EMERGENCY TASTIES

ful dishes which require only a few with salt and pepper and dip in me:tleftovers and the ordinary staples of ed butter. Roll in crumbs, dip in the pantry, ice box and emergency egg slightly beaten and roll again in shelf. Try them when unexpected crumbs. Saute until well browned on company arrives, or when you desire both sides. Add water, cover closely something "different":

Roast Eoston

- 1 tablespoon onion, minced 2 tablespoons fat
- 2 cups baked beans, mashed 1 egg slightly beaten
- Salt, pepper, paprika
- 1/2 cup cooked tomatoes 3-4 cup mustard pickle, finely chop- may accompany it.

oven (350 degrees F.) 40 minutes.

Corned Beef Hash Puffs 2 cups corned beef hash

- 2 eggs 2 tablespoons chopped dill pickles
- 34 cup water Parsley
- 1-3 cup catsup

tered baking sheet. Place under broiler and brown. Combine catsup, chop- dish is in the form of a scallop. ped pickles and water, and heat to make a sauce. Top puffs with hot sauce, garnish with parsley and serve crumbs, 4 tablespoons grated cheese, immediately.

AUTUMN BANANA DISHES

Bananas en Casserole · 6 small bananas

- 1 glass current or grape jelly 1 cup boiling water
- 1 lemon Peel the bananas. Remove-the coarse threads and divide in quarters, cutting first crosswise and then lengthwise. Place in a greased casserole and pour over them a sauce made by melting the currant or grape 'jelly in the boiling water, and mixing with it the juice of a lemon. Cover the casserole and bake until the banana; are tender. The cover may be removed at the last moment and the bananas sprinkled with granulated sugar and allowed to brown slightly. Serve as an entree with

game, mutton or beef. Banana Fr!tters

- 6 bananas 2 tablespoons sugar
- 3 tablespoons orange juice Fritter batter

Peel bananas, cut each in two and split each half. Place the pieces in a out a batch of dainties that will debowl with sugar and orange juice and light the youngsters' sweet tooth. let them stand for one hour. Drain the fruit, dip in batter and fry in deep

STILL MORE WAYS TO USE TOMATOES

When tomatoes are big and meaty and rich red, serve them every day plain raw, in salads or cooked.

A grand combination is veal cutlets with grilled tomatoes. Of course, when you serve cooked tomatoes, you can't serve them as a salad, but cabbage is good now and then, and a cabbage salad with sour cream dressing adds just the right touch to this

Grilled Tomatoes Wash tomates and cut in slices about 1/2 inch thick. Sprinkle lightly with sugar, salt and pepper and dip in fine cracker crumbs. Brown quick- orange juice and orange rind.

Veal Cutlets Veal steak cut 1/2 inch thick, 1 egg. 2 teaspoons melted butter, fine dried bread crumbs. 1 teaspoon salt, 1/4 teaspoon pepper, 1 cup water.

Cut the steak in neat pieces about Here are two receipts for delight- the size of a silver dollar. Season and simmer slowly for forty-five minutes. If the oven is going for baking, cook the cutle's, closely covered in the oven. Serve with the gravy in the pan.

Baked Tomatoes and Cheese This is a splendid luncheon dish. 2 cups cracker or dry bread crumbs | serve it with toasted rolls and a fresh fruit salad. Iced chocolate or iced tea

Four firm large tomatoes, 1 cup Cook onion in fat until tender. Add soft bread crumbs, 1/4 pound Canadian remaining ingredients. Season to or Swiss cheese. 1/2 teaspoon salt, 1/4 taste. Blend thoroughly. Turn into teaspoon pepper, 1/4 teaspoon musgreased loaf pan. Bake in moderate tard, 1/4 teaspoon Worcestershire sauce, 4 thin slices bacon.

Wash tomatoes and scoop ou seeds. Season bread crumbs with salt, pepper. mustard and Worcestershire sauce. Slice cheese in thin slivers. Put alternate layers of cheese and crumbs in scooped out tomatoes until filled to the top. Put a strip of Add well-beaten egg yolks to corned | bacon across each tomato. Put in a beef hash and mix thoroughly. Fold in | shallow pan with a little water in stiffly beaten egg whites and drop the bottom and bake thirty minutes hash mixture by spoonfuls onto but- in a moderate oven ('75 degrees F.) Another good tomato and cheese

> Scalloped Tomatoes and Cheese Four firm tomatoe:, 1/2 cup bread butter, salt and pepper, sugar.

