



RILEY - DELMONT NUPTIALS

Pictured above are Mr. and Mrs. Frank Riley whose marriage took place recently at the Protestant Community Church, Ciudad Trujillo, Dominican Republic, by the Rev. Philip Wheaton of the Anglican Church. The bride, the former Teresa Delmont was attended by her sister Carmen as maid of honor while the groom was escorted by Mr. Douglas Hazel. After a brief honeymoon the couple will reside in Ciudad Trujillo where the groom is on the staff of the Royal Bank of Canada. He is the only son of Mrs. Riley and the late Willard Riley formerly of New York.

LET'S EAT

Apple Custard Souffle Is New And Delectable

By IDA BAILEY ALLEN  
The practice of home-cooking apples is diminishing somewhat, remarked C. William Haines, assemblyman and apple, peach and grape grower of Masonville, N.J. "But the commercial use of apples for applesauce and pies is increasing."  
While the Chef visits the apple-picking plant, chic Mrs. Haines exchanged ideas on entertaining in her beautiful living room.  
"I especially like to give buffet suppers. Two of my friends have the same birthday, so I planned a Sunday buffet in their honor."  
As several of our guests are on reducing diets, I included foods they also could enjoy."  
Mrs. Haines' Birthday Buffet Supper: Crab Newburg on toast points; relishes; hot rolls; molded peach salad or tomato aspic salad with cottage cheese; two birthday cakes (one for each girl) sherbet; coffee.  
"And when giving a brunch party," Mrs. Haines continued, "I always put a jar of our favorite home made jam on the table. I hope your readers will make it to serve with toast, waffles or French pancakes."  
Mrs. Haines' Heavenly Grape and Nut Jam: Wash 6 lbs. Concord grapes. Pop off the skins. Add 2 c. water. Cook 10 min. Simmer-cook the pulp until soft and strain.  
Combine the skins and pulp. Add 6 lbs. (12 c.) sugar and 2 lbs. raisins. Cook 10 min.  
Add 1 lb. medium-chopped English walnut meats and cook 5 min.  
Add the fine-grated rind and juice 4 medium-sized oranges.  
Seal in sterilized 8 oz. glasses. Makes 23.  
Monday Oven Dinner: Green beans vinaigrette on lettuce; oen braised pork chops; browned sweet potatoes; cauliflower; fresh pepper relish; hot apple custard souffle; coffee, tea or milk.  
Hot Apple Custard Souffle (Created by Pearl Foster, Tureen Restaurant, N.Y. City): To make apple base, slice, do not peel, 4 tart New Jersey apples. Add 1/2 c. water and cook until liquid is absorbed.  
Rub through a coarse sieve. Add 1 tsp. lemon juice, 1/2 c. granulated sugar, 1 tsp. brown sugar, 1/4 tsp. cinnamon and 2 tsp. butter.  
Spread in a 3-pt. baking dish. Custard Souffle Top: Cream 3 tsp. butter and 1/2 c. sugar, 2 tsp. lemon juice, 1 tsp. grated lemon rind and 3 egg yolks. Beat until smooth and creamy.  
Blend 1/4 c. flour, 1-3 tsp. salt and 1/2 lb. cinnamon. Fold in alternately with 2 c. milk.  
Beat the 3 egg whites stiff but not dry. Fold in.  
Pour over the apple base. Sprinkle 1 tsp. sugar and 1/4 tsp. cinnamon over the top. Bake at 350 degrees F. for 50 min. or until the custard is set and lightly browned.  
This souffle has a light spongy top, soft bottom and does not rise. Serve hot with Rum Cream.  
Rum Cream: Whip 1 c. heavy cream. Add 2 tsp. powdered sugar and rum flavoring to taste.  
Trick of the Chef: Season pork chops while braising with sage and oregano.

COOK'S CORNER

**SOFT COOKIES**  
1 cup of shortening or butter  
2 eggs  
1 1/2 cups of white sugar  
2 teaspoons of baking powder  
2 cup of sweet milk  
1 teaspoon of lemon extract  
Flour enough to make a soft dough.  
Roll, sprinkle with sugar, set into forms with cookie-cutter and bake in a quick oven.

WIFE PRESERVERS

If you are undecided what to serve your wife when you are out for a short time and baking! Each dish should weigh about three pounds to serve six people.

