ODDFELLOWS AND REBEKAHS AT ANNIVERSARY BANQUET



Easy Way to Prepare Carrots for Quick Meal

Popular Vegetable May be Easily and Quickly Prepared. Has Many Special Uses To-day. Directions for "Quick Meal." Recipes for Scalloped Carrots and Onions and Glazed Carrots.



(By Edith M. Barber)

Carrots for the quick meal! Our grandmothers would not have believed that it was possible to prepare this vegetable for the table in a short time. Although we usually think of winter carrots as having been staple vegetable when green vegetables were lacking during the winter in many places the whole crop was used as cattle food.

An elderly friend of mine who comes from central New York actually never tasted a carrot until she came to this city to live a few years ago. At first she looked with scorn upon them when they appeared on the table, but now the sweet tender young bunched carrots have become one of her favourite vegetables.

Our own local carrots are now at their best and are just as good raw as cooked. Probably one of the largest uses is as a relish. We find them in raw form in salads. When served as a hot vegetables they may be dresged | five minutes, until tender. Drain, rewith plain melted butter. Often minc- | turn from kettle, add butter and sugar ed parsley, chives or onions or lemon juice are added to the butter. A little cream makes a good dressing for cy: rots as it does for almost any other vegetable; and I mean little, just



D New demands upon income make it difficult for us all to save these days. We must pay our taxes. We want to buy war savings certificates and at the same time to protect our

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A. NICOLSON, Special Representative

F. N. WHALEY and CRIC CHARRON

enough to moisten and add flavour to

the vegetable. Scalloped carrots and onions, or car- avenue-a daughter. rots and apples, make good luncheon or supper dishes. Served with a few strips of bacon we get a savoriness which a main dish for a meal needs.

Quick Meal English Beef Broth Scalloped carrots and onions with Baked potatoes

Hot gingerbread, whipped cream Method of Preparation

Light oven. Prepare carrots and onions and bake Scrub potatoes and bake. Prepare gingerbread mix. Open can of soup and heat. Saute bacon. Make coffee.

Scalloped Carrets and Onions 6 medium-sized carrots, sliced cross-

6 medium-sized onions, sliced. Salt, papper. 1 cup medium white sauce, well sea-

soned.

4 cup grated cheese. Arrange carrots and onions in alternate layers in greased casserole, sprinkilng each layer with salt and pepper and covering with a little of the sauce. Pour remaining sauce over all. Cover closely and bake in a moderate oven, 375 degrees F. about 45 minutes Remove from oven, uncover and sprinkle with cheese and then return to oven to bake uncovered until chaesa is browned. Serve with crisp bacon.

Yield six servings. Glazed Carrots

2 pounds carrots. 2 tablespoons butter.

4 tablespoons sugar. Wash, scrape and cut carrots in strips or slices. Cook with a dash of salt in small amount of water in a tightly covered heavy utensil fifteen to twentyand stir constantly over low heat two or three minutes, until sugar melts. Yield, six servings. (Released by The Bell Syndicate, Inc.)

Hawkins-Baker Nuptials at Manse of United Church

Miss Ellen Beryl Baker Becomes Bride of Mr. T. Earl Hawkins.

The manse of the Timmins United par or one's mind is growing tired from Church was the setting for a lovely too much worry. Aches follow a posautumn wedding on Saturday morning at 11 o'clock, when the Rev. W. M. Mustard united in marriage Miss lows the aches. Ellen Beryl Baker, elder daughter of Mr. and Mrs. Vaughn A. H. Baker, of take time off from everything and give 165 Spruce street north, to Mr. Thomas Earl Hawkins, son of Mr. and Mrs. Thomas Hawkins of Edmontion, Al-

The charming, tall bride was lovely little rest might be just enough to in a dressmaker suit of Chillian wine wool, made on simple fitted lines, with ing quite yourself. It is quite obvious hat and accessories in beige, and a that no woman can carry herself with corsage of gardenias. She was attended by her sister, Miss Jean Baker, who has been taxed to the last degree. wore a wool jersey suit in airforce blue with wine accessories, and a corsage of Johanna Hill roses.