Wash tomatoes and cut out stem Now that bananas are plentiful and end. Cut in thick slices and fry slowly inexpensive, you may enjoy these de- in butter. Put them carefully in a lightful tasties as often as you wish. | shallow baking dish, sprinkle with Try them and you will immediately salt, pepper and sugar and cover place both recipes in your permanent | with cheese mixed with bread crumb: Dot generously with butter and bake Lord Jesus, 3 or 4 B.B., and lived unin a hot oven (400 degrees F.) until til almost the close of the century, to hear of my children walking in the brown on top. Serve from baking at least to 60 a.D.

This tomalo dish is especially good with baked fish. It's also an excellent lent vegetable dish for when you plan to be out in the afternoon. You see the tomato slices can be whom I love in truth." cooked and arranged in the baking! browning the last few minutes while you are selting the table.

CANDY FOR LUNCH? Candy has a really valuable place in the school lunch. For sugar is quickly turned to energy and two or not only tempting but invigorating.

Here are some new candy receipes that need no cooking. The work is al- This verse is good authority for praymost done before you start because the sweetened condensed milk is a blend of sugar and whole milk which it's made with one egg. has been cooked down until it is as rich and thick as cream. In five minutes' kitchen duty, you can turn

Walnut Fruit Loaf

2 cups raisins 1 cup walnut meats

14 cup sweetened condensed milk Put raisins and nut meats through food chopper. Add sweetened condensed milk, blending thoroughly. Scrape mixture into buttered pan which has been sprinkled with confectioners' sugar, smoothing out. Sprinkle top with confectioners' sugar. Chill. Cut into squares for serving.

Orange Cocoanut Balls 21/2 cups confectioners' sugar

14 cup sweetened condensed milk 2 teaspoons orange juice 2 teaspoons grated orange rind

1 cup shredded cocoanut Measure sugar after sifting; blend

with sweetened condensed ly in butler in a frying pan on one from teaspoon into shredded cocoaside and then on the other. Serve at | nut; roll in small balls. Place in refrigerator or cool place for several

TOOTHSOME ! With fresh peaches on the market, good recipe for a dessert-cake dish is a boom to every housewife - and Wedding In Newfoundland



Photographed during the wedding reception in the garden at "Fontenay," Topsail, the summer home in Newfoundland of the Hon. F. C. Alderice, former premier of the Island, the group is composed of Mr. and Mrs. Cyril Henry Carrington Harmer and the attendants at their wedding, which took place in St. Andrew's Presbyterian Church, St. John's, Nfld., recently. The bride, formerly Miss Elizabeth Boyd Baird, is a daughter of Mr. and Mrs. John Boyd Baird, of St. John's, and Mr. Harmer is a son of Mr. and Mrs. H. R. Harmer, of Surbiton, Surrey, England. In the group with the bride and groom are the bride's sister, Miss Phyllis Boyd Baird, and her cousins, Miss Kathleen Ayre, Miss Frances Aird, Miss Betty Ross and Miss Margaret Baird; Mr. Gordon A. Winter, who was best man, and Messrs. Stewart Ayre, Harold Alderice, Lewis Ayre and James McNab, ushers. Mr. and Mrs. Harmer sailed from Montreal for England.

CUNDAY 3 CHOOLESSON

PEOPLE). - 3 John. TEXT - Beloved, imitate not that eth." The one thing which makes good. He that doeth good is of God: | Christ into it.

he that docth evil hath not seen God. 3 John 11. born probably about the time of the of life, moral, intellectua!, spiritual.

John does not tell from what city bers of the churches confided to his John was writing. It was probably care and placed under his direction from Ephesus.

three men in the New Testament by withal": See Ma.t. 25:35. Gaius was dish all ready to slip in the oven for the name of Gaius in addition to the no doubt, famous for his hospitality one mentioned here - Gaius of Ma- to Christians who were travelling cedonia (Acts 19:29); Gaius of Corinth | through the 'city of his residence. (Rom. 16:23'; Gaius of Derbe (Acts

uses ten times in his three Epistles, worthily of God." The word here three pieces of candy for dessert are but it is not found once in his Gos- translated 'send on' "is the term for pel. "I pray that in all things thou the provident dismissal of a gues mayest prosper and be in health." | whom we provide with what is need-

Peach Upside Down Cake

_tablespoons softened butter or

1/2 cup brown sugar, firmly packed

Sift flour once, measure, add bak-

ing powder, salt and sugar and sift

together three times. Add butter

Combine egg, milk and vanilla. Add

to flour mixture, stirring until all

flour is dampened; then beat vigor-

Melt 4 tablespoons butter in 8x8x2

inch pan or 8-inch skillet, over low

flame. Add brown sugar (1/4 teaspoon

nutmeg may be mixed with brown.

sugar, if desired); stir until melted.

On this arrange peach slices. Turn

minutes, or until done. Loosen cake

upside down with peaches on top.

from sides of pan with spatula. Serve

Garnish with whipped cream. -

batter over contents of pan.

