

Favourite Dishes For Autumn Now on Menus

Menu for a Week Outlined by Domestic Science Expert. Griddle Cakes and Sausages, Fruits, Vegetables, Poultry, Given Special Mention. Some Recipes.

The autumn days which we have been enjoying recently give us an opportunity to feature some of our favourite fall dishes in the menu. There's nothing better than griddle cakes and sausages for Sunday morning breakfast.



By EDITH M. BARBER

Fruits are generally plentiful and cheap with grapes, melons, peaches and plums as lasting buys. Among the vegetables we find beets, carrots, celery, corn, cucumbers and squash the best values. Meat is still high, although ham is a little lower and some stores will be featuring specials on veal. Poultry is moderate in price. Scallops and shrimps can be found at low prices.

- Sunday Breakfast**
Honeydew Melon Sausages
Griddle Cakes Sirup Coffee
Dinner
Shrimp Cocktail
Celery Olives
Roast Veal
Browned Potatoes
Broccoli with Browned Crumbs
Watercress Salad
Huckleberry Pudding
Iced Coffee
Supper
Cold Tongue Potato Salad
Sliced Fruit Tea
Monday Breakfast
Orange Juice Ready-to-eat Cereal
Boiled Eggs Toast Coffee
Luncheon
Scalloped Tomatoes
Cornbread
Tea Jam
Dinner
Broiled Hamburg Steak
Stewed Potatoes Buttered Carrots
Butterscotch Pie
Coffee
Tuesday Breakfast
Stewed Prunes

- Ready-to-eat Cereal
Bacon Coffee Cake Coffee
Luncheon
Lettuce Salad
Tea Baked Apples
Dinner
Cold Sliced Veal
Stuffed Potatoes
Beets With Sour Sauce
Peach Shortcake Coffee
Wednesday Breakfast
Apricot Juice
Cooked Cereal
Shirred Eggs English Muffins
Coffee
Luncheon
Vegetable Soup
Devilled Egg Salad
Pears Tea
Dinner
Fried Liver with Bacon
Potatoes with Parsley Butter
Baked Tomatoes Lemon
Baked Tomatoes
Lemon Pudding
Iced Coffee
Thursday Breakfast
Plums
Ready-to-eat Cereal
Fried Beef
Toast Coffee
Luncheon
Macaroni and Cheese
Sliced Carrots
Grapes Tea
Dinner
Broiled Chicken
Mashed Potatoes
String Beans in Cream
Lettuce with Spicy Dressing
Coffee Ice Cream
Friday Breakfast
Sliced Bananas
Cooked Cereal
Poached Eggs on Toast Coffee
Luncheon
Oyster Stew
Toasted Crackers
Sliced Peaches Tea
Dinner
Boiled Fish, Egg Sauce
Baked Potatoes Buttered Squash
Cucumber Salad
Apple Cake Coffee
Saturday—Breakfast
Grapefruit
Ready-to-eat Cereal
Bran Muffins Bacon Coffee
Luncheon
Scalloped Salmon
Cabbage Salad
Cookies Tea
Dinner
Broiled Ham
Grilled Sweet Potatoes
Corn on the Cob
Chocolate Souffle
Iced Coffee
Oyster Stew

¼ cup butter
1 pint oysters
1 quart milk
1½ teaspoons salt
Pepper
1 teaspoon paprika
Melt butter, add drained oysters and cook three minutes, or until edges curl. Add milk, salt, pepper and paprika, bring almost to the boiling point and serve at once with oyster crackers.

Beauty and You

by PATRICIA LINDSAY



Pretty MARY HOWARD of the screen keeps her limbs and back supple by this exercise which is not as simple as it looks! Sit on the floor, lift one leg without bending the knee and grasp the ankle. Then roll backwards holding on to the ankle and try to come up again.

INDOOR EXERCISES REPLACE SUMMER OUTDOOR ACTIVITIES

Now that summer sports are nearly over we must give a thought to the indoor exercises we most need to keep our figures trim, or to distribute most becomingly the extra pounds we acquired during those playday months.

It is an excellent idea to start a chart of figure measurements and weights, leaving room for nine months record. Chart yourself accurately and then determine what corrective work must be done to make you a fascinating lady!

