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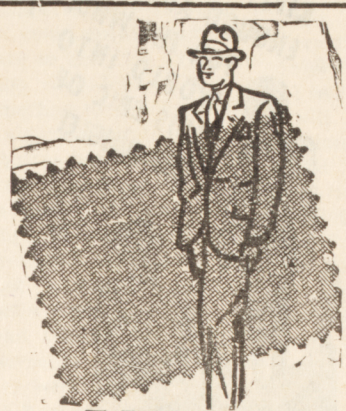
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**... OF ...
Interest to Women
WHEN DOUBLE BOILERS ARE HANDY**

For Heating Soups and Especially For Keeping Food Hot For Late Arrivals

(By Edith M. Barber)

Every cook has a few pet utensils. I have my favorites, and although I can get along with makeshifts, if necessary, I can work more quickly and efficiently with my own equipment. Among my favorites is a double boiler. Although it takes longer when you cook over hot water instead of over direct heat, the fact that foods do not need to be watched meticulously to avoid their burning is an asset. You may go blithely on your way with your other preparations. Of course, the steaming process is not appropriate for all foods, but it is an insurance in the preparation of puddings, certain sauces, rice, and some vegetables.

Double boilers come in a number of materials such as enamel, aluminum and in heat-proof glass. The latter, bound with metal, serves a triple purpose, as the two utensils may be used over the direct heat if you like. The cover fits both parts. It is convenient because it is not necessary to remove the upper portion when used as a double boiler to test the water supply in the lower part.

The business woman housekeeper will like a double boiler for heating soups as well as for the processes mentioned above. She may also find it useful for keeping foods hot when a member of the family is late for dinner. And just try cooking corn which has been cut off the cob and dressed with a little cream in the top of a double boiler! By the way, it is ideal for a soufflé which I call fool-proof. Fruit pulp of any sort may be used. You will find the strained fruits which are prepared especially for infant diet useful for the quick preparation of a soufflé of this kind.

Prune Soufflé5 egg whites
1 cup sweetened prune pulp
¼ teaspoon salt
1 teaspoon lemon juice
½ teaspoon grated lemon rind

Beat egg whites until stiff. Fold in sweetened prune pulp, which has been forced through a strainer. Fold in salt, lemon juice and rind. Place in top of a well-greased, two-quart double boiler, cover and cook over hot water one hour. Turn out of pan and garnish with whipped cream.

Cooked apricots, cranberries, fresh peaches or berries, sweetened to taste may replace the prune pulp.

Note: If not ready to serve turn out heat, but do not remove cover.

Cocoanut Pudding3 cups scalded milk
1-3 cup cornstarch
1-3 cup sugar
1 cup shredded cocoanut
¼ teaspoon salt
Whites of 3 eggs
1 teaspoon vanilla.

Mix the cornstarch and sugar with enough cold milk to make a smooth paste. Scald the rest of milk and, when it is hot, stir in the cornstarch mixture. Stir until smooth and thick, add the cocoanut, cover and cook thirty minutes in the double boiler. Remove from the fire, add the whites of eggs, beaten stiff, and the vanilla. Pour into a mold and chill. When set, turn out on a large plate, garnish with candied orange or grapefruit peel and pass a chocolate sauce or whipped cream.

A chocolate pudding may be prepared by adding before the eggs two squares of chocolate cooked until smooth with one-quarter cup of cold water. The cocoanut may be omitted and one-half cup of nut meats may be added.

A fruit pudding may be prepared by using one cup of cut dates, raisins, prunes or mixed fruit, instead of the cocoanut.

A caramel pudding may be prepared by using three-quarter cup brown sugar, instead of granulated sugar. One cup dried fruit may be added.

THANKSGIVING FEAST

Serve a Real Old-Fashioned Dinner on This Day

(By Katharine Baker)

Thanksgiving and homecoming! They seem synonymous, don't they? Sons and daughters bringing their friends home from schools and colleges for the holiday week-end. Nature radiant in her autumn colors, and radiant faces around your table! Make this a real day in the life of your family, and serve a meal the memory of which will last till next year.

Here is a suggested menu that covers everything from cocktails to nuts and the following recipes will show you how to dress up some of the old stand-bys to make them taste even better.

