

# Vegetables Make Happy Feature for Any Menu

Present a Good Time to Purchase Vegetables. At This Time Their Quality is Good and the Price as Cheap as Possible. Menu, with Roast Chicken for the Sunday Dinner.

(By Edith M. Barber)  
An excellent display greets the housewife in the vegetable markets, choice is wide, quality good and prices attractive. Among the vegetables are beets.



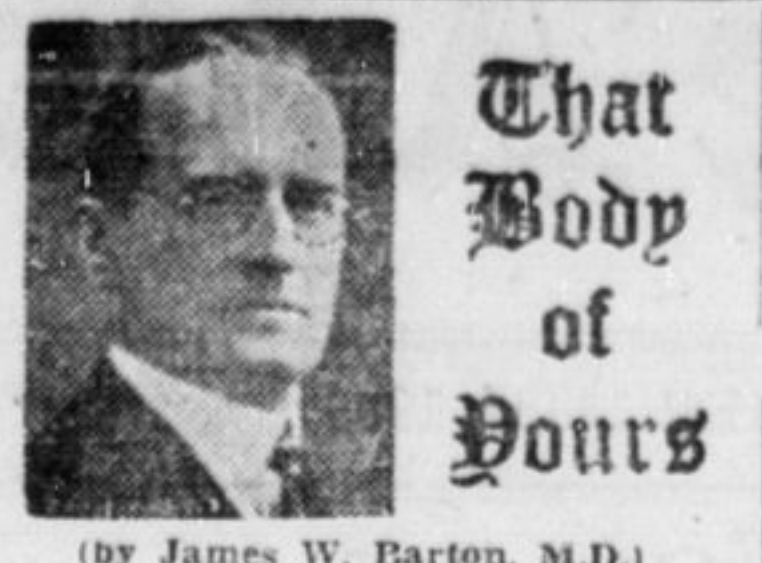
By EDITH M. BARBER

eggplant, potatoes, cabbage, peppers and tomatoes. Corn, beans, peas, squash, parsnips and turnips are all reasonable.

Fruits, too, are abundant. Plums, peaches, pears and grapes offer good values and oranges, bananas and apples are inexpensive. Now is the time to think of pickling. If you have not made your batch of spiced peaches or pears you may like to put up a few quarts while the fruit is abundant.

Sunday—Breakfast  
Blackberries

- Bacon Corn muffins Coffee
- Dinner
- Jellies tomato bouillon
- Roast chicken
- Baked stuffed potatoes
- Cream onions
- Vanilla ice cream, chocolate mint sauce
- Romaine salad
- Little gold cakes
- Coffee
- Supper
- Anchovy salad
- Toasted crackers
- Iced tea
- Cake
- Monday—Breakfast
- Orange juice
- Ready-to-eat cereal
- Scrambled eggs
- Toast
- Coffee
- Luncheon
- Mixed sandwiches
- Avocado salad
- Lemonade
- Dinner
- Sliced chicken, currant jelly
- Rice ring with buttered carrots and peas
- Apple dumplings, hard sauce
- Coffee
- Tuesday—Breakfast
- Cantaloupe
- Ready-to-eat cereal
- Bacon
- Toast
- Coffee
- Luncheon
- Chicken soup with rice
- Tomato salad
- Chilled plums
- Iced tea
- Dinner
- Meat loaf
- Scalloped potatoes
- Buttered beets
- Orange
- Custard
- Coffee
- Wednesday—Breakfast
- Stewed prunes
- Ready-to-eat cereal
- Toast
- Coffee
- Luncheon
- Fresh fruit salad bowl
- Omelet
- Tea
- Scones
- Dinner
- Deviled crabmeat
- Buttered string beans
- Potato chips
- Lettuce, chiffonade dressing
- Deep dish huckleberry pie
- Iced coffee
- Thursday—Breakfast
- Sliced bananas
- Ready-to-eat cereal
- Bacon
- Bran muffins
- Coffee
- Luncheon
- Cheese and chopped pimento sandwiches
- Watercress salad
- Chilled pears
- Tea
- Dinner
- Grilled lamb chops
- Mint sauce
- Buttered potatoes
- Scalloped cabbage and celery
- Pineapple sherbert
- Coffee
- Friday—Breakfast
- Orange juice
- Ready-to-eat cereal
- Soft-cooked eggs
- Toast
- Coffee
- Luncheon
- Molded vegetable salad
- Cookies
- Iced chocolate
- Dinner
- Baked fish filets
- Creole tomatoes
- Eaked potatoes
- Sliced cucumbers
- Apple crisp
- Coffee
- Saturday—Breakfast
- Chilled grapes
- Ready-to-eat cereal
- Toast
- Coffee
- Luncheon
- Baked beans, chili sauce
- Brown bread
- Tea
- Sliced peaches
- Dinner
- Baked ham
- Corn-on-cob
- Creamed potatoes
- Mixed green salad, spicy dressing
- Watermelon
- Coffee
- Raisin Scones
- 2 cups flour
- 3 teaspoons baking powder
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 4 tablespoons shortening
- 2 eggs
- 1/2 cup cream
- 1/2 cup raisins
- Mix and sift flour, baking powder, sugar and salt. Rub or cut in shortening, add eggs well-beaten, cream and raisins. Pat and roll one-half inch thick. Cut in rounds or squares, brush with egg yolks, sprinkle with granulated sugar and bake in a hot oven (450 degrees Fahrenheit) twelve minutes.



