

## Review Given of Typical Brazilian Dinner Event

Rice, Beans, Coffee, Brazil Nuts and Many Fruits Unknown in United States Except in Preserved Forms Featured in Brazil Restaurant. Black Bean Soup and Brazil Nut Ice Cream.

"A difficult question to answer" said the minister of agriculture of Brazil, when asked to designate the typical food of his country. With climate ranging from tropical to temperate and altitude from sea level to high mountain



(by EDITH M. BARBER)

peaks, crops vary greatly. Among the most important food products, however, he mentioned rice, beans, coffee and, of course, Brazil nuts. Fruits are innumerable and some of them are unknown to this country unless they come to us in preserved form.

The representative menu which was served to us at the Brazil restaurant at the fair began with cantaloupe after which came a highly seasoned black bean soup. Then came chicken with a sauce in which chicken livers and wine were featured. To accompany it there was well-cooked rice with fresh peas instead of the dried beans which when combined with rice furnish one of the staple dishes of the country. Brazil nuts were used in toasted form to flavor the ice cream and were also offered sliced and salted with the relishes.

The cookery of the Brazil restaurant shows the influence of the Portuguese settlers and the French chefs who are always to be found at fine restaurants throughout the world. I have enjoyed several good meals there as I watched the fountain display which can be seen

so well from the garden. I have been hoping to find but so far have not succeeded in getting the coconut cream which is such a popular choice for serving with fruit in tropical countries where coconuts are plentiful. It could be prepared very easily with the help of one of the electrical mixers which will reduce anything to a liquid.

### Black Bean Soup

2 cups black beans  
1 smoked ham bone  
1-2 cup diced carrots  
2 medium-sized onions sliced  
2 stalks celery diced  
8 peppercorns  
2 bay leaves  
6 cups boiling water  
1-4 cup sherry  
Lemon slices  
Slices of hard-cooked egg  
Wash beans and drain. Let soak in cold water 12 hours or longer. Put beans with ham bone seasonings and water in saucepan. Cover and simmer over low heat until beans are soft—2 1-2 to 3 hours. Stir frequently to prevent burning. Form mixture through a sieve. Add sherry and add water if soup is too thick. Season to taste with salt and pepper. Reheat and serve in dishes, garnished with lemon slices and slices of hard-cooked egg. Yield: 6 generous servings.

### Brazil Nut Ice Cream

1 quart vanilla ice cream  
1 cup toasted sliced Brazil nuts  
Soften ice cream. Work in half the nuts. Put mixture into freezing tray of hard-cooked egg. Yield: 6 generous Put ice cream on serving dish and sprinkle with remaining nuts. Yield: 6 generous servings.

## TO-DAY'S FASHIONS



### By VERA WINSTON

One of the joys of autumn is that first smart daytime trek when one saunters forth perfectly groomed and wearing a pretty fall frock and hat complemented by striking accessories. Perfect for autumn cocktail and informal after-dark doings is the frock of deep plum-colored velvet. A half peplum is draped to a large bow with long ends placed at one side. The skirt is straight. The high surplice closing has draped fullness at the shoulders. Sleeves are long and tight.

### Almost The Limit

"How is your insomnia? Is it getting any better?" "I'm worse than ever. I can't even sleep when it's time to get up."—Exchange.

### Bugler Does Job

Smiling cheerfully, the soldier walked into an Oak street pawnshop yesterday and dumped an alarm clock on the counter.

"How much?" he asked the proprietor.

"What's the big idea?" asked the storekeeper.

"I won't be needing it any more" replied the soldier. "the bugler has taken over the job."—North Bay Nugget.

## Lovely Wedding at St. Anthony's Church Tuesday Morning

Miss Valeda St. Aubin and Mr. Lionel Boisvert Married.