Grapefruit Juice
Celery Olives
Roast Turkey with Cocoanut Stuffing
Giblet Gravy
Stuffed Potatoes
Buttered White Onions
Green String Beans
Cranberry MoldHead Lettuce Salad, Russian Dressing
Pumpkin Pie

Nuts Coffee Raisins

Cocoanut Stuffing

2 bouillon cubes, chicken flavor

1 cup milk, scalded

1 cup soft bread crumbs

4 tablespoons celery, finely cut, or ¼ teaspoon celery salt

1½ teaspoons parsley, finely cut

2 cups shredded cocoanut

¼ teaspoon salt

1 teaspoon scraped onion

1 egg, slightly beaten

¼ teaspoon sage

2 tablespoons melted butter

Dissolve bouillon cubes in hot milk. Combine with remaining ingredients, mixing lightly. Pack stuffing in loosely as it expands while cooking.

For Stuffed Potatoes, use large flat ones. Bake in hot oven, 450 to 500 degrees F. 45 minutes or until done. Remove from oven, cut lengthwise in halves, and scoop out inside. Mash.

season with melted butter, salt and pepper. Add hot milk and whip until fluffy. Pile mixture into potato shells and bake in hot oven, 450 degrees F., 5 to 8 minutes, or until browned. Stuffed Potatoes are a wise choice for a large dinner because they can be prepared ahead of time and simply heated in time for dinner.

The Cranberry Mold will be a delightful change from ordinary cranberry sauce. It's now, delicious and lovely to look at.

Cranberry Mold
1 package lemon jelly powder
½ cup celery, finely cut
1½ cups warm water
1 cup canned crushed pineapple
1 cup thick cranberry sauce, sweetened

Dissolve jelly in warm water and chill. When slightly thickened, add celery, pineapple and cranberry sauce. Turn into mold. Chill until firm.

The Russian Dressing for the salad is made by combining 1 tablespoon chili sauce, 1 tablespoon finely chopped pimiento, ¼ teaspoon paprika, ¼ teaspoon vinegar, ½ cup mayonnaise.

Pumpkin Pie

1½ cups cocoanut, premium shred

2 cups cooked mashed pumpkin

1 cup sugar

½ teaspoon mace

½ teaspoon cinnamon

½ teaspoon allspice

3 tablespoons melted butter

3 eggs, slightly beaten

2 cups milk, scalded

Line a 9-inch pie plate with pastry rolled to 1-8-inch thickness. Combine ingredients in order given and mix thoroughly. Pour into pie shell. Bake in hot oven, 450 degrees F., 20 minutes, then decrease heat to moderate, 350 degrees F., and bake 30 minutes longer.

QUANDARYIf only Larry's eyes were blue,
If only Hal could dance,
If Barry's words were not so few,
I'd have a real romance.I wander through the great outdoors,
Mile after mile with Barry,
I rumba over night club floors
Night after night with Larry.I listen to Hal's constant song
And wish he would not tarry—
Oh, will he ever come along—
The man I want to marry?

—L. T. Gainsburgh.

**SOMETHING PRIMITIVE IN
THE FLUSH OF HATRED**

(By Ruth Cameron)

If people only knew what certain expressions did for their faces! How they beautify or uglify.

In a word when the custom of telling blue stories seems to have become established even among people of considerable breeding (or at least claims thereto) I am often looked at askance because I don't want to hear them. It has been hard to be articulate about my reasons. I don't think it's that I am priggish about it. It's more that I don't like the atmosphere that they create. And especially the expression on people's faces. I hate to look at faces I like and see them slumped over with that "little boy behind the barn" smirk. I hate to think that mine looks that way. I don't want it to. Neither do I want it to look sour or disapproving and so what? Well let's nip the story in the bud when we see it coming.

The Varm Look

Then there's the look on a woman's face when she is generating that terrible quality which is the opposite of charm and which Gelette Burgess in an inspired moment christened varm. She has that look on her face when she is commenting acidly on some younger and too pretty woman. Speak of how she throws herself at the man. Did you see that wonderful cartoon of the two women off in a corner by themselves, pointing at a third woman surrounded by men and saying, "she's sex starved." And did you notice their expressions?

And That Look of Malice and Envy
Younger women don't take husbands away from older wives, says one writer. By being at their worst when the younger women are around. It's quite some exaggeration, I'd say, but it has a grain of truth in it. How could anyone love a person who wore that varm expression too often?

Then there's that expression that people have when they are panning someone. Particularly someone who has invited it by being too successful. Death isn't any more ardent in his feeling toward the shining mark than gossip is. That means, malicious triumph with which some item to the discredit of the successful one is brought out.

"Yes, he thinks he's pretty grand, but—" "He didn't feel so good that time when—" Can't you see the look on their faces as they tell it?

