There is to mindry is the whole of in attitude a winter discussion with the many traditions. a black never a winter the black while Christman St. Michotas, Santa Belove Christman that game Canadian Chair are happily discussed for mashe children the Santa Claus, poem, which has while every family is anticipating the been printed and coprinted the world

cal record that December 25 was the and has since become immortal. actual date of the birth of Christ. His Moore was born July 5, 1779, in a terians and astronomers agree that it big wifts house above the Hudson, . The latter date is now known as . Twelfth night.

pagan custom. The exchange of mas." The spectral tree had the a beautiful, unselfish custom in com-The giving of gifts also has a religious significance grounded on the act of the Persian Magi in laying gold, frankincense and myrrh before the Babe in the manger.

A Christmas tree as part of the holiday observance originated at the time of the conversion of the German tribes, when St. Boniface came, one Christmas Day about 1:200 years ago, upon a pagan group gathered under the great "Thunder Onk," about to sacrifice a little boy to their god, Thor. All eyes were fixed upon a priest in white robes who held a great hammer poised over the head of the child. t When it was about to fall, St. Boniface strode up to the priest, stayed his hand, and cried out to the people to cease their false worship. He told them the story of the birth of the Child at Bethlehem, and felling a small fir tree, gave it to them, saying;

"Take this for your Christmas tree, and each year, when the feast day arrives, set it up in your homes and with joy and song celebrate the birthday of Christ"

The tree at first was not used as a

Luther, who, on walking home one Christmas Eve, was filled with awe at the beauty of the stars. Going home he tried to describe it to his wife by placing some lighted candles in the branches of the Christmas tree, say-

ing: "This is like the Christmas sky:" St. Nicholas of Armeon was a miser, rich in lands and flocks and herds. He came to Bethiehem dressed as a beggar, that he might avoid paying the of babies in India and Paraia are gar, that he might avoid paying the officers of of babies in India and Persia are world, bearing on His shoulders a and eggs slightly beaten and the broken put meets which have the oven hot as you would for especially green leafy vegetables.

If these necessary and compa Caesar. As he objected to paying for holly hark has been goaked as bundle of evergreens. Through city broken nut meats which have been cookies, since the fudge must be soft, thoroughly mixed with the four table and crism. Cut into squares with sharp

When the Christ Child lay in the which it is used. manger beside Mary and gifts were being offered unto Him, Nicholas, grows not only on oaks; but is found cor. Those who would welcome Him I cup apple, cut in strips, 1/2 cup each stirring, but wiping sides of saucepan day. Fruits such as oranges, lemons, and long for His coming act a lighted aroused from his sleep, joined the safras, persimmon, ash, and various safras, persimmon, ash, and various cor. Those who would welcome Him 1 cup apple, cut in strips, 1/2 cup each stirring, but wiping sides of saucepan and long for His coming, set a lighted raisins and nutmeats and sufficient to prevent crystallization. Pour hot vegetables as lettuce, spinach, celery, givers through curiosity. Then grip safras, persimmon, ash, and various candle in the window to guide Him salad dressing to moisten. Serve in cabbage shells or in red apples, hol- of two eggs. Sit in a low chair, pour cabbage kale, beet greens and turpher Baire. Looking at those two, Mother and Babe Divine, grim shackles fell from the heart of Nicholas of gans of the British Isles and the lands Armeon.

"My King! My King!" he cried, "ever will I serve Thee, and Thee A tiny hand stretched out toward

Nicholas as though in benediction, and from outside came the faint echo: "On earth peace, to men good will." fumbling in his rebe Nicholas drew forth a gold piece and laid it among the other gifts.

The next morning, instead of pleading poverty as he had intended, Nicholas was the first in the line of taxpayers waiting to make his declaration. The collectors marveled that one dressed so poorly should pay so riehly. Straight from tax paying, Nicholas went to the place of merchandise where children congregated. With arms filled and donkey laden, he fared forth to the poorer places and there dispensed his gifts. He was soon the center of a throng of happy children. In answer to a question, he said: "I am Nicholas of Armeon." "Hail, St. Nicholas," burst upon the

"Nicholas, and I serve my King," he reneated.

