

ODDFELLOWS AND REBEKAHS AT ANNIVERSARY BANQUET



Urges Early Mailing of Christmas Mail

With the approach of the Christmas season, 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.

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.

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.

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.

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Thirteen Births Registered at Town Hall During Week

- Born—on September 18th, 1941, to Mr. and Mrs. Peter J. Auger, of 413 1/2 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 14 1/2 Bellevue—a son.

Pictured above are a group at the head table when the Rebekahs and the Oddfellows joined in celebrating the twenty-fifth anniversary of their lodges here.

THE SUN WAS SHINING

A doctor who had a neurasthenic patient said to him: "Say each morning 'The Mediterranean sun is beating down on me and curing me.' A week afterwards his patient went to report progress.

Beauty and You

by PATRICIA LINDSAY

Tired Feeling Vanishes When Posture is Corrected.

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.

"Dear Miss Lindsay," she writes, "I am sure I have mastered your exercises for perfect poise. I've lost that tired feeling between my shoulder blades which makes my daily work loads easier. Please don't think I am bragging when I say this—I have always been complimented on my figure but I began to catch myself sagging, in my shoulders particularly. My husband has complimented me on my improved posture and I owe it all to you, and am very grateful to you. Thank you. J. C."

Good Health, Good Posture

I want women to realize that sagging shoulders, and a stomach slump are danger signals. Something is wrong. Either one's health is not up to par or one's mind is growing tired from too much worry.

When you get a "sagging feeling," take time off from everything and give yourself the once over. Perhaps a little change—a week-end away from your normal tasks or a week if you can spare it—might turn the tide.

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.

Any woman can master a queenly posture if she consciously draws her abdomen in and up and straightens her shoulder-blades, and throws back her head. Such a conscious straightening of the spine pulls the buttocks in, throws the chest out and holds the important organs of the body in place.

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 accustomed to the change of posture and hold the spine in alignment automatically. Muscles are elastic you know.



LUCILLE FAIRBANKS works 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.

quite ready to do your bidding, if you keep them limber. So begin today. Improve your posture. Have greater enjoyment from the months ahead of you.

CANADIAN PACIFIC BARGAIN FARES

TO OTTAWA MONTREAL PEMBROKE, RENFREW, ARNPRIOR QUEBEC CITY And Return GOING Thursday, Oct. 23, '41

For information as to rates, train services, limits, etc., apply to T. & N. O. and N. C. R. Agents.

Canadian Pacific

For home refreshment



The six-bottle carton

For That Quick Pot of Tea "SALADA" TEA BAGS

may be mailed in time to reach their addresses in the United Kingdom, by Christmas, are: British Columbia and Alberta, not later than November 10th. Saskatchewan and Manitoba, not later than November 11th, 12th. Ontario and Quebec, not later than November 12th, 13th. Maritime Provinces, not later than November 13th, 14th.

