

# Tomato Juice Proves Favourite With Many

Forms Pleasant Part of Menu for Australians and New Zealanders. Tomato Juice Cocktail. Frankfurters With Fried Rice and Tomatoes. Recipe for Quick Meal.

This past summer I had the opportunity of meeting lunching and dining with several friends from Australia and New Zealand.



(By EDITH M. BARBER)

Conversation, as it has a way of doing when I am present, turned to food

customs. As usual I questioned my companions as to what they had found the most outstanding things in the meals which they had eaten in their visits to many sections of this country.

First of all they mentioned the use of fruit juices especially tomato juice. One of my friends told me that she had acquired the habit of drinking this juice every day that she would find it too expensive to carry on when she returned to her own country.

She was right—we do have tomato juice habit but if she had visited these shores twenty years ago she would not have found any thing to comment upon as far as this is concerned. As soon as this juice was offered in canned form, we took to it as ducks to water and it is now staple and very convenient as it can be used to begin any meal today.

We also put it to use in the preparation of certain dishes which are the better for this flavour. Whenever we use it we have that pleasant feeling that in using a flavour which we like we are adding to the food value of our diet. The business woman housekeeper generally keeps a few cans chilling in the refrigerator so that she may have a first course practically ready for the quick meal.

- Tomato Juice Cocktail**
- 3 cups tomato juice
  - 1 teaspoon salt
  - 2 teaspoons lemon juice
  - 1 teaspoon Worcestershire sauce
  - 1 teaspoon onion juice.
- Shake ingredients with cracked ice or ice cubes in cocktail shaker. When well mixed pour into cocktail glasses and serve. Yield six servings.**
- Frankfurters With Fried Rice and Tomatoes**
- 2 tablespoons butter or bacon fat
  - 1/2 cup uncooked rice.
  - 1 sliced onion.
  - 2 cups tomato juice
  - 1 teaspoon salt
  - 2 teaspoons sugar
  - 1-8 teaspoon pepper.
  - 4 cloves.
  - 1 bay leaf.
  - 12 grilled frankfurters
- Melt butter or bacon fat add rice and saute until yellow. Add onion and cook two minutes. Add tomato juice, seasoning and herbs. Cover and cook fifteen to twenty minutes until rice is tender. Arrange hot grilled frankfurters on hot platter and pour rice and tomato mixture around them. Yield: six servings.

- Quick Meal**
- Tomato Juice Cocktail  
Hamburg Patties with Onion Rings  
Buttered Noodles Buttered peas  
Lettuce with French dressing  
Pears  
Coffee
- Method of Preparation**
- Prepare salad and dressing
  - Prepare cocktail
  - Light broiler
  - Boil water for noodles.
  - Cook quick frozen peas
  - Prepare patties and broil
  - Cook noodles
  - Wash pears
  - Make Coffee
- (Released by The Bell Syndicate, Inc.)

## To Miss Margaret McGregor

(First Evacnee from Scotland to South Porcupine)

Here's greetings to a winsome maid  
From Scotland's shores—a war-time guest;

We trust she always sees displayed  
The courteous manners of the West

Far off from dread of air alarms  
Of blackout night and troubled days,  
We welcome her with open arms,  
And loving hearts, while here she stays

And may her friends across the foam  
Be one and all in safety kept  
Till she returns to home, sweet home  
When tyrants from the earth we swept

Oct. 31 1940 Robert G. Whiteman

Toronto Telegram: A road-hog usually goes on the plan of a whole-hog or nothing.

# Members of Boys' Band Make Merry at Hallowe'en Party

Members of the Lions Club Boys' Band were given a party by their parent organization on Thursday (Hallowe'en) night, in the Hollinger Hall.

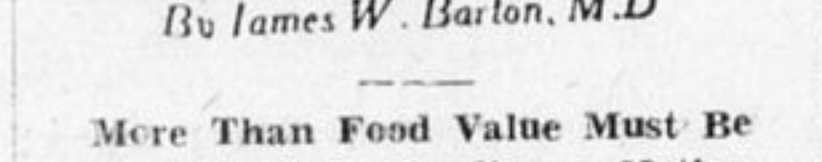
Boys and girls came in costume and prizes were given for the best ones. Over one hundred boys and girls attended the affair. Several members of the Lions Club and their wives also were in attendance.

Three cheers were given for four boys who attended the annual party last year and this year are in the Canadian Active Service Forces. They are: Lloyd Johns, Art McKenna, Bill Jackson and Harold Bateman.

