

Economy Corner

Delicious One Dish Dinner

Brown as many lamb chops as needed in a frying pan. When brown on both sides remove to a baking dish. A shallow one is best. Arrange chops in center, make nests of mashed potato as a border, filling nests with carrots and peas. Place in oven to brown the chops and complete cooking of the chops. If desired the gravy from the frying pan may be poured over the meat just before serving. This, with a simple dessert, makes a complete, nourishing and easily prepared meal.

Egg and Asparagus Casserole

Cut 6 or 8 hard-cooked eggs into quarters, lengthwise. Place buttered casserole cut side down. Drain liquor from one can asparagus tips and cut in one-inch lengths, reserving a few tips for garnish. Place short length around eggs. Prepare medium thick sauce, using half milk and half asparagus liquid. Pour over eggs and asparagus, scatter buttered crumbs over top and bake 20 minutes or so in moderate oven.

Vegetable Outlets

One cup steamed rice, 1 cup mashed beans, 1 cup mashed potato, a little onion juice, 1/2 teaspoon salt, dash of pepper, 1-3 cup browned flour, 1-3 cup tomato juice. Mix well and form into oblong cakes. Bake one-half hour in quick oven, or until well browned. Serve with the following sauce:

Brown Sauce—Melt 2 tablespoons of butter in saucepan and brown. Whip in 2 tablespoons browned flour. Add slowly 1 cup water and salt and pepper to taste. One tablespoon Worcestershire sauce may be added if desired.

Different Garnish

Halves of apricots, placed face downward, alternating with marischino cherries make a good garnish for chicken or pork.

Grape Juice

Wash grapes and put into large kettle. Pour water into kettle until you can see it through the grapes. Cook until very soft, let drip, then measure juice. To 2 quarts of juice add 1 cup of sugar. Bring to boiling point and boil a minute or two. Pour into jars or bottles and seal.

Squash Pie

Press 1 heaping cup baked Hubbard squash through a sieve, add 1 teaspoon flour, 1 tablespoon butter melted, 1/2 teaspoon each ground ginger and salt, 1 teaspoon cinnamon, 1-6 teaspoon grated nutmeg, 4 tablespoons sugar and the beaten yoke of 2 eggs. Stir in 1 cup hot milk, fold in the stiffly-beaten whites, turn into a pie plate lined with paste, sprinkle the top with brown sugar, dot with bits of butter and bake in a moderate oven.

Potatoes au Gratin

About 1 1/2 cups cold boiled diced potatoes. Make a cheese sauce of 1 large tablespoon of butter, melt in it blend 1 level tablespoon of flour; add slowly 1 cup milk, 1/2 cup grated cheese; season to taste; cook until thick. Mix with the potatoes in a casserole; add more milk if needed. Sprinkle cheese on top, brown in a moderate oven; add a dash of paprika.

Cranberry Ice Cream

Cook cranberries with water to just cover until they stop popping; strain (1 use 1 quart berries and 2 cups water); add 2 cups sugar and juice of 2 lemons. Cook to dissolve sugar. Let get cold, then freeze to sherbet state. It is quite a change from the regular kind, also very nice to have with a poultry dinner.

Lima Croquettes

Two cups cooked lima beans, 1/2 cup cream, 1/4 teaspoon salt, 1-8 teaspoon pepper, 1/4 teaspoon powdered sage, 1 egg, slightly beaten, 1 cup fine dry bread crumbs. Rub lima beans through a coarse strainer add crumbs, cream, salt, pepper, sage and egg. Shape in the form of small cylinders. Roll in crumbs, dip in 1 egg beaten with 2 tablespoons cold water and again roll in crumbs. Fry in deep, hot fat until brown, then drain on soft paper. Place on serving plate and garnish with rings of fried apples.

New Hosiery

If you rinse out your new hosiery before wearing, it is less apt to have runs soon. This rinsing takes out any dressing that might make the silk brittle.

Beaded Yokes

The newest trim for the classic black frock is a beaded yoke. You can buy them in any color and any shape you want.

Prune Pie

One good way to make the children like their prunes is to make an open-faced pie filled with stewed prunes, dotted with bits of grated lemon rind.

Moving Hissus

I was warning my little neighbor about being careful crossing streets. "Oh, don't worry," the child assured me. "I always wait for the empty space to come by."—Parents' Magazine.