"Caesar?" asked a curious mother. "Nay, not Caesar, but the new-born King of Love." And so came the first St. Nicholas at Christmastide.

The Santa Claus that all Canadian children know and who travelled into other lands during the past century is only 100 years old. He is the dee cendant of the good St. Nichelas, who was the gift-bearer for the little Dutch children originally, and was berrowed in such by the Belgians, French, Span ish and English as the patron seint at Christmas. But St. Nicholas was not sleigh and reindoer and Hagiing bells, after to year's service.

Christman tree, the hanging of stock over with every recurring Christman tree, the hanging of stock over with every recurring Christman ings, decorations be holly and green has become one of the most familiar and burning a Tule log, few children it was written by Clement Clarke know the origin of these customs:

Moore for his two daughters, and first The smallest child knows that read to them on the evening of De-Christmas is celebrated as the birth- conflor 23, 1822. A year later it was day of Christ. Yet there is no history published in the Troy (N.Y.) Sentinel,

, was about the time of the winter sol. then situated in a miller known as stice, when the days were the shortest Chelses, now in the neighborhood of in the year near December 21. The Greenwich Village. There he spent married, and raised a confined to one day. There was re large family of children. All around joicing from December 16 to January the heighborhood were scattered the farms of the descendants of the early Dutch settlers, and as a boy young It was not until the reign of the Meere hecame familiar with the fe Christian emperor, Constantine, in the gend of St. Nicholas, which he transfourth century, that the observance of formed into the American Santa Christmas became an established cus- Claus. He called the been the Wisit tom, since the early Christians con of St. Michiglas," but its lovers changed sidered the observance of birthdays a it to "Twas the Night Before Christ-

Christmas gifts has come gradually, In this poem Senta Glaus was fer the first time introduced to the child memoration of the greatest gift of all ren of America with the form and the time to the world—the Christ Child. features, and the characteristics, by how he looked and what kind of a chap he was:

"His eyes how they twinkled; his dimples, how merry! His cheeks were like roses, his ness

like a cherry!

His droll little mouth was drawn up like a bow And the beard of his chin was as white

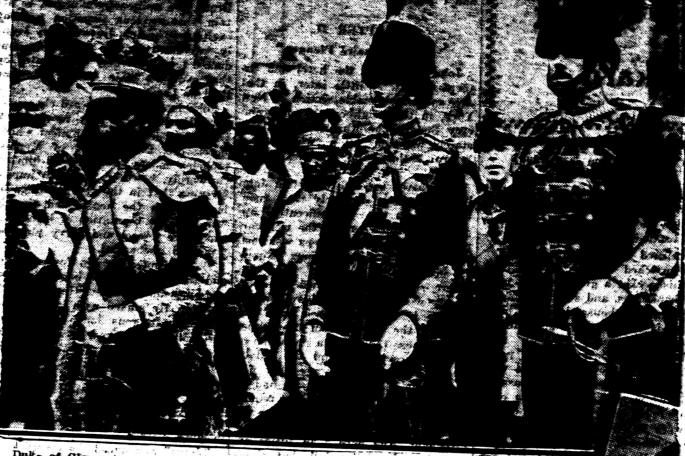
as the snow. Since then every child has been able to pisture in his mind the folly old fellow who comes clattering over the roof with his eight tiny reindeer, scattering joy and sladness and gifts. Though the author of the puem gave his life to books and learning and literary work, he is remembered only by the lines which gave us Santa

