

AUCTION SALE

HOUSEHOLD FURNITURE
Dishes, Gardening Equipment, etc.

AT LOT 30, CON. 8, WHITCHURCH
North of Vivian Forest

Saturday, October 8

The Property of
MISS M. HOLLIDGE

- | | |
|-----------------------------------|-------------------|
| Small Table | Extension Table |
| Sideboard | Small Table |
| Icebox | Leatherette Couch |
| 3 Kitchen Chairs | Rocking Chair |
| Davenport | Dresser |
| Dresser | Rocking Chair |
| 2 Wash Stands | Bed and Springs |
| Bed, Springs and Mattress | |
| 2 Desk Chairs | |
| Washing Machine and Wringer | |
| Findlay Oval Cook Stove with Tank | |
| Furnasola Empire Heater | |
| Small Box Stove | |
| Wheelbarrow | Lawn Swing |
| Corn Planter | Horse Plow |
| Horse Scaffler | Step-ladder |
| Small Quantity Dry Hardwood | |
| Small Incubator | Brooder House |
| 3 Sections Harrows | |
| Bay Mare, 8 years old | |
| 2 Wooden Barrels | Iron Kettle |
| 5 Chicken Drinking Fountains | |
| Root Pulper | Barrel Churn |
| Numerous other articles | |

No reserve as property sold.
Terms: cash.
Sale starts at 1.30 p.m.
A. S. Farmer, auctioneer.

OF INTEREST TO WOMEN

FASHIONS



Lace and velvet, not usually the most youthful of fabric combine with airy charm for this delightful and charming young cocktail dress. The high necked, long sleeve lace guimpe is separate. The square necked is posed over a slim straight fully gathered skirt of lace which bacque bodice is attached to the sheath skirt of velvet. Navy blue is the color of the velvet and the lace.

can cities by the year's end. Onions, potatoes, celery and lettuce were the best crops on the marsh this year, growers said. No crops were actual failures, a gardener said, despite the drought that hit Southern Ontario this summer. With most of the harvest completed, a steady stream of trucks are now daily leaving the storage warehouses for Toronto, Buffalo and Detroit.

CANADA'S HEALTH

THE VITAMINIZED LABEL

When buying apple juice, housewives should look for the label "vitaminized," which means the apple juice has been fortified with vitamin C. This is the vitamin commonly found in oranges and grapefruit. For variety, then, you can serve "vitaminized" apple juice instead of orange juice for breakfast.

A HAPPY OLD AGE

Now that men and women are living longer it is a logical step for people in middle age to make normal preparation for a happy old age. Regular medical check-ups will prevent the undetected development of dangerous growths or insidious diseases and expert medical advice will assure a properly balanced diet. The declining years can be happy and healthy. Prepare for them intelligently — the younger the better.

A MILLION DIABETICS

Today, because of insulin, a million diabetics live in our country and millions more in other parts of the world. The present outlook for diabetics is hopeful—diet restrictions are few and occupations only slightly limited. But diabetics should keep in constant touch with their physician and follow his instructions to the letter in order to lead a happy, normal life. Your health is your personal affair. Make sure of your good health today by having a complete medical checkup.

IN SMALL PACKAGES

What's in an egg? The answer is good flavour plus high food value. A single egg contains proteins, fats, iron, phosphorus, calcium and vitamin A. Eggs are easy to cook, can be served in countless ways and are an easily digested food for young and old. Nutritionists say we should eat eggs at least three times a week.

DEATHS FROM TB

Sixteen people in Canada die from tuberculosis each day of the year. Although this figure represents a tremendous decrease from a few years ago it is still far too high for a disease which, if discovered early, can almost always be cured. Chest X-rays locate TB germs before outward symptoms become apparent. Have one as soon as you can. If you suspect you have TB, go to a doctor at once. Delay may endanger your own life and the lives of your family.