You know, this acquiring beauty or glamour or appeal demands greatly upon your will. One terribly attractive woman I know swears she can "think" herself to slimmness, or "think" herself to a heavier weight if extra pounds is what she needs! And I believe she actually can.

If you are determined to lose weight you can easily reconcile yourself to a routine of exercise and a reducing diet. You just never think of straying from the course you have laid for yourself! And in no time at all you have accomplished the measurements you desire. The same thinking habit holds true for under weights who desire more glamorous proportions!

Specific Movements Advised

Unless you have entered or completed the menopause, or have had a serious operation, there is no reason in

the wide world why you cannot find specific exercises to build you up or reduce you in the definite spots calling for correction!

You shouldn't, however, desire to get down to 120 pounds if you have been 170 pounds! Nor should you wish to slip into a size 34 dress if you have for years been taking a 48. Such drastic changes in figure are not to be recommended and neurotic underweights should not expect ever to be buxom. But all women can sensibly control measurements and weights if they have a mind to, and keep within reasonable proportions for their type, age and build.

Swimming is, as you know, the best all-round exercise. I wish more women would take swimming seriously, regularly. Then there are general muscle toning exercises which keep circulation up to par and skin youthful looking.

The most popular of the corrective movements are, naturally those which slim your waistline and reduce your hips.

If you are stout or slim send for my leaflet, "Beautifying the Midriff" which gives one exercise for each type to keep the midriff fashionable! There is also a leaflet "Beautifying Limbs and Ankles" which some of you might benefit by.

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Delightful Social Evening by Legion

Large Attendance and Happy Program Thursday Night.

Opening social of the local branch of the Canadian Legion was held on Thursday evening in the Legion hall with a large attendance of members of the Legion and their friends, and members of the Auxiliary and their friends. A very pleasing programme had been arranged for the evening by the entertainment committee, and with dancing made the evening a very successful one. A delicious lunch was served at the conclusion of the programme, and "topped off" a memorable occasion.

Tommy Johnson very ably took the post of master of ceremonies for the evening, introducing each artist on the programme.

After the insistent applause following his first selection, "Friend of Mine," Bert Bridgman sang an encore "Sitting Thinking," and was followed by a tap dance, a specialty number by Misses Elms McFadden and Elizabeth McNeil. The applause was loud and long, this tap dance number being one of the evening's hits. Mr. Campbell and Clayton Ross entertained the gathering with a guitar and mouth organ duet, and Jack Newell beautifully sang "Mother O'Mine" and "The Trumpeter." Bill Aston obliged with two vocal selections, one of which was "Grandfather's Clock," and Tommy Johnson made a decided hit with the audience, with his renditions of "Baby's Prayer at Twilight" and "Little Man You've Had a Busy Day."

W. A. Devine provided the music for dancing, and acted as accompanist during the evening.

Pleasant Afternoon Tea Auspices of Rebekahs

Many members of the Gold Nugget Rebekah Lodge and their friends attended the afternoon tea held at the home of Mrs. A. Borland, Jr., 76 Balsam street south, on Wednesday afternoon, under the auspices of the Rebekah Lodge. The afternoon took the form of a very pleasant social event.

Mrs. Borland received the guests, assisted by Mrs. Henderson, of Schumacher, noble grand of the Lodge, and Mrs. Jas. Keene, past president, and Mrs. Isabel Hocking, assisted by Miss Mammie Borland and Miss Bunnie Bailey, poured tea. The tables were charmingly arranged for the occasion, with tall vases of cut flowers, and the occasion, which had also been very well arranged, was a delightful one.

Household Hints

By MRS. MARY MORTON

Variety in Chicken Salad

Here are some new variations on the old theme of chicken salad, some of them from Brazil. Many recipes use Brazil nuts, something that is a fine addition to the chicken salad family. Amazon salad is the first variation, and it is good. One cup diced chicken, one and one-quarter cups diced celery, one-third cup coarsely-chopped Brazil nuts, one-half cup cooked salad dressing or mayonnaise will yield four servings. Combine the ingredients in order given, mixing lightly. It's nice as a sandwich filling or a salad on lettuce.