"There's more in it than appears on the surface." She—"What?" "Why, the sea, of course."

Truth may be stranger than fiction, but it will never sell for as much.

BETTER SMOKE BACHELOR

THE FINEST 10c CIGAR ON THE MARKET

Soviets to Place Microphones To Spy on Siberian Wolves

Telephones for wolf packs, so that the whereabouts of these animals may be discovered quickly and the packs exterminated by hunters, is the latest device proposed by scientists of Soviet Russia to help rid the vast plains of Siberia of the wolf menace, long an obstacle to settlement and safe travel. At intervals throughout regions where wolves are common microphones like those used in radio will be set up on trees or posts. These will be connected by telephone wires or shortwave radio transmitters to one "central," where an operator will listen continually to sounds from the different microphones. Howls of wolves running in a pack often are audible for many miles, especially in a region like Siberia where few other noises exist. It is expected that the listener at the

wolf "central" will hear through the nearest microphone the howls of any pack of these animals which enters the protected area. The operator then will communicate by telephone with the nearest patrol station or with groups of volunteer hunters living in the neighborhood who have arranged to answer such a summons. Aided by this telephonic information of exactly where the wolf pack is, the hunters will be able, it is expected, to locate the pack quickly and to exterminate it. In addition to this immediate object of helping to rid the country of wolves, listening in this way to the sounds of a whole, manless countryside may prove extremely interesting. Russian naturalists suggest, for study of the natural noises which exist in regions unaffected by man.

"Provincial Days" at Royal Winter Fair

"We are featuring 'Provincial Days' at the Royal Winter Fair," said the President, Alfred Rogers, in an interview, "because it has always been felt that one of the purposes of the Fair in addition to promoting the more immediate needs of Canadian agriculture, is to contribute to the development of national unity. This year we feel sure from the letters and records that the Royal will be a concrete expression of the optimism of all who believe in the basic soundness of economic conditions in Canada. The first day has been designated for this special purpose of the Royal program, 'Canadian Day.' On that day the broad national aspects of Canadian agriculture are brought out and its unifying effect in a national sense are seen more plainly. We are dedicating the succeeding days to each of the provinces, combining the three Maritime provinces into one. This year the order will be:—
Canadian Day—Wednesday, November 19th.

BLACKHEADS

Get two ounces of peroxide powder from your druggist. Sprinkle on a hot, wet forehead and rub the face briskly. Every blackhead will be dissolved. The one safe, sure and simple way to remove blackheads. Satisfaction guaranteed or money refunded. F. W. BAKER & CO., 422 Wellington St. W., Toronto

Chapped Skin

Wind, snow and sleet bruise unprotected skin surfaces. Minard's heals the raw skin tissue and affords full protection.



EVERY man, woman and child will occasionally over-indulge. But don't suffer for your indiscretions. It's folly to do so when you can so easily sweeten and settle a sour, upset stomach with a little Phillips' Milk of Magnesia.

Hearty eaters have long since learned the quick comfort this perfect anti-acid brings. Smokers know how it neutralizes nicotine; brings back a sweet taste; guards the breath. Women know what it does for nausea—or sick headache. And when children have over-eaten—are bilious, constipated or otherwise upset—give them a little of the

same, pleasant-tasting and milky-white Phillips' Milk of Magnesia.

You'll be through with crude methods once you learn the perfect way. Nothing else has the same quick, gentle effect. Doctors prescribe it for indigestion, nausea, heartburn, gas, sour stomach and headache. It has been standard with them for over 50 years.

Insist on genuine Phillips' Milk of Magnesia; a less perfect product may not act the same. The genuine is always a liquid—never in tablet form—and the name Phillips' is always on bottle and wrapper.

Wins Trip Prize



Miss Gladys L. Powell, of Winnipeg, passenger on a recent trip aboard Canadian Pacific liner Duchess of Richmond to Montreal, had a brilliant idea for the Masquerade which featured the entertainment of travellers on the voyage. She went as a "C.P.R. advertisement" and when you look at the above photograph you will not be surprised to learn that she was awarded the prize for "the most original costume." Booklets, labels, badges, mottoes and C.P.R. designs make up a beautiful and effective ensemble.

