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.

Wednesday, Nov. 6th.

Credit for all decorations and enter-

Special note: Don't forget the rally

Over Six Hundred

Hallowe'en Event.

the orchestra platform.

who attended.

whose orchestra supplied popular dance

tunes, led the couples in a Paul Jones

and novelties and paper hats were

presentation of a small box of Smiles

and Chuckles chocolates to each lady,

Pat Walsh; Mrs. W. Walsh; Constable

Claire O'Gorman, Louise Clemens, An-

Shaheen, Emmaline Ellies, Louise Ab-

raham, Rosie Salem, Pat Cattsfield,

Jimmy Creighton, Bert Gillespie, Vol.

rams, Ralph Ferrari, Cliff Marshall,

Eileen Hardnutt.

Attend Firefighters

Annual Dance Here

This past summer I had the opport-unity of meeting lunching and dining Masquerade Party with several friends from Australia Held by the Y.P. of and New Zealand.

Conversation, as it has a way of do-



(by EDITH M. BARBER)

companions as to what they had found and games a witch provided mysterious the most outstanding things in the fortunes which revealed only when meals which they had eaten in their held over a candle. visits to many section of this country. A very tasty lunch of sandwiches,

First of all they mentioned the use of cakes (in Hallowe'en colors), orangefruit juices especially tomato juice. One ade, lemonade, apples and caudy kissof my friends told me that she had ac- es quired the habit of drinking this juice every day that she would find it too tainment is given to Peggy Shaw, reexpensive to carry on when she re- creation convener. Ann Semchison, turned to her own country. "Three out social convener, is to be complimented of four people at restaurants seem to on the refreshments. The members choose tomato juice as a first course expressed their thanks to these conveneven when several alternates are of- ers for the wonderful evening.

She was right-we do have tomato November 6th, Wednesday. The Y. P .fuice habit but if she had visited these U. is hoping for a good turnout. shore 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 do 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 prepara- Happy, Friendly Time at tion 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 Temato Juice Cocktail

3 cups tomato juice 1 teaspoon salt

2 teaspoons lemon juice I 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,

To Miss Margaret McGregor

(First Evacuee from Scotland to South Here's greetings to a winsome maid

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

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

Robert G. Whiteman Oct. 31 1940

Toronto Telegram: A road-hog usually goes on the plan of a whole-hog | Murphy, W. Brown, Jack and George Roberts, G. Vachon, Mike Krupka, Edor nothing.

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

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 Special Rally to be Held on last year and this year are in the Canadian Active Service Forces. They are: Lloyd Johns, Art McKenna, Bill On Wednesday evening members of Jackson and Harold Bateman.

the Y. P. U. C. gathered for a masquer- Mrs. Wolno, wife of the Bandmaster, ade party in the United Church hall Fred Wolno, was presented with a bou-Members were greeted by a wierd ques of flowers by one of the boys.

group of ghosts and skeletons in a very There was soda pop, cake, sandwichdark stairway. The screams of the es, candy and all the games symbolic of girls, and even the boys, echoed down Hallowe'en such as ducking for apples the stairway as different costumes came and many others.

through the door with a bewildered Music was provided by an orchestra look, as though something was really recruited from the High and Vocational going to happen to them. Dutch las- School orchestra and the Boys Band. sies, hill-billies, clowns, cooks, gypsies. At the Lions Club meeting earlier in old-fashioned ladies, Japanese ladies the evening. Phil Parfitt gave a three and numerous other costumes were minute talk on Luxembourg. Mr. Parfitt spent 1925 there in connection After a grand march from which the with the coal mining industry.

best costume was chosen, Jean Gordon A moving picture on gold mining, as a Dutch girl, and Geraid Doughty, as produced by the Quebec Department a hill-billy , were awarded prizes for of Mines was shown by Garth Teeple. the best costumes. Contests were won The Eve Committee reported that by Helge Hongisto, Peggy Williams, and four pairs of glasses were given out Gordon Matthias. During the contests during the month of October.

Club President Alex Allen occupied the chair and a guest was Jim Spalding,



That Body

Bu lames W. Barton, M.D.

More Than Food Value Must Be Considered In Feeding a Nation

There has been a time in history dom I selected these to tell you about: do. A dainty miracle which looks as 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 heal-The Timmins Firefighters Local 535 the is considered not only from the entertained about three hundred coup- standpoint of proteins, starches, and les on Thursday, Hallowe'en evening, fats, but also to the same degree from at a very merry and enjoyable annual the standpoint of minerals and vitadance held at the Riverside Pavilion. A mins. Even this is not all because large silver "fire-bell' adorned with foods that individuals like, or that patriotic colours and bearing the let- make them happy and contented must ters "T. F. D." was the only decoration be included in the government's food but was placed prominently in front of scheme.