A very lovely wedding took place at St. Anthony's Cathedral on Tuesday morning at 8 o'clock, when Miss Valeda St. Aubin, daughter of Mr. and Mrs. Stanislas St. Aubin, of 169 Birch street south, was united in marriage to Mr. Lionel Boisvert, son of Mr. and Mrs. Evariste Boisvert, of 64 Sixth avenue. The Rev. Fr. Whissel officiated in the presence of a large number of friends of the popular couple.

Mixed gladioli and white asters adorned the altar and a red carpet was laid from the entrance to the altar. During the ceremony members of the church choir sang suitable selections, and Sister Clair presided at the organ.

A guard of honour was formed by members of the Sacred Heart League, and the bride was accompanied to the Virgin's Altar by two Children of Mary.

Given in marriage by her father, the bride was a picture of loveliness in a bridal gown of frosted chenille marquisette, over heavy white satin. A square collar adorned the gathered bodice, and the sleeves were on long leg o' mutton lines. The flared skirt fell from a fitted, heart-shaped waistline, and a small pearl brooch completed the ensemble. She wore a three-quarter length veil of frosted chenille, caught in an off-the-face cap, white net gloves, and white shoes, and carried an arm bouquet of calla lilies, caught with a wide white tulle ribbon, and streamers bearing lily-of-the-valley.

Miss Germaine Boisvert, sister of the groom, acted as maid-of-honor, charmingly attired in baby pink sheer, made on long fitted lines. The novel bodice featured lacing, the skirt was slightly flared, and the gown bore a matching short-sleeved bolero jacket. She wore a shoulder-length veil of matching net, caught with two feathered birds, matching accessories, and carried a Colonial bouquet of pink Butterfly roses and lily-of-the-valley.

Mr. Tony Sampson attended as groomsmen.

Following the ceremony, a wedding breakfast was served at the home of the bride's parents, the bride's mother receiving the guests in a street-length ensemble of navy blue crepe, with matching accessories, and a corsage of pink roses. Later in the afternoon, a wedding dinner was served at the groom's home, his mother wearing a navy blue crepe afternoon dress, with matching accessories, and a corsage of pink roses.

In the evening, the bride and groom received their many friends at a reception in the Hollinger hall, the bride donning a floor-length frock of powder blue taffeta, sprinkled with metallic stardust. The gown featured a shirred bodice, flared skirt, and matching bolero jacket, and the bride wore a matching turban-effect cap.

Mr. and Mrs. Boisvert will reside at 73 Elm street south.

Prior to her marriage, the bride was entertained at a shower at the home of her sister, Mrs. L. Caron, 172 Maple street south.

Gifts to the bridesmaids and groomsmen were a gold heart-shaped locket and binoculars.



By James W. Barton, M.D.

## That Body of Yours

It is now known that most of the pain in the stomach and small intestine from gas pressure is really due to sluggishness of the liver and gall bladder.

Pain from gas pressure in the large intestine or colon is very often due to eating too much starch food or failing to chew the starch food thoroughly before allowing it to go down to the stomach. Thus it has been found that the starch granules often remain unbroken during the digestion in the stomach and small intestine when the organisms present there break up the starch granule and allow the gas to escape.

However when there is considerable gas coming up from the stomach after eating, slight pain in the region of the liver and gall bladder little traces of jaundice in the skin from time to time, it is considered evidence of a sluggish liver and gall bladder or the presence of gall stones. The dye and X-ray test will usually show the presence of gall stones and inflammation of the gall bladder.

Fortunately the majority of those with gall stones do not know they have them and any little symptoms that may be present are blamed on an irritable stomach or eating too much fat or rich food.

Fortunately also the operation for removal of the gall stones and draining or removing the gall bladder is now much more free from danger than previously owing to making a more careful selection of the time to operate when operation does not have to be done immediately.

The inflammation of the gall bladder and the formation of stones is believed to be due to infection carried there by the blood from other parts of the body—teeth, tonsils, sinuses, intestine; and the gall bladder, in turn, can send infection by means of the blood to other parts.

## Beauty and You

by PATRICIA LINDSAY



Professional swabs are efficacious in relieving an ear itch or for deep ear cleansing. The swab should be saturated with warm water.