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

## REMOVING AN OBSESSION

There are various definitions of obsessions, but, in a general way, an obsession might be described as feeling that you must do a certain thing which when you think calmly about it, is a foolish, unnecessary or senseless thing to do.

For instance, as a youngster you may have had the feeling that you must touch each picket in a fence, step only on wood or stone going to school, or other equally foolish or senseless act. Something inside you seemed to drive you or compel you to do this thing which even as a youngster you knew was "senseless." As you grew older you just did not obey the impulse; you recognized how senseless it was.

It is thus some senseless impulse developed in childhood persisting in another form perhaps into adult life that is called an obsession.

Unfortunately these obsessions take on forms that make the individual do things for which he is terribly ashamed because he knows, his calm mind tells him, that these acts are harmful to him. On the other hand, these obsessions sometimes take on the form where the individual shows excessive cleanliness, orderliness, conscientiousness.

There are other cases where there is self-torment, excessive kindness one day and cruelty the next, fear and bravery and other contrasting conditions present.

That many of these tendencies are hereditary and others developed at an

## That Body of Hours

early age is the belief of most psychiatrists or mental specialists. It is from this standpoint — remembering that there is the hereditary or early beginning of the trouble—the pointing out to the individual when he is calm and composed, the senselessness of his acts, together with having him use his will power to overcome the impulse, that brings about a cure in many cases.

You can see that this treatment may require a long time: investigating the history of the patient's parents and relatives, his early life and associates (at home and at school), any circumstances that may have upset his nervous balance, then bringing all these circumstances out into the light and discussing them frankly and freely, correcting any physical defect (infected teeth or tonsils) that may be sapping his nervous strength or energy.

It is a long process, sometimes requiring care in an institution, but the chances of recovery are very good.

## Food Allergy

"What is one man's food is another man's poison" is an old saying but the truth of it is being proved almost daily by leading research physicians throughout the world. Some individuals are over-sensitive to certain foods and will have colds in their heads, "snuffy" noses, pains in the stomach or abdomen when they eat those foods, while other people suffer no ill effect eating the same foods. "Food Allergy" booklet (No. 106) by Doctor Barton, tells how to discover the offending foods and what to do about them. You may obtain this booklet by sending ten cents to cover handling and service to the Bell Library, 247 West 43rd St., New York, N. Y.

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## Special Attention to Health of School Children

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## TO-DAY'S FASHIONS



Feminine but practical  
By VERA WINSTON

HERE IS a dress which is feminine yet practical. The fabric is soft flannel, the color, a lovely stone blue. A natural pliskin belt fastens over a zipper closing concealed under the fly front. Saddle stitching emphasizes the high-placed patch pockets with nitched flaps, also the small collar. Skirt is flared in back, with a little flare in front.

