

Week's Menu Features Fruits Now Seasonable

Apples, Cranberries and Grapefruit Replacing Peaches, Plums and Pears. How Menu May be Varied. Recipe for Wine Jelly with Grapes.

Grapes are coming to the height of their season. Now is the time to make conserve or jelly, for real bargains can be found in the market. Other fall fruits such as cranberries, apples and



(By EDITH M. BARBER)

grapefruit are gradually replacing peaches, plums and pears. The best buys in the vegetable market are carrots, celery lettuce and other greens, parsnips, green peppers and beans.

SUNDAY BREAKFAST

- Grapefruit
- Ham with cream gravy.
- Waffles. Syrup. Coffee.
- Dinner
- Bacon and chutney canape
- Celery
- Brown fricasse of chicken
- Boiled rice. Buttered beans.
- Mixed green salad.



Dentists recommend Wrigley's Gum as an aid to strong, healthy teeth, cleanses them of food particles, massages the gums, aids digestion, relieves stuffy feeling after meals. Helps keep you healthy! Take some home for the children too—they will love it!

Ice cream with buttered sauce. Coffee

Supper
Creamed mushrooms
Vegetable salad.
Cookies. Tea.

MONDAY
Breakfast
Orange juice.
Cooked cereal.
Bran muffins. Coffee.

Luncheon.
Cream of chicken soup
Tomato sandwiches
Baked apple. Tea.

Dinner
Baked mutton chops.
Baked potatoes. Baked squash.
Cranberry tapioca.
Coffee

TUESDAY
Breakfast
Stewed prunes.
Ready-to-eat cereal.
Poached eggs. Toast. Coffee

Luncheon.
Stuffed green peppers
Shredded carrots.
Chocolate cookies. Tea.

Dinner
Roast pork, apple sauce.
Grilled sweet potatoes.
Buttered peas.
Blancmange. Coffee

WEDNESDAY
Breakfast
Tomato Juice.
Cooked cereal.
Hot rolls. Coffee.

Luncheon.
Onion soup with cheese
Lettuce with chiffonade dressing.
Pears. Tea.

Dinner
Minute steak
Oven-fried potatoes
Broccoli with browned crumbs.
Chocolate pudding. Coffee

THURSDAY
Breakfast
Sliced bananas.
Ready-to-eat cereal
Scrambled eggs. Toast. Coffee

Luncheon.
Vegetable chowder
Celery
Toasted crackers.
Cream cheese. Quince conserve. Tea

Dinner
Cold roast pork, cranberry relish.
Mashed potatoes. Fried parsnips.
Wine jelly with grapes
Coffee

FRIDAY
Breakfast
Orange juice.
Cooked cereal.
Boiled eggs. Hot rolls. Tea

Luncheon
Cheese souffle.
Sliced tomatoes. Tea.

Cookies. Dinner
Broiled fish
Potatoes with parsley butter
 Lima beans with lemon butter.
 Peach shortcake.
 Coffee

SATURDAY
Breakfast
Orange juice
Ready-to-eat cereal.
Bacon. Toast. Coffee.

Luncheon
Egg Salad.
Hot biscuits.
French toast. Syrup. Tea

Dinner
Meat loaf.
Scalloped potatoes.
Buttered spinach.
Lemon meringue pie.
Coffee

WINE JELLY WITH GRAPES
2 tablespoons granulated gelatin.
1/2 cup of cold water.
1 1/2 cups of boiling water.
1 cup of sugar
1 cup sherry or madeira wine.
1/4 cup of orange juice.
3 tablespoons lemon juice.
White seedless grapes.

Soak the gelatine in the cold water. Dissolve in the boiling water, add sugar, wine, fruit juices. Cover the bottom of a mold with a thin layer of jelly. Cool, and when hardened add a layer of white grapes. Add the remaining jelly mixture. Chill and serve with whipped cream.

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Wedding at St. Philomena's Church at Bonfield, Ont.

Bonfield, Oct. 22.—A pretty wedding was solemnized in St. Philomena's Church at 9 o'clock Monday morning, October 10, when Fernande Boulanger, daughter of Mr. and Mrs. Simeon Boulanger, became the bride of Herve Gauthier, son of Mrs. A. Gauthier and the late Mr. A. Gauthier, of Corbeil.

