

Dates Again Regaining Their Former Popularity

Hot Bars as a Pudding Dessert Only One of Many Uses of Dates. Recipe for Quick Meal and Method of Preparation. Recipe for Date and Nut Bars.

BY EDITH M. BARBER

The crisp weather at morning and evening, no matter how warm they may be between time, awaken an interest in food which we may have more or less passed up during warm weather.

While dates are available in package form the year around the new crop



beat in the sugar gradually. Stir in the dry ingredients, nuts and dates. Spread the mixture evenly over a shallow pan, well greased and dusted with flour. Bake in a moderate oven, 350 degrees F., for thirty minutes, or until the surface will spring back when pressed lightly with the forefinger. Cut into strips four inches long by one inch wide. The strips may be rolled in confectioner's sugar.

(Released by The Bell Syndicate, Inc.)

Miss Hurley Guest Speaker at Nursing Auxiliary Meet

The members of the Nursing Auxiliary of the St. John Ambulance Brigade studied temperature reading, blood pressure, respiration, and the bathing of patients at the regular meeting in the auditorium of the nurses' residence of St. Mary's Hospital on Monday evening.

Guest speaker for the evening was Miss Hurley, and the regular meeting will take place on Monday of next week in the auditorium.

English Lady Calls Nazi Bombers Just 'Blooming Nuisance'

Insight Into British Way of Meeting the 'Air Blitz'

is arriving from the Orient and some of our Western products in fresh or dried form will be coming along. Date bars which are so quick and easy to mix can be baked in time for the quick meal. In fact, when they are hot, they may be used as a pudding dessert with whipped cream to furnish the sauce.

I wonder if you have tried some of the many date products which are being featured at the Iraq Pavilion at the Fair. You may have waffles or griddle cake with date syrup or sandwiches filled with cream of date paste or a mixture of apricots and dates. There is also a date and nut bread, an ice cream to which this fruit is added, or you may have vanilla ice cream with the syrup.

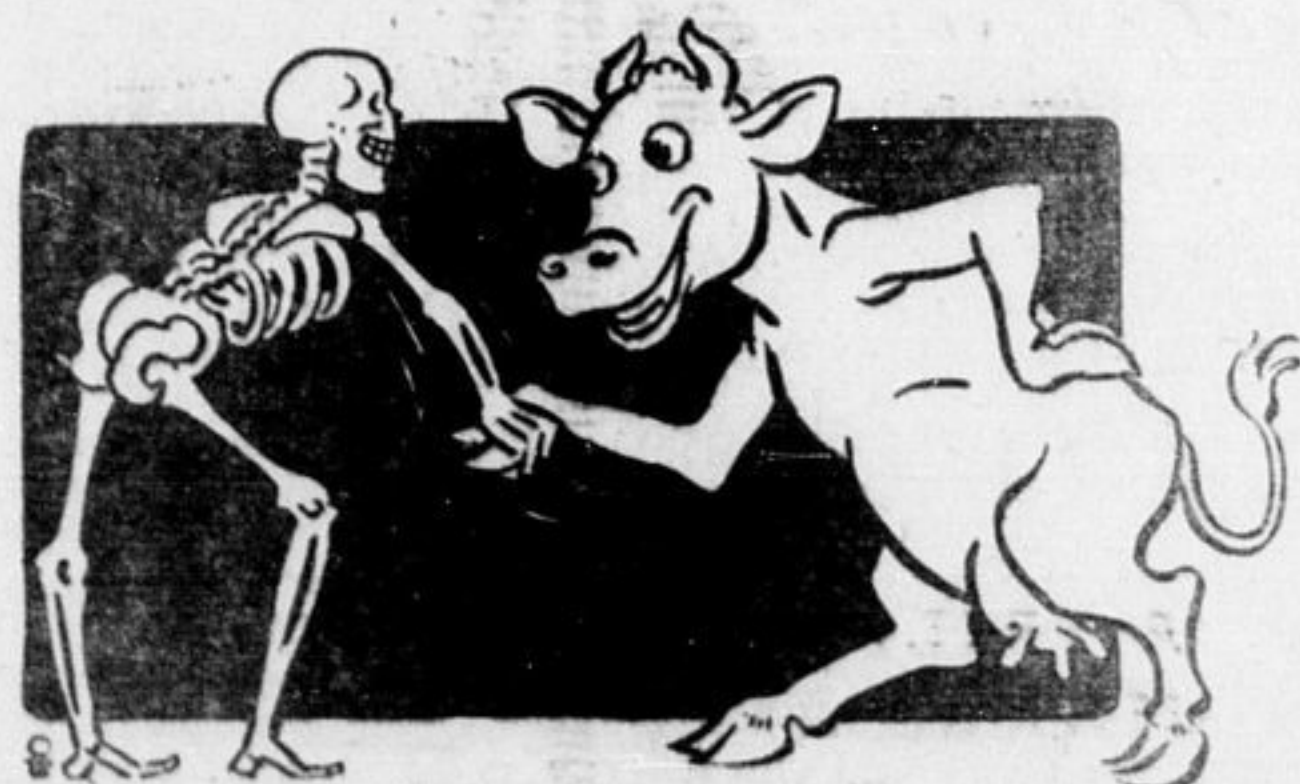
Methods of transportation and preparation have improved our staple supply of this historical fruit which is traditionally supposed to have flourished in the Garden of Eden. You may buy dates either whole or pitted and packed under conditions which guarantee their cleanliness. Very different from the days when large quantities of dates in bulk were displayed on the grocer's counter exposed to dust and insects. Of course this method of display was highly appreciated by us when we were children and were sent to the store on an errand!

