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National Cheese Week Next Week

Some Cheese Recipes for Week, Nov. 7th to 12th.

Next week is National Cheese Week—one of those weeks. Accordingly, the following from the Dominion Department of Agriculture is particularly timely:

Why Not Cheese?
When cold weather comes healthy appetites automatically seem to require warm foods. Why not satisfy this natural desire by serving and eating cheese?

Cheese may, of course, be used as it is purchased, but in this form it does not provide the pleasing sense of warmth to the taste, although its high fat content makes it an excellent heat producer in the body. This valuable dairy product, however, changes from a cold to a hot food when combined with other foods such as eggs, milk and cereals, to produce a tempting cheese soufflé or something similar.

The wise homemaker will depend upon savoury, appetizing cheese dishes to solve the luncheon or supper problem many times during the coming months of cold weather, and will constantly use such recipes as the following which have been selected from Dominion Department of Agriculture publication 586, "Cheese for Better Meals":

Cheese Soufflé
Three tablespoons butter.
Four tablespoons flour.
One cup milk.
One-half teaspoon salt.
Yolks of three eggs.
Whites of three eggs.
Few grains of cayenne.
Three cap cheese, grated.
Pinch of mustard.

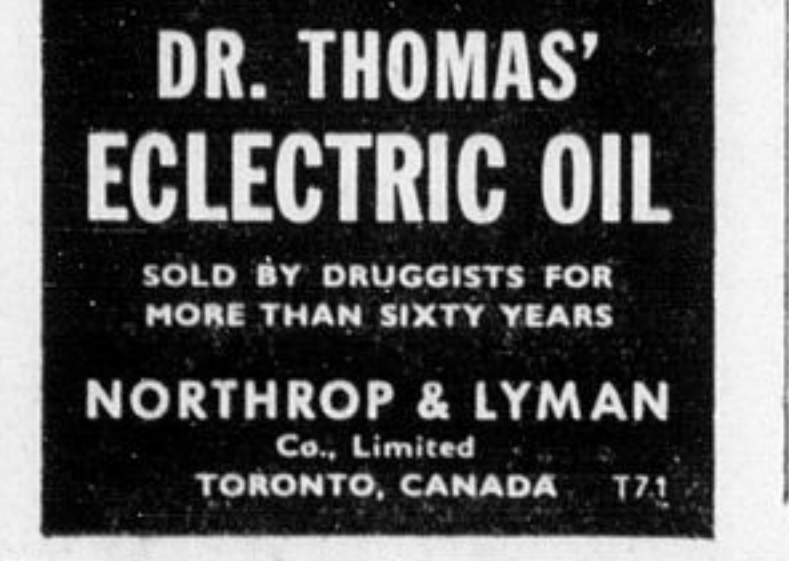
Melt butter. Blend in flour. Add seasonings and milk. Stir until sauce has thickened. Add cheese. Add beaten egg yolks and, when mixture is cold, fold in stiffly-beaten egg whites. Pour into buttered baking dish or ramekins and bake in a moderately slow oven (325 to 350 degrees F.) until firm—30 to 40 minutes. Serve at once.

Cheese En Casserole
Four tablespoons butter.
Four tablespoons flour.
Two cups milk.
Four cups cooked spaghetti, macaroni or rice or—
Four hard-cooked eggs and two cups spaghetti, potatoes, celery, corn, peas or spinach or
Four cups cooked vegetables—cauliflower, cabbage, potatoes, corn, spinach, asparagus, peas or
Two cups spaghetti and two cups cel-

ery, corn, cabbage or peas.
One cup grated cheese.
Salt and pepper.
Buttered crumbs.
Make a cream sauce of butter, flour, seasonings, and milk. When cooked, add grated cheese. Place alternate layers of spaghetti, etc., and cheese sauce in a buttered baking dish. Cover with crumbs and brown in a hot oven (400 degrees F.).