Mrs. Wolno, wife of the Bandmaster, Fred Wolno, was presented with a bouquet of flowers by one of the boys. There was soda pop, cake, sandwiches, candy and all the games symbolic of Hallowe'en such as ducking for apples and many others.

Music was provided by an orchestra recruited from the High and Vocational School orchestra and the Boys Band. At the Lions Club meeting earlier in the evening, Phil Parfitt gave a three minute talk on Luxembourg. Mr. Parfitt spent 1925 there in connection with the coal mining industry.

A moving picture on gold mining, produced by the Quebec Department of Mines was shown by Garth Teeple. The Eye Committee reported that four pairs of glasses were given out during the month of October. Club President Alex Allen occupied the chair and a guest was Jim Spalding, of North Bay.



By James W. Barton, M.D.

**More Than Food Value Must Be Considered in Feeding a Nation**

There has been a time in history when the quality of the food eaten by nations has received the attention now given by the government throughout the world. There have been times when there have been shortages in the amount of food but to-day the matter of the foods necessary for man's health is considered not only from the standpoint of proteins, starches, and fats, but also to the same degree from the standpoint of minerals and vitamins. Even this is not all because foods that individuals like, or that make them happy and contented must be included in the government's food scheme.

The Ministry of Foods in Great Britain, in addition to giving of government funds to enable poor people to get supplies of meat, bacon, bread, and milk below cost, has arranged for the fortifying or strengthening of white bread which, while preferred by the majority of the people, is not quite as nourishing as white meal bread owing to some loss of vitamins and minerals in its manufacture. To overcome this loss of vitamins and minerals, the government fortified or strengthened the white bread by adding vitamin B 1, and also a small quantity of lime (calcium).

For people living where there are plenty of fruits, vegetables and dairy products, eating whole wheat bread or eating white bread fortified by vitamin B 1 is unnecessary, and they can thus enjoy the white bread which is more pleasing and satisfying to their appetite. When fruits, vegetables and dairy products are not in abundance whole wheat bread and "fortified" white bread should be eaten.

Research physicians and dietitians have known for years that foods that please the eye or arouse memories of previous enjoyment cause a flow of the digestive juices before these foods are eaten and these foods are thus more easily and more completely digested. These British food experts are making sure of a good meat supply for the people. Meat makes people happy aside from its food value.

Thus the government has to consider the human man who might get all the vitamins he required from a diet of vegetables, whole meal bread, milk and cheese, but would be most unhappy.

**Eating Your Way to Health**

Send for this handy instructive little booklet by Dr. Barton today. It is entitled "Eating Your Way to Health" (No. 101), and contains such information on the choosing of an all round diet, foods rich in minerals, vitamins, starches, fats, proteins, address your request to The Bell Library, Post Office Box 75, Station O, New York, N. Y., enclosing Ten Cents to cover cost of handling and mailing and mention the name of this newspaper.

(Registered in accordance with the Copyright Act.)

**TRIBUTE TO OUR QUEEN**

"London Bridge is falling down, My fair Lady!"  
Be it said to your renown  
That you wore your gayest gown  
Your bravest smile, and stayed in town  
When London Bridge was falling down,  
My fair lady!  
—Mary A. Winter, Chicago.

Kleiman, Herb Mackie, Murray Morrison, Gordon Whitney, J. Bernier, Ted Roberts, G. Vachon, Mike Krupka, Eddie Blahay, Ray McGee.

# Beauty and You

by PATRICIA LINDSAY



Pleased with the color delighted with her lipstick's ease in this stunning modern beauty. In her party bag is the lipstick's matching compact which is admired by her many friends.

## New Make-up Aids Create Pleasing Autumn Glamour

Just about now you tuck away your summer cosmetics and make-up aids for they no longer serve as they should. New fall and winter clothes demand richer colours in lipstick, rouge and powder and the nipply winds along with summer negligence make you realize that your skin needs some special, special attention to bring back its pristine loveliness. Lucky for us our cosmetic counters are groaning with attractive aids awaiting our selection. At random I selected these to tell you about:

- For Your New Handbag**
- In an amusing red matchbox cover is a fashion-right lipstick wardrobe—three of the prettiest shades you can find this fall. Forgetful as you may be, when you dash from the house you will be perfectly color-harmonized if you keep this fun-giving gadget in your new fall handbag. The three lipsticks (smaller than the usual size) cost the same as one and the house which introduced the trio had business girls and schoolgirls in mind but many a matron will succumb.
- For Your Nails**
- Nail polish colours are as much news these days as lipsticks. Have you seen that stunning cylindrical manicuring set which stands ready with every nail aid you need? It introduces three new nail polishes named from Indian lore and bound to be popular this season with young things. With these on hand your nails can flash the latest of rich colours!
- For Desk Drawer or Boarding School**
- Priced so young girls with meagre allowances can afford it is a travel kit containing all the essential creams and lotions necessary to care for the skin wherever you happen to be. In addition there is a trio of lovely make-up aids, regular size, and of latest shades. The case closed is exceptionally smart