When this month embark on the great adventure of going to school. It is a time when parents should have particular thought to the child's health, for upon health depends all progress in school.

Upon entering school, every child should have any correctable defects attended to. Many a boy and girl have rapidly developed a sense of inferiority because of defective eyesight or of other handicaps that might have been overcome. Besides the drawback of such development, there is the more positive interference with the child's studies, when vision, speech or hearing are defective or when tonsils or adenoids are infected. Decayed teeth are a common source of trouble for the young student. The result is that many children have to repeat grades unnecessarily.

The problem is of such wide application—a problem of nearly half of those entering school—that at the very commencement of the term, each child should have a thorough examination by the family doctor.

With decaying teeth attended to, glasses supplied to those with defective vision and with other corrections made, the child has a much greater chance of succeeding in his studies and of being happy in his school life.

The doctor should not examine the child to correct physical shortcomings but also to recommend the proper things to eat to build up resistance against disease. This will be of special value when the child comes into contact with other children who may have a communicable disease. Fortunately immunity can be provided in two of the most serious of such diseases—smallpox and diphtheria. Hence, the parent of a child entering on school life should see that the child is vaccinated and given toxoid treatment, if this protection has not already been provided. Toxoid to prevent diphtheria, should be given of course as soon after a child is six months old as possible, but many parents neglect this until the child goes to school. Certainly then, it should be delayed no longer.

# Charming Wedding at Sacred Heart Church Monday Morning

Miss Christina Marinacci and Mr. Anthony Pasquale Beardini Married. Wedding Breakfast Served at the Home of the Bride's Parents. Wedding Tour in the United States.

Adorned with calla lilies and fern in baskets and tall vases, the Sacred Heart Italian Church was the scene of a charming wedding on Monday morning at 9 o'clock, when Christina, daughter of Mr. and Mrs. Hector Marinacci, of 8 Balsam street south, became the bride of Mr. Anthony Pasquale Beardini, son of Mr. and Mrs. Frank Beardini, of 160 Birch street south. The Rev. Fr. L. Fomana officiated in the presence of numerous friends of the popular bride and groom.

During the ceremony, Miss Rose Parlet presided at the organ, and the Sacred Heart Girls' Choir sang many suitable selections.

The lovely bride made an attractive picture as she entered the church on the arm of her father. She was becomingly attired in a gown of bridal satin, made on fitted lines, shirred at the waistline in the new girde style. Insets of Chantilly lace flattered the shoulderline, and fell into long leg of mutton sleeves, and the square neckline was fashioned with a narrow row of lace. The skirt flared gracefully into a short train, fashioned with insets of lace, and the bride wore white lace gloves and shoes. Her long, full veil of embroidered tulle was caught in a coronet of orange blossoms, and she carried a shower bouquet of Butterfly roses and baby's breath.

Mrs. J. Marietti was the matron of honour, attractively attired in a gown of pale midnight blue sheer, made on long fitted lines, with a rhinestone clip at the V-neckline, and bearing a short-sleeved bolero jacket. She wore a matching braided turban, and long white gloves and white shoes, and carried an arm bouquet of Templar roses and baby's breath.

Pretty Miss Georgina Beardini, sister of the groom, was the dainty little flower-girl, wearing a frock of peach crepe de chene, made with numerous rows of shirring, and trimmed with tiny blue flowers. She wore a large white rose in her dark hair, and white lace gloves and white shoes.

Master Gino Martignago was the ring-bearer, appropriately attired in a black velvet Lord Faunteroy suit, and bearing the ring on an embroidered black velvet cushion.

Mr. Michael Beardini, brother of the groom, acted as groomsman.

