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Some Interesting Tricks to Try With Cucumbers

Expert on Domestic Science Reviews a Few of the Ways in Which Cucumbers May be Served, with Special Attention Being Given to Their Digestibility.

Cucumbers are among the vegetables which can trace their ancestry back through the ages. We find them mentioned in the Bible and we find several recipes for their use in the works of



(By Edith M. Barber)

Apicus which were compiled in the first century. Even then we find a note in regard to their indigestibility. Apicus suggests that if cucumbers are parboiled, they will not cause indigestion. During the last few years something



must have been done by the truck gardeners to improve the quality of this vegetable, as it is seldom that a bitter flavour which used to be associated with them is found. Perhaps this is what gave them their bad reputation as a salad vegetable. After they are sliced they may be put in salt water, but not for longer than half an hour, as the short period will increase their crispness as well as improve their flavour, but the longer period will soften them. They may be served with a well seasoned French dressing, with vinegar plus seasoning in the good old Pennsylvania Dutch way, with sour cream, seasoned with minced chives or onions. Sweet cream plus a little vinegar may replace the sour cream which may be whipped or plain, as you like. According to Pennsylvania tradition, a dressing of this sort guarantees digestibility.

Cucumbers may also be cooked like squash or baked when they are sometimes stuffed with bread crumbs after the seeds have been removed. A little anchovy paste mixed with the bread crumbs gives a savory tang to the stuffing.

Fried Cucumbers

Pare cucumbers and cut lengthwise in one-third-inch pieces. Dry between towels, sprinkle with salt and pepper and dip in bread crumbs, egg and crumbs again. Fry in deep hot fat, 390 degrees, Fahrenheit, until brown and then drain on soft paper.

Cucumbers in Oil

30 six-inch cucumbers
3 quarts boiling water
2 cups salt
1 1/2 cups salad oil
1/4 pound mustard seed.
2 quarts vinegar
Wash and slice cucumbers without

BE BEAUTIFUL

By ELSIE PIERCE
FAMOUS BEAUTY EXPERT



OLYMPÉ BRADNA personifies summer daintiness and feminine beauty

Important Props in Every Beach Scene: Dainty Arm Pits

It's a feminine conceit, to be sure, but a lovely one. And how can you overlook its importance, when arms and arm pits are so much evidence in every beach scene all summer.

Superfluous hair is anything but synonymous with summer loveliness. It's the very bane of the American woman's existence. I refer particularly to the American woman, because women of the continent do not regard it as a mark of meanness on the part of unkind fate.

As a matter of fact, the reason woman get particularly panicky about superfluous hair in the summer is because the glare of the sun not only reveals but emphasizes this flaw.

For treating superfluous hair on the face I recommend bleaching first. Ammonia and peroxide are the favorite

paring. Soak in hot water and salt overnight. Drain, place in crock or jars and cover with other ingredients, well mixed. If kept in crock keep covered and stir occasionally during the winter.

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combine as a bleaching agent. There are any number of others among them, cucumber juice and other vegetable juices which are quite potent. Lemon juice is an old standby. If the hair remains quite conspicuous in spite of bleaching, and you wish to remove it, electrolysis is recommended.

For superfluous hair on legs, arms and underarms there are innumerable removers... practically all of them temporary. There are cream and paste depilatories and wax epilators. The latter are a little more bothersome to use, at least until one develops the "knack" but the extra effort and time is well spent for several reasons.

In the first place, the hair does not come back as quickly or as thickly when the wax is used as it does when cream or paste depilatories are employed. The depilatories merely cut the hair leaving a slight trace of stubble; the wax pulls the hair out by the roots and leaves the skin soft, silky and without sign of stubble. When you see a perfectly smooth, hairless underarm the chances are the wax has been used.

Fellow Directions

One word of caution: do be absolutely sure to follow directions. And don't attempt to use a deodorant immediately after a depilatory. The two have a very angry effect on each other. My bulletin on "Superfluous Hair" is yours for the asking. Send self-addressed, stamped (3 cent) envelope if you wish it. Write me in care of this paper.