The next salad uses a cup of diced cooked chicken, one cup cucumber, pared and cubed; one cup chopped Brazil nuts, one cup small canned peas, French dressing, mayonnaise and lettuce. Marinate chicken, cucumber, and peas with French dressing. Serve on lettuce with mayonnaise. It's an especially nice salad for a "company" luncheon, or for a supper buffet.

Chicken Salad Rio

Chicken salad Rio is as exotic as the city in which it originated. It calls for a pint of diced boiled chicken, one cup diced celery, two tablespoons lemon juice, one-half cup Brazil nuts, one cup fruit salad dressing with whipped cream, lettuce, salt and pepper. Mix lemon juice with chicken, celery and Brazil nuts, season and let stand. Have everything cold and, just before serving, mix lightly with fruit salad dressing with whipped cream. To make this dressing you will need two tablespoons lemon juice, two eggs or four egg yolks, beaten; one-quarter cup water, one-third cup sugar, two tablespoons, butter, one-half teaspoon salt, one-eighth teaspoon paprika and one cup cream, whipped. Mix dry ingredients, add egg, lemon juice and water; cook over boiling water, stirring constantly. Add butter, cook until thick and cool. When ready to use, add the stiffly-beaten cream.

Another Variation

The next chicken salad variation calls for one-quarter cup cooked chicken, sliced and cut into tiny squares; Chutney mayonnaise, one-half cup artichoke bottoms cut like the chicken, two tablespoons truffle oil in small pieces, one-half cup cold, boiled potatoes cut like the chicken, cucumber cups and lettuce. Mix chicken, potatoes, artichokes and truffle with mayonnaise. Serve in cucumber cups on lettuce. To make the chutney mayonnaise, add one and one-half tablespoons chutney to cup mayonnaise and stir until thoroughly blended. This is a very nice salad for a bridge luncheon or buffet.

Funeral of Late Bruno Lamarche on Saturday

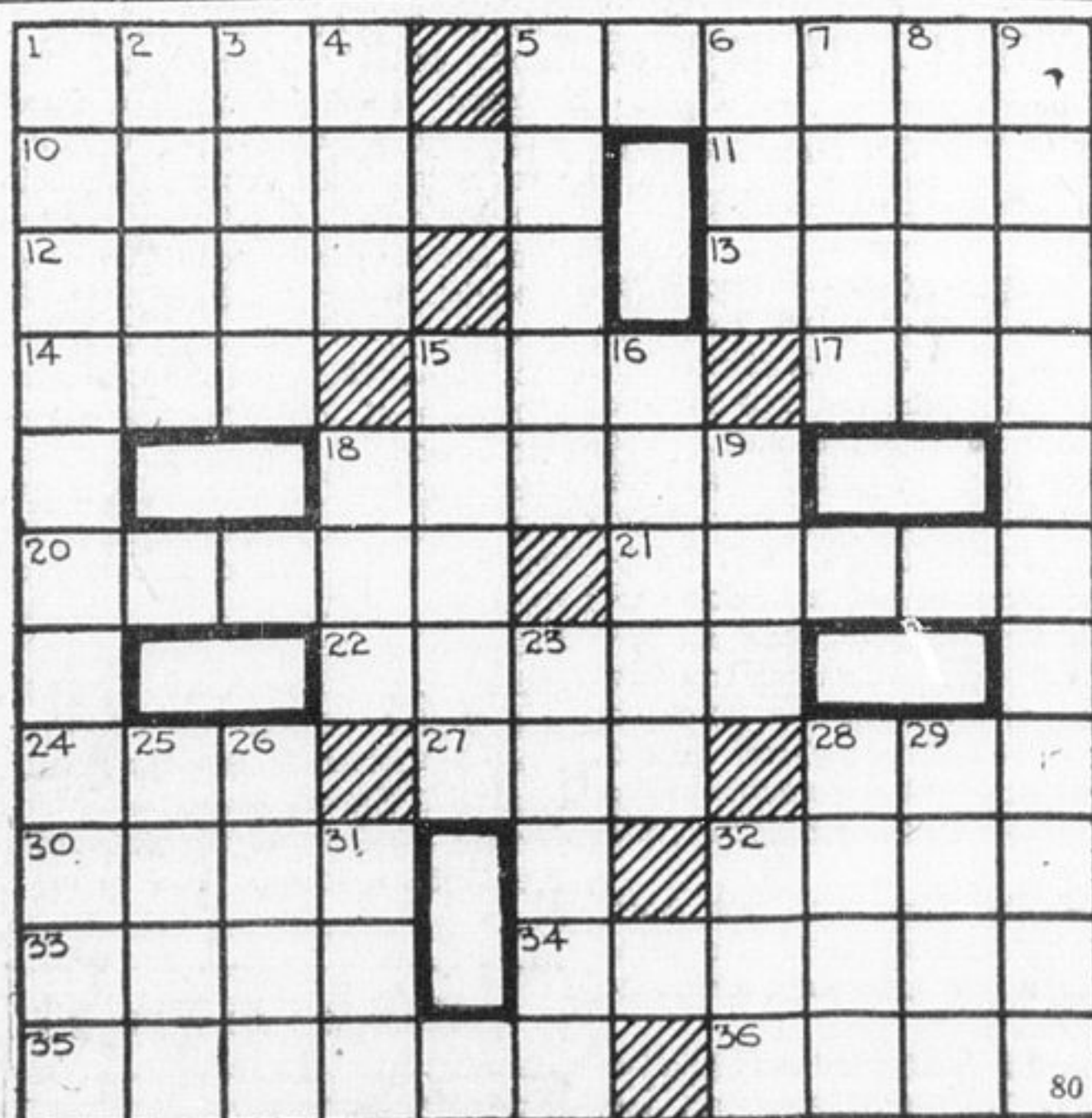
Well-known in the town and district, the death of Bruno Lamarche, son of Mr. and Mrs. Raoul Lamarche, on Thursday was a great shock to his many friends here. Born in St. Wilfred de Barston, Quebec, the deceased was 22 years of age, and had lived in Timmins for sixteen of those twenty-two years, making his home at 181 Spruce Street, north. About a week ago he underwent an operation for appendicitis, and greatly weakened, succumbed on Thursday in spite of blood transfusions and the best of care.