Science Shrinks Piles New Way Without Surgery

**Finds Healing Substance, That Does Both—Relieves Pain—Shrinks Hemorrhoids**  
Toronto, Ont. (Special)—For the first time science has found a new healing substance with the astonishing ability to shrink hemorrhoids and to relieve pain. Thousands have been relieved—without resort to surgery.  
In one hemorrhoid case after another, "very striking improvement" was reported and verified by doctors' observations.  
Pain was relieved promptly. And, while gently relieving pain, actual reduction or retraction (shrinking) took place.  
And most amazing of all—this improvement was maintained in cases where doctors' observations were continued over a period of many months!  
In fact, results were so thorough that sufferers were able to make such astonishing statements as "Piles have ceased to be a problem!" And among these sufferers were a very wide variety of hemorrhoid conditions, some of 10 to 20 years' standing.  
All this, without the use of narcotics, anesthetics or strappings of any kind. The secret is a new healing substance (Bio-Dyne™)—the discovery of a famous scientific institute. Already, Bio-Dyne is in wide use for healing injured tissue on all parts of the body.  
This new healing substance is offered in suppository or ointment form called Preparation H™. Available individually sealed convenient Preparation H suppositories or Preparation H ointment with special applicator. Preparation H is sold at all drug stores. Satisfaction guaranteed or money refunded.

KEEP IN TRIM  
Woman's Figure Problem Proves Hard To Control

BY IDA JEAN KAIN  
"The rest of my figure needs no reducing — but my stomach does!" This is a common complaint from many a normal weight woman who laments that a thickening through the middle has changed her figure from young to matronly.  
It's all too true — a bulging abdomen can be a serious figure problem regardless of weight. This is due to our skeletal structure. Since there is no body support provided through the midsection, muscle tone, pride and posture are all that stand between anyone and the dreaded spread. Let the girdle muscles become flabby and middle spread threatens.  
What to do? Ease through ten minutes daily of precision exercises to put needed tone in important middle muscles — and watch that front-line flatten!  
Start with abdominal strengthening exercises from this safety position — lying on back, knees bent, soles of feet flat on floor.  
**SIMPLE MOVEMENT**  
The first movement is so simple as to almost seem an exercise at all. Pull up and in firmly, pressing small of back flat against the floor. Hold this contraction to the slow count of six, and repeat 3 to 6 times.  
From the original position, on back on floor, knees bent, feet flat on floor, raise hips off floor, pulling in vigorously with the abdom-

**LAKE VERDE W. L.**  
The monthly meeting of the Lake Verde Women's Institute was held at the home of Mrs. Ira Redmond on Wednesday, Oct. 3, 1956. Mrs. Harry Kelly, vice-president, opened the meeting with the reading of the creed.  
Six members and one visitor answered roll call. Minutes of the previous meeting were read, approved and signed. One sick call was reported by the committee. Mrs. Owen Callaghan and Mrs. Joseph Shea were appointed for the next month.  
Paper towels were purchased for the school. Bills amounting to \$2.85 were presented and paid. Mrs. Owen Callaghan kindly invited the members to her home for the annual meeting in November; roll call payment of dues. The meeting then adjourned.  
The hostess assisted by Mrs. Joseph Shea served lunch and a sociable game of cards was enjoyed. The prize being won by Mrs. Owen Callaghan.  
**HUNTER RIVER W. M. S.**  
Mrs. Orville Sellar entertained the members of the Auxiliary of the W.M.S. at her home on Thursday evening Sept. 6th. The meeting opened by the singing of hymn, "Teach me O Lord, the Perfect Way." The theme was, "Choosing the Highway." St. John 8:31-38 and Gal. 5 were read in unison.  
The President gave a reading and offered prayer, followed by the Lord's prayer, hymn, "Breathe on me, Breath of God" and the Circle of prayer.  
Mrs. Patterson and Mrs. Cousins were in charge of the study book. 15 members and 2 visitors were present.  
Mrs. W. I. Bowman, supply secretary, read a letter acknowledg-

