Genesis 4:1-15 GOLDEN TEXT. — By faith Abel offered unto God a more excellent sacrifice than Cain, through which he had witness to him that he was righteous. Hebrews 11:4. THE LESSON IN ITS SETTING

Time.-We do not know when these events took place, but at least it would be 125 years after

Place.-We do not know where these events took place, though, of course, it was somewhere in the Mesopotamian valley, where civi-Cain and Abel

1. "And the man knew Eve his wife; and she conceived, and bare Cain, and said, I have gotten a man with the help of Jehovah. 2(a). And again she bare his brother Abel. 2(b). And Abel was a keeper of sheep, but Cain was a tiller of the ground." The one brother chooses the more peaceful and emotional, the other the more active, occupation. The pastoral life seems always to have een held in higher esteem than the agricultural among the Hebrews. But the agricultural succeeds the pastoral in the order of Two Offerings

3. "And in process of time if came to pass, that Cain brough of the fruit of the ground an offering unto Jehovah. 4. And Abel, he also brought of the firstlings of his flock and of the fat thereof. And Jehovah had respect unto Abel and to his offering: 5. but unto Cain and to his offering he had not respect." The key for unlocking the meaning of this entire passage is found in Hebrews 11:4, where we are told that, 'Abel offered unto God a more excellent sacri fice than Cain, through which he had witness borne to him that he was righteous, God bearing witness in respect of his gifts: and through it he being dead yet speaketh.' What seems to be implied is that Cain's offering was an act of mere homage; Abel's embodied a sense of sin, an act of ontrition, a plea for pardon. Cain's Anger

5(b). "And Cain was wroth, and his countenance fell." We have here no spirit of enquiry, no self-examination, no prayer to God for light or pardon, clearly showing that Cain was far from a right state of mind.
6. "And Jehovah said unto

Cain, Why art thou wroth? and why is thy countenance fallen? If thou doest well, shall it no be lifted up? and if thou doest not well, sin coucheth at the door; and unto thee shall be its desire; but do thou rule over it." This dread warning to Cain, expressed n the mildest and plainest terms, is a standing lesson written for the learning of all mankind. Let him who is in the wrong retract at once, and return to God with humble acknowledgment of his own guilt, and unreserved sub mission to the mercy of his Maker; for to him who perseveres in sin there can be no hope or

The First Murder

\*\*

8. "And Cain told Abel. And came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him." One of the striking features of this incident is the rapidity with which small sins gen-erate great ones. When Cain went in the joy of harvest and offered his first fruits no thought could be further from his mind than murder. It may have come as suddenly on himself as on the unsuspecting Abel, but the germ was in him. Familiarity with evil thought ripens us for evil action: and a moment of passion, an hour's loss of self-control, a tempting occasion may hurry us into irremediable evil.

The Divine Interrogation 9(a). "And Jehovah said unto Cain, where is Abel thy brother? Here is a question fitted to go straight to the murderer's concience. Some of us go so far as to have silenced the voice within; but, for the most part, it speaks immediately after we have gratified our inclinations wrongly. 9(b). "And he said, I know not: am I my brother's keeper's And he said, what hast thou done? the voice of thy brother's blood erieth unto me from the ground." The cry was a demand for the

punishment of the murderer. The Divine Condemnation 11. "And now cursed art thou from the ground which hath opened its mouth to receive thy brother's blood from thy hand; 12. When thou tillest the ground, it shall not henceforth yield unto thee its strength; a fugitive and earth." Cain had polluted man's habitation, and now, when he



Hurtling high above sand dune, U. S. Coast Guardsman, bayonet bared, stages bit of realistic action against imaginary foe. (Official U. S. Coast Guard photo.)

tilled the soil, it would resist him | Junior's Hobby as an enemy, by refusing 'to yield unto him her strength;' for the future his struggle with the conditions of life will be still harder.