The bride was charming in a floor-length gown of white satin. Her veil was in bonnet shape caught with flowers. Little Therese Gagne was flower girl. The bride's only attendant, Miss Marie-Anne Gauthier, wore a floor-length gown of blue crepe. Maurice Boulanger, of Timmins, was the groomsmen. After the marriage a reception was held at the home of the bride's parents.

Out-of-town guests were, Mr. and Mrs. Romeo Giroux, Andre Levesque, Laurent Boulanger, Roland Levesque, Mr. and Mrs. Ludger Martin, Albert Martin, Omer Martin, Mr. and Mrs. Fred Boulanger, all of Timmins, and Maurice Boulanger, Rouyn.

Picton Gazette: A Missouri editor says he will publish no more obituary notices of people who did not subscribe to his paper. He says people do not take their home paper as lead anyway, and their passing is of no news value.

Beauty and You

by PATRICIA LINDSAY



Fastidious beauties include a thorough pedicure in their weekly grooming. This attractive young lady believes in a good soaking and brushing!

Home Pedicure Gives Beauty As Well As Comfort

A pedicure is not ultra-ultra in grooming! Many women are under the illusion it is. A pedicure is merely being kind to your "dogs"—your faithful dogs which take you everywhere you want to go!

And what glorious comfort and relaxation can be derived from a pedicure which includes not only manicuring of your toe nails, but the massage of your feet with cream and the removal of hardened callous.

To begin as you should, soak your feet in a solution of soapy water and common baking soda. Half a box to a basin full of water. After a brisk brushing, carefully work the cuticle around the nails while it is soft with an orange stick and proceed with the manicure. But file your toe nails straight across instead of shaping them oval. Polish to match your fingernails is a nice touch.

Callous Treatment
A callous is hardened skin which formed over wounded flesh. It is nature's way of protecting your feet. If you have several callous place your

feet you should really get a pair of better fitting shoes. Good fitting shoes and hose will keep your feet free of them especially if you pedicure once a week, and massage your feet more frequently.

Cuticle remover is splendid for softening a callous, and once it is softened, rub an emery board gently over it or scrape it with nippers. Be careful not to go too deep the first time, or you might cut into your flesh.

Some persons keep a bar of pumice in the bath soap dish and each time they bathe they rub the callous with it. This tends to keep them under control.

Refreshing Tired Feet
The final foot bath of cold salt water followed by a firm massage is most refreshing. Use a rich cream or plain olive oil. But the more you massage the more comfort you will have the next day or two.

Such a treatment should not be limited to once a week. The more thoughtful you are of your feet the more comfort you will have and the more beauty, to boot!

If You Like Books

The following explanation and poem from the scrap book of Mr. R. B. Holmes are both interesting and touching, and will probably find their way into many another scrapbook:

THE INSPIRATION

The story of how Sam Walter Foss came to write "The House by the Side of the Road" is interesting and contains a little lesson in human kindness. Foss was tramping in New England. Tired he sought the shade of a tree along the roadside. Nearby was a crude sign which read: "There is a spring here; if you are thirsty, drink." A little farther on was a bench on which was written: "Sit down and rest if you are tired." A basket of apples was placed near with the sign: "If you like apples, help yourself."

Who had placed the sign there? Foss sought the owner and found a kindly-faced old man.

"Well," the old man said, "we had water plenty and I thought it would be a good thing to share it with thirsty travellers. This is a pleasant spot to rest, so I brought down an old bench from the attic. We have more apples than we can dispose of, so Ma and I thought it would be nice to divide with others, so we bring some down every day. It seems to do good so we kept it up."

THE HOUSE BY THE SIDE OF THE ROAD

(By Sam Walter Foss)
There are hermit souls that live withdrawn
In the peace of their self-content;
There are souls, like stars, that dwell apart,
In a fearless firmament;
There are pioneer souls that blaze their paths
Where highways never ran;
But let me live by the side of the road
And be a friend to man.

Let me live in a house by the side of the road,
Where the race of men goes by—
The men who are good and the men who are bad,
As good and as bad as I.
I would not sit on the scorners' seat,
Or hurl the cynic's ban;
Let me live in my house by the side of the road
And be a friend to man.

I see from my house on the side of the road,
By the side of the highway of life,
The men who press with the ardor of hope,
The men who are faint with the strife,
But I turn not away from their smiles
Nor their tears—
Both parts of an infinite plan;
Let me live in my house by the side of the road
And be a friend to man.