Former Teacher Here Wedded at North Bay

Miss Jean Lyons and Mr. Stephen Sloan Married.

The following from the North Bay Nugget is the account of the wedding of Miss Jean Lyons, for a few years popular member of the teaching staff of the separate schools in Timmins, who became the bride of Mr. Stephen Sloan, of Noranda, at North Bay, on Monday, August 1st:—

"One of the season's most interesting weddings took place in the Pro-Cathedral of the Assumption Monday, August 1, at 9 o'clock when Margaret Jean Lyons, daughter of Mr. and Mrs. E. A. Lyons, North Bay, became the bride of Stephen James Sloan, Noranda, Que., son of Mr. and Mrs. G. A. Sloan, Fournier, Ontario.

"The cathedral was lovely with pink gladioli, with violet lights at the altar. Rev. J. H. Humphrey officiated. Miss Stella O'Neil presided at the organ, and during the signing of the register, Miss Mary Cangiano sang "Ave Maria."

"Given in marriage by her father, the bride wore a beautiful gown of white satin, designed with full skirt extending into a long train, and a low V neck. Sleeves were long, full at the shoulder, and with points over the hands.

"Her veil of embroidered tulle which fell over the train of her gown, was caught with a coronet of seed pearls. She carried a white missal with streamers of white satin ribbon and forget-me-nots, and wore a wrist watch, the gift of the groom.

"She was attended by her two sisters, Miss Helen Lyons, as maid of honour, and Miss Mary Lyons, as bridesmaid. Miss Helen was gowned in light blue net with lace over taffeta, with a full skirt and bolero. She wore a Juliet cap of braided ribbon and a shoulder-length veil. Her flowers were an arm bouquet of pink gladioli. Miss Mary wore pink net over taffeta, the gown fashioned with a full skirt banded at the hem with taffeta, and a bolero. She wore a matching shoulder-length veil and carried white gladioli.

"Both attendants wore the gifts of the bride, natural gold bracelets with cameo settings.

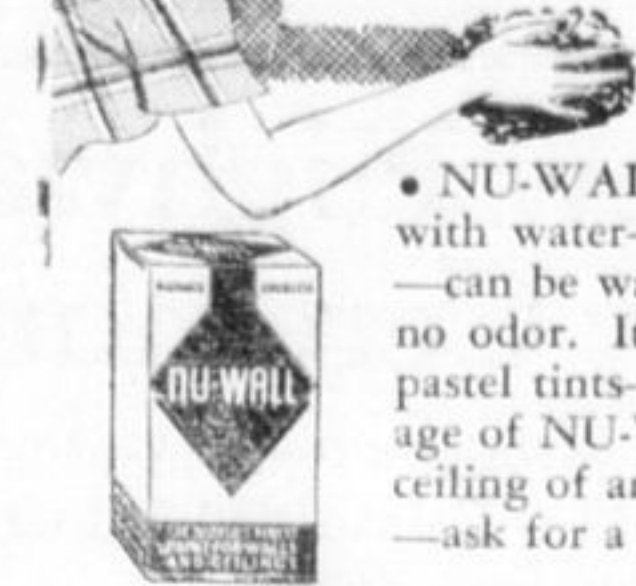
"Gordon Andrews, Noranda, cousin of the groom, was best man, and ushers were Alfred Andrews, brother of the groom.

"A reception was held afterwards at Torbay Lodge, where the bride's mother received wearing a graceful gown of navy blue figured sheer material, and a navy baku hat and corsage of tallismen roses. The groom's mother also received, and was gowned in navy sheer with a white felt hat and corsage of tallismen roses.

"For the honeymoon trip, the bride donned a figured chiffon frock in dusky pink with white baku hat. They will reside in Noranda.

"Out-of-town guests attending the wedding were Mr. and Mrs. G. A. Sloan, Fournier, parents of the groom; Mr. and Mrs. J. P. Lyons, Sault Ste. Marie; D. S. Lyons, Winnipeg; Mr. and Mrs. W. J. McKee, Chalk River; Mr. and Mrs. Alfred Sloan, Noranda; Miss Alice Andrews, Timmins; Miss Alice Andrews, Cornwall; Rev. J. A. Tourangeau, Sudbury; Gordon Andrews, Noranda; Henry McKee, Chalk River; Mr. and Mrs. George Ashford, Kirkland Lake."