The Merciful Protection 13. "And Cain said unto Jehovah, My punishment is greater than I can bear. 14. Behold, thou hast driven me out this day from the face of the ground; and from Thy face shall I be hid; and I shall be a fugitive and a wan-derer in the earth; and it will come to pass, that whosoever findeth me will slay me. 15. And Jehovah said unto him, Therefore whosoever slayeth Cain, vengeance shall be taken on him sevenfold. And Jehovah appointed a sign for Cain, lest any finding him should smite him." Anyone who killed Cain would be visited more severely than Cain as being guilty not alone of homicide, but of ment which said that Cain was to

Pays Dividends

That litter of balsa shavings and tissue paper with which Jun-ior has cluttered his bedroom over the years, those gashes he has put in the top of his work table with discarded razor blades have turned out to be highly praiseworthy manifestations. American youth's pre-occupation with model aircraft now permits it to make a teen-age contribution to the training of our armed forces. Here n Detroit—and the program is being conducted on a nationwide scale-youngsters have contributed to the Navy 1,000 precisely scaled model planes highly valuable in training men to identify ships in flight and to estimate ranges.

Peace is a matter of people and how they live rather than of pacts and how they are written.



EAT OYSTERS! ANSWER: With modern refrigeration, oysters are edible every month of the year, but they are not at their best in quality and flavor during the spawning season, which comes in the months spelled without the letter "r."

WHICH MONTHS

NEXT: Snakes that still show signs of legs.









during his spare time, Merci Wilson pens hit parade song

the popular vein, and sen

of today. His most recent

mighty melody dedicated to

men in the war factories the try over. Hear it sung by Th L. Thomas, famous Welsh tone, from CKOC in Han

some afternoon during the ?

In the cast of "Those

Love," summer replacement Eddie Cantor, are Franci

Bushman, matinee idol of silfilm days, and Richard Co

well, also of the cinema city!

Victor Borge, Danish e

has a new contract on the I

Dinah Shore, the south's

song-bird, is sending free

ters of her "I can't give you

When the Al Pearce sho

cationed on July 2nd, To

Dorsey took over Gail Lau

swing harpist on the show!

Lend an ear this Sunday Academy Award — CKOC, 61

p.m.! Light, amusing - er lent summer dramatic fare!

Crosby show!

thing but love"

around the globe.

Notes from Here

The Germans have massacred at least 1,000,000 Jews in Europe since the war began, spokesmen for the World Jewish Congress said recently. The persecution has been par

ticularly severe in the conquered

countries of East Europe, the

Germans Plan To

Exterminate Jews

pokesmen added. Poland, Latvia, Lithuania and Rumania have suffered greatly.

They said that probably 700, 000 Jews had been killed in Lithuania and Poland, 125,000 in Ruania, 200,000 in Russia and 100,000 in the rest of Europe. These victims were selected from Europe's pre-war Jewish populaion of 6,000,000 to 7,000,000 The slaughter is part of the Nazis' proclaimed policy that "physical extermination of the must from now on be the aim of Germany and her allies",

#### Norse In Red Army

on (Middlesex) Wolf Cub pack

cal Warship Week by showing

in the foyer of a movie theatre

a miniature model representation

of a Nazi attack on a convoy. The

scene included a submarine half

submerged, a destroyer in the ac

of dropping a depth charge and a

German plane crashing into the

sea. Every detail was complete

bridges and the lifeboat equip

A tribute to the practical value

of Boy Scout training paid by

Col. R. G. Whitelaw, Director of Military Training, included the

statement that among boys com-

who have been Boy Scouts stand

out. Wrote Col. Whitelaw in a

recent letter to Mr. John A. Stiles

Executive Chief Commissioner of

the Boy Scouts Association, "The

development of character, cour-

age and sense of responsibility

produced through your lectures

and practical application of wood-

craft, camping, swimming, navi

gation and handicrafts of various

sorts, all add up to a total which

makes the Boy Scout stand out far ahead of the average boy

who has not had the advantage of

Splendid service was given by

the Boy Scouts of Norwich, Eng-

that ancient city. The boys'

ssisted in countless other ways.

