

Menu for the Week with a Special for Thursday

Turkey Dinner Outlined for Thursday Meal. Menu Can be Changed Around to Suit Special Needs in Any Week. Also a Recipe for Coffee Jelly.

Hot soups are indicated for lunches, on cold fall and winter days. Left-over meats and vegetables may be put to good use for their purposes and there



(By EDITH M. BARBER) is an ever increasing variety of canned soups for your choice.

- Sunday—Breakfast**
Baked Apples
Baked salt mackerel
Corn griddle cakes
- Dinner**
Cream of watercress soup
Celery
Roast duck
Broccoli with buttered crumbs
Radish salad
Coffee ice cream in meringues
- Supper**
Cheese ring with mixed vegetable salad
- Nut cake**
- Monday—Breakfast**
Orange juice
Bacon
- Luncheon**
Scrambled eggs with duck gravy
Cabbage salad
Hot biscuits
- Dinner**
Lamb chops
Baked potatoes
Spinach with lemon
Tapioca pudding

- Coffee**
Tuesday—Breakfast
Stewed apricots
Cocktail cereal
Baked eggs
Whole wheat toast
Coffee
Cream of spinach soup
Tuna fish salad
- Cookies**
- Dinner**
Boiled tongue, pickle sauce
Mashed potatoes
Buttered string beans
- Date pudding**
- Wednesday—Breakfast**
Orange juice
Ready-to-eat cereal
Bacon
Toast
- Luncheon**
Celery and green pepper salad
Doughnuts
- Dinner**
Cold tongue
Mashed sweet potatoes with pineapple
Buttered beans
Canned cherries
- Thursday—Breakfast**
Grapefruit
French omelet
Sliced oranges with mint
Celery
Roast turkey cranberry sauce
Mashed potatoes
Cole slaw
Fruits
- Nuts**
- Supper**
Turkey sandwiches with hot gravy
Mixed pickles
Chocolate cake
- Friday—Breakfast**
Stewed Figs
Scrambled eggs
- Luncheon**
Potato and onion soup
Combination salad
- Pears**
- Dinner**
Sauteed fish
Potatoes with parsley butter
Buttered carrots
Lettuce with spicy dressing
Caramel custard
- Saturday—Breakfast**
Tomato juice
Poached eggs
Toasted Cheese
- Luncheon**
Lettuce salad

- Grapes**
- Dinner**
Cold turkey
Creamed potatoes
Coffee jelly
- Tea**
Cranberry relish
Bruised celery
Coffee
- Coffee Jelly**
Two tablespoons gelatin.
One-half cup cold water.
Three cups clear, strong coffee.
Three-quarters cup sugar.
Salt.
Soak the gelatin in the cold water five minutes and dissolve in the hot coffee, and sugar and salt; stir until dissolved. Turn into a mold; chill until set. Serve with whipped cream.
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Hints On Fashions



Wool, Gleaming Satin Create Pleasant Effect

Wool, satin combination
The combination of dull wool and gleaming satin is a very popular and attractive one, and here we find it used for a gem of a little daytime frock. The woolen is in very fine, tight weave. The vestee and sash are of satin with a very lustrous surface. The dress is simple, but this is very smart, the detail being unobtrusive. The wool reverts turn back to disclose the draped section, which is rather puffy at the neck. The skirt has just the barest fullness in front. The sleeves have a slight puff at the shoulders and are just to below the elbow, a favoured length.

Beauty and You

by PATRICIA LINDSAY



Special Perfume Fragrances Brewed for Outdoor Wear.

The very chic MARIE WILSON, popular Warner Star, shows her individuality by her unique use of perfume. She never fails to scent the inside band of her hat. And her forgotten glove pays tribute to scented personality!

The perfumes you wear outdoors should be different than those you choose for more gala or intimate occasions. Most of the leading perfume manufacturers have concentrated on special fragrances for your life out in the open, free from artificial backgrounds.

These have smoky bases, ferny odors, brisk floral or garden scents—mixed concoctions redolent of woodlands or the first giddy days of spring. Thus, in choosing one of these, you avoid the stent school of fragrance, and create a tantalizing aura in keeping with your daytime clothes.

Perfumes are really more delightful in the fresh air. Even on city streets where sooty, smoky smells are too prevalent, perfumes have their place. A whiff of fresh fragrance on a pretty girl is as refreshing as the first pussy-willows! Providing the fragrance is appropriate for time and occasion. For as you know, nothing stimulates the memory more than smells—and passing perfumes remind city dwellers of romantic country lanes and a life less hectic!