- Quick Meal
 - Tomato Juice
 - Hamburg Patties
 - Onion Rings
 - Creamed Celery
 - Tomato Salad
 - Hot Date Bars
 - Whipped Cream
- Method of Preparation
- Light oven
- Prepare date bars and bake
- Prepare celery and cook
- Prepare meat and cakes and saute
- Prepare salad
- Prepare onion rings and saute
- Dress celery
- Whip cream
- Make coffee

- Date and Nut Bars
- 1/2 cup flour
 - 1/2 teaspoon baking powder
 - 1/2 teaspoon salt
 - 1/2 cup chopped nuts
 - 1 cup sliced dates
 - 2 eggs
 - 1 cup brown sugar
- Mix and sift flour, baking powder and salt. Mix the nuts and dates through the flour. Beat the eggs until light;

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Negro Mock Wedding Feature at Shower Party

Bride-to-be Honoured by Friends at Happy Party.

Miss Clara Morandin was guest of honour on Monday evening at a miscellaneous shower at the home of Mrs. Helen DeLuca, 215 Elm street south, when a large number of friends gathered to wish the bride-to-be every happiness. Miss Morandin will become the bride of Mr. Bill Holouka at a pretty ceremony on December 9th.

The home was beautifully decorated for the occasion with streamers, and over the chair in which the guest of honour was seated was a delightfully decorated umbrella, from which were draped numerous colorful streamers. During the evening the guests enjoyed games of bingo, with the winners as follows: Madeline Berlinger, Linda Guistini, Mrs. F. Froca, Flora Spadafora, Ida Dionisi, Vera DeLuca, Eleanor Bortolotti, and Mrs. C. Bernardi.

A negro mock wedding was a feature of the evening the "stars" being Lucy DeLuca, Ann D'Avlessandri, and Mrs. Helen DeLuca. "Petunia", the bride, was charmingly attired in a gown of pink net, with a white veil to contrast with her black face, while "Rochester", her husband wore a black "mourning" suit with a white straw hat. The negro minister wore formal grey suit topped with a brown fedora and the performance brought much merriment.

The gifts were "wheeled" to the bride-to-be in a tiny crib, the presentation being made by the hostess. After opening the gifts, which for the most part were crystal, silver or linen, the bride expressed her many thanks to the friends who had presented them.

The hostess served a delicious lunch after which the guests enjoyed a few dances and a door prize was won by Mrs. Dolores Delmonte. The prize was a lovely boudoir lamp.