After the blitz, they distributed

guided people to rest centres, re-

united families, and for inquiring

soldiers and sailors secured infor-

mation of families in wrecked

this training."

ing up for military training, those

ered in nearly \$250 for the

e spokesmen said.

Nearly 500 Norwegian volume eers, who escaped through Finland and over the sea to Russia, re fighting with Soviet army of the Norwegian Telegraph Agency as saying recently. Scouting Wolf Cubs of the 1st Harling

Fanny Brice - Frank Morgan show. And to add to all this,

OUR RADIO LOG TORONTO STATIONS
CFRB 860k, CBL 740k
CKAC Montreal 730k
CKAC Montreal 730k
CKAC SSOk, CBY 1010k
U.S. NETWORKS
WEAF N.B.C. Red 660k
WJZ N.B.C. Blue 770k
WABC (CLBS) 880k
CKGB Timmins 1470k
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CKGB Timmins 1470k
CKGB Timmins 1270k
CKGB Timmins 12

NOTED SINGER Answer to Previous Puzzle 19 Company HORIZONTAL JOHNMETAXAS VAIRNEGRET JOHN 1 Pictured prima donna. 13 By way of. 14 Hauled. 15 Baking dish. 20 She is a --opera lovers. 16 Imitation gem. 18 Five plus five. 19 Mohammeda 28 Kind of che 21 Inducements. 23 Grief. 25 Spore masses. 5 Cry of inquiry 42 Data. positions.

7 Blood-sucking

8 Spring fasting 46 Branches.

48 Distant.

iand, during and following the ferocious raids of the Nazis on 26 Average (abbr.). 27 Before. fearless carrying-on in spite of dive bombing and fires won un-29 Lixivium. stinted admiration. They ran 31 Semidiameters 52 Cry of sorrow. neat. messages, fought incendiary 33 Above. bombs, rendered first aid, and sheep. 57 Her native 35 Fairy. 36 To darn. special notices to the population, 38 Noun ending. 39 Pound (abbr.) 58 She is a noted 10 To endure. --- star. reach. VERTICAL 16 She has a rich (abbr.). 46 Musical note.
47 Preposition.
49 Musical com48 Musical note.
48 To scratch.
49 Musical com48 Satiates.
48 Satiates To Sold Has a Ret.
49 Musical note.
55 Musical note.
56 Before Christ applications.
(abbr.).

They salvaged and removed the furniture by vans and Scout trekcarts, helped at emergency food entres, and prepared meals over fires in open spaces. They assisted with feeding arrangements for police, firemen and rescue workers from outside places, and guided the helpers to desired points. In addition, they looked after hundreds of injured dogs and cats. Incidentally several of the Scout troops lost their own meeting places and all their scouting equipment. One troop lost out-of-town headquarters, a building of cencrete and wood built entirely by the boys over a period of several years. Facing the heap of rubble, one of the Scouts inquired of his district commission-, "When do we start rebuilding,

The Archbishop of Canterbury ranks immediately after the Royal peers as the first peer of the

Skipper?

# RADIO REPORTER

Mary Shipp, tall, willowy blonde who plays the role of philandering Henry's most constant sweetheart on "The Aldrich Family" did a switch on the old story of a girl seeking a career in Hollywood.
She is a native of the cinema city, but recently deserted her home for New York, and is now one of the busiest actresses along radio row. Mary was graduated from Los Angeles City College where she majored in dramatics and stepped from the classroom to the network broadcasting studios. During the last year she played leads opposite such exacting stars as Orson Welles, Charles Boyer, Robert Young and others. In New York, Miss Shipp won over stiff competition for the role of Kathleen Anderson on "The Aldrich Family" and performed so well that author Clifford Goldsmith decided to make Kathleen