THE MOST PRACTICAL WAY

Health authorities agree that pasteurization is the most practical, economical, simplest and surest way of getting pure, non-contaminated milk. Contrary to persistent rumors, pasteurization does not alter the taste or food value of the milk, nor does it make the product less digestible. Make sure the milk you buy is pasteurized. Don't expose your family to the risks of milk-borne infection. Pasteurized milk costs no more.

PEOPLE TO BE TALLER FEWER TEETH, NO HAIR IN ONE MILLION YEARS

Anthropologists at the Museum of Natural History say that humans will look much different one million years from now. For one thing we'll be taller. Instead of today's average of five feet six, the future man will average six feet. He'll have fewer teeth. His wisdom teeth will be the first to go and then others which are little used will follow.

Chances are he will lose his little toes since they serve no useful function now. His head will get a little bigger and his hair will just be a memory. He'll undoubtedly look back on present man as we look back now on Stone Age man.

A St. Louis sponsor stopped his sky broadcast; his nerves couldn't stand the noise.

A cross between the English Dorset and German Merino, will increase South Africa's mutton yield.



Hello Homemakers! Next week is Thanksgiving. In many homes there will be much anticipated family gatherings. It is a time to count one's many blessings, large and small, to welcome the family home.

Although roast turkey or baked ham is traditional fare for Thanksgiving, a delicious fried chicken, served with spoon bread, sweet potatoes and Harvard beets is a main course suggestion. Carrot pudding with old English Hard sauce is a dessert fit for such a festive meal.

Fried Chicken

Clean chicken and cut into pieces. Salt, place in an earthenware dish and let stand overnight in the refrigerator. Drain, roll in flour and place in a heavy aluminum or iron frying pan in which ¼ cup of shortening has been melted. Fry quickly until both sides are browned. Then add one cup of boiling water and cover with a tight lid and cook over low heat for one hour. Cream Gravy: Remove chicken from skillet, stir in flour (use proportions of 2 tablespoons flour to 2 tablespoons dripping). Stir in 1-cup milk (for each 2 tbsps. flour used) and cook until thick. Season with salt, pepper and summer savoury.

Spoon Bread

1. Mix together 1 cup sifted corn meal, 1 tsp. salt.
2. Stir in 2½ cups scalded milk.
3. Then add 2 tbsps. butter or margarine.
4. Continue stirring and add 3 beaten egg yolks.
5. Beat in 1 tsp. baking powder.
6. Fold in 3 beaten egg whites.
7. Pour in buttered baking dish and bake about 30 minutes in pre-

heated electric oven of 350 degrees. Serve with a spoon.

Glazed Sweet Potatoes

2 tbsps. butter or margarine
one-third cup brown sugar
1 tbsp. grated orange rind
2 tbsps. water
¼ teaspoon salt
4 sweet potatoes, boiled
Cook together in frying pan the water, butter, brown sugar, salt and orange rind, until a thin syrup is formed. Cut sweet potatoes in halves, add to syrup; cook slowly, spooning syrup over the potatoes until glazed.

Carrot Pudding

1 cup chopped raw carrots
2 cups raisins ground
½ teaspoon soda
1 cup flour
½ cup honey, syrup or molasses
or
¼ cup sugar and 2 tablespoons water
one-third cup ground suet
Juice and rind of 1 orange or lemon
Mix all ingredients together well and fill greased cans two-thirds full. Use any empty baking powder can with holes punched in the lid. Steam for 2½ hours. Serve with a sauce, if desired. Makes six servings.

Old English Hard Sauce

one-third cup butter or margarine
1½ tbsps. milk
1 tsp. vanilla
1½ cups sifted confectioner's sugar
1½ tbsps. molasses
1½ tsp. grated orange rind (optional)
Cream butter or margarine until fluffy. Gradually add confectioner's sugar, milk and molasses. Stir in vanilla and orange rind.