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Hints On Fashions

—by LISBETH

Dirndl Peasant Dresses Attractive for Summer Wear

The peasant influence is here, there and everywhere. It is seen in home furnishings as well as in fashion.

However, it has made its biggest hit in style circles, and pictured here we have a two-color peasant frock or dirndl.

This attractive dress is made of heavy silk crepe, the very full skirt and laced belt in moss green; the plain blouse in apricot colour.

This little dress is pretty enough to wear anywhere, although the young lady looks very much as if she were on her way to market in it.

Style Whimsies

Silver identification tags, with one's name and address engraved on them are smart and useful too, in case of accident or amnesia. They come on slender silver chains and are cute as can be. Large gold tags are decidedly swanky.

Don't forget that jewelled buckles are just the tops for evening shoes, and if you are contemplating a gift for the girl who is going away to school, think of them. She'll love you forever if you give her a pair.

Fur hats shown for fall and winter come in such shapes as the bonnet, bird's nest, with bird in the nest, and the fez. Sable-dyed ermine, mink and silver fox are three furs used for these creations.

Buttons are important parts of the trimming picture for autumn. Two buttons as large as carnations decorate a navy blue dress.

Fur coats are being shown in boxy, fitted and in-between silhouettes.



Man Killed Near Cochrane And Another Injured

Cochrane, Aug. 6.—One man was killed and another injured near Seneterre, east of here along the Canadian National Railways northern transcontinental line, late Thursday, when a load of ties hauled on a push-car behind a speeder, tumbled down over four men manning the railway "jiggeram."

Sectionhand J. A. B. Ebacher was killed and Section Foreman E. Bouchard sustained several broken ribs. The other two sectionmen riding the speeder escaped as they sat on the front end of the conveyance. Ebacher and Bouchard rode the rear end.

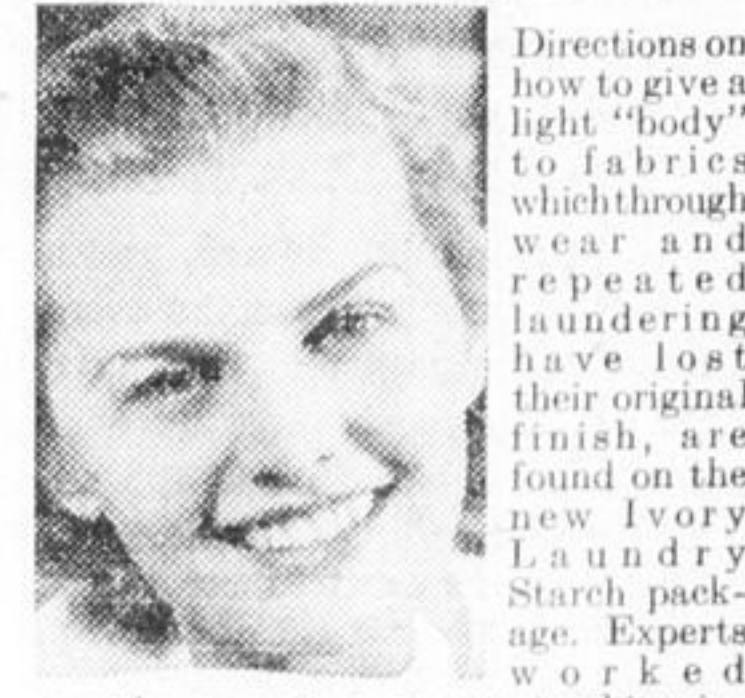
The push-car, loaded with ties for distribution along the tracks, was coupled to the speeder, and in some way jumped the line. The momentum tumbled the ties forward, crushing Ebacher to death and injuring the crew foreman.

It has not been decided whether or not an inquest will be held.