### Keep Ears Clean Scientific Way

Not much attention is required ordinarily in the care of ears. We wash them and let them go at that. But how to wash them is of prime importance if we wish not to injure the delicate construction which enables us to hear.

One mistake frequently made is the attempt to clean the ears with hairpins and other hard objects in order to relieve them of a supposed accumulation of wax. It should be sufficient to wash the ears scientifically with a twisted wad of absorbent cotton.

The presence of a certain amount of wax is natural and has a protective purpose. If an abnormal deposit is in one ear, or both of them, it should be removed by a physician through a washing process. Even a physician should not insert a hard object into the ear to remove a wax deposit. Syringing takes longer, but it is the proper method of cleaning the ear.

Don't ever put a finger nail into your ear when it itches! That is a dangerous habit, for a scratch by a nail may give rise to serious inflammation and possibly tragic consequences. To relieve the itch, swab the ear out gently with soap and water. You may buy prepared swabs at a drug store, or you may twist a wad of sanitary absorbent cotton such as a mother does when cleaning a young baby's tender nose. The outer formation of the ear may be washed with a face cloth and soap.

### Make-Up for the Ear

One should also take the precaution to keep powder out of the ears. If you feel you must tone down the color of your ears with powder apply it with your finger tips to the outer part only. Rouge, which some women like to use on the lobes, should also be applied in like manner.

Ears which project unbecomingly

### Cobalt Lady Uses Club on Bailiff and Police

The bailiff and Buckle township police chief went to the home of Madame Yvonne Maurice last week to make a seizure of a washing machine on which it was claimed that payments were overdue. The lady routed both officers by wielding a club, while at the same time she gave them to understand that she would not waste her time by going to court on any summons or anything of that sort. A provincial constable served her with a summons but she failed to appear in court so a bench warrant was issued for her arrest.

Toronto Star: The Highlanders are in this war up to the hilt. Kilt, of course is what the Highlanders wear and what their enemies get.

However in order to prevent those with slight gall bladder symptoms such as raising gas after meals (eructations) from worrying about an operation, Sir James Walton, in the Journal of Surgery, Gynecology and Obstetrics states that he does not consider these mild gas eructations as sufficient to require operation on the gall bladder. Cutting down on fat foods and bending the body sideways, with knees straight, should keep gall bladder and liver active.

Avoiding or removing infection should prevent gall stones formation.

### Seven Health Booklets

Are you susceptible to colds? Do you worry about your heart? Are you overweight or underweight? Does your food agree with you? Do you have to watch your calories, fats, starches, etc.? Do you believe you have an ailment that medical tests do not reveal? The following booklets by Dr. Barton will be helpful to many readers and can be secured by sending ten cents for each one desired to cover handling and service, to the Bell Library, 247 West 43rd St., New York City. The Common Cold, Overweight and Underweight, Eating Your Way to Health, Why Worry About Your Heart, Food Allergy, Neurosis, Scourge (Gonorrhoea and Syphilis). (Registered in Canada under the Copyright Act).

## Funeral of Little Daughter of Mr. and Mrs. Eino Luoma

Funeral services for Lea Anita Luoma daughter of Mr. and Mrs. Eino I. Luoma, of Mountjoy Township, who drowned by accident Sept. 21st, at the age of 1 year and 6 months, were conducted at Walker's Funeral Chapel, Timmins, Tuesday, Sept. 24th, at 4 p. m., by Rev. A. I. Heinonen, minister of the Finnish United Church.

To mourn her loss she left her parents, and grandmother, Mrs. A. Pal-sina, who had arrived for the funeral from Montreal; also her uncle and aunt, Mr. and Mrs. Rene Lortie, and grandfather and grandmother, Mr. and Mrs. Oscar Luoma, of Timmins. A great number of floral offerings were received.

The pallbearers were Messrs. John Westin, Taisto Viitasaari, Rene Lortie and Lemmi Ikonen, and the interment was at Timmins Cemetery.

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