Surviving are his mother and father, one sister, Lucille, at home, and three brothers, George, Gaston and Phillips, all of Timmins. Funeral ser-

Rebekahs Start Their Regular Meeting Events

The regular meeting of the Gold Nugget Rebekah Lodge, was held on Thursday evening, with a good attendance of members. The club has commenced its regular meetings recently, and are making plans for their first big social event, and afternoon tea and social to be held in the Oddfellow's hall on November 24th. Special arrangements for this event were discussed at the meeting, and the usual business was transacted.

The next regular meeting of the Rebekahs will be on Thursday, October 6th, at the Oddfellow's hall.



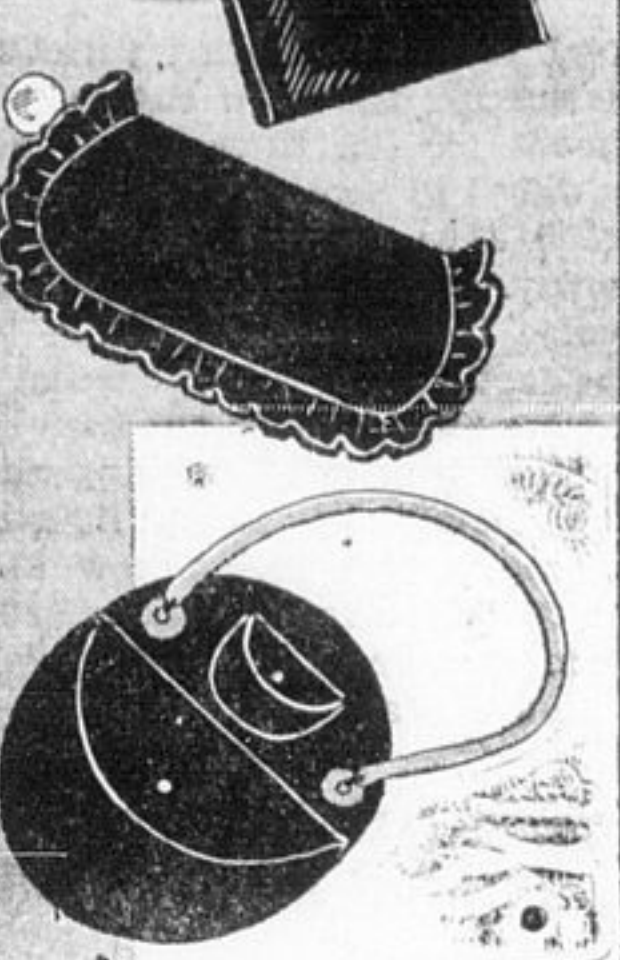
- ACROSS**
1—Shatter
5—Commercial seaport in West Flinders province
10—Admiral
11—Pen name—A lady of England—Charlotte Marie Tucker
12—Close
13—To play
14—Rowing implement
15—Though (simplified)
17—Derivation (abbr.)
18—Speak
20—Kind of linen braid
21—Devastation
22—Turn aside through fear
24—Deed
27—A June bug
28—The egg of a parasitic insect
30—Dutch; as spoken by South African natives
32—A circle of light
33—Desecry
34—A bright-colored jacket
35—Unbound pages of a book
36—Mischievous fairy
8—City in Alaska
9—Apologetic (colloq.)
15—Cornered (colloq.)
16—Additional
18—Former
19—Organ of hearing
23—Graves
25—Specie
26—Narrow woven rib-
bon of cotton
28—A German fascist
29—The holm oak
31—A solution leached from ashes used in soap making
32—Chance
- DOWN**
1—Names
2—At sea
3—Espangale
4—Feminine pronoun
5—City in east Nebraska
6—A sailor
7—Odic force of electricity

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Funeral of W. E. Hornby Prospector of the North
The funeral took place on Tuesday last, Sept. 27th, at Toronto, of William Edward Hornby, well-known in the North in its early days as a prospector and in other capacities. He was a former resident of Halleybury where he operated a theatre for the early days. He also was among the early prospectors in the Porcupine and Kirkland Lake gold areas.

Hints On Fashions

Right Bag Adds To Appearance of Costume



Smart New Handbags

A bag can make or mar a costume, as many of us have discovered ere this. Here are three of the newest bags sketched in Paris. The first is a dressy bag of black suede. The ribbon of black satin that is tied around it forms the handles—one front and back through which the arm is slipped. Narrow black satin piping adds an ornamental touch. Next is an under-arm bag of black antelope with double ruffles of the antelope. The ball which pulls the zipper on top is of tortoise shell. The third bag is young and amusing. It is of black suede with a tubular gold handle.

Does YOUR System Make Excess Acid?