Cheese Roast
Two cups grated cheese.
Two cups cooked kidney or navy beans.
One-quarter cup finely diced celery.
One teaspoon minced parsley.
One egg slightly beaten.
Two cups soft stale bread crumbs.
Salt and pepper.
Two tablespoons butter.
Drain beans, mash with fork and add with celery and parsley to cheese. Add egg and mix thoroughly. Melt butter in saucepan. Add crumbs, mixing well and cooking until slightly browned. Add to cheese mixture until stiff enough to shape into a loaf. Roll in remaining crumbs. Bake in a moderate oven until heated through and nicely browned. Serve hot with tomato sauce. Small onion finely chopped or grated may be added if desired.

Corn and Cheese Casserole
One cup corn.
One cup bread or cracker crumbs.
One cup grated cheese.
One-half teaspoon salt.
Two cups scalded milk.
One tablespoon melted butter.
One tablespoon Worcestershire sauce.
Two tablespoons chopped green pepper or pimiento.
Two eggs.
Combine all ingredients except eggs and milk. Beat egg yolks and add with milk. Fold in stiffly beaten egg whites. Place in a buttered baking dish and oven-poach in a moderate oven (350 degrees F.) until firm—about 40 minutes.



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PLEASANT HOMES

by Elizabeth MacRea Boykin

Formulas for New Fashions in Wall Tones—There's a Muted Off-Shadow Quality to the Season's Pet Colours—Ways to Vary the Painted Wall.

Have you ever fought, bled and died for a subtle wall color in your house? Or at least torn your hair and called the painter names? If you're having your place done over this fall, you might as well give up expecting just a house painter to know what you mean by Powdery Grape or Edwardian Pink. As for the subtleties of blue, well, he'll just up and snub you if you go fancy on him there, because blue is blue to him and that's definitely that.

And yet, it is possible to get unusual, interesting wall colors out of a job painter. You'll have to be prepared to suffer—and stand by during the mixing. But most important of all,

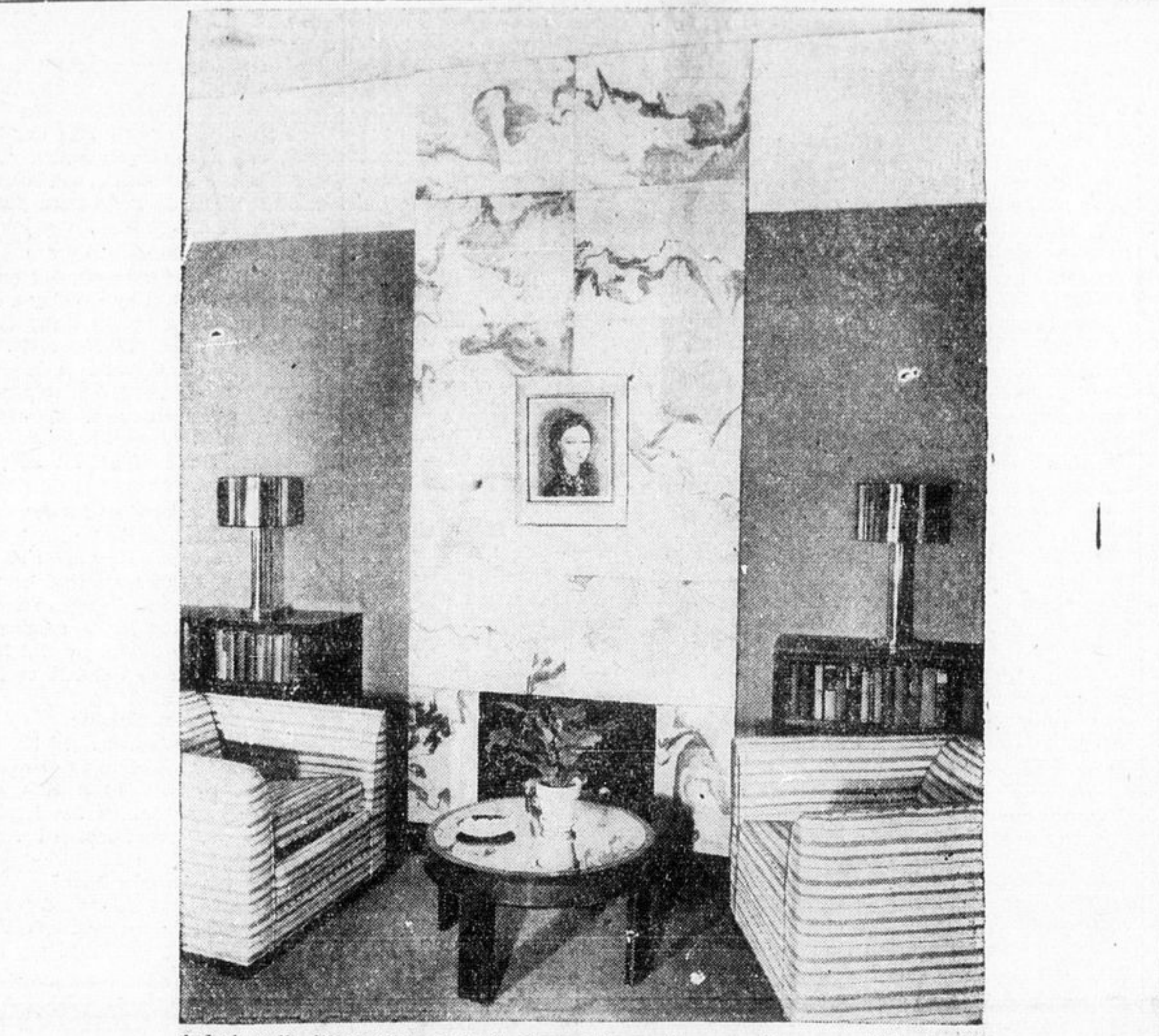
burnt sienna, burnt umber, raw sienna, Tiffany red.
NORTH CAPE GREEN—Is a lovely light gray-green that is simply grand with Swedish or American modern. Made of white, chrome yellow, raw sienna, chrome green.