It may be vacation time for some folks, but it's just double duty time for Meredith Wilson. Not that he doesn't like it, for the tireless NBC West Coast conductor and composer has always had a busy schedule. Taking over, with his orchestra, the important "Fibber McGee and Molly" spot for 13 weeks with the "America Sings" show, is just one item on the Wilson agenda. He also continues as musical director of

a more frequent visitor in the

BY TOM HORNER illegal newspapers now are bein published and circulated in No THE STORY: Over job-seeking vant ads pretty Kay Donovan meets jobless super-salesman Ted did the advertising manager at

Andrews on a park bench. Through want ads she is located ly lawyers MacLeod, Goldberg and Flynn, friends of her late inventor-father, who tell ner such has inherited \$428.85, his factory, or-father, who tell her she and a million cans of all-purpose Mondrosoap, the product he was saking with his chemist, Hans stadt, now in Texas, at the time of his death. Kay ignores their advice to liquidate her holdings, rmines to go ahead with her father's plans even though she does not understand them. Anhe company in exchange for a warter interest in it, sends the groduct off to a rousing start. hings are running smoothly— ay sharing her room at the fac-ry with Mary Marshall, her

ew secretary, whose first move to make them more liveable by selling an old washstand that had belonged to Kays father-when ats come in that Wondrocap cleans too well, eating holes dothing and paint off care. CHAPTER V

NOTICE: ALL PURCHASERS OF WONDROSOAP - A chemical reaction ever which the manufacturer had no control has made the recently sold WON-DROSOAP unsuitable for use, Flease return your can of WONDROSOAP to the store where it was prophered and where it was purchased and your money will be refunded. Ted tossed the paper in front

"There, that should do the wick. We've got to get those

with milk, every morning. It will help keep you active and on the job every day!

THE CANADIAN SHREDDED WHEAT COMPANY, 1ID.
Niagara Falls, Canada NABISCO

workers start their day with two Nabisco Shredded Wheat and milk every morning. It's made from 100% whole wheat, including all the bran, minerals, and wheat germ. It's ready to eat, —ready to give you all the nourishment and food-energy of pure whole wheat.

whole wheat.

Eat Nabisco Shredded Wheat,

### . SERIAL STORY WANT-AD ROMANCE

HELP CANADA KEEP FIT

the damage gets too great. May-Kay read it slowly. "What

> the paper say when you told him?" "He raised almighty-He was a bit perturbed," Ted amended.
> "Said that the paper took our cleaner had been thoroughly tested and was entirely harmless and was all that we said it was. When Flynn assured him that we would make good all damages he agreed to run this ad. But Wond b dead, killed. It committed sui-

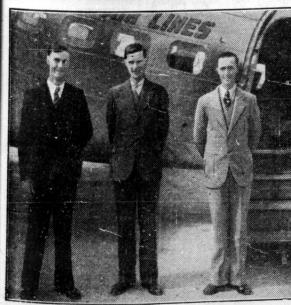
Kay nodded. "I know it. Something went wrong. Do you suppose Dad never tested it? Those labels on the can—"
"I don't know. We're in for a bit of trouble from the federal

government, too, Flynn tells me. But that's his worry. I've got plenty of my own."
"I don't know where we're go-

ing to get enough money," Kay said. "Refund on 2500 cans of Wondrosoap at 50 cents a can is \$1250. Each dealer will keep the profit he made for goodwill. We're out just \$500 and that's not counting anything for da-

As it happened, the damages were not as great as they had been expected. Ted's plan to free can sign for it made it easy to check up on 1500 purchasers—if sitting patiently at the telephone for eight hours a day, driv ing all over town and listening to complaints can be called easy. The dealers were glad to cooperate when Kay and Mary

## CHAMPION PLOWMEN TAKE TRIP BY PLANE



The Salada Tea Company's Championship class at the International Plowing Match held near Peterborough last Fall brought together top rank horse plowmen from all parts of the Province. Elmer Armstrong of St. Pauls (right), Gold Medallist, and Marshall Deans, Paris (left), Silver Medallist, accompanied by W. C. Barrie of Galt, are seen ready to board a plane commencing the valuable trip that was offered as first and second prizes. Time being an important factor to spriculturists, they elected to travel by air and within nine days they visited such points as Winnipeg, Portage La Prairie, Regina, Vancouver and Lethbridge. One of the highlights of their journey was the stop off at Portage La Prairie where they participated in the Manitoba Provincial Plowing Match, June 24th.