A Simple Treatment for Children's Colds

Cold in the head is very common at this time of year, especially in the very young. Neglect of a cold is prone to lead to serious consequences. To relieve all congestion of the system is the first step in treating a cold, whether in infants or adults. For the very young, Baby's Own Tablets are the ideal means of doing this. Containing no narcotic or other harmful drugs they soothe the child's fretfulness, relieve its suffering and ensure convalescence.

Baby's Own Tablets are without an equal for relieving indigestion, constipation and colic. They check diarrhoea; break up colds and simple fevers; promote health-giving sleep and make the dreaded teething period easy. They are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A London paper says a Scotchman was cured of asthma by playing the bagpipes. On the other hand, we suppose there are Scotchmen who have been cured of bagpipes by asthma.

Banish pain with Minard's Liniment.

With hisses and groans the audience greeted the principal scene of the new drama. All hope then was at an end.

"It's hard to tell just what the public wants," murmured the heart-broken playwright.

"It's easy enough to tell in this case," said the manager grimly. "It wants its money back."

An old farmer was complaining bitterly to the minister of the terrible bad weather for the crops, when the latter reminded him that he had much to be grateful for, all the same. "And remember," said the good man, "Providence cares for all. Even the birds of the air are fed each day." "Aye," replied the farmer, darkly, "Off my corn."

Owner—"How did you puncture the tyre so badly?"
Chauffeur—"Ran over a bottle, sir."
Owner—"Didn't you see it in time?"
Chauffeur—"No, sir; the man had it in his pocket."

Britain is the only country in the world with a society of women engineers; this has a membership of 200.

Minard's Liniment refreshes the scalp.

Paris Says "Jewels" Day and Evening

The never-falling Paris interest in ensembles is resulting in more complicated fashions for women. Among the advance fashions shown at the early openings of models for the Winter 1930-31, there are dozens of new ensemble arrangements—hats made of materials matching dresses, gloves made of fabrics matching hats, belts made of silks matching coat linings—and now, of all things, little jeweled pocket mirrors that match the decorations on the outside of handbags.

Last season's bag that was up-to-the-minute if its fittings were finished with the leather of the bag itself, is apt to get an inferiorly complex nowadays unless its interior equipment is studded with the same crystals or turquoise that decorate its outside.

The new jeweled accessories are elaborate affairs, designed as lovingly as any brooch. An example is a little mirror made to fill a pocket in a metal-fabric bag that has onyx, turquoise and lapis-lazuli decorations.

Furthermore, jewels have literally gone to the heads of Paris women. Both jewelers and milliners unite in declaring that never in fashion history have women spent so much on jewels to be worn on the street, to be worn casually as part of a casual daytime costume.

In the two types of hats Paris is wearing this year—the beret and the tricorne—jewels are an important decoration. Both models are extremely simple and must be kept so; but Paris rules out naiveite by jeweled ornaments on hats that are worn after midday.

With the continued vogue of growing locks, women are gradually reviving the long-haired fashions of seasons ago and are wearing jewels in their hair for dinner and the theatre.

Danger from Colds

Every woman beyond middle age should realize that a majority of the troubles she has to fear have their origin in what are known as common colds. Each attack lowers her vitality and reduces resistance to disease. At this season of the year every woman should see that her blood is toned up to meet the rigors of the climate and especially that strength should be restored after any cold, however slight. For this Dr. Williams' Pink Pills are a reliable tonic.

These Pills are not a mere stimulant giving temporary relief. They build up the body by creating that rich red blood which imparts the glow of health; steadies the nerves, improves the appetite and digestion and make the users capable of withstanding the rigors of our Fall and Winter months. They are sold by medicine dealers or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

To Find the North Star

During clear weather north can be determined closely enough for all practical purposes by observing the position of the North Star (Polaris). This star itself is not conspicuous, but can readily be located by the two "pointer" stars as the two stars which form the handle of the Great Dipper opposite the handle are called. A line drawn through these two stars will cut the North Star; according to the Canadian Forestry Association. Since the Dipper itself rotates around the North Star, the line must always be drawn from the pointer at the bottom of the dipper through the pointer at the rim. The north point can be carried to the ground by imagining a plumbline suspended from the North Star.

Cactus Has 1,232 Species

Tucson, Ariz.—A Carnegie Institution report from its desert laboratory here states there are 1,232 species of cacti in 124 genera.

That remark of the child-problem columnist, "Remember, applause helps the child," somehow stirs memories of our remote youth. When they gave us a hand in those days, we were always considerably bothered in the place where it landed.