It is told that once upon a time St. roof of the man's home dropped some the family in turn, sitting down on the tions that have been tried with much coins down the chimney. The coins log, sang a Yule song and drank a success: happened to light in the man's stock- glass of ale. The log was then cast ings, which he had hung by the fire into the fire with prayers for the safe-The tree at first was not used as a piace to dry. The gift was considered by the nobleman to be of supernative into the fire with prayers for the safe. It cup sugar, 1/2 cup fat, 1 cup sugar, 1/2 cup milk, by the nobleman to be of supernative into the fire with prayers for the safe. It cup sugar, 1/2 cup fat, 1 cup sugar, 1/2 cup milk, by the nobleman to be of supernative into shape with butternut the tree itself of Christ's grandeur tural, origin, and, naturally; others of the Ville log was preserved to light. Such as butter paddle, and butternuts, or press of the Ville log was preserved to light. and majesty, and the green of His imtook up the custom of hanging stock—
the log of past was preserved to light salt. Cream fat, add sugar and sift into a buttered tin, frost with boiled fronting and enrinkle with note then

Santa Claus comes nown the canning it was before an ach fire that the many ternstely with the milk. Stir in pertober in the language of the Babe was first washed and dressed ries. Pour in buttered molds, cover, 1-3 cup butter, 4 squares chocolate, 1/2 but by a well-balanced diet he may beat approach himself against the right is regarded as the special tree of the lighted candle in the window Christfairies, but there is a superstition that mas Eve. which is supposed to be it is unlucky to take holly into the lighted at dusk and to remain through der, 1 tsp. salt, 5-8 cup sugar, 1½ cups beaten light, then flour mixed with radio broadcast tells, are comparations. The cradies in the crad

terious Druids, the priests of the pa- British Woman Flier on the south side of the English Channel, get the idea that the mistletoe was the soul of the oak and that, as arrived here on Nov. 21st after a lone mortal thing and was a symbol of September 25.

Wonderful powers and properties British residents and was given a cup cracker crumbs, dot with butter 1 lb. maple sugar (2½ cups). % cup were attributed to the mistletoe, and banquet. Newspapers here lauded and bake until crumbs are crisp and water, 1 ths. light corn syrup, % cup when paganism passed, the early her dossed flight across two continuous of the name of the



Dulie of Gloucester as he appeared at recent coronation of Ras Tafari at Addis Ababa, with heir apparent to which he is known to-day. Here for Abyssinian throne (left) and Earl of Airlie (right) in procession to throne.

mas our northern amostors a would Festive Dishes hang a branch of mistletoe over the front door as a sign of good luck and welcome. People entering under it exchanged kisses; with the heat and his family, and in this way kissing and the mistletoe became associated.

The Scandinavians used to kindle great fires in honor of their god, Thor. In some parts of old England, bringceremony of Christmas Eve.

The quatom was for the serfs to the desire to entertain her friends, bring in a load of wood with them New recipes are born and christen- grown-ups too, come in for their shares but a Tog. In later times the cere state. No variety would be found in

Santa Claus comes down the chimney it was before an ach fire that the Hely ternstely with the milk. Stir in ber-

Still another legend is responsible mold and one hour for small ones.

use of holly at Christmas is thought lowliest hovel, through cold and storm for 15 minutes; then increase the heat to bring good luck to the house in and sleet and ice, the Holy Child and bake in a moderate over one hour. The mistletoe is a parasite which the door at which He pleads for suc-

Reaches Osaka, Japan

Osaka, Japan-Hon. Mrs. Victor it had lost its foliage, it was an im- flight from London, which she left

She was welcomed by Japanese and Christians ching to many of the pagan ents to Japan, commenting that she sauce. Celery and offives also make a maple sugar and liquids stand to from Tirana reported that a violent pleasing accommentation that she pleasing accommentation that a violent pleasing accommentation that she pleasing accommentation that a violent pleasing accommentati

Commodore Says "Goodbye'



Mr Anthur Rostron (right), noted tommodore of Cunard feet, bids good the july old fellow we know, with the to him chief difficer; Chot. Dissett, on bridge of Bernagaria as he recites hores a la ser side of best out