At experimental stations they visited and at meetings they attended, they were afforded the opportunity of exchanging and studying new ideas, particularly labour-saving devices and other aids to greater efficiency on the farm. The trip was arranged by Mr. J. A. Carroll, Manager of the Ontario Plowmen's Association.

Plowing Matches which are conducted by local branches throughcut the country, play an important part in the production of food for war, for they encourage the better plowing and cultivation of the land so essential for maximum production.

SUMMER DAYS ARE PICNIC DAYS By BARBAFA B. BROOKS

With the open road calling to hikers and cyclists, meandering meals are the order of the day, and that means picnics.

The soldier home on furlough will enjoy a picnic—home-packed style, as a change from camp rations.

Picnic lunches fall into two groups, the kind that is cooked on the spot over an open fire, and the kind that's packaged at home all ready to eat. For the packed lunch, sandwiches are the primary consideration. But for health's and variety's sake that's just the beginning.

Home-canned tomato juice is wonderful for just such occasions. Deviled eggs also perk up the shoebox lunch. For dessert, nothing hits the spot quite as well as fresh fruit — juicy oranges; ripe cherries; sweet, juice-filled pears and apples. There must be a home-made cookie or two to go with it, too—for nibbling along the way. Everyone adores the crisp, crunchy cereal kind, especially when it is rich with peanut butter, as in this new recipe for peanut butter

squares.
Sandwich fillings are seldom made from written recipes. They Sandwich fillings are seldom made from written recipes. They are a blend of the cook's ingenuity and whatever her refrigerator holds. If roast beef was the piece de resistance the night before, take the left-over beef, chop it fine, season it with Worcestershire sauce and a dash of horse-radish, and spread between two pieces of bread. Do the same with tongue.

Lamb, on the other hand, calls for less spicy treatment. Merely slice it, chop some of the mint that went with it the day before, and

slice it, chop some of the mint that went with it the day before, and add a thinly sliced piece of onion and a sprig of water cress. Should there be pork in the icebox, spread chopped sweet pickle over it, and add salad dressing and lettuce.

A change in bread does magic tricks with sandwiches, too. If A

A change in bread does magic tricks with sandwiches, too. If the bread is homemade, butter alone is almost enough filling. Here is a recipe for an unusual tea bread made with corn flakes. Spread with cream cheese, it makes a super, super sandwich:

Corn Flake Tea Bread

2 cups corn flakes

1 tablespoon sugar

1 cup milk

1½ tablespoons melted shortening

2½ cups (about) flour

Roll corn flakes into very fine crumbs. Crumble yeast into a bowl. Scald milk and cool to lukewarm temperature; add to yeast, stirring until yeast is dissolved. Add sugar, salt, shortening and half the flour; beat until smooth. Combine corn flake crumbs with remaining flour and add to dough, mixing well. Turn onto floured board and knead until smooth. Place dough in greased bowl, brush with melted fat, cover, set in a warm place and let rise until double in bulk. Punch down and shape into loaf. Place in greased loaf pan and brush with melted fat. Cover and let rise again until double in bulk. Bake in moderately hot oven (425°F.) 15 minutes, reduce heat to 375°F. and bake about 45 minutes longer.

Yield: 1 loaf (4½ x 8-inch pan). Yield: 1 loaf (4¼ x 8-inch pan).

Peanut Butter Squares

Peanut Butter

2 cup butter

3 pound marshmallows
1 (about 2½ dozen)

Cook butter and marshmallows in double boiler. Add peanut butter; beat thoroughly to blend. Put over-popped rice cereal in large buttered bowl and pour on marshmallow mixture, stirring briskly. Press into shallow buttered pans. Cut into squares when

Yield: 32 squares (2-8 x 8-inch pans).

sought their help. The girls explained in detail how Kay had inherited the business, how they what's in it." had taken it for granted that Tim Donovan would never have made Wondroscap without testing it fully, and how each dealer would be allowed to keep his profit provided the Wondrosoap was returned The dealers were nice about it all.