CAR HITS TRACTOR AT NIGHT

The rear light on a farm tractor formed the main point of argument in a careless driving case heard by Magistrate E. C. Spere-man in police court in Owen Sound on Wednesday. After a hearing lasting one and a half hours the magistrate reserved judgment in the charge against 16-year-old Alvin Hemstock of Tara.

James O'Hara of Springmount, with whose tractor Hemstock's car collided, also was charged with driving a tractor on the highway without a tail light, but the charge was dropped by Crown Attorney C. C. Middlebro', K.C., because it had been laid under the wrong section of the Highway Traffic Act. Hemstock pleaded not guilty. His car crashed into the rear left corner of O'Hara's tractor about 8.45 p.m. Sept. 9 on Highway No. 21, at the east end of the Long Swamp. Both the tractor and the

car were travelling east at the time.

All parties concerned agreed that there was a white spotlight on the rear of the tractor, provided for the purpose of lighting the ground at the rear of the machine when it was tilling the soil after dark. It focussed on the ground 12 to 20 feet behind and a little to the left of the tractor, Mr. O'Hara said. No one was hurt in the accident, although both vehicles hit the ditch. A set of discs suspended on the rear of the tractor was wrecked at a loss of about \$91, Mr. O'Hara said, while the car, a model "A" Ford, was seriously wrecked on the right front corner.

Hemstock, represented by Arthur Marron of Owen Sound, explained that since the light was situated on the rear right side of the tractor he thought he had room to pass on the left, being unaware that the left side of the tractor was there. The light blinded him so he could not see the tractor, he said.

MISS EUROPE



Lovely Paris model, Juliette Figueras, 20, who had been "Miss France," won out over other European beauties in an all-night competition in Palermo, Sicily, and emerged as "Miss Europe." Featured in revealing bathing suits during the competitions, lovely Miss Europe is also a standout-as a best-dressed gal.

BACK HOME



Returning to New York from aboard, Princess Barbara Hutton Troubetzkoy, 36, is pale and nervous as she speaks to interviewers. During the past three years she has had four major operations and now weighs 92 pounds.

MARQUIS OF MILFORD HAVEN



MRS. ROMAINE SIMPSON



Handsome Marquis of Milford Haven, 30, Britain's most eligible bachelor, has announced his engagement to New York divorcee, Mrs. Romaine Dahlgren Pierce Simpson. Wedding will take place in Washington. Although he was best man at wedding of Princess Elizabeth and Duke of Edinburgh the Marquis asserts that it is unlikely any of the royal family will attend the wedding, as King George has failed to answer request for permission to marry U.S. divorcee.

ENJOY HOME-MADE GOLDEN CAKE

MIX IN 60 SECONDS

QUALITY PRODUCTS CAMPBELL'S

GOLDEN CAKE MIX

DAIRY TENDER LIGHT

CAMPBELL'S CAKE MIX

Barbara Brent's BUYS AND WHYS



MONTREAL—Keyed to Autumn appetites... luscious HEINZ CREAM OF TOMATO SOUP! I'm willing to wager, it will be your favourite, flavour-rich beginning to many an October meal... and a delicious "wonder-worker" when you cook it into stews, meat loaves, left-overs of all kinds. Ask your grocer for Heinz Tomato Soup now... he has the NEW PACK... fresh-packed tins of tomato soup from the Autumn-picked crop of pedigreed "Aristocrat" tomatoes. Try this taste-treat tomorrow... discover how the "magic touch" of the famous Heinz Chef can give you tomato soup flavoured to perfection!

Exciting Fall Fare is a spicy, delicious Gingerbread like this. Particularly moist, tender, feathery and delicious, it will be because it's made with SWANS DOWN CAKE FLOUR, the cake flour that's sifted again and again until 27 times as fine as ordinary flour.