I know there are brook-gladdened meadows ahead,
And mountains of wearisome height;
And the road passes on through the long afternoon
And stretches away to the night,
But I still rejoice when the travellers rejoice,
And weep with the strangers that moan,
Nor live in my house by the side of the road
Like a man who dwells alone.
Let me live in my house by the side of

the road
Where the race of men go by—
There are good, there are bad, there are weak, there are strong,
Wise, foolish—so am I.
Then why should I sit in the scorners' seat
Or hurl the cynic's ban?
Let me live in my house by the side of the road
And be a friend to man.

Household Hints

By MRS. MARY MORTON

When it's cold and blowy, the appetite is sharpened and nothing will satisfy it but savory, satisfying, energy-giving foods. And this, to the housewife means serving a meat dish with plenty of tasty gravy over well-cooked vegetables. And that is the cornerstone of the cold weather meal.

So here we are with two splendid recipes that should find a secure place in your winter food plans.

Flemish Chuck Steak

Flemish chuck steak is inexpensive but delicious an important attribute for most of us, no matter the times. A good meal for the whole family with seconds for all, needs five pounds chuck steak, one cup vinegar, two teaspoons salt, two teaspoons all spice, one blade mace, two cups bread crumbs, one beaten egg, one chopped onion, salt and pepper for dressing, mixed powdered herbs (thyme, sage and savory), one tablespoon melted butter. Cook salt, all-spice and mace in vinegar five minutes. Pour over roast and let stand covered while preparing dressing.

Good Old Meat Pie

When its meat pie for dinner, then there's usually little difficulty entailed in bringing the family to the table. Two tablespoons flour, two teaspoons salt, one-eighth teaspoon pepper, two teaspoons mustard, two cups meat stock, three cups cooked ham cut in small pieces, three cups cooked veal, two onions, cut fine and biscuit dough will serve six. Mix flour, salt, pepper and mustard with a small amount of stock. Gradually add remaining stock. Lay meat and onions alternately in deep baking dish. Add stock mixture. Cover with biscuit dough and bake in hot oven (425F) for 30 minutes.

Wedding Last Week at Church at Bonfield

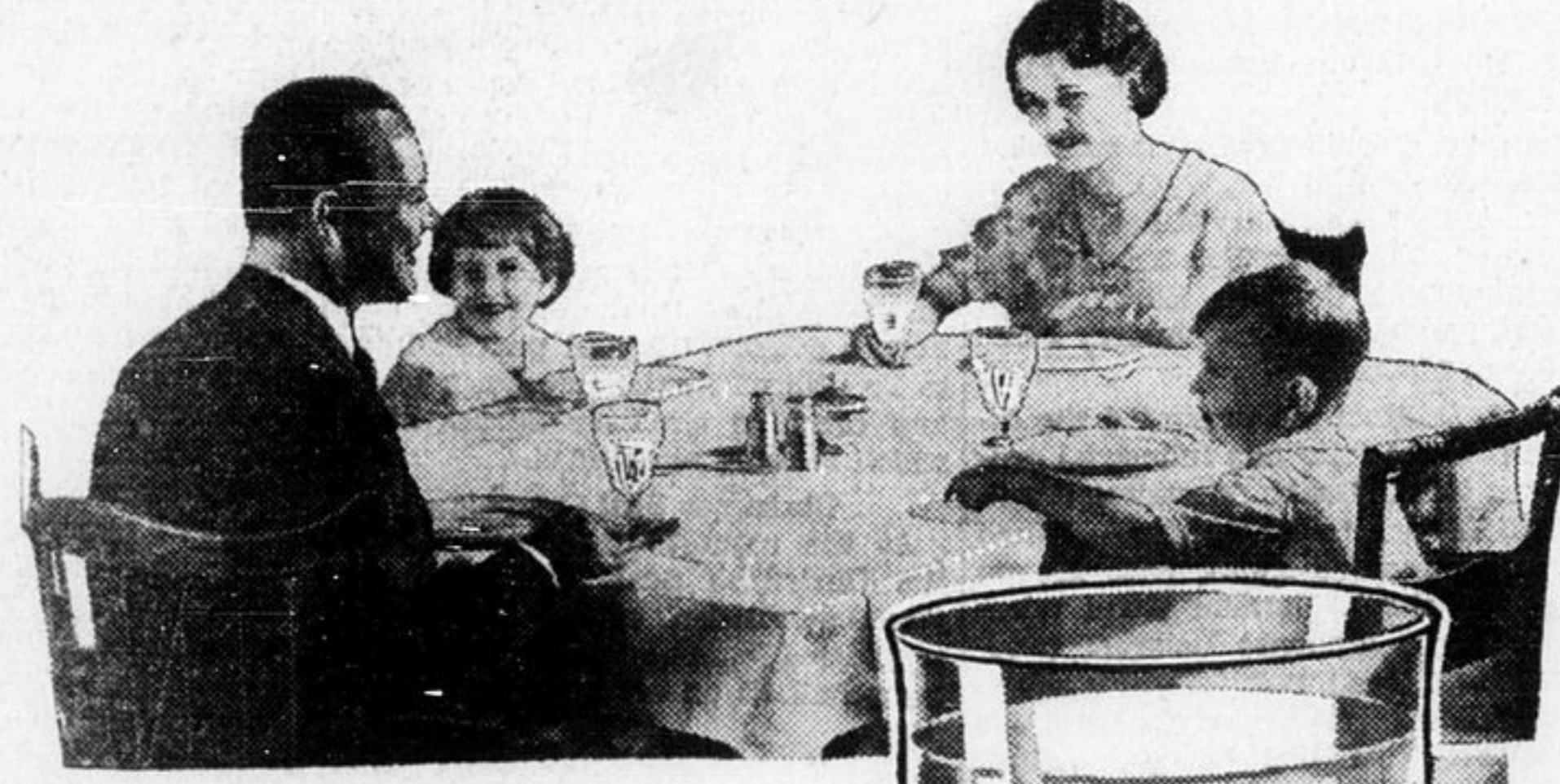
Bonfield, Oct. 22.—St. Philomena's Roman Catholic Church was the scene of a charming wedding Monday morning, October 17, at 8:30 o'clock when Lucile Laframboise, daughter of Mr. and Mrs. Laframboise, became the bride of Paul Boissonneault, Rouyn, P.Q., son of Mrs. Marie Boissonneault and the late Evangelist Boissonneault. Mon-signor Z. Lorrain officiated.