It was two weeks before the warehouse had its full quota of a million cans of Wondrosoap again. Flynn came out to see Kay

"I'm buying into this company "I'm buying into this company,"

If you'll let me," he said. "I'll

take care of all the costs and
damages for a fourth interest."

Kay refused. "I won't let you

I'll sail the

give me this money. I'll sell the factory, sell the land. We'll pay out. And we'll dump the Wondrosap in the river. You're awfully sweet, Mike, but I can't let you do this for me." "It's not myself alone," Flynn told her. "MacLeod and Goldberg ere in on this, too. The firm is

uying in.
"Listen to me, child. I knew your dad, better than anyone else. Tim Donovan may have made a lot of mistakes, but he would never have made one like this. I'm sure of that. I'm not doing this for you. I'm doing it for

as you thought they would be. My car was the only one hurt, thank heaven, and we'll write that off. The rest is principally clothing. We've got a signed release from every person who bought a can of the stuff—they signed it when they got their money back —and anyone who had a claim has been paid in full. It cost us about \$2000. We got off easy." "But, Mike-"

"We're not finished. We're in corporating this company You, Kay, as president and principal stockholder, will keep 51 shares. Ted will hold 25, and MacLeod, Goldberg and Flynn will get 24." "But we'll never be able to sell the stuff now," Ted put in, gloom-"The market has The product is no good. We're whipped. Kay's got the right idea. Sell the plant, dump the stuff in the drink."

Flynn waited until Ted was finished. He could see that Kay agreed with the boy.

"All right." Mike began,
"you've all had your say now. You're ready to quit without a battle.
"Listen to me for just a min-

ute. This stuff will clean metal. You've proved that. It will take the paint off metal clean as a whistle. You can look at my car f you doubt that. "So what? If you haven't got

an all-purpose cleaner, you have got a cleaner for metal. Sell it on that basis. There still is a market for a cleaner like that!" Ted's grin returned. "Say!
You're right! I never thought of
that angle." brightened momentarily,

then her gloom returned. "It might work," she admitted. "But how can we be sure that

Flynn had thought of that, too "You'll have to hire a chemist let him try it out, thoroughly, this time," he advised. "When we know all there is to know

we'll sell it again under a differ-ent name." He turned to Ted. "That will be your job, young man.
"Meanwhile we'll pay the bills and the chemist's salary until w get on a paying basis. That's just part payment for our interest."

about this cleaner Tim invented

Kay shook her head. "You're all being grand to me but I can't take it," she said "Ted is giving all his time to this job when he might be drawing good pay with a business that is not doomed before it starts. You and Mr. MacLeod and Mr. Goldberg are doing this, not because you have any hope of saving Wondrosoap, but because you feel

sorry for me.
"I'm licked, and I know when to quit. I can't ask you to go in on a losing proposition. I'll mort-gage this factory and site, hire he chemist as you say, Mike, but I'll do it alone. Then, if it fails again, I'll be the only one to take a loss."

"I'm sticking with you, Kay." Ted sounded determined.
"Thanks, Ted, but I can't le you. I'll pay you \$1000, salary and goodwill, for your quarter interest in Wondrosoap. I'll pay the other bills, too, Mike. Will you arrange the mortgage?" . . .

They argued for hours. Flynn was a wizard in a courtroom, but it took all his mastery to con vince this slim girl that he was not being charitable, that it was a sound business proposition bas-ed on his faith in Tim Donovan's ability. Ted used all his salesmanship

trying to sell her on the idea. They finally compromised. Kay gave in, with limitations. Under the new arrangement they were to hire the chemist as Mike had suggested, find out all they could about Wondrosoap. Then, at the end of a month all expenses would be totaled, and if the product was still a failure the factory would be sold. Any profits that re-mained would be divided after Teds salary was paid.