Among those present were: Olive Gannuzzo, Lucy DeLuca, Carrie Spada, Vera DeLuca, Eleanor Miglioranza, Yole Manero, Louise Ferrari, Archa Del Vedova, Lillian Mascioli, Ann D'Avlessandri, Linda Guistini, Madeleine Berlinger, Stella Rio, Vivian Porco, Angela Ceccanes, Ida Delmonte, Ida Dionisi, Nina Loretta, Elia Petracoli, Mary Giallonardo, Flora Giallonardo, Flora Spadafora, Therese Detulio, Eleanor Bortolotti, Alcea Gallino, Mary Degilio, Rose Parisi, Olga Bozzer, Mrs. DeBernardino, Dolores Delmonte, Rina Rizzo, Della Truanti, Domenica Sicoli, Grace Grace, Concetta Mortinago, Helen Corlesso, Nra Dimattio, Christine Bernardi, Clara Bernardi, Mrs. Helen DeLuca (hostess) and Miss Clara Morandin (guest of honour).

Mrs. C. DeLuca and Mrs. T. DeBel were unable to attend but sent lovely gifts.

TO-DAY'S FASHIONS



Classic Black for all Occasions

By GRACE THORNLIFFE

ITS THE good little black dress that goes places through the busy day, that fits smartly and unobtrusively into every scene and picture. That's why it's worth time and money to get the right style. Here's an excellent model fashioned in fine black silk jersey, made to fit and flatter the figure. Shoulders are vertically draped to meet the V line that is the theme of the dress. The V in the centre is draped horizontally and pulled to a small bow in the back.

War Prisoners Near Here Busy Making Souvenirs

Iroquois Falls, Nov. 27—The interned German war prisoners, believed to be sailors, near here are utilizing their spare time by whittling out tiny boats which are displayed here for sale.

Made from wood scraps and with the use of knives, razor blades and a little paint, miniature models or replicas of many craft bearing prominent names are for sale. Included is the battleship "Emden", "The Altmarm" four mast sail boats and smaller sail boats made and placed inside liquor bottles.

It is understood that any revenue derived from this source is credited to the men's fund account for purchase of tobacco and other things.

"Well," answered Martha, "it isn't as if he was some new fellow. He's well recommended. A girl I know was engaged to him for quite a long time."

Beauty and You

by PATRICIA LINDSAY



Every adult desires the youth of the nation to be healthy and happy as are these two school children. We should work toward that goal.

Well-Being of Children Depends Upon Intelligent Training and Care.

This week is to be observed throughout the country as "Better Parenthood Week." The movement is to remind parents of their responsibility for the health, training and beauty of their offspring and to remind other clear-thinking adults of their responsibility for the well-being of all American children.

Such a national endeavour deserves our attention and co-operation for we want all American youth to grow strong capable and active. To accomplish this we must give children intelligent training and care. Music, hobbies, interesting conversation, love of sports, pride in good grooming, healthful habits, ability to share and make friends, enjoyment of discriminating entertainment—all these values of the happy adult are begun in childhood.

Four-Plan Purpose of Movement

- 1—To make mothers and fathers more fully aware of the importance of using the best possible methods in the care and training of their children and to acquaint them with many sources of help and information available to them in handling their family problems.
- 2—To encourage the formation of groups for the study and discussion of child rearing problems.
- 3—To promote co-operative understanding between parents and teachers and between the school and community at large.
- 4—To lend active support to all community efforts or better schools, child health, recreational facilities, vocational guidances and the prevention of delinquency.

Specific Consideration

If you are a mother you want to train your child to adopt a healthful program, to learn the benefits of careful grooming to acquire an engaging friendly personality, to be self-sufficient to appreciate what you and others have done for him or her. There is no better way to acquaint yourself with the advantages offered for your training as an effective parent than to show interest in community endeavours which further the welfare of your offspring.

Gratuities for Soldier Employees of Ford-Canada

Windsor, Ont., Nov. 25: Gratuities will be paid to employees of Ford Motor Company of Canada who enlist in the British armed forces and who are eligible under a plan put into effect by the company. The plan is retroactive, to benefit men already enlisted. Announcement of the inauguration of this gratuity plan was made today by Wallace R. Campbell, president of the company.

The men with dependents will be eligible to receive a percentage of their civilian remuneration based on the rate in effect on the last day of their employment with the company. The gratuities will be paid monthly during the life of the plan. Men without dependents will be eligible to receive a single lump sum payment.