Mr. Ken Esdale, of the Pamour, was groomsman. He is a cousin of the groom.

Following the ceremony, a small reception was held at the home of the bride's parents, where Mrs. Baker received the guests becomingly attired in an ensemble of plum crepe, with health the better part of life is missed. navy blue accessories, and a corsage of Talisman roses. Pouring tea were Mrs. K. Esdale, Miss Blanche Dodge, Cousin of the bride, and Mrs. Hugh Phinney, of Nova Scotia, aunt of the bride.

The bride and groom left in the early afternoon to motor to Toronto and Ottawa, the bride travelling in a jacket frock of teal blue jersey, with brown accessories. Upon their return, the couple will take up residence at the Hallnor Property.

Prior to her marriage, the bride was entertained at a shower by Mrs. J. R. Taylor.

Try The Advance Want Advertisements | cally. Muscles are elastic you know,

Thirteen Births Registered at Town Hall During Week

Born-on September 18th, 1941, to Mr. and Mrs. Peter J. Auger, of 4131/2 Spruce street south—a daughter.

Born-on September 17th, 1941, to Mr. and Mrs. Joseph Flora, of 23 First avenue-a daughter.

Born-on September 12th, 1941, to Mr. and Mrs. Edgar Chevalier, of 141/2 Belleview-a son. Born-on August 8th, 1941, to Mr

and Mrs. Philip Robitaille, of 85 Main Born-on September 8th, 1941, to Mr and Mrs. Palma Leclair, of 14 Cody

avenue—a son. Born-on September 16th, 1941, to Mr. and Mrs. Domina Brazeau, of 56 Windsor avenue—a son.

Born-on August 22nd, 1941, to Mr and Mrs. Noble Floyd McQuatt, of 54 Montgomery avenue—a son. Born-on September 10th, 1941, to

Mr. and Mrs. Frank Birtle McConnell, of 176 Pine street north—a son. Born-on September 12th, 1941, to on you." Mr. and Mrs. Gerald Goldsmith Graham, of 109D North Road-a son. Born-on September 16th, 1941, to blinds down. Mr. and Mrs. Edward Myles Wallingford, of 133 Main avenue—a son. Born-on September 19th, 1941, to

Tamarack street—a son. Born-on October 3rd, 1941, to Mr. and Mrs. Ernest Blake Martin, of 49 Preston street—a daughter.

Mr. and Mrs. Ralph Leo Paul, of 254

Mr. and Mrs. Fernand Lauriault of the Smith. 59 1/2 Avenue Road—a son.

The proof of the pudding is always

an example—something tangible which

others might confirm. For years I

have been urging American girls and '

women to improve their postures so ;

they might have better health, longer

lives and greater beauty. To my desk

today, has come a grateful letter from

a woman who has benefited from ad-

"Dear Miss Lindsay," she writes,

"I am sure I have mastered your ex-

ercises for perfect poise. I've lost that

tired feeling between my shoulder

blades which makes my daily work

bragging when I say this-I have al-

ways been complimented on my figure

but I began to catch myself sagging,

in my shoulders particularly. My husband has complimented me on my im-

proved posture and I owe it all to you. and am very grateful to you. Thank

Good Health, Good Posture

ging shoulders, and a stomach slump

are danger signals. Something is

wrong. Either one's health is not up to

ture slump, and usually (even though

it may take some months) illness fol-

When you get a "sagging feeling,"

yourself the once over. Perhaps a lit-

tle change—a week-end away from

your normal tasks or a week if you

can spare it-might turn the tide. That

prevent weeks or months of not feel-

assured, good posture if her endurance

In our hectic method of living too

few of us take the seventh day of the

week for rest. We were meant to do

so, to give our bodies twenty-four hours

for a repair job. If you fill your Sun-

days to the brim with trips and visits

and guests, then you should try to take

one other day to relax. Rest is the

keynote of good health and if one

does not attain and hold on to good

Keep Alert -

Any woman can master a queenly

positure if she consciously draws her

abdomen in and up and straightens

her shoulder-blades, and throws back

her head. Such a conscious straight-

ening of the spine pulls the buttocks

in, throws the chest out and holds the

important organs of the body in place

But to hold onto good posture takes

practice. At least ten times a day one

should pause and pull the body into

erect position. Gradually, as the days

pass, one's muscles will become ac-

customed to the change of posture and

hold the spine in alignment automati-

I want women to realize that sag-

you. J. C."