The bride, given in marriage by her father, wore a brown coat with fur boiero-hat and shoes in rust shade with matching accessories. Following the ceremony a reception was held at the home of the bride's parents.

Later, the bride and groom left for a motor trip to Rouyn. Out-of-town guests at the wedding were Mr. and Mrs. Dave Kofmann, Timmins, Miss Desneiger Richer, Timmins, Mr. and Mrs. Ernest Laframboise, Sesekinika.

Toronto Telegram:—A statistical survey shows that Americans spend \$5,000,000 annually for bridge lessons. The survey may now show it, but the bridge that the average American plays, certainly does not show it.

"What do you mean, Tom, 'laundry as pure as pasteurized milk'?"



"Well dear, you know that pasteurizing milk is a safeguard against germs. That's why the town insists that all milk sold must be pasteurized. I was reading in The Advance that clothes coming from the Timmins New Method Laundry are every bit as pure and clean as pasteurized milk. You see a laundry like that just doesn't wash clothes the way a woman does at home. They have special processes for different types of fabric and are really chemists who know the proper soaps and ways of washing various textiles clean without damaging them in any way. When I say clean I mean 'hospital clean,' pure as pasteurized milk.

"Of course no one could possibly wash clothes THAT clean at home no matter how hard they tried. You see, engineers and scientists have given years to research work, designing equipment and working out formulas such as the Timmins New Method Laundry uses. After all it stands to reason that clothes can't be washed as well at home as in a modern laundry anymore than I could build a car in the basement to compare with a 1939 model. Both are jobs for specialists."

"I'm glad you have such confidence in the laundry, Tom, because it's certainly a blessing to me. No wash-day work or worry, I just phone 153 and leave it all to them. Everything comes back ironed and finished better than I could do it myself. It gives me more time to myself or to spend with the children. And I'm never tired out when you get home like I used to be."

ALL WORK SENT TO THE TIMMINS NEW METHOD LAUNDRY COMES BACK AS PURE AS PASTEURIZED MILK

PHONE 153 AND OUR DRIVER WILL CALL.

TIMMINS New Method LAUNDRY

Wedding Friday at Church of Nativity

Miss Leona Stewart and Mr. Henry W. Smith Married.