OLD ROSE—Is a color so old that it's new. It's made of white, vermilion, raw umber, raw sienna.

The Blues
BLUE-GRAY—Is a cold, clear sophisticated color that takes a bit of living up to. The ingredients required are white, chrome green, raw umber, a spot of chrome yellow.
SLATE BLUE—Is a fine military col-

made of chrome yellow medium and raw sienna in white. For the white side walls, tone the white paint with just a whisper of burnt sienna and raw sienna.

Use Your Judgment
I'm sorry that I can't say how many teaspoons of each, but for that you'll have to depend on your eye. The main thing to keep in mind is that you mustn't substitute colors. Most painters go in for cobalt blue in a big way for all formulas requiring blue—but insist on ultramarine, or Oriental or whatever is called for. And watch your yellows . . . the painters are apt to want to use the ochres when the



A dark wall with a ceiling in white dropped lower than usual is a smart idea for fall decorating. Note the interesting treatment of the fireplace with its panel of marbled paper extending to the ceiling. The predominant colours here are blue-spruce green with carpet to match and chairs in yellow and brown striped fabric.

you'll have to give the painter the recipes and see that he doesn't substitute something "just as good" for one of the tints.

Subtle Colors
For if you're fastidious and want some of those rare lovely shades that the imaginative decorators are using this fall, I hope you'll find helpful the following formulas that I've collected from them. They tell you the exact paints to get colors exhibited in new rooms.

MUSTARD—A new greenish yellow that's turning up here and there. You get it by mixing white, chrome yellow light, raw umber, black.

EDWARDIAN PINK—Is the newest version of the pink range. It's made by mixing white, rose pink, carmine.

POWDERY GRAPE—Is what they're calling this year's version of the lilac-mauve-plum family. And it's very handsome indeed. Make it with white,

our that is very much "in" this fall. Use white, ultramarine blue, black, raw umber.

CERULEAN BLUE—Is the current version of turquoise that has the approval of the style makers. You make it with white, ultramarine blue, Oriental blue, raw umber, black.