During the dance Henry Kelneck tain, in addition to giving of govern- that stunning cylindrical manicuring ment funds to enable poor people to set which stands ready with every nail get supplies of meat, bacon, bread, and aid you need? It introduces three new milk below cost, has arranged for the nail polishes named from Indian lore distributed. A special feature was the fortifying or strenghthening of white and bound to be popular this season bread which, while preferred by the with young things. With these on hand majority of the people, is not quite as your nails can flash the latest of rich nourishing as white meal bread ow- colours! Eight prizes were awarded by the no- ing to some loss of vitamins and min- For Desk Drawer or Boarding School vel means of lucky numbers in ball- erals in its manufacture. To overcome Priced so young girls with meagre oons and spot dances were won by Miss this loss of vitamins and minerals, allowances can afford it is a travel kit Charlotte Ogilvie with Mr. Jack Marks, the government fortified or strength- containing all the essential creams and and Miss Lillian Luchen with Mrs. ened the white bread by adding vita- lotions necessary to care for the skin Johnny Amadio. Presentation of the min B 1, and also a small quantity of wherever you happen to be. In addiprizes for spot dances were made by lime (calcium).

His Worship, Mayor Emile Brunette, For people living where there are aides, regular size, and of latest shades. plenty of fruits, vegetables and dairy The case closed is exceptionally smart and Tony Ayotte, of the Fire Departproducts, eating whole wheat bread or Among those who attended the event eating white bread fortified by vitwere: Mayor and Mrs. Emile Brunette; amin B 1 is unnecessary, and they can Councillor and Mrs. W. Spooner; Countillor and Mrs. cillor and Mrs. Bill Roberts; Councillor more pleasing and satisfying to their and Mrs. Philip Fay; Cuncillor Karl appetite. When fruits veyetables and Mr. and Mrs. Phil Laporte; Mr. and whole wheat bread and "fortified" Auxiliary of Legion Mrs. Rene Cantin; Mr. and Mrs. Leo white bread should be eaten.

Gratton; Fireman and Mrs. Pooley; Mr Research physicians and dietitians Large Number of Interestand Mrs. Steve Leskew; Fireman and have known for years that foods that Mrs. Bill Martin; Mr. and Mrs. J please the eye or arouse memories of Flynn; Mr. and Mrs. Geo. Ellies; Fire- previous enjoyment cause a flow of the man and Mrs. F. Culhane; Mr. and Mrs. digestive juices before these foods are M. Pierini; Fireman and Mrs. W. C. eaten and these foods are thus more Boyd; Mr. and Mrs. Cahill; Fireman easily and more completely digested.

and-Mrs. J. Gratton; Mr. and Mrs. T. These British food experts are making Travaligni; Mr. and Mrs. J. Muir; Fire- sure of a good meat supply for the pioman and Mrs. J. T. Morton; Fireman ple. Meat makes people happy aside and Mrs. E. Laporte; Mrs. A Shaheen from its food value.

Mrs. Con. Culhane; Fireman and Mrs. Thus the government has to con-A. Ayotte; Vol. Fireman and Mrs. sider the human man who might get Oscar Giroux; Mr. and Mrs. Walter all the vitamins he required from a Cook; Vol. Fireman and Mrs. Alvin diet of vegetables, whole meal bread, Leach; Vol. Fireman and Mrs. S. Prit- milk and chees, but would be most chard; Mr. nd Mrs. A. L. Shaw; Mrs. unhappy

Eating Your Way to Health

and Mrs. Angus Greaves; Mrs. Beaton; Send for this handy instructive little Mrs. Fritzpatrick; Mrs. A. Beaulne; booklet by Dr. Barton today. It is en-Mrs. and Mrs. Norman Enright; Mrs. titled "Eating Your Way to Health" G. Belford; Mrs. Frank Ellies; Mrs. Lib- (No. 101), and contains such informaoiron; Mrs. D. Larcher; Fireman and tion on the choosing of an all round di-Mrs. Daher; Fireman and Mrs. J. Cron- et, foods rich in minerals, vitamins, starches, fats, proteins, address your Misses Iona Joanisse; Phyllis McCon- request to The Bell Library, Post Office nell, Evelyn Durkin, Juliette Gauthier, Box 75, Station O. New York, N. Y., en-Lillian Sullivan, Grace Yuill, Dorothy closing Ten Cents to cover cost of hand-

noweth, Ann Jopson, Marie Robineau, of this newspaper. (Registered in accordance with the na Orlando, Mary Palangio, Doris Copyright Act.)

TRIBUTE TO OUR QUEEN

Messrs, Bill Hunter, Harry Shephard, "London Bridge is falling down, My fair Lady"!

Fireman P. C. Collyer, Fireman Ivan Be it said to your renown Conrad, Joe martel, George Lemarche, That you wore your gayest gown Art Toby, Eugene Marikallio, Bill Zalba, Your bravest smile, and stayed in town Leo Laitinen, Earo Niemi, Bill West, When London Bridge was falling down, Martin McHugh, A. Kivi, Manny Ab- My fair lady!

-Mary A. Winter, Chcago,

Bill Harrison, Eddie Rowe, Hugh Allen, Rolly Barnes, Cameron Kilby Verne Kleiman, Herb Mackie, Murray Mor-Lowes, Johnny Nora, "Spud" Harold rison, Gordon Whitney, J. Bernier, Ted Shaheen, Ernie Ellies, Tom Ansara, Ben die Blahey, Ray McGee.