How to Create Pleasing Aura
Among the great French designers is Mme. Jeanne Lanvin, who also mixes brews of her own, and she instructs American women how to subtly but surely create a "perfume personality."
"Whatever you do," she cautions, "do not concentrate your perfume on one small part of your being." It is the

proper distribution of your chosen scent which makes a woman seem to be enveloped in a cloud of fragrance.
Try touching the hem of your street skirt with perfume and tucking a saturated bit of cotton in the breast pocket of your coat or suit. Or put it in your handbag. Perfume inside your glove is most effective, or distributed around the band inside your bonnet. Put a dab on your jaunty feather. Such diffusing of scent is bound to make you more subtly appealing as you live your day.
You cannot afford to be too lavish with a good perfume, but you can make it serve you as it should. Just be cautious in the amount you use—not in the way you use it!
And quite true. If you are fortunate enough to possess a pleasing perfume which complements your own personality why not play it up to advantage? After all, we gals love perfumes, and we splash them about because we know that men do too! So along with you, and be a veritable breath of loveliness in someone's problematical existence. He'll adore you!
As perfume is the final touch, learn to be meticulously groomed before using it. My leaflet, "Don'ts of Careful Grooming," lists a few pitfalls! Send a self-addressed, stamped (3-cent) envelope for it. Address me care of this paper.
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That Body of Ours

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

The Usual Signs of Heart Disease
Now that it is known that a heart murmur may not be a serious condition, nervous individuals are thinking about other heart symptoms—rapid heart beat, getting out of breath easily, pain over the heart or under the breast bone, or perhaps high blood pressure. These are all symptoms of a failing heart, but a failing heart is not the only condition that may cause these symptoms.
Getting short of breath may be caused by eating too much acid food—meats, eggs, bread, or by an obstruction in the nose or throat which interferes with air passing to and from the lungs.
Rapid heart beat and a rise in blood pressure can be caused by excitement or other emotional disturbances or by simply eating a heavy meal.
The pain in the region of the heart or under the breast bone can be caused by pressure of gas in the stomach or by a cold, strain, or infection of the chest muscles—pleurodynia or false pleurisy—or by pleurisy itself.
It can thus be seen that some of the "regular" symptoms of heart disease can be caused by simple or harmless conditions.

Of course, if an individual is in doubt about his heart he should go to his physician or to a heart specialist as the latter has not only the electrocardiograph equipment which records the regularity and strength of the heart beat, but he has also the X-ray outfit which enables him (by means of the fluoroscope) to actually see the size, position, and beating of the heart.
However if the pain in the chest is like a vise, a squeezing or tightening pain, which comes during exertion or after eating a heavy meal, the blood pressure is "always" high, the heart beat is always irregular and fast, sometimes strong and sometimes weak, perhaps some swelling of the feet to all of which symptoms there is added breathlessness or slight exertion, it is likely that true or organic heart disease is present. Even with any or all of these symptoms the patient can live for many years by simply living within his strength. Living within his strength means avoiding heavy exercise, avoiding heavy or large meals, and keeping free of excitement.

A heavy meal increases the work of the heart by fifty percent. Emotional disturbances such as anger or fear increase the work of the heart at least

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Household Hints

By MRS. MARY MORTON

What about getting to work and making a delicious cake with spicy odors that send out an advance notice of delights to come. So today it's cake recipes.

Spicy Honey Cake
Spice honey cake calls for one cup cake flour, one-quarter teaspoon salt, one-half teaspoon cinnamon, one-quarter teaspoon ginger, one-eighth teaspoon allspice, one-half cup butter, one-half cup sugar, one-half cup strained honey, one cup chopped nut meats and two eggs. Sift first five dry ingredients together. Cream butter; add sugar and honey; beat well. Add eggs, one at a time, beating well after each addition. Add sifted dry ingredients and nutmeats. Bake in greased pan, lined with waxed paper in moderate oven. Cake may be frosted or not, as preferred.

Ginger Pound Cake
Ginger pound cake is a good choice if you want to make a cake the day before it is required. It calls for one cup butter or other shortening, one-half cup granulated sugar, one and one-half cups molasses, five eggs, three and one-half cups all purpose flour, teaspoon baking powder, teaspoon ginger, two teaspoons cinnamon, one-half teaspoon cloves, teaspoon salt, one teaspoon baking powder dissolved in two tablespoons hot water. Thoroughly cream butter or shortening with sugar. Stir in molasses. Beat eggs until light; add to molasses mixture. Sift together flour, baking powder, salt and spices, add to first mixture. Add soda dissolved in hot water. Blend till smooth; pour into one large, oiled cake pan or two brick-shaped pans. Bake about one hour in 325 F. oven. Remove from pan when slightly cool.

Caraway Cookies
For caraway cookies, make up a batch with two eggs, beaten light; cup sugar; cup thick cream, three teaspoons, baking powder, three cups flour, one teaspoon salt, one and one-half tablespoon whole caraway seeds. Add sugar gradually to beaten eggs, then add cream and mix together. Then add the flour mixed with the baking powder, salt and caraway seeds. Chill the dough, roll on floured board and cut in desired shapes. Bake in moderate oven on greased cookie sheet.

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Pantry Shower by the Ladies' Auxiliary

Ladies' Auxiliary of the Legion Helping the C. A. S.

The Ladies' Auxiliary of the Canadian Legion held a pantry shower for one of the members on Thursday afternoon, the event being largely attended by the members of the Auxiliary. Each member added to the supply of foods and the shower was a very successful one.

During the afternoon the ladies were served afternoon tea, and a pleasant social afternoon was spent.

