespoons butter
- 1 quart soup stock or
- 5 bouillon cubes and
- 1 quart water
- 3 slices bread
- 1/2 cup grated or strained cheese.

Slice onions and brown in butter. Add soup stock and bring to a boil. Put in casserole. Slice bread one-half inch thick, cut in halves and toast lightly. Float on top of soup and sprinkle with grated cheese. Bake in hot oven (500 degrees Fahrenheit) ten minutes or until cheese melts.

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## Cochrane Scene of Wedding Last Week

Miss Margaret Elizabeth Wright and Mr. Roy Lloyd George Hurd United in Marriage.

Cochrane, Oct. 16.—Colorful autumn blooms decorated the home of Mr. and Mrs. H. G. Wright, Cochrane, Monday, Oct. 11, when the marriage of their youngest daughter, Margaret Elizabeth, and Roy Lloyd George, eldest son of Mr. and Mrs. A. Hurd, Cochrane, was solemnized at 10:30 a.m., amid a group of relatives and friends of the young couple.

Rev. D. Timpany, of First Baptist Church, officiated at the ceremony, assisted by Rev. F. Bamford, of Cochrane United Church.

The late William E. McCagherty had been ill only seven weeks. Despite his advanced age he had enjoyed a large measure of good health. He passed away at the home of his daughter, Mrs. C. Elliott, Haileybury.

The late Mr. McCagherty was born in Belfast, Ireland, 87 years ago, and his father and family moved to Canada when he was young. They settled in Renfrew county. The late William E. McCagherty spent his earlier life in Pembroke, but in 1902 he moved to Temiskaming, living in the North until the time of his death last week. He was employed in Cobalt until advancing years made it necessary for him to retire from active work. His wife died a couple of years ago. Two sons, Wil-

lam, in British Columbia, and Edward, in Timmins, survive. There are also four daughters surviving.—Mrs. C. Elliott and Mrs. E. Darragh, Haileybury, Mrs. Johnston, in the United States, and Mrs. A. L. Appleton, of Toronto. The late Mr. McCagherty is also survived by one brother, Samuel McCagherty, who lives at Pembroke, Ont.

The late Mr. McCagherty was buried in Mount Pleasant cemetery at Haileybury.

WHAT SIZE HAT WOULD BE NEEDED FOR THIS HEAD?

What is called "a very fine specimen of cabbage" is mentioned by The New Liskeard Speaker. This particular cabbage was grown in the garden of Mrs. M. A. Sherk, Heard street, New Liskeard. It weighed 13 1/2 pounds (a fair weight for four good cabbages) and its circumference was 37 1/2 inches. Well may The Speaker enquire:—"Who can beat this record?" If it can be beaten anywhere, then the most likely place is in this North Land.

Tony's Scrap Book:—"All things come to the other fellow if you will only sit down and wait."

Toronto Telegram—First a man must work well with others before he is able to work others well.

# BE BEAUTIFUL

By ELSIE PIERCE

FAMOUS BEAUTY EXPERT



The important winter functions call for beautifully groomed hands. ANDREE LEEDS selects the new wisteria shade of nail polish to wear with silver brocade and ermine wraps.

### Homework for Your Hands

Handing yourself beauty as you bridge the seasons isn't exactly an easy task. There are all the hand marks of an active, sporting summer... a deep coat of tan no doubt, which is no longer fashionable this fall; rough skin, broken cuticle, split nails, callous spots from manoeuvring oars or tennis rackets.

The first thing to do is to soften the hands. Here's an excellent treatment. First, cleanse your hands thoroughly. Instead of using your usual soap, try a pore cleanser in the form of soap-substitute grains. Moisten the skin, wash with the grains and rinse thoroughly. You'll find that the little dead cells or scurf skin are readily removed and the hands are left looking so much lighter, cleaner and softer.

Then apply your cuticle cream to the cuticle and your hand lotion to the skin, massaging in a firm, rotary movement.