Gratuities will also be paid to employees who enlisted prior to the inauguration of the plan. As the plan is retroactive to the time of their enlistment, these men will receive the accrued gratuities.

Similar gratuity plans for enlistment employees modified to suit local conditions are also being put into effect by the overseas Ford companies in the British Empire affiliated with the Canadian Ford company.

In addition to the new gratuity plan, the Canadian Ford Company also grants leave of absence on full pay, up to a period of two weeks, to employees who are members of the Non-Permanent Active Militia, while they attend training camps.

EASILY SATISFIED

"Martha, is it possible you are thinking of getting married?" said her mistress. "Yes, ma'am," admitted Martha. "Not to that young fellow who has been calling on you lately?" "Yes, ma'am, he's the one." "But you've only known him three weeks. Do you think that is long enough to know a man before taking such a step?"

Desirability of Providing Vitamins in Time of War

Health Authority Urges Supplementing Ordinary Diet to Provide Needed Vitamins.

(By J. W. S. McCullough, M.D., D.P.H.) Great Britain, locked in the struggle of war and conscious of the importance of maintaining at high levels the strength and courage of her people, has fortified margarine with vitamin A and restored calcium and vitamin B1 to flour.

Leaders in nutritional research such as Sir John Orr, (well-known to Canadians) and Dr. J. C. Drummond, were largely responsible for this improvement. That a slim margin exists between man's physiological requirements for vitamin B1 and his intake of this vitamin has long been known the natural storage of the vitamin in the body is very small and debility quickly follows when men are deprived of it. Investigation in England showed that the diets of only half of the population were found to provide a sufficient level of vitamin B1.

Such conditions are not confined to England. A report from the U.S. Dept. of Agriculture has shown that a country of overproduction and bursting granaries feeds its people on diet poor in vitamins A, D and B1 and in calcium. When white flour and sugar provide 50 per cent of the food as in England and the U.S., the diet cannot be said to be satisfactory.

Food conditions in Canada approximate very closely to those of the United States. How can these conditions be improved? Simply by addition of the vitamins shown to be lacking in our foods. If we must eat white bread and consume an inordinate amount of sugar, we must supplement this barren diet with the vitamins lacking. Vitamin A, so valuable in growth, comes from butter, fat, egg-yolk, cod-liver-oil and from the leaves of plants such as cabbage, celery and lettuce. It is a fat-soluble vitamin, that is one soluble in fat. Vitamin B and all its derivatives, B1 etc., is soluble in water. It is found in the bran layer of cereals in milk, vegetables, eggs, liver and sweetbread; it is deficient in meat. Vitamin B1, a preventive of nerve troubles and vitamin B2 which prevents pellagra, are two independent factors of vitamin B. Vitamin D is the one which builds up the bones and teeth. It is not found in vegetable oils but occurs in butter fat and especially in cod-liver oil. Vitamin D is the "special preventive of rickets. From the foregoing it will readily be seen how easy it is to supplement a poor diet by natural products.

IMMERSED IN HIS ART

Little John's mother called him several times, but the lad made no response, although he was within easy hearing distance.

"Why didn't you answer me?" asked the mother when she reached the child. "Mother, I was playing a sheep," said the lad, "and sheep don't talk."—Exchange.

Warning to Mothers in Guarding Their Children

The Health League of Canada today issued a warning to mothers that this season of special danger to infants.

For this reason, the mother who gets a call from a friend who is suffering from a cold should not take baby with her if she visits the sufferer. Neither should she allow anyone suffering from a cold to come too near baby.

Baby should not be fed with spoons or cups which have been used by any of his brothers or sisters—or any other person—until the spoon or cups have been thoroughly washed.

This is the time, too, to give cod liver oil daily. The doctor should be consulted as to the right quantity. Orange juice is essential to baby, also.

A BRIGHT LADDIE

"So you go to school, do you, Bobby?" asked the clergyman of the 9-year-old hopeful of the Brigley household.

"Yes, sir," answered Bobby. "Let me hear you spell 'bread'."

"B-r-e-d."

"The dictionary spells it with an 'a', Bobby."

"Yes, sir; but you didn't ask me how the dictionary spells it. You asked me how I spell it."—Globe and Mail.

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