Some Forecasts of the Fashions Yet to Come

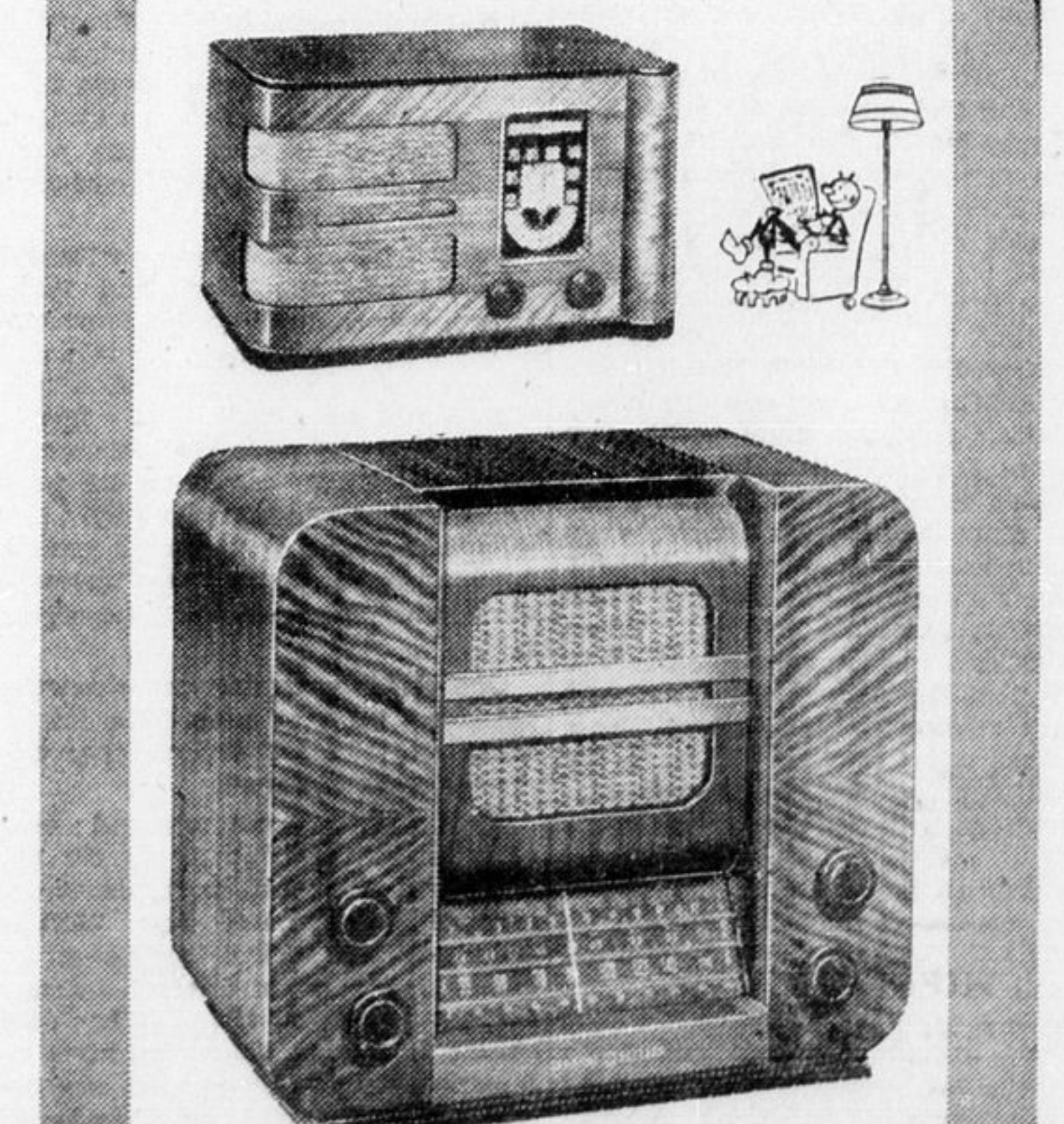
When any of us fashion women get together these days, we ask each other: What's going to happen to our fashions, if we're really going to have to conserve on fabrics, threads, metal jewellery and the like. We're not very worried. The fall fashions are already set, of course—but we're putting our mind on the spring. At a radio fashion forum recently, leading fashion women decided that we'll be cutting down on fabrics used in dresses. Less gores and more straight lines; less veiling (for most of these are of silk, although there are some nice rayon ones).

Tommy Knew An actor entered a tailor's shop, and gave an order for a suit. He took home a small pattern of the material and showed it to his son. "What do you think of it, Tommy?" he asked. "Not bad," Tommy replied. "Why, you're looking at the wrong side," added the actor. "I know I am," the boy replied, "but that's the side I shall have to wear when the suit comes down to me." Exchange.



Reddy Kilowatt says: "YES SIR, WE'RE BOTH RADIO EXPERTS! TAKE OUR WORD FOR IT... THE NEW MODELS ARE TOPS!"

"I've operated many a radio set in my time," says Reddy Kilowatt, "but I've yet to see anything to top these new Models for consistently brilliant performance. They come in a wide price range, too, so you'll be sure to find one to fit your budget."



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NORTH AMERICAN LIFE

HEAD OFFICE: 112 King St. W., Toronto, Ont. Please send me information about your special Budget Policy, together with free Pocket Memo Budget Booklet.

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 Church was the setting for a lovely autumn wedding on Saturday morning at 11 o'clock, when the Rev. W. M. Mustard united in marriage Miss Ellen Beryl Baker, elder daughter of Mr. and Mrs. Vaughn A. H. Baker, of 165 Spruce street north, to Mr. Thomas Earl Hawkins, son of Mr. and Mrs. Thomas Hawkins of Edmonton, Alberta.

The charming, tall bride was lovely in a dressmaker suit of Chillian wine wool, made on simple fitted lines, with hat and accessories in beige, and a corsage of gardenias. She was attended by her sister, Miss Jean Baker, who 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 groomsmen. 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 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.

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