Beauty and You



Pleased with the color delighted with her lipstick's case in this stunning modern becarry. 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

For Your Vanity

if it came from a queen's private col-

lection—round in shape, gold metal

beautifully embellished, with space for

monogram, has made its debut with a

-the two in all their splendor are

For Your Daintiness

Heavier clothes call for greater pre-

you must use a deodorant. And if that

seems obnoxious or a bore, get a bottle

(Released by The Bell Syndicate, Inc.)

of that new perfumed deodorant which

scents as it deodorizes.

Just about now you tuck away your with a broad strap for carrying and summer cosmetics and make-up aids made from imitation alligator in a rich for they no longer serve as they should. burgundy. Its ingenious feature is a New fall and winter clothes demand mirror which springs into position autoricher colours in lipstick, rouge and matically when the case is opened, powder and the nippy winds along with thus affording you a miniature dresssummer negligence make you realize ing table! that your skin needs some special, speial attention to bring back its pristine Gala evenings call for an attractive loveliness: Lucky for us our cosmetic powder compact and matching lipstick counters are groaning with attractive case. The old favourite which you aids awaiting our selection. At ran- carry about during the day just won't

For Your New Handbag In an amusing red matchbox cover is a fashion-right Hostick wardrobethree of the prettiest shades you can find this fall. Forgetful as you may be, lipstick case to match containing an when you dash from the house you will

exquisite shade of rouge. Now surprise be perfectly color-harmonized if you keep this fun-giving gadget in your priced to invite volume sales. That new fall handbag. The three lipsticks means you can afford them! (smaller than the usual size) cost the same as one and the house which introduced the trio had business girls and cautions in personal grooming. Just schoolgirls in mind but many a mat- as regularly as you brush your teeth

For Your Nails Nail polish colours are as much news The ministry of Foods in Great Bri- these days as lipsticks. Have you seen

tion there is a trio of lovely make-up

Party by the Ladies'

ing and Pleasing Costumes

The Hallowe'en party held by the Ladies' Auxiliary of the Canadian Legion on Thursday evening, was very well attended by members and their families and friends, and members of the Legion, their families and friends. A large number of those who attended were in costume

Mrs. Lawrence to present the prizes to those who wore the best costumes. Prizes were awarded as follows: Miss Daphna Gay, as a Roumanian girl; Mrs. George Nipper, for the most original costume, representing the "Spirit of Hallowe'en"; Mrs. Spieglehalter, as America; Mrs. Hensby, as China; Mrs. Ed. Carpenter, in colonial costume; Mrs. Leach, as a court lady.

Mrs. Ed. Harvey won the raffle for a cushion made by Mrs. George Nippers. with the ticket No. 72, Series 34. The draw was made by Mrs. Percy Harvey. During the dancing, Walter Devine Leach, Maila Riihinen, Dorothy Chy- ling and mailing and mention the name presided at the piano, and accompanied Am a Canadian", and Mrs. W. Maki, who sang "Pal of My Craddle Days" and "You Belong to Me."

Visiting members were Mrs. Price, of Matheson, and her daughter, Mrs. Cora Poupart.

The general meeting of the Ladies' Auxiliary will be held on this (Monday) evening in the Legion hall. All members are asked to attend.

Come & Get It

and the second second second second second second second

Bread 4 for 25c 10 WILSON AVENUE

Well-Attended Hallowe'en

bers attended in original and amusing Bohart of Madawaska is an aunt. costumes, and a happy social evening was enjoyed.

the best-dressed lady, while Mr. John Secord, Mrs. Lisk, Mrs. O. Okum, and Seers, took the prize for the gentle- Mr. and Mrs. Albert Lisk of Ottawa, men'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

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. Fletch 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 spized with a heart attack on Monday at 5.30 c'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 Party After Rebekah Lodge Aylen Lake, William Lisk of Waskada, Manitoba: Mrs. Young of Vancouver, After the routine business of the Mrs. Hanson of Kansas City, Mrs. E. lodge, members of the Rebekah Lodge Secord of North Bay, Mrs. Locker and and the Oddfellows and their friends Mrs. Seabrook, of Kenora: Mrs. Joe enjoyed a very well-attended Hallo- Frager of Ottawa, Mrs. Hiscox of Torwe'en party in the Oddfellows' hall on onto, Mrs. Lisk of Eganville and Mrs. Thursday evening. Many of the mem- Chris. Okum of Killaloe. Mrs. Fred

Attending the funeral from out-oftown were his brother, Robert, and five Mrs. Kleven won the first prize as sisters. Mrs. Locker, Mrs. Fraser, Mrs. and Mrs. F. Bohart.

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

Pallbearers were five sons and a brother of deceased.

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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

For further particulars apply to Local Agents.

A. J. PARR.

G. F. & P. A., North Bay, Ont

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... 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 wellahead.

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