"The government is looking for a new site for a powder plant,"
Flynn said. "We could sell them this one, and we'll get more than the \$5000 we promised you at first. The building alone is worth more than that. We'll come out on top, child, if you'll just give us a little time."

Ted lingered behind after

Flynn had gone to start his car. He held Kay's hands tightly. "I'll stay with you just as long as you'll let me, Kay," he whispered. "This is more than just a business proposition with me. Don't you understand, honey?"
Kay smiled up at him. "I understand, Ted. But it's still strictly business."

(Continued Next Week)



Delightful desserts can still be served to the family—rich, nourish-ing custards, and blanc manges made easily and at little cost with

Use Crown Brand Syrup to save sugar: It's delicious as a sauce on desserts, on pancakes or with cereals, and is a wonderful sweet-ener for use in cooking and baking.

rans-who and smit-cheir in-d in for the is tru-for At ble ro-ch-war



How to Conserve TEA AND COFFEE

Here is a grand mealtime beverage with a delicious, robust flavor all its own. Instantly made in the cup - VERY ECONOMICAL.

POSTUA

STARCH

8 oz. size makes 100 cups.

Instant POSTUM There's a Reason

TABLE TALKS By SADIE B. CHAMBERS

Honey Recipes

I have many requests this week for recipes for honey as a substi-tute for sugar. And why not? Never in our lifetime have we ever heard such discussions on sugar rationing and now, that you all have your ration cards, you will be trying to use them to the best advantage. Do not be discouraged nor anxious for with careful cooking and no waste I believe you will find little change. After all we have been promised

sugar for canning.

Most of us eat far too many carbohydrates anyway. We are told that, along with our neighbors to the South of us, we are "a starch poisoned race" and sugar being the other carbohydrate we may be able to say much about it too. Certainly those who find they must have sugar, and several lumps of it, in tea and coffee and heaps on their cereals and "what not" are going to find they will feel much better in health and more able to perform the many tasks for "King and Country" which we are all going to be called upon to do.

I hope you will find these re-

cipes some help; they come from the Department of Agriculture laboratory at Ottawa. Honey Oatmeal Cookies with Date Filling

1/2 cup honey egg

cup fine oatmeal 1/2 teaspoon salt ½ teaspoon almond flavoring 1/3 teaspoon soda

Cream butter, honey and egg well. Add sifted dry ingredients and flavoring. Chill, roll and cut with a cookie cutter. Bake in a hot oven 7 to 8 minutes until a delicate brown. As soon as the cookies are cold, spread with date filling and put toger Honey Orange Custard

eggs tablespoons flour tablespoons honey cup milk tablespoons water teaspoon salt Juice and grated rind of 1

orange Beat egg yolks, add grated orange rind. Make a smooth paste of flour, water and honey. Combine with egg yolk egg mixture Beat egg yolks stiff, add milk to yolk mixture and fold in whites. Oven peach for 45 minutes at

275 to 300°F.

Makes 100 Cups

% cup white flour % cup honey teaspoon salt

cup milk egg % cup butter & teaspoons baking powder Mix and sift dry ingredients add milk gradually, egg wel beaten, honey and melted butter. Bake in a moderate oven in but-

tered gem pans for 25 minutes. Honey Orange and Carrot Marmalade Take six medium sized sweet navel oranges (skins only) and put through a meat grinder using the fine knife. To this add an equal amount of carrot prepared of the combined ingredients add two cups of water and soak over night. Simmer for two hours; remove from the stove and add the grated rind and juice of six again and simmer until a good jelly test is obtained. To each

cup of the pulp mixture add 1 cup of honey and ½ cup of sugar. Boil to 222°F.; let cool slightly and pour into sterilized jars. All honey may be used instead of part sugar but makes a sweeter marmalade. To make a jelly test strain off one tablespoon of liquid from the pulp mixture; let it cool; add one tablespoon of alcohol; mix and let stand for a few minutes. A

thick jelly like substance will form if the mixture has had

enough simmering.



ISSUE 29—'42