When December appears on the calendar, everyone thinks of some thing good to eat. Winter's invigorating in the Yule log was the principal stimulated by the approach of the winter helidays, gives every woman

when they came for the Christmas, ed every day in Canadian households. feast, which was to last as long as it It is this adventuring with food comtook to "burn away a wet wheel"—a binations that makes for progress in can make up any of the following re-"wet wheel would not be a thin slice, kitchens, cookery would be in a fixed

posedly; developed the tradition that ash log, because a legend avers that mixture. Add the dry ingredients al-The Yufe log was nearly always an the four. Beat eggs and add to first cut into squares. the rest of the dry ingredients, with frosting and sprinkle with nuts, then

Nut Bread

skin left on.

Baked Qysters

Beat 1 egg, and add one cup oysters. crumbs, 1/2 teaspoon salt and a little pepper. Butter a pie plate and turn

Stuffed Fruits.

Use dried prunes, apricots, figs, or dates. Steam 15 minutes. Make an incision in each piece of fruit with a sharp-pointed paring knife. Stuff, with fondant and cover with a nut meat. Roll in sugar. If not to be eaten immediately wrap in oiled paper and pack in tins. The fruits improve in flavor if allowed to stand a few weeks. Pineapple fondant is fine to use in stuffing these fruits. Pineapple Fondant

2 cups sugar, 1/2 cup water, 4 lbs. crushed pineapple. Put sugar and water in pan and stir until dissolved. Cook to 256 degrees . without stirring, keeping sides of pan washed down with a soft cloth moistened in cool water and thed over the times of a silver fork. Add crushed pineapple, drained from the syrup and cook to 240 deg. F., which is just beyond the soft ball stage. Turn on a platter wet with cold water When cool, work with a spatula or knife. Use this fondant as the centers for bonbons, rell the pieces in nuts or stuff

to employ a candy thermometer in Apple sherilet, or mint ice served! in rad apple shells, from which the . "A sparkling solitaire will usually

Then P I was

in dried fruits. It is almost essential

for those who must resist the templation of pies and puddings For Holidays If you are planning on serving wno fowl, be sure to make the dressing

rich in fat to relieve the natural dryness of the meat.

Perhaps if it is homemade, it will be

for the 25th if wrapped in wax paper. Nicholas wanted to help a poor but of the log. It was drawn into the half what are some of the recently born white corn syrup, 3 cups sugar, 1 cup water, 2 cups sugar, 2 cups sugar, 1 cup water, 2 cups sugar, 1 cup water, 2 cups sugar, 2 cups sugar, 2 cups sugar, 2 cups sugar, 3 cups sugar, 2 cups sugar, 2 cups sugar, 3 cups sugar, 2 cups sugar, 2 cups sugar, 3 cups sugar, 2 cups sugar, 2 cups sugar, 3 cups sugar, 3 cups sugar, 3 cups sugar, 3 cups sugar, 4 cu

cloth, and cook with fondant to 241F. without stirring, but wiping the sides

While the cranberry season is on,

nut meats into pieces and crisp in ors of winter. a room at the inn, he was sleeping in charm against wicked spirits. The through city proxen nut means which have been soaked, as a streets and country roads, up and thoroughly mixed with the four table not crisp. Cut into squares with sharp tively inexpensive foodes from the spoonfule flour. Rake in a close over

Divinity udge

2 cups sugar, 1/2 cup white corn Every child should drink one quart, lowed out to make cup. Garnish with with left hand, and beat with right finely cut strips of apple with red hand, using large bowl and wire whip. Add 1/2 teaspoonful each lemon and drop by spoonfuls on heavily waxed and their liquid, 2-3 cup cracker into square buttered tin, mark into

ideas about the plant. There was was the first woman to attempt the pleasing accompaniment for this fest gether until sugar is dissolved, cook earthquake on Nov. 21st had caused to 236 F., a soft ball, stirring to keen 30 deaths in the Albanian district of to 236 F., a soft ball, stirring to keep 30 deaths in the Albanian district of the maple sugar from curdling the Valoua. milk. Set saucepan into basin of cold as possible, then turn into oiled tin losses in Messapitk, Palase, Tertoet