Following the ceremony, a wedding breakfast was served at the home of the bride's parents, 8 Balsam street south, to relatives and close friends. Mrs. Marinacci chose for the occasion a becoming ensemble of black lace and

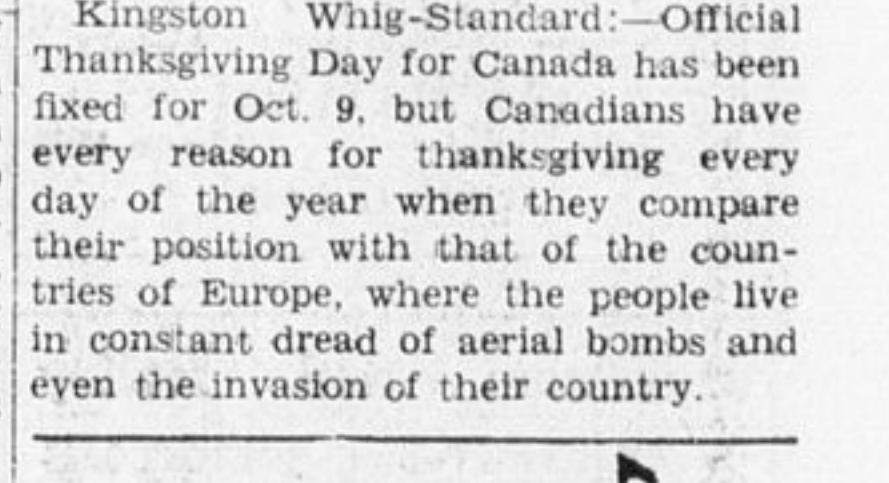
## Pretty Wedding Monday Morning at St. Anthony's

A quiet wedding took place at the St. Anthony's Roman Catholic Church on Monday morning at 5:30 o'clock, when the Rev. Fr. Guevremont united in marriage Jean, daughter of Mr. and Mrs. Cyprien Mallette, and Mr. Lionel Lauzon, son of Mr. and Mrs. Damase Lauzon, of Timmins.

Witnesses were Messrs Cyprien Mallette, and Damase Lauzon, the fathers of the bride and groom.

Mr. and Mrs. Lauzon will reside in Timmins.

Kingston Whig-Standard:—Official Thanksgiving Day for Canada has been fixed for Oct. 9, but Canadians have every reason for celebrating every day of the year when they compare their position with that of the countries of Europe, where the people live in constant dread of aerial bombs and even the invasion of their country.



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# Beauty and You

by PATRICIA LINDSAY



After her dip this wise beauty is anointing her body with a soothing protective lotion. Her skin will keep young!

## Take Beauty Precautions If You Play in the Sun

The sun is like a fickle friend it lures you into confidence and you purr under its warming rays. You let it permeate your entire body and give yourself without reserve to its soothing warmth. But like a fickle friend, it holds malice and betrays your confidence by scorching your skin and giving you a nasty fever!

So whenever you play in the sun shield your skin—and that means after you come out from your dip into the sea as well as before you jump into it!

Surprising as it may seem, scientists tell us that it is not the heat of the sun which causes the damage, but its light. The infra-red rays give you warmth, but the ultraviolet rays speeds up the activity of the cells and a little dose of them go a long way. Intense activity causes a fever.

If you want to get a better picture of what happens under the sun when you are foolish enough not to protect your skin I'll quote an authority:

"The pigment cells hasten to create more pigment in an eager effort to protect the skin. The cells on the outer surface of the skin thicken. Nature is trying to PROTECT YOU, but the sun conquers. The cells are actually poisoned. The surface blood vessels are clogged. Circulation is blocked. Nerve-ends are numbed. The oils and moisture, so necessary to keep the skin supple and soft, are drained from the skin—sucked out by greedy rays. The result—burns and blisters. Shiny skin is made shinier; dry skin is made drier. One brief summer of this can age the skin FIVE YEARS!"

## Sun Bathe Wisely

I've told you all about timing your sun baths beginning with a few minutes the first day and increasing gradually. The more delicate your skin the more careful you must be.

Choose a sun lotion or tonic which shields your skin from the destructive actinic rays. Put it on before and after you swim and keep anointing skin with it even after your first coat of tan. If you have dry skin apply plenty of lubricating cream or oil on your face and about your eyes. Use the gentlest of soap and luke warm water to wash your skin, if the salt water doesn't take most of the sun lotion off.