Of course the frank expression of hate is ugly though I do not mind it somehow as much as these others. There is something more primitive about it, something thunderous, and it deadly, at least, not mean.

Self-righteousness, self-pity, mulish obstinacy, are some more of the expressions that can wipe attractiveness off a face as neatly as a damp cloth can wipe the marks off a slate. Of course the effect is momentary—unless the emotion is so common that it makes deep marks. But if people knew how they looked, would they let themselves be seen that way in public any more than they would wearing curlers and cold cream, or the masculine equivalent, collars and an unshaven.

MRS. A. T. McMURRAY
Provincial President in the chair at the semi-annual meeting in Woodstock.**Strike Is Real****Strike Is Earnest;****Boss Doesn't Think So**

WINNIPEG, Oct. 7.—Thirty ironworkers who walked out of the Tessler Iron and Metal Company plant in the north end today, are having difficulty trying to convince the plant owner they have started a real strike. "They're only on a holiday," M. Tessler said. "This is a Jewish holiday, the celebration of Thanksgiving."

**Values For October 8 - 9 - 11
WATCH : : FOR THE****STORES
HOME OWNED****BLUE AND RED EMBLEM SIGN****A Brisk Fall Day
Means Big Appetites**

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19c**Aylmer Golden Bantam Corn**2's 2 Tins
25c**Island Brand Chicken Sandwich Paste**Tin
10c**Brasso
or
Silvo**Tin
25c**Borden's Chocolate Malted Milk**1's Per Tin
43c**Christies Graham Wafers**1's Pkg.
25c**Interlake Toilet Tissue**3 Rolls
25c**Acme
Gloss
Starch**Per Pkg.
12c**(SPECIAL)
QUICK QUAKER
OATS**Per Pkg.
31c

"China or Cup and Saucer"

Primrose Pastry FLOUR7 lb. bag Per Bag.
35c**5 Roses
Flour**24 lb. bag Per Bag.
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Raisins**Bulk 2 Lbs.
25c**Snowdrift COCO-NUT**Per Lb.
25c**(SPECIAL)
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Makes Children Strong and

Sturdy!

Small Medium Large

38c 58c 98c**(SPECIAL)
KETA SALMON**1's
10c**-:- Special -:-
STANDARD PEAS
"Belle City"**17 oz. 3 Tins ...
29c**ICING SUGAR Bulk**3 lbs.
25c**BIG 5 CLEANSER**Tin
05c**SPRING CLOTHES PINS**Pkg. 3 doz.
15c**MAGIC SOAP**5 cakes
23c**"The Maritime Laundry Soap that Works Like Magic"**

MIRACLE YEAST

1½ oz. Pkg.
10c**Ingersol Malted Cream**Cheese, 4 oz. Pkg.
10c**(SPECIAL)
BEANS**Five lbs.
25c**"Handpicked" or Yellow Eye****(SPECIAL)
SCHWARTZ Jaffa Dates**2's Pkg.
17c

"Bake loaf Date Bread Today"

Magic Baking Powder16 oz. Per Tin
30c**(SPECIAL)
GANONG'S Milk Chocolate Almonds**Per Lb.
49c**Chipso**Large Pkg.
23c

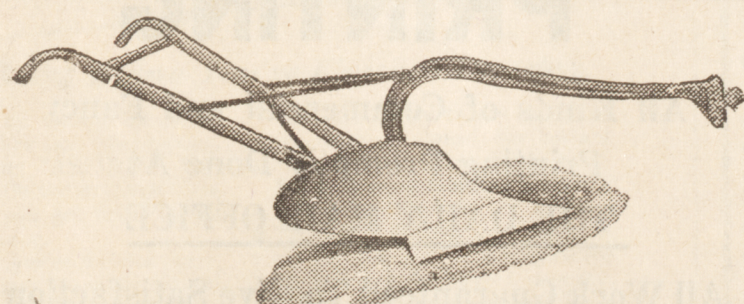
Drink and enjoy Gurd's beverages—a good mixer in any company

FIRE PREVENTION WEEK

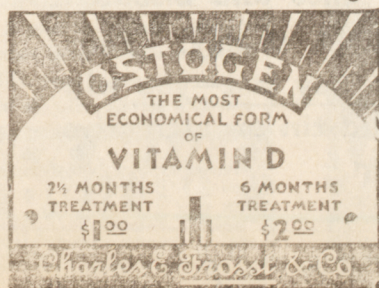
In 15 years to end of 1936, Canada's fire waste amounted to 650 million dollars. Believe it or not!

HOWARD H. BLAIR

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