A noteworthy undertaking of the Ladies' Auxiliary is the preparation in taking part in the C.A.S. Telephone Bridge, from which all proceeds will be used in the work of the Children's Aid Shelter. The Auxiliary have arranged to use the Legion hall as one of the meeting places for the bridge, and plans are well under way for a very enjoyable evening.

The general meeting of the Ladies' Auxiliary will be held on Monday, December 12th.

Married at Timmins on Friday, December 2nd

The Rev. W. M. Mustard officiated at a quiet marriage on Friday afternoon at 12:15 o'clock when he united in marriage Miss Aureore Coursal and Mr. Douglas Stevens, of Timmins. Mr. and Mrs. Stevens will reside in Timmins.

English Market Towns May be Closed Down Soon

Scores of English market towns are waiting to know whether they are to be closed down as living communities. They are towns whose whole life centres round cattle markets. Many of these markets are to be abolished by the livestock commission under an act passed a year ago. Nobody knows yet which markets are to be "rationalized" out of existence; the threat hangs over them all. The only advice forthcoming from the commission is a general warning to market towns not to spend much money on their markets until decisions are announced. In most cases abolition of the market means virtual abolition of the town as well. Shops, hotels, inns, all depend for their trade on farmers who attend the market.

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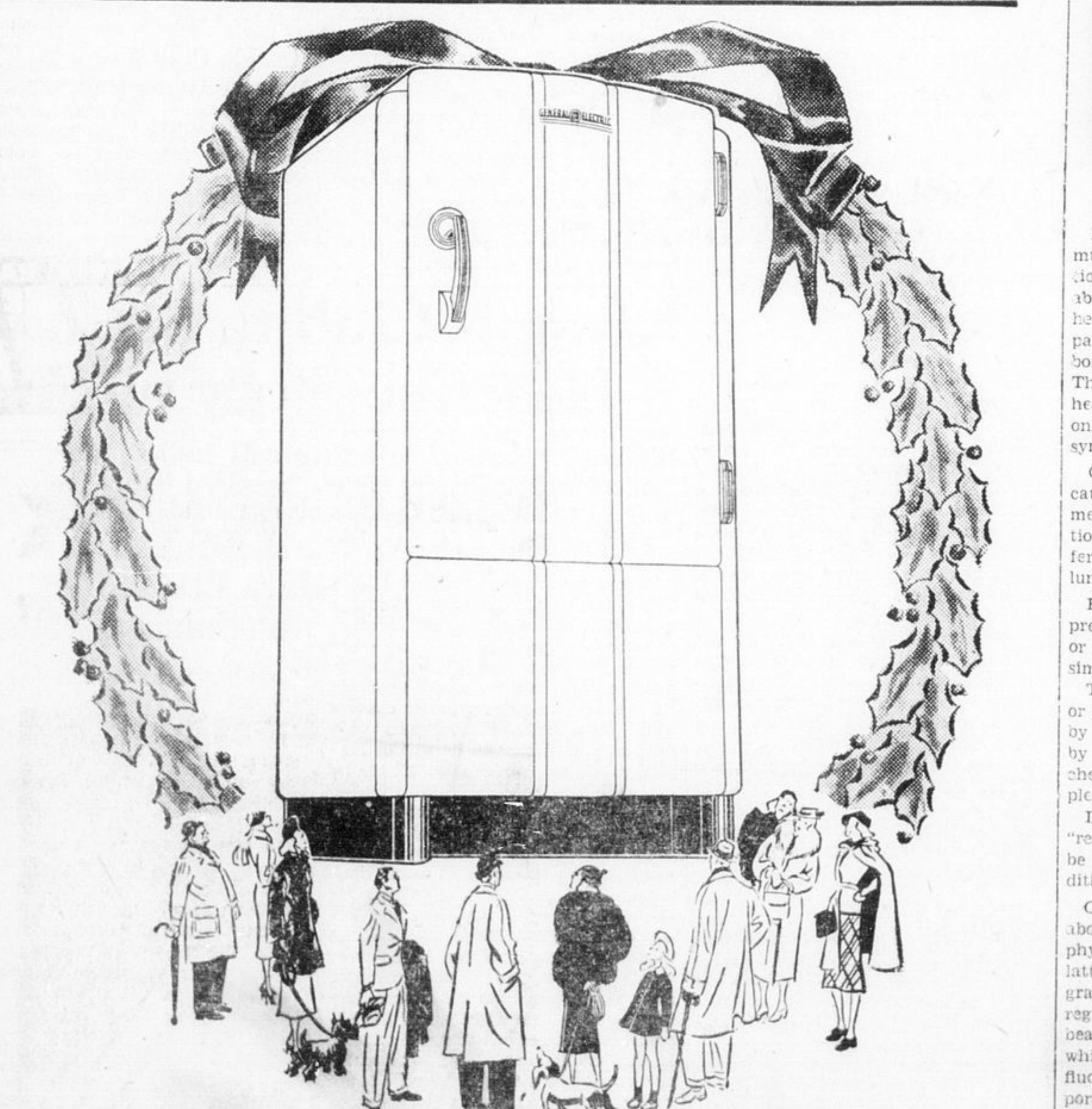
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