14 cup sifted cake flour

34 cup granulated sugar

tablespoons butter

cups sliced peaches

or other shortening

egg, well beaten .

1/2 cup milk

ously 1 minute.

teaspoon vanilla

1/4 teaspoon salt

114 teaspoons baking powder

JOHN (THE MINISTER AND HIS ing for temporal blessings for our GOLDEN friends. "Even as thy soul prosperwhich is evil, but that which is man's soul healthy is to get Jesus

"For I rejoiced greatly, when brethren came and bare witness un-THE LESSON IN ITS SETTING to thy truth, even as thou walkest TIME - The Apostle John was in truth." Truth covers every sphere

"Greater joy have I none than this, truth." The children here are those PLACE - The Third Epistle of Christians committed to John, mem-"Beloved, thou doest a faithful work

"The elder unto Gaius the beloved, in whatsoever thou doe:t toward There are hem that are brethren and strangers

"Who bare witness to thy love be fore the church: whom thou wilt do "Beloved." This word the Apostle | well to get forward on their journey ful for his further journey (itus 3

13; Rom. 15: 24; I Cor. 16: 6, II-. "Because that for the sake of the Name they went forth." Neither the wor 'Christ' or 'Jesus' appears in this Epistle, but certainly 'che Name' here refers to the Lord Jesus Christ.

"Taking nothing of the Gentiles. They carried out as their rule of mission work the Pauline custom of refusing support from those amongst hwom they were working as missionarles. They had, therefore, a special claim on the hospitality and help of the churches in places through which they had to pass.

"We therefore ought to welcome such, that we may be fellow-workers for the truth." He who has all most no enthusiastic regard for missions has not the spirit of primitive Christianity within hs. breast.

"I wrote somewhat unto the church" The most natural interpretation of the words is that the elder wrote to the Church a letter of similar content to the private letter Glaus, but, knowing the power of Diotrephes to oppose his wishes, he wrote a private letter to Gaius, a member of the Church on whose loyalty he could in moderate oven (350 degrees F.) 50 thoroughly depend.

"But Diotrephes, who loveth to have the preminence among them, receiveth us not." Cf. Matt. 20 39 tained great power in the Church to potatoes," said Mr. Taylor.

which John was addressing this third Epistle.

"Therefore, if I come, I will bring to rememberance his works which he doeth, prating against us with wicked words: and not content therewith, neither doth he himself receive the brethren; and them that would he forbiddeth and-casteth them out of the church." An elaboration of the charge made against this man in the preceding verse.

"Beloved, imitate no: that which is evil, but that which is good." The real danger to the Church lay, not in this man's despotic ways, but in the infectious nature of his tyranny.

"He that doeth good is of God: he that doeth evil hath not seen God." He has God as the source of his moral and spiritual life; he is a child of God. In it's highest sense, this is true only of him who 'went about' doing good,' but it is true in a lower sense of every earnest Christian. "Demetrius hath the witness of all

men, and of the truth itself: yea, we also bear witness; and thou knowest that our witness is true." The truth of-Gcd, the divine rule for the walk of all believers, "was the mirror in which the walk of Demetrius was reflected, so that the mirror seemed to place in a clear light his Christian virtue and uprightness, and thus to hear witness to him.

"I had many things to write unto thee, but I am unwilling to write them to thee with ink and pen: But I hope. shortly to see thee, and we shall speak face to face. Peace be unto thee. The friends salute thee. Salute the friends by name." The phrase 'by name' occurs only once again in the New Testament, 'he calleth his ownsheep by name' (John 10: 3). St. John as shepherd of the churches of Asia would imitate the Good Shepherd and know all his sheep by name,

Potato Standards To Be Improved

Fredericton, N. B. - Improved methods of gathering, packing and shipping New Brunswick's potato crop with the purpose of making a stronger appeal to outside markets is the object of an educational campaign launched by the Provincial Department of Agriculture under Hon. A. C. Taylor.

The department believes that New Brunswick potatoes have suffered needless deterioration before reaching the consumer. Full time duty of a department of agriculture official will be to promote educational work among growers and shippers, and to seek additional outlets. for the disposal of table and seed stocks.

"Through the use of better methods of handling and shipping I am confident we can interest bigger and 28. Diotrephes was one who had ob- better markets in New Brunswick

Milk Diet For Obesity

G. A. Harrop describes in the Journal of the American Medical Association two methods of using bananas and milk as a reducing diet. In the first, one or two ripe bananas with one glass of whole milk constitute the entire breakfast and lunch means fir an indefinite period. With this the evening meal is more or less restricted, consisting of clear soup, a slice of lean meat (alteratively fish or fowl), vegetables, slice of bread and butter, and a portion of uncooked fruit.