ing parcels sent over seas. It was moved and seconded that all bills be paid. Treasurer, Mrs. Ripley, reported \$27.61 received from Thankoffering service. Collection \$13.70.  
Mrs. Moase is to be in charge of the study book for the October meeting, which will be held at the home of Mrs. C. D. Montgomery. Roll call is to be word, "Church." Lunch committee for October, Mrs. Harry Smith, Mrs. Don Bulman and Mrs. Cyril Smith. The meeting closed with the Missions Benediction.  
Lunch was served by the committee in charge, assisted by the hostess.  
**I.O.D.E.**  
The Lucy Montgomery Chapter, I.O.D.E. welcomed Mrs. H. A. Love as a new member at the October meeting held Monday night at the home of Mrs. R. B. Smith.  
The Regent reported on the Malcolm Trapp recital. Money was raised for the Halifax School for the Blind, and members are bringing sturdy toys and books to the next meeting also for this school.  
Following discussion on Services Abroad it was decided to make and fill Christmas stockings for our Overseas box. Ways and Means committee announced a Rummage Sale to be held later this month.  
The hostess was assisted by Mrs. Y. Y. Huges, Mrs. B. B. Jones, Miss Catherine Bethune and Mrs. Ralph Dumont.  
**READY \$1,000 FLOAT**  
WINNIPEG (CP)—City council Tuesday night approved a grant of \$1,000 for a city-province float in the Grey Cup parade in Toronto Nov. 24.

**BARNLEY COUPLE FETED**  
On Friday evening September 14th, the lovely home of Mr. and Mrs. James Hickey, Darney, was filled with friends, relatives and neighbors to tender a miscellaneous shower in honor of their son James (Junior) and his bride the former Emma Bearisto of Darney.  
The room was prettily decorated in blue and white. While Mrs. Lorne Campbell played appropriate music the bride and groom were escorted to a prettily decorated chair, by Mrs. Elmer Hickey and Mr. Preston Bearisto.  
The many lovely gifts were brought in by little Miss Anna Paynter and Master Ivan Bearisto while Miss Lorraine Connick and Mrs. James Campbell arranged the gifts and Mrs. Eldon Harding and Miss Audrey Bearisto opened them. The accompanying good wishes and names were read by Miss Francis Jollymore.  
The bride and groom very fittingly replied after which all joined in singing "For They Are Jolly Good Fellows."  
Delicious lunch was served and a pleasant social evening followed. Mrs. Lorne Campbell was pianist. Mrs. James Bearisto and Mrs. Thane Adams supplied music for dancing.  
**ST. GILBERTS MEETING**  
The monthly meeting of St. Gilberts Altar Society was held at the home of Mrs. Alvyre Maddix. Ten members answered roll call and were heard. A quilt is to be latter at next meeting which will be held at the home of Mrs. Amand Gallant. Lunch was served by the hostess.

**ELEANOR ROSS**  
**Choosing Carpet Colors**  
It's an education to spend some time in the furniture departments of our wonderful stores, even if one is "just looking." It is enlightening, too, to talk with furniture and rug salesmen or to watch them at work.  
We watched one rug salesman drag out his customer sample after sample of certain colors, each one just a tiny bit different than the last. The customer had a notebook and some color swatches and what with consultations and taking swatches to the light, the transaction seemed endless.  
Later on, though, we did manage to talk with the salesman and he had much to say about the colors of carpets.  
**LITTLE DIFFERENCE**  
Once the definite color is decided on, he explained, the time and effort spent in weighing the merits of various shades is ridiculous since there is so little difference between them. Within a few weeks, exposure to natural dust and oxidation often make it hard to recognize the original color, let alone the original tone.  
The medium tones, he said, are the best to live with and give the best service in the long run. Wood tones greys and blues bear up well. Beiges are quick to show soil and need plenty of pampering if they are to continue to look lovely.  
While plain broadloom will hold its own, patterned rugs in bold and subtle weaves as well as sculptured effects are gaining popularity. But here again, caution must be exercised. What has appeal in the store may not prove a happy choice to live with.  
Patterns are available for both modern and traditional interiors and some go well with the mixture of both periods that is so popular these days. For those who want novelty, there are rugs with patterns pointed up with fine metallic yarns. There's more nylon carpeting around, too, and at reasonable prices.  
An idea that is fast catching on, especially in the new suburban homes, is wall-to-wall carpeting installed over a sub-flooring. This eliminates the need for hardwood floors. The money saved on the floors is put into carpeting which, in effect, becomes the finished floor itself. This is something to be considered when building.  
**MURRAY HARBOUR W.I.**  
Mrs. Nettie Millar was hostess to the Women's Institute at her home on Tuesday evening, September 4th. Fifteen members responded to the roll call and four visitors were present. It was decided to wash the interior of the school and paint the cloak room. The monthly "Penny Auction" was held with Mrs. Harry Reid donating the prize which was won by Mrs. Annie Kennedy. Refreshments were served by the hostess, assisted by Mrs. Webster Clow, and Mrs. John Clow.

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