### Gymnastics for Grace

One of New York's most famous experts in hand care and nail colour has developed several exercises which she calls gymnastics for hands to give them grace and glamour. One is called the "Piano Player": Place hands on table with fingers touching and hands raised, then lift each finger separately five

times holding the other fingers firmly on the table.

Another: hold hands out, palms down, keep them perfectly relaxed, then swing them around in circles from wrist, clockwise and counter clockwise. Repeat ten times.

Third: grasp left hand firmly with right hand and rotate at wrist—clockwise and counter clockwise ten times. Repeat on other hand.

Fourth: make a tight fist, fling fingers out, fan shape, then relax completely. Repeat each hand ten times.

Fifth: bend hand at wrist, holding fingers backwards as far as possible, dip fingers down imitating the dive of a swan and move hand forward continuing the motion. Repeat each hand ten times.

### Learn Repose

This expert returned recently from an extended trip to England. She says: "One thing strikes me particularly in comparing English hands with our American hands. The Englishwoman in repose, whereas here the art of gesture is paramount. Repose vs. restlessness. Something to think about. And practice."

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## North Sends Food to West Draught Area

Co-operation of Churches and Others Makes Possible Fine Gesture of Help

A co-operative movement in which the Anglican, Baptist, Presbyterian and United churches and the Salvation Army each took their part made possible last week one of the most notable gestures of aid and goodwill to the sufferers in the drought-stricken areas of the West, the North thus giving timely aid to the West. The congregations at Cobalt and Haileybury donated \$73 towards the project, and the T. & N. O. was very generous in its services of supplying and moving cars for vegetables gathered in the district. The contributing area in the North was between Charlton and New Liskeard, including the Elk Lake branch. There was a full carload of produce gathered. The carload was consigned to Vesper, Saskatchewan, in the drought area, and the car was despatched to the West last week. It is estimated that it will provide fully a hundred families with their winter's vegetables. There were 600 bags of potatoes and other vegetables in the consignment. There are several points about the shipment that are of special importance. Probably the chief one is the ready and generous response of this part of the North to the need of the drought area of the West. With this should be specially considered the value of co-operation that made it possible to put into material form so quickly and so effectively the feelings of the people of the North for the sufferers in the West.

## Grapes Successfully Grown at Haileybury

Reports from Haileybury this week tell of the successful growing of grapes in that town. According to the despatches in question, a nice crop of grapes has been raised by S. Norfolk, of Haileybury, Mr. Norfolk has been experimenting for several seasons in the matter of growing grapes. Other years his difficulty has been to get the grapes to ripen properly. This year is the first year in fact the grapes have ripened in fairly large quantities. The absence of frost this year until later than usual has been a big help in making the experiment a success. For years past Mr. Norfolk has held the view that there is no reason why grapes should not be raised in this part of the North. In previous years, however, the facts, or circumstances, or conditions, have seemed to be against him. This year, however, it appears that he has succeeded in proving that grapes may be raised and ripened here. While even this year's experiment does not prove that this country may seriously enter the field as a grape-growing area, it does show that it is possible, and even practical, to raise grapes here in quantities to meet the needs of the average family.

If this fact can be established in general way, then it will not be long before farmers and others will be raising enough grapes for their own use. From that situation to one where Northern grape-growers will have a surplus of grapes for sale is not a very long step. Wait and see!

Thus the very active toxic (poison) goitre causes the outstanding symptoms of nervousness, very rapid heart, bulging eyes, indigestion and sleeplessness, and the underactive thyroid gland causes a general slowness or sluggishness of the body processes—decrease in weight, lack of ambition, sleepiness, slowing up of heart rate, and mental backwardness.

While these are the outstanding symptoms where there is a great increase or decrease in the activity of the thyroid gland, physicians are now watching for conditions where the thyroid gland is just slightly more active and slightly less active than normal.

Thus, when a patient is slightly underweight, is nervous, high strung, overactive mentally and physically, beat of heart slightly rapid, the physician has the metabolism test made, and it is found that while the rate is not above 20, it may be about 110 to 115. While no operation is required, more rest at night and an extra hour during the day is usually prescribed.