# Well-Attended Hallowe'en Party After Rebekah Lodge

After the routine business of the lodge, members of the Rebekah Lodge and the Oddfellows and their friends enjoyed a very well-attended Hallowe'en party in the Oddfellows' hall on Thursday evening. Many of the members attended in original and amusing costumes, and a happy social evening was enjoyed.

Mrs. Kleven won the first prize as the best-dressed lady, while Mr. John Seers, took the prize for the gentlemen's costumes.

During the entertainment, Mr. Arthur Garroway presided at the piano, and the evening closed with the home waltz and "God Save the King".

After the lodge at the meeting of the Gold Nugget Rebekah Lodge on Thursday evening, November 7th, the Rebekahs will disclose their unknown friend.

## Timmins Lady Bereaved by Death of Her Father

(From Eganville Leader)

Fitting tribute to the memory of Mr. John Lisk was the large attendance at his funeral on Wednesday afternoon last, October 23rd, to the Evangelical church and cemetery with Rev. Mr. Fletcher of Pembroke officiating. Long before the appointed hour, throngs of sorrowing relatives and friends had gathered at the church to pay their respects to one whom they held in very high regard. Mr. Lisk suddenly seized with a heart attack on Monday at 5.30 o'clock, a.m., died before medical aid could reach him. News of his sudden passing has caused profound regret to friends and neighbours in this vicinity. Deceased was an esteemed citizen, honest and upright in all his dealings and of a quiet, retired disposition. Born in Alice township 60 years ago he was a son of the late Mr. and Mrs. Martin Lisk. In 1914 he took for a life partner Miss Sarah Newman of Rosenthal who survives with a family of nine children—seven sons and two daughters—Richard, Albert, Fred, Harold, Clifford, Howard, Ronald (Buddy), Mrs. John Bleadow of Timmins and Eunice at

home. There are also nine sisters and two brothers, namely, Robert Lisk of Aylen Lake, William Lisk of Waskada, Manitoba; Mrs. Young of Vancouver, Mrs. Hanson of Kansas City, Mrs. E. Secord of North Bay, Mrs. Locker and Mrs. Seabrook, of Kenora; Mrs. Joe Fraser of Ottawa, Mrs. Hiscox of Toronto, Mrs. Lisk of Eganville and Mrs. Chris. Okum of Killaloe. Mrs. Fred Bohart of Madawaska is an aunt.

Attending the funeral from out-of-town were his brother, Robert, and five sisters, Mrs. Locker, Mrs. Fraser, Mrs. Secord, Mrs. Lisk, Mrs. O. Okum, and Mr. and Mrs. Albert Lisk of Ottawa, and Mrs. F. Bohart.

The sympathy of the whole community goes out to the grief-stricken widow and family in the loss of a loving husband and father.

Palbearers were five sons and a brother of deceased.

**BEAVER FUR**  
and  
**LADIES' WEAR**  
For  
**FURS**  
SUPREME QUALITY  
at  
MODERATE PRICES  
25 and 25 1/2 Third Ave.  
Timmins

Timiskaming and Northern Ontario Railway  
GENERAL FREIGHT AND PASSENGER DEPARTMENT

## NOTICE CHANGE OF TIME

Effective Saturday, November 9th, 1940, there will be a change of time in Passenger Train Service North of Cochrane and Motor Bus Schedules.

For further particulars apply to Local Agents.

A. J. PARR,  
G. F. & P. A., North Bay, Ont.  
(Released by The Bell Syndicate, Inc.)

No more bulb-snatching for us  
... WE KEEP A CARTON HANDY



## Always Buy Lamps BY THE CARTON

... then you're never annoyed by empty sockets, dull corners and makeshift, insufficient lighting which of course leads to eyestrain, headaches and general weariness. Buy lamps by the carton! Cartons of Six—that's the popular unit that will keep your lighting system going always at the peak of comfort. You may be short of one or two lamps now; so let us send you a carton and you're protected well-ahead.

**Northern Ontario Power  
Company Limited**

**Come & Get It  
Bread 4 for 25c**  
10 WILSON AVENUE