FOG BLUE—Is a favourite for fall. It has a white lead base into which is added ultramarine blue, chrome green, dark, black.

MARBLE PINK—Is one of the subtle pinks you'll see. For it, mix burnt sienna and raw umber in white.

FROST GREEN—Is made with chrome green dark, raw sienna and raw umber in white.

INDIAN RED—Is a deep classic wall color that has warmth and style. Add burnt sienna and sign writers red to white lead to get it.

CANDLE LIGHT YELLOW—Is lovely for ceilings of white rooms. It's

chromes are asked for—don't let them switch. The umbers and siennas are what mellow up the colors, so they should be added slowly and a little, just a wisp at a time in order not to get the finished color too dull. In fact, most colors other than white should be stirred in a few drops at a time till you have the tone.

Remembering that colors usually dry lighter, it's well when possible, to let a good sized sample dry before deciding finally. A big piece of corrugated cardboard is good for painting your sample on. Then you can carry it to various lights to see how it looks. Try it in dark corner as well as beside a window. Also in daylight and in artificial light.

Remember that you don't have to stand or fall by a plain wall even if your walls are painted. There are handsome wall paper borders that give an interesting finish to a prosaic wall.



White walls with a pale yellow ceiling is one of the season's high fashion combinations in decorating. Here interest is brought to the plain walls by the use of a painted vine design framing the fireplace like a panel.

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The marbled papers are nice for dados or mantels. Or try your hand at a painted wreath or some simple conventional stencil design to outline an important wall. Anaglypta designs are used widely by decorators to bring design interest to plain walls—they are those white raised motifs that look like plaster when on the wall.

With all these avenues of interest open in your choice of wall tone, we hope and pray that you won't settle back on the drab "goes-with-anything" tones another year. Because nothing will "furnish" your home so effectively as a fresh new wall color . . . nothing will make your old things seem so exciting and different.

In Canada, with a total active membership of approximately 3,000.

In winning the 1933 Dominion Marksmen Dominion Trapshooting Competition, the Saskatoon Gun Club became the first ever to win a nationally representative tournament. Members of the Saskatoon Gun Club team to win the Dominion title were: Jimmy Gurgulis, Don Hyndman, Bill Geatrous, Jack Evans and Paul Schwager. The 1938 Dominion Marksmen Skeet Competition, the first Dominion wide skeet tournament, was won by the York Skeet Club, Toronto. Members of the Dominion championship's winning team were: Wm. Avery, Don W. Nasmith, Dr. Alan Secord, Dr. G. D. Bejerl and John M. Lister.

Some Interesting Trapshooting Facts

Toronto Had First Pigeon Shooting Club in the Dominion.

(From C.I.L. Oval)
The Toronto Gun Club, flourishing in 1881 with one-hundred and fifty members, was the first pigeon shooting club in the Dominion.

Until clay-pigeon target superseded live birds, gun clubs usually retained the services of a veterinary surgeon.

The clay pigeon was invented by Jack Trotter of the Winnipeg Gun Club.

Alex Weiner, a prominent athlete of the time and a member of the Toronto Gun Club, was the first Canadian to break 100 clay targets in succession. Weiner ran out the century in 1888.

The present world's record run is held by Joe Hiestend, 32-year-old farmer of Hillsboro, Ohio, who completed a run of 1,179 targets broken in succession on September 4, 1932.

In 1900 Harold Bates, of Ridgetown, became the first Canadian ever to win the Grand American, then and now considered the World's Championship. The first Canadian skeet field was opened at the St. Croix Gun Club, St. Stephen, N.B., in 1929.

There are now over 75 skeet clubs

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- (From Globe and Mail)
- For laundresses, the soapstone; for architects, the cornerstone.
 - For cooks, the puddingstone; for politicians, the Blarneystone.
 - For borrowers, the touchstone; for policemen, the pavingstone.
 - For stockbrokers, the curbstone; for shoemakers, the cobblestone.
 - For beauties, the peachstone; for editors, the grindstone.
 - For motorists, the milestone, and still another might be added:
 - For the careless drivers, the tombstone.