Globe and Mail:—Two days after becoming a British subject a former Austrian Ambassador received a Knighthood. This speed record surpasses that of the Irish of an earlier generation who sometimes were in New York three days before getting on the police force

St. Mary's Journal-Argus:—"When we're married, darling, all will be sunshine. The dark clouds will roll by, the blue skies—" "Don't make a weather forecast of it, Harold!"

Renewing Starch Rescues Limp Linens



Directions on how to give a light "body" to fabrics which through wear and repeated laundering have lost their original finish, are found on the new Ivory Laundry Starch package. Experts would lead months preparing proper starching instructions for all types of fabrics. Now all this valuable information appears on every Ivory Laundry Starch label. With Ivory Starch directions you can starch more intelligently on wash day... secure better and more natural results. If your grocer hasn't the new Ivory Laundry Starch send us his name and address and we will see that you are supplied. St. Lawrence Starch Co. Limited, Port Credit, Ontario.

Wedding Thursday at Timmins Church

Miss Minerva Watson and Mr. Geo. Harold Francis Married.

In the presence of a few close friends, a quiet wedding was solemnized at St. Matthew's Anglican Church on Thursday morning at 10:45 o'clock, when Rev. Canon R. S. Cushing united in marriage Minerva, daughter of Mr. James Watson, of Manitoulin, and the late Mrs. Watson, and Mr. George Harold Francis, son of Mr. and Mrs. John Henry Francis, of Peterborough.

The bride was charming in a lavender knitted suit, with a hunter's green swag coat, and accessories in the same shade. She wore a corsage of lavender sweet peas.

Miss Eleanor Morin attended the bride as bridesmaid, attractively attired in a street-length dress of white linen adorned with large brown wooden buttons. She wore brown accessories and a corsage of roses.

The groom was attended by Mr. Earl Beatty as best man.

The bride and groom left immediately after the ceremony motoring to Peterborough, Toronto and other southern points. Upon their return they will take up residence at 22 Murdock avenue.

Household Hints

By MRS. MARY MORTON

Menu Hint

Ham Ring Scalloped Potatoes
Buttered Carrots
Green Salad

Blueberry Upside-Down Cake Tea

The recipes for ham ring and blueberry up-side down cake are from Good Housekeeping, and have been tested in the institute. Having part of a ham on my hands, which I bought for picnic purposes, I thought some of you might be in like situation, so am giving you a good way to finish up the last little bits. You can use sweet bottled milk in the recipe instead of evaporated.

To-day's Recipes

HAM RING—Three cups ground cooked ham, two egg whites, two cups evaporated milk, speck cayenne, two cups cooked or canned peas. Combine ham and unbeat egg whites. Slowly add milk and cayenne. Pour into greased eight-inch ring mould and bake in moderate oven of 375 degrees F for 30 to 40 minutes. Unmould on a platter; II centre with peas, spinach, or other vegetable. Serves five to six.

BLUEBERRY UPSIDE-DOWN CAKE—One and one-half cups fresh blueberries, one cup granulated sugar, six tablespoons water, one-fourth cup of shortening, one egg, beaten; three-quarters cups plus two tablespoons sifted cake flour, one teaspoon baking powder, one fourth teaspoon salt, one-fourth cup bottled milk or two tablespoons evaporated milk and two tablespoons water, one-fourth teaspoon vanilla extract. Cook together for 10 minutes the blueberries, one half cup of the sugar and the water; cool. Mix in making a plain cake batter. Meanwhile use the rest of the ingredients in the usual way. Arrange the blueberries in a greased and lightly floured eight-inch layer—cake pan and cover with the cake batter. Bake in a moderate oven of 375 degrees F. for 25 to 30 minutes. Turn out upside down and serve warm with ice cream or plain cream on top. Serves six.

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SCOTT'S SCRAP BOOK By R. J. SCOTT
WHERE IS HALLEY'S COMET?
HALLEY'S COMET WHICH CAME FINELY INTO VIEW DURING 1910, IS NOW BEYOND THE ORBIT OF THE PLANET NEPTUNE, BUT IT WILL BE BACK INTO OUR SKIES BY 1985—THIS COMET WILL REMAIN INVISIBLE TO EVEN LARGE TELESCOPES FOR FORTY YEARS.
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