She'll Love This



Delightful for those charmed years between 8 to 14, is this adorable little dress with smocking and pretty new cut.

The original was carried out in deep warm red wool crepe. Again you can make it in a novelty woolen in checks or plaid, and t looks darling.

Style No. 3258 is designed for sizes 8, 10, 12 and 14 years. Size 12 requires 3-yards of 39inch material with 1% yards of 4inch ribbon for belt.

HOW TO ORDER PATTERNS Write your name and address plainly, giving number and size of pattern wanted. Enclose 15c in stamps or coin (com preferred; wrap it carefully), and address your order to Wilson Pattern Service, 73 West Adelaide Street, Toronto.

to impose the penalties provided for. The beauty of our reads had a great deal to gain, from the disap-

Quebec Roads In

New Beauty As

(From the Quebec Government's

province of Quebec.

width.

Bill Posters Go

Tourist Bulletin.)

During the session cr 1933 the Minister of Highways had adopted by the Provincial Legislature a law subjecting to stringent regulations the installation of advertising posters along the main highways of the

· By virtue of this law, and except in the case of posters acknowledged to be of public interest or author-

ized by the law itself, no advertis-

ing poster or sign may be set up

along a main highway less than 100

feet from the said highway when its

dimensions do not exceed 10 feet

in length and eight feet in width;

less than 200 feet from the highway

when its dimensions do not exceed

25 feet in length and 12 feet in

width; and not less than 300 feet

when its, dimensions do not exceed

50 feet in length and 15 feet in

Moreover, no advertising poster

may be located less than 1,000 feet

from another poster; less than 600

feet from the crossing of two roads

or the crossing of a highway and

railroad; facing a turn or sharp

change in the direction of the high-

tisements advertising an industry, a

commerce, a hotel or restaurant and

placed by the proprietor on his own

establishment, these advertisements

are not to exceed two feet by three.

The law also empowers the Min-

ister of Highways to have removed

or prohibit installation of all adver-

tising posters and signs whose pres-

ence masks or mars a countryside

or panorama. Penalties are provided

for in the case of of proprietors, ten-

ants or all persons benefiting from

an advertising poster or sign in-

Enforcement of this law, which

was sanctioned on April 13. 1933,

was postponed until December 1,

1934, in order to give all advertisers

using advertising posters or signs

time to remove them, or to conform

to rules and regulations which were

This law has now been in force

for nearly seven months, and has

already brought about excellent re-

sults. A journey over the main high-

ways of the province gives ample

evidence of this. Long fences, cov-

ered with multi-colored advertise-

ments, which formerly stretched for

20 and 25 miles from roads leading

from big cities, have nearly all dis-

appeared; those which are still in

place will soon be removed or in-

stalled further out, conforming to

the law, before it becomes necessary

stalled contrary to this law.

drawn up.

In the case of commercial adver-

pearance of these advertising posters. One may now travel long distances without the countryside being spoiled by garish placards, when not completely hidden by a series of vividly-colored signs.

Stoop To Conquer Poor Posture

That it will make your legs limber and supple, thereby giving your walk youthful ease and grace, is an important but by no means the most important reason for doing the following health exercise. If done correctly and slowly, it will improve your carriage and circulation, calm tired nerves and; unless it is caused by eyestrain, often will cure a head-

Stand erect with the tip of the little finger of each hand held lightly against the top of a straight chair. No other part of your hands should touch the chair.

Raire your heels from the floor. putting all of your weight on your toes. Now, keeping the backbone perfectly straight and the chin up. bend your knees, lowering your body to a squatting position. Don't let the heels touch the floor and don't put any strain on your fingers. They are held on the chair merely to serve as a balance. Your legs must do the work. Incidentally, wear flat-heeled slippers when doing this exercise. Better still, wear no shoes.

Hold the squatting pose for three seconds and then, still maintaining good posture, make the legs force your body back up to a standing position. Repeat ten times night and morning. Be sure to do it slowly.

This exercise has been known to cure insomnia. Some night when you find that you can't sleep, get up and do it a few times. It doesn't require too much effort and certainly is worth

Ages Of Five Sisters Total 343 Years

Lindsay, Ont-Five sisters, whose combined ages total 343 years, met recently for the first time in . 45 years at the home of Mrs. Mary Vokes. The sisters are Mrs. Thomas Carr, Toronto, 73; Mrs. John Vokes, Newmarket, 70; Mrs. Ada Lake, Sault Ste. Marie, 63; . Mrs. Maude Rose, Toronto, 63; and Mrs. Mary Vokes, 76, Lindsay.

FU MANCHU

By Sax Rohmer





was surely a warning of a stranger's opproach





THE SEVERED FINGER—The Girl Again!