And Parrots Lifted

placed on their importation some months ago has been removed. LAND BELL SE WEST SE COM

Their and haded with light country and tioned above. They are subject to a disease termed poittaboois and they Political to give it to humandari The mortality is very high amons humans to

were topostudi thoma Ramadi amisala of the Agricultural Department became alarmed and put a ban on birds subject to such an ailment. Since that, however, the disease seems to hate disappeared A disclar them. ing customs collectors of the removal of the ban went forward recently.

Homa Solland Tornado Ravaged Village Rebuild

24 Were Killed in Ohlahoma Suburb, and Over 100 Kelly, Portoguige Kelly

Oklahoma City Residents of the storm wrecked village of Bethany near here have started to rebuild their lec crushed homes and bury then dead. For the direct time wines a cyclone will struck the tvillage at noon Novi 201 W killing 22, injuring more than 100 and wrecking 100 homes and husiness on don't neglect to can some sauce and tablishments, order was restored in ing air produces hearty appealites. The make some jelly for other occasions; the settlement of 2,000 inhabitants. spirit of hospitality which always is This sold berry combines well with Rehabilitation was started with alstimulated by the approach of the summer menus. Christmas isn't Christmas unless the state lending aid.

Doctors treating injured in Oklaho ma City hospitals, announced eight ma City more of the injured man die. More than 40 still are being treated; Runsection of green wood. Naturally the cooking. Without experiments in cines now and they will be just right pleted except for the four Camel Greek. students who were killed when the little rural school was destroyed by the wind. (They will be buside ac their school house.

Damage dine to the little viriage each \$600,000 officials agreed.

Winter's Here Now-Acep Your Mealth

A Few Hints on How to Be

Not by bread alone doth man livs. cup nut meats, 1 tsp. vaniila. Break best protect himself. against the right

The rules of right eating, a recent

basis of diet natural appetite will likely take care of other hodily needs. nip greens are ood.

Egs, cereals, meats and fish help. but the protective foods do actually almond extract. When quite thick, protect against the chills and ills of winter. Cod liver oil is a protector, being rich in vitamin D, the summer sunstine vitamin, and vitamin A which is found in butter and milk.

Quake in Albania

The despatch added that great numwater, and when lukewarm, beat until! bers were injured in the collapse of creamy, add duts. Beat just as long mimerous houses, with heavy material and Dermi.

The entire population of Telgae was made homelous mountainous region in the Southern part of the country slong the Adriatic Sea It is directly across the Strait of Ottanto from the heel of the Ital-

lying Ships Are Big ता ।।। Hope of Aviation Throntp. ... The future of aviation

does not lie in lighter-than-air craft, Captain Stafford Lusk told members of the Canadian Progress Chab at their recent luncheon hars. Rather. he said, it lies in ships like the great Captain Lust endeavored to im-

press the safety of nythe " Aviation. he declared is past the day of experimentation.

There are two ways of ending a disthe control of the pull has been removed in a demont catch your sweetless agont on a large of the control of th is simply that of brute blest; the fornion is pusher, to below gifted with John Bourg, addressing the charl-

ph beset the good prometir humane taking a of help i Please. ares for ber 30, 1 and rapid mercy. in year, the previ

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patient o 11,361; a 19. These fut count where the was 36,876 in additio partment. largest nu single di The litt. tered to in dren come of Ontario. institution child has a very rich in finest know There are 1 the child N creed or cir difference. Every year

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a very large

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WHAT tion is us stomach. instant rei neutralizes erude help would advi The bes of Magnes since its in

standard w find nothin effect, so h One taste neutralizes