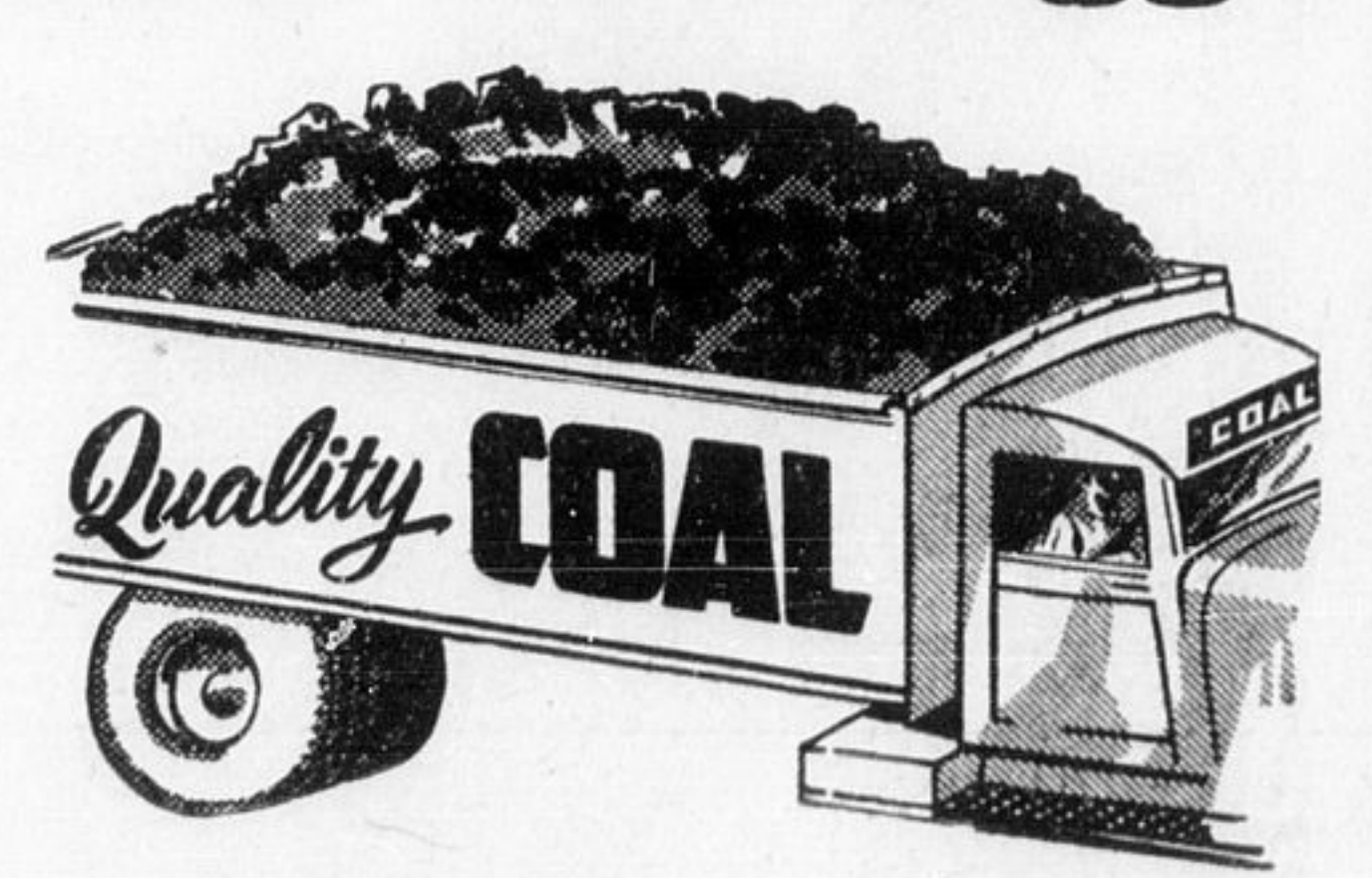


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