The Church of Nativity was the scene of a lovely wedding on Friday morning at 9 o'clock, when Leona, daughter of Mr. Archie Stewart, of 89 Rea street, and the late Mrs. Stewart, became the bride of Mr. Henry Wm. Smith, son of Mrs. Stewart, of 219 Cedar street north and the late Mr. Bert Smith. Rev. Fr. O'Gorman performed the wedding ceremony, and suitable wedding music was played by the church organist.

Given in marriage by her father, the bride was charming in a gown of ivory satin, fashioned on princess lines, with suede lace in the long sleeves and in the collar. Her veil of embroidered tulle, falling in numerous folds to the floor and forming a train, was caught in a coronet of orange blossoms, and she carried an arm bouquet of pink and white roses and lily-of-the-valley.

Mrs. Clarence Cronk attended the bride as matron-of-honour, attractively attired in a gown of powder-blue organdy over taffeta, made with a fitted bodice and full flared skirt. Over the gown she wore a matching jacket of taffeta, with full puffed sleeves. A white picture hat and other accessories in white finished the ensemble, and she carried a bouquet of red roses and lily-of-the-valley.

Mr. Cronk acted as groomsmen. Following the ceremony a wedding breakfast was served at the home of the bride's father, Miss Yvonne Beaulne and Mrs. C. Cahill receiving the guests. The former chose for the occasion a gown of black georgette, while the latter wore pink organdy with matching accessories.

Later in the afternoon, the groom's mother, Mrs. Stewart, entertained in honour of the bride and groom, at her home. Many guests were present at the wedding dinner, Mrs. Stewart receiving the guests, becomingly attired in a white crepe ensemble.

In the evening the bride and groom received their friends at a reception in the Hollinger Recreation Hall, being the recipients of many beautiful gifts as well as the best wishes of their numerous friends.

Mr. and Mrs. Smith have taken up residence at 219 Cedar street north.

Prior to her marriage the bride was entertained at several showers, being the recipient of many valuable and useful gifts.

Stayner Sun: We have learned in recent weeks that armaments are much more effective in promoting peace than disarmaments.

Hints On Fashions



Suit for Casual Wear

This being a colorful season, any colour goes. So this mustard-yellow, casual-wear suit is high style. It is of woolen in a rough weave. The cardigan jacket is slightly longer than the regular length jacket and it dips down a bit in back in a circular line. Three cartridge-pleated pockets form the only trimming. It is single-breasted with covered buttons. With it is worn a purple, long-sleeved sweater.

New Liskeard's Assessment Shows Increase This Year

New Liskeard's assessment this year shows an increase — a healthy and pleasing increase—due to actual growth of the town and not to arbitrary increase in the figures assessed against the taxpayers. There is an increase of \$31,000 in the assessment of buildings, while other increases bring the total increases in the assessment to over \$50,000. While the increase may not be considered a very large one, the way figures go these days, still the fact that it signifies actual increase in rate-able property, is worthy of note.

10x10 crossword puzzle grid with numbers 1-45 indicating starting points for words.

- ACROSS
- 1—A central point
 - 6—A saying or proverbial nature
 - 11—Misuses
 - 13—Measure of land
 - 14—Soak hemp
 - 15—Water
 - 17—Cares
 - 18—Affirmative vote
 - 19—Fleeces
 - 21—Near to
 - 22—A stretcher for carrying the sick
 - 24—Help
 - 26—To make an equal score from an
 - 27—Steal
 - 29—Northeast (abbr.)
 - 31—A banquet
 - 33—Fourth note of the scale
 - 34—Forthwith
 - 37—In behalf of
 - 38—River in Switzerland
 - 39—A fancy
 - 41—Educe
 - 43—To perfume with odors, as burning spices
 - 44—An entrance
 - 21—A red dye from an East India shrub
 - 23—Letter T
 - 25—Profound
 - 27—A sudden, overpowering fright
 - 28—Thin, as atmosphere
 - 30—A combina-
 - 32—The under surface of the foot
 - 33—Blond
 - 35—A short poem
 - 36—A small skin tumor
 - 38—A division of a play
 - 40—Like
 - 42—Inside

Word search grid with words like HUB, RUSSIA, ANODE, KIN, K, SCOOT, IT, BE, INN, UP, MOT, EVE, APPOINT, XI, MUSES, AL, CLEARER, APE, ELM, IT, AHA, LY, ACCIPIERS, S, ALL, ALATE, ABBESS, DEW.