Older women should use the creams and lotions which are harmless on very young skins—the stronger tanning lo-

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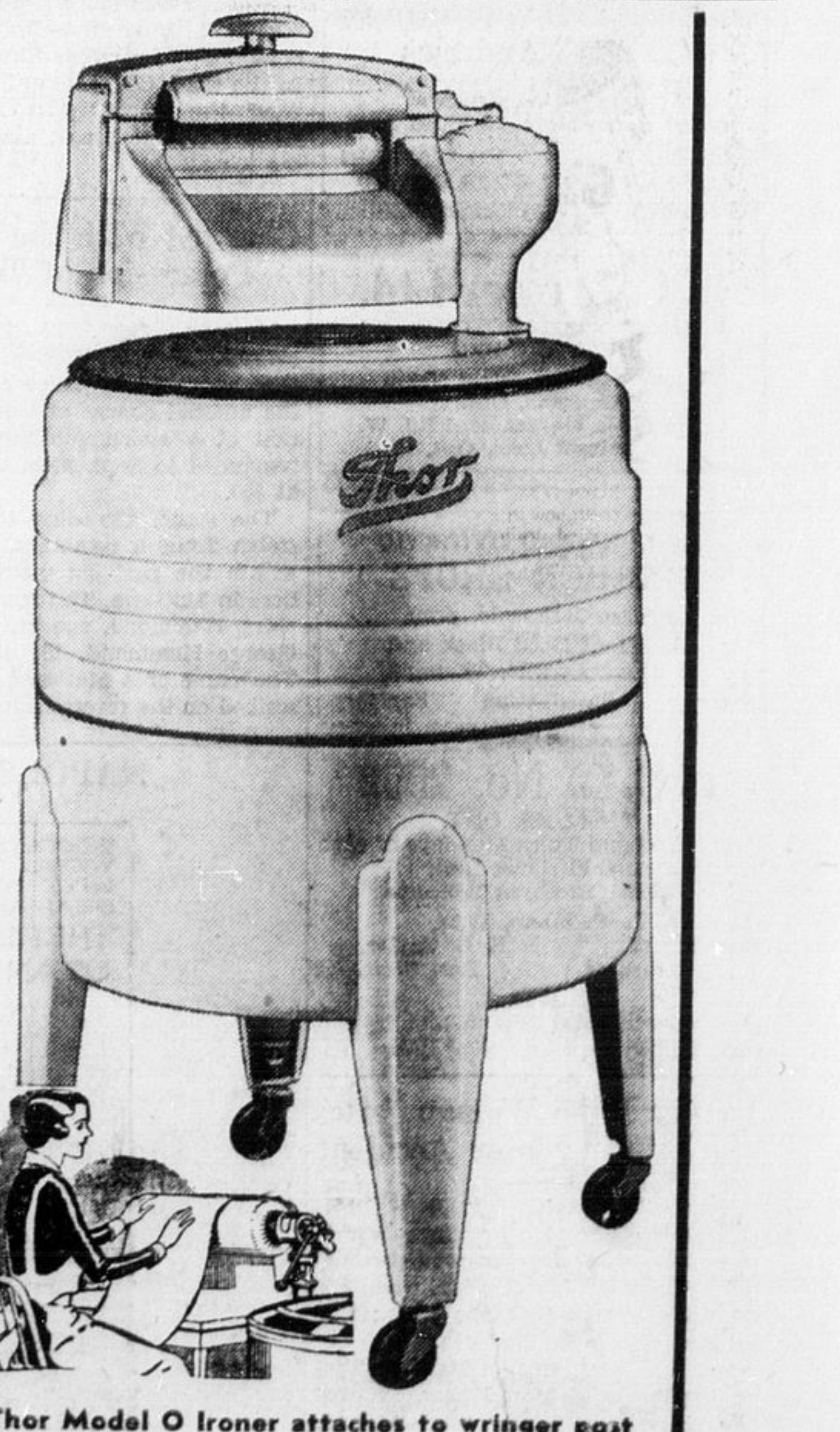
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