loads easier. Please don't think I am

Pictured above are a group at the the Oddfellows joined in celebrating the twenty-fifth anniversary of the photo from left to right are: Mr. Geo. S. Drew, Mrs. Drew; Mr. Reg. Stoneman, Mrs. Stoneman; Mrs. S. Crews, Noble Grand of the Gold Nugget Rebekah Lodge; Mrs. Mills, Assembly President; Mr. W. H. Pritchard; Mr. Ibbetson, Grand Master of the Oddfellows; Mrs.

THE SUN WAS SHINING

patient said to him: "Say each morning "The Mediterranean sun is beat ing down on me and curing me." A week afterwards his patient went

to report progress.

with the treatment, and don't forget the Mediterranean sun is beating down In another week the doctor called

"What's happened?" he inquired of

the maid. "Please, sir, Mr. Robinson's very ill. "Heavens, what was the cause?" "Sunstroke, sir."-Sudbury Star.

head table when the Rebekahs and their lodges here. The event was a banquet at the McIntyre Auditorium on Friday evening, and in

A doctor who had a neurasthemic

"Dector," he said, "I'm much better.' "Good," replied the doctor. "Go on

on him and was horrified to find the

with the Jones' more easily if the Born-on September 17th, 1941, to Jones' were not busy keeping up with

LUCILLE FAIRBANKS werks with

a bar for good posture. It is raised

high over her head, and dropped

slowly to her toes ten times. Then

she holds it in back of her body and

pushes it as high as possible. The

final step is holding it braced

against her shoulder blades as she

walks about the room to master

(Released by The Bell Syndicate, Inc.)

quite ready to do your bidding, if you

So begin today. Improve your pos-

ture. Have greater enjoyment from

the "feel" of queenly poise.

keep them limber.

the months ahead of you.

Beauty and You

Tired Feeling Vanishes When Posture is Corrected.

by PATRICIA LINDSAY

Urges Early Mailing of Christmas Mail

With the approach of the Christmas sesson, Honourable William P. Mulock, K.C., Postmaster General, emphasizes the necessity for Canadians to Mail Early all gift-parcels addressed to civilians or members of the Forces overseas and calls attention to the regulations now governing the receipt of such parcels in the United Kingdom.

Gift-parcels to Individuals. Because of the necessity to conserve chipping space for more urgent supplied the British Postal authorities stipulate that gift-parcels mailed to individuals in the United Kingdom must contain only bona fide, unsolicited gift : The gross weight of such parcel must not exceed 5 pounds, or contain more than pounds of any one foodstuff, whether rationed or not. All such parcels must be clearly marked as gifter

Cift parcels to Canadian Forces Overseas. Limit of weight 11 pounds when prepaid at the special reduced rate for Canadian Overseas Forces, of 12 cents a pound.

Canadians serving in British Units. Weight limit 11 pounds when prepaid at the special reduced rate of 12 cents a pound or 20 pound limit when prepaid at the regular civilian rate, when parcel is sent care of Canadian Auxiliary Services, 6 Dilkie Street, Chekea S.W. 3, London, England.

It will be noted that the 5 pound limit and restrictions do NOT apply on gift parcels to members of the Canadian Forces in the United Kingdom, whether sent direct to the individual to the military unit, or through the Y.M.C.A, Canadian Legion, Knights of Columbus, Salvation Army or Red Cross; nor is the 5 pound limit applicable on gift-parcels mailed, as described, to Canadians serving with British Units.