GINGERBREAD

2 cups sifted Swans Down Cake Flour	1/3 cup butter or other shortening
2 teaspoons Calcium Met	1/2 cup sugar
Baking Powder	1 egg, unbeaten
2 teaspoons ginger	2/3 cup molasses
1 teaspoon cinnamon	3/4 cup milk
1/2 teaspoon salt	

Sift flour once, measure, add baking powder, spices and salt; sift together three times. Cream butter thoroughly, add sugar gradually; cream together until light and fluffy. Add egg and beat well; then add molasses. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Bake in greased pan, 8x8x2 inches, in moderate oven (350 deg. F.) about 30 minutes.

It's a Wonderful Feeling to bake with confidence, as so many good cooks do! I'll bet they'll tell you they consider baking powder one of the most important ingredients contributing towards their baking success. That's why so many of them use CALUMET BAKING POWDER. For Calumet's dependable "double-action" protects your baking from start to finish. With just enough leavening in the mixing bowl... just enough leavening in the oven. Calumet's perfectly timed and balanced actions go hand in hand giving light, tender and perfectly leavened cakes and biscuits and muffins every time.

Here's My Favourite Recipe for using up sour milk... Orange Raisin Muffins... M-mmm! Delicious... extra-good because the recipe calls for FIVE ROSES FLOUR, that famous flour "for all-purpose baking"!

2 cups sifted Five Roses Flour	1 egg
3/4 tspn. baking soda	1/3 cup orange juice
1/2 tspn. salt	1/2 tspn. grated orange rind
1/3 cup sugar	2/3 cup sour milk
1/2 cup raisins	1/2 cup shortening

Sift together flour, baking soda, salt and sugar; then add the raisins. Combine the well beaten egg, orange juice, rind, sour milk and melted shortening. Turn wet ingredients into the dry ingredients. Mix only until dry ingredients are dampened. Fill greased muffin tins 2/3 full. Bake in hot oven 425 deg. F. for 30 minutes. Makes 12 muffins.

And, for expert answers to your baking questions, write to Pauline Harvey, Director, The Five Roses Kitchen, P.O. Box 6400, Montreal, P.Q.

Some Youngsters just won't drink all the milk they need for strong, sturdy bodies. Here's a wonderful way of getting more milk into the diets of these finicky eaters! Serve them JELL-O PUDDINGS! They'll love the creamy smoothness, the rich deep-down flavour of all the Jell-O Puddings family and you'll find Jell-O Puddings extremely economical to serve. Sumptuous-tasting Vanilla, Caramel, Butterscotch and Chocolate Jell-O Puddings—delicious Vanilla, Chocolate and Orange-Coconut Jell-O Tapioca Puddings. They're so easy to make too—take just 5 minutes to prepare—and Jell-O Puddings turn out perfect every time.

Flavor Rich - Penny Wise

FISH-PIE made with MAGIC

Prepare 1 c. medium-thick white sauce and mix in 1 1/4 c. flaked cooked fish, 1 tbs. finely-chopped onion, 1 1/2 tbs. finely-chopped parsley, 1 tbs. drained capers or chopped pickle, 2 tbs. lemon juice, salt to taste; turn into greased small casserole. Place in hot oven, 450°, while making topping. Mix and sift into bowl, 1 c. once-sifted pastry flour (or 1/2 c. once-sifted hard-wheat flour), 2 tps. Magic Baking Powder, few grains cayenne, 1/4 tsp. salt. Cut in finely 2 tbs. shortening; mix in 1/2 c. shredded cheddar. Mix 1 beaten egg and 2 tbs. milk. Make a well in centre, pour in liquid and mix lightly with a fork. Knead dough lightly, pat out to fit casserole, place on top of hot filling and slash top for escape of steam. Bake in hot oven, 450°, 18-20 minutes. Yield—4 servings.

MAGIC BAKING POWDER

COFFEE must be fresh to yield its utmost in flavour.

"SALADA" COFFEE is as fresh as the day it was packed when you break the seal on the lid.