A MILLION FAT FOLKS CAN'T BE WRONG

And that's a low estimate of the number taking Kruschen to keep down superfluous fat.

When you take vitalizing Kruschen Salts for a few days that old indolent arm-chair feeling deserts you—it doesn't matter how fat you are—the urge for activity has got you—and you're stepping lively.

And best of all you like this activity—you walk a couple of miles and enjoy it—you thought you'd never dance again, but you find you're getting as spry as ever—the old tingling, active feeling reaches even your feet.

Kruschen is a combination of the six salts Nature has already put into your body to keep you alive—if it were not for these vital salts you could not live.

One bottle is enough to prove to you that Kruschen will make you feel younger—spryer—more energetic—you'll enjoy life—every minute of it.

A half teaspoonful in a glass of hot water every morning is all you need to keep healthy—keep your stomach, liver, bowels and kidneys in splendid condition—free your system from harmful toxins and acids.

Congratulations to this month's BRIDES & GROOMS

We hope you will be very happy. May we invite you to try Red Rose Tea?

RED ROSE RED LABEL TEA
RED ROSE ORANGE FENOTE TEA
RED ROSE TEA
"is good tea"

When It Was Dark

The gas company's inspector called on the busy housewife to repair a defect in the lighting apparatus. "You're not always troubled with poor light, are you?" he asked. "Oh, no," replied the housewife; "no always!" "Ah," murmured the inspector, "I thought so! It's only at certain times—eh?" "Yes; only after dark," came the retort.

Hereditary

Little Peggy was often very naughty, and on one occasion, when she had been particularly trying, her mother, hoping to be specially impressive, said: "Do you know, Peggy, that if you keep on doing many naughty things, your children will be naughty, too." The child gave a triumphant smile. "Oh, mummy," she said, "now you have given yourself away."

A group of men at a club were discussing something very earnestly, and the man from Aberdeen approached and asked the subject of the discussion. "Will you join our Anti-Tipping Society?" asked one of the group. "We consider tipping is a degrading custom and have formed a society to put a stop to it." "Aye, I'll join," said the man from Aberdeen, gladly. "That's fine. The subscription is only a shilling a year." "Och—in that case I'll be thinking it'll be cheaper for me to tip."

The twins had been brought to be christened. "What names?" asked the clergyman. "Steak and Kidney," the father answered. "Bill, you fool," cried the mother, "it's Kate and Sydney."

Lead a girl to the altar and that's where the leading ends.



If baby has COLIC

A CRY in the night. Colic! No cause for alarm if Castoria is handy. This pure vegetable preparation brings quick comfort, and can never harm. It is the sensible thing when children are ailing. Whether it's the stomach, or the little bowels; colic or constipation; or diarrhea. When tiny tongues are coated, or the breath is bad. Whenever there's need of gentle regulation. Children love the taste of Castoria, and its mildness makes it safe for frequent use.

And a more liberal dose of Castoria is always better for growing children than strong medicine meant only for adult use.



Classified Advertising

WANTED—A THOUSAND BRITISHERS to get prices for sent... apoles Overseas for Christmas. Write "The Man From Kent," Drawer A, Burlington, Ont.



DO YOU SUFFER WITH HEADACHE?

So easy to get quick relief and prevent an attack in the future. Avoid bromides and dope. They relieve quickly but affect the heart and are very dangerous. They are depressing and only give temporary relief; the cause of the headache still remains within. The sane and harmless way. First correct the cause, sweeten the sour and acid stomach, relieve the intestines of the decayed and poisonous food matter, gently stimulate the liver, start the bile flowing and the bowels pass off the waste matter which causes your headache. Try Carter's Little Liver Pills. Druggists 25c red pkgs.

YOUNG WIFE STRENGTHENED

After Taking Lydia E. Pinkham's Vegetable Compound

Bancroft, Ontario—"When I first took Lydia E. Pinkham's Vegetable Compound, I had been married about a year and my strength was leaving me on account of my condition. I was only 19 and it was my first child. My mother told me I needed something to steady my nerves and a girl chum told me to take the Vegetable Compound. I am so thankful I did because it strengthened my whole system and now I feel perfectly well and have a sweet little baby boy."—MRS. J. B. STALKER, Bancroft, Ontario.