When there is an increase in weight, some mental and physical sluggishness, some slowing of the heart rate, and the metabolism rate shows about 90, the use of daily doses of thyroid extract often reduces the weight, speeds up the heart to normal, sharpens the mind and increases the desire for work or exercise.

Thus a disturbance of the thyroid gland, while not causing the "outstanding" symptoms, can be the cause of "in between" conditions.

Health Booklets Available

Seven helpful booklets by Dr. Barton are now available for readers of The Porcupine Advance. They are: Eating Your Way to Health; Neurosis; Why Worry About Your Heart; The Common Cold; Overweight and Underweight; Allergy or Being Sensitive to Various Foods or Other Substances; and Scourge (gonorrhoea and syphilis). These booklets may be obtained by sending ten cents for each booklet desired, to cover cost of handling and service, to The Bell Library, 247 West 43rd St., New York City.

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Globe and Mail—Both in Britain and in the United States labour seems to know how to go about cooling Japan's ardor for war in China—boycott her goods.

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(by James W. Barton, M.D.)

### Slight Disturbances of Thyroid Gland Cause Symptoms

When the thyroid gland in the neck is overactive—too much juice or thyroid extract being manufactured—there is a great increase in the rate at which the body processes work—heart, lungs, circulation of the blood, intestine. It is called goitre. By the use of the metabolism apparatus the rate is measured and if 15 to 20 or more per cent, faster than normal, rest or the removal of part of the thyroid gland is the usual treatment.

When there is less than normal activity in the thyroid gland, and the rate at which the body processes work is 15 to 20 per cent, or more slower than the normal rate, then the opposite condition is found—body and mind work slowly, heart rate is slower, fluids are not properly removed from the body causing a bloated or swollen appearance although the skin does not put on pressure. This condition is called myxedema.

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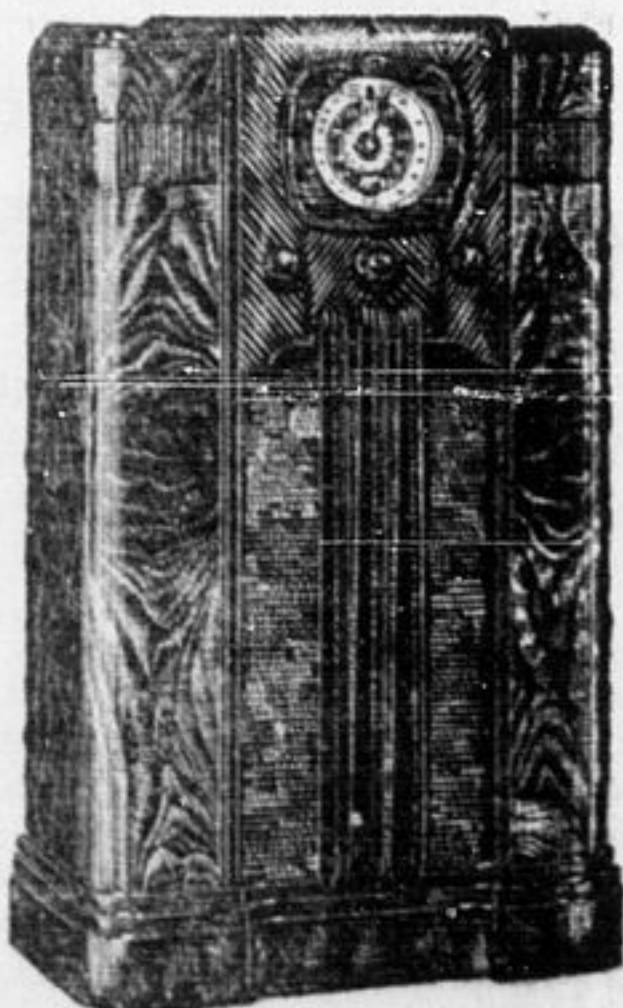
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