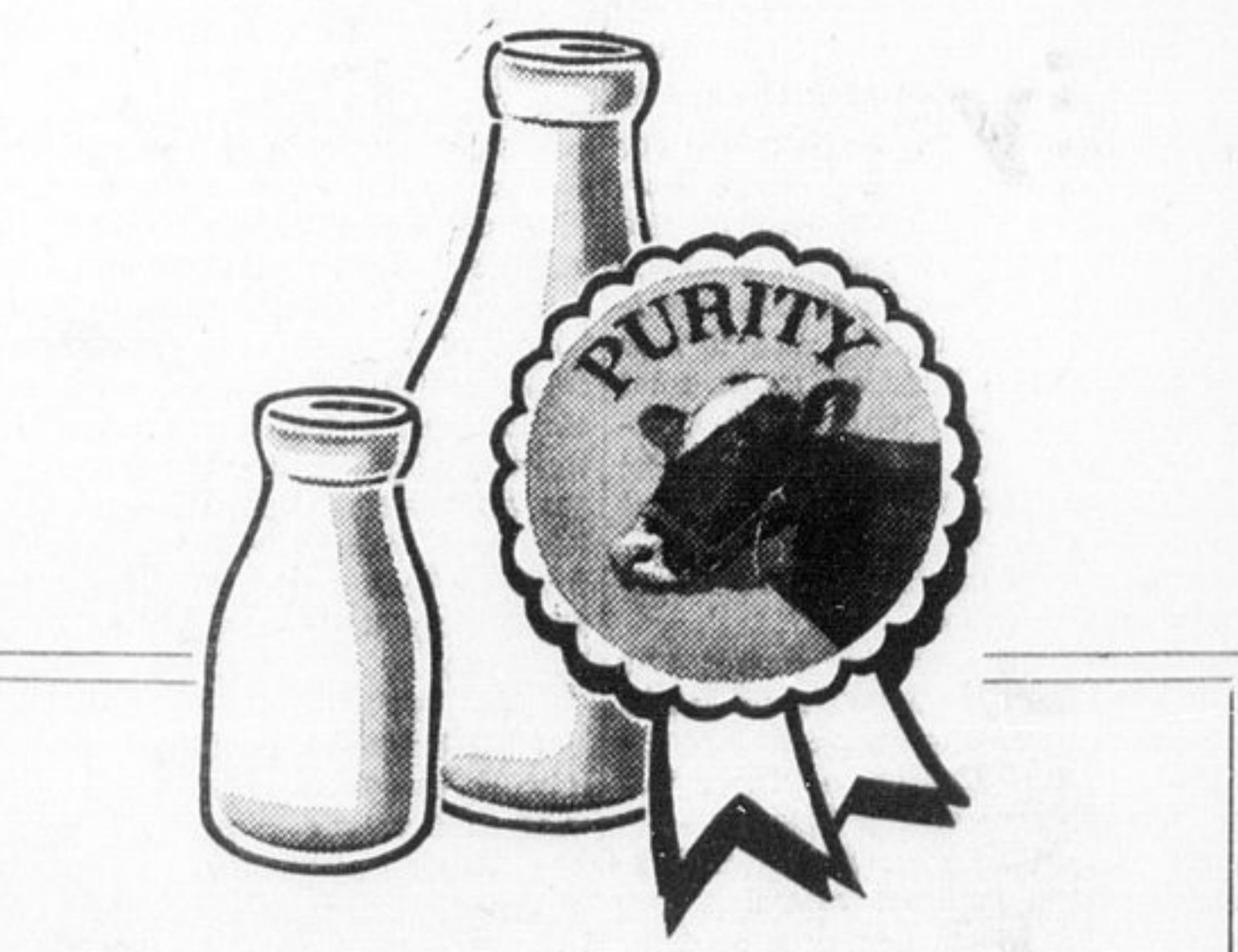
Acid Indigestion, Colds, Headaches, Bilious Attacks, Constipation
OFTEN START THIS WAY
Some people are what are known as acid-makers. They can't help it—and often they don't know it. The results of an excess of acid may seem just like ordinary stomach trouble—but they can't be put right by ordinary stomach remedies! Excess acid may be the reason why you wake up flat, sour, bleary-eyed, bilious—and the reason why fierce purgatives only leave you in the grip of a weakening habit and the same old symptoms.

But there's one thing that acid can't face. That's the neutralizing power of Vange Salts, the alkaline remedy with the natural mineral spa action. A teaspoonful in warm water surges through your system just like the medicinal spring water far away in England where Vange Salts come from. Excess acid is neutralized quickly, painlessly. Your blood is purified of poisons. Your sore stomach walls are soothed. And that mass of hard, poisonous waste matter lying in your intestines is softened gently, naturally, and passed out of your body. Then do you feel good! It's marvelous! But the most marvelous thing is that Vange Salts are only 60 cents a tin! At your drug-gist now—but if you're wise, on your bathroom shelf tonight!

Afternoon Tea and Fashion Show on Wednesday, Oct. 5

One of the big events of this week will be the afternoon tea and fashion show under the auspices of Timmins Golden Chapter I.O.D.E. in the Masonic hall, Timmins, on Wednesday afternoon of this week, Oct. 5th, from 3 to 7 p.m. The fashion show is sponsored by the A. Shaheen store and will feature furs, sports wear, and afternoon and evening dresses. There is to be a valuable door prize. Also, the I.O.D.E. draw, originally scheduled for Sept. 28th in the St. John Ambulance Brigade hall, is to be held at this tea in the Masonic hall on Wednesday of this week, Oct. 5th, from 3 to 7 p.m.

Exchange:—A diplomat is described as a man who remembers a woman's birthday but forgets her age.



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