British Armed Forces. Limit of weight 5 pounds and restrictions as for civilian gift-parcels apply, except that such parcels may be accepted at the special reduced rate of 12 cents per

Personal Greeting Cards not be enclosed in Tobacco Parcels from Companies. The Post Office Department advises that personal Christmas, New Year's or other greeting cards should not be forwarded to tobacco companies. or handed their agents, for enclosure in parcels of tobacco, cigarettes or cigars ordered as gifts for members of the Armed Forces overseas. It is not permissible under the conditions gov-Montreal Herald-We could keep up erning these special parcels to include personal Christmas cards or similar greeting cards therein. Christmasi, New Year's or other greetings cards should be mailed separately. A card bearing the name and address of the sender is placed by the tobacco company in each gift-parcel so that the recipient may send an achnowledgment to the sender.

Tebacco Parcels to Canadian Troops at Gibraltar. Gifts of tobacco and cigarettes mailed to Canadian troops at Gibraltar are admitted duty free, providing no parcel exceeds 2 pounda in weight; and is addressed to a serving officer or man of the Canadian Forces. A label is required on the outside of every parcel, stating contents and name and address of sender, and making it clear that the parcel contains a gift of tobacco or cigarettes. The recipient at Gibraltar is required to declare to the postal authorities that the contents are for his own personal use. Such parcels of cigarette: or tobacco gifts must be despatched either by individuals, or by the four recognized agencies, viz., Imperial Tobacco Sales Company of Canada, W. C. MacDonald, Inc., Montreal, Rock City Tobacco Company, Tuckett Limit-

The latest dates on which gift-parcels for the Canadian Forces overseas

CANADIAN PACIFIC BARGAIN FARES

OTTAWA MONTREAL PEMBROKE, RENFREW, ARNPRIOR QUEBEC CITY And Return GOING

Thursday, Oct. 23, '41 For information as to rates, train ser-

Canadian Pacific

vices, limits, etc., apply to T. & N. O.

and N. C. R. Agents.

For home refreshment



For That Quick Pot of Tea

TEA BAGS

later than November 10th.

later than November 11th, 12th. Ontario and Quebec, not later than to give up these things, new substitutes November 12th, 13th.

November 13th, 14th.

Some Forecasts of the Fashions Yet to Come

When any of us fashion women get together these days, we ask each other What's going to happen to our fashjewellery and the like. We're not very showed it to his son. worried. The fall fashions are already set, of course-but we're putting our | he asked mind on the spring. At a radio fash- "Not bad," Tommy replied. ion forum recently, leading fashion | "Why, you're looking at the wrong women decided that we'll be cutting side," added the actor. down on fabrics used in dresses. Less "I know I am," the boy replied, "but gores and more straight lines; less veil- that's the side I shall have to wear ing (for most of these are of slik, al- when the suit comes down to me."though there are some nice rayon ones. Exchange.

may be mailed in time to reach their too); plastic jewellery and bag tops inaddresses in the United Kingdom, by stead of motals; you'd be supprised how many things we gals wear that British Columbia and Alberta, not the defense programme needs-steels in our girdlen leather in our shoes Saskatchewan and Manitoba, not and hags, aluminum in our lipstick holders-but far faster than we need take their place. So don't start Maritime Provinces, not later than "hearding"-it's unpatriotic-bad for your personal morale, and by the time you get around to wearing some of your "put aways," they'll be as oldfashioned as rats in your hair.-From

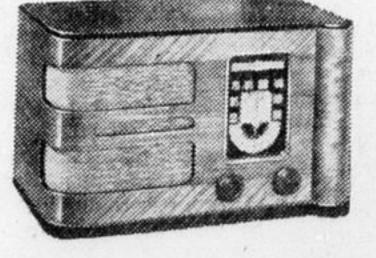
ions, if we're really going to have to gave an order for a suit. He took home conserve on fabrics, threads, metal a small pattern of the material and

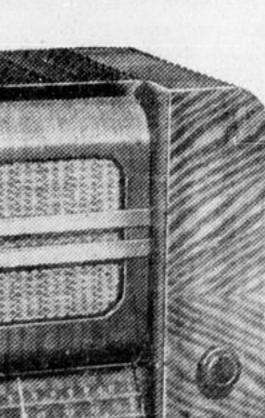
"What do you think of it, Tommy?"





range, too, so you'll be sure to find one to fit your budget."





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