

ronto Symphony Orchestra. This

program will be carried by both the C.B.C. network and Station

CFRB, Toronto. CFRB in addi-

tion to the Sunrise Services an-nounced for Easter Sunday com-

mencing at 6 a.m. will feature a

special rendition of the "Crucifixion" Good Friday morning at

By way of contrasts, CFRB now offers two different and in-

teresting musical broadcasts on Saturday evenings. One, Seren-

ade in Blue, heard between 8.30

and 9 p.m. features the charming

voice and personality of Pat Bailey in popular and well known

airs, with music under the direc-

tion of Les Foster. The other

programme heard between 10.30

and 10.45 p.m. introducing Ben

ouis, an unusual novelty pianist

who lends a most individual and

distinctively modern interpreta-

The queen ant of Australia's

white ants lays at least 30,000 eggs

a day for a total of more than

tion to his piano renditions.

10,000,000 a year.

10.30.

British anti-tank gunners chalked up a tidy score against Rommel's forces on the southern Tunisia from, knocking out this trio of Mark III tanks and another pair not shown.

RADIO REPORTER REX FROST

ouncer . . . "Sinclair Lewis | Mendelssohn Choir and the To wrote a book called "It Can't Happen Here"—but a great many things that seemed fantastic four Suppose for instance, you were sitting at home with a friend, liso your radio, when . SOUND EFFECT . . Dance Music ap in volume then cut . . . and the voice of an Announcer: We interrupt this programme to bring you a special bulletin . . . "JAP-ANESE TROOPS HAVE LAND ED IN FORCE ON THE COAST OF BRITISH COLUMBIA" FOR FURTHER DETAILS KEEP

TUNED TO THIS STATION ... Then followed a brief conversation between two men and the incident was concluded by th announcer saying . . . Yes, we'd all feel like Bill if it DID happen here—we'd want to defend this Canada of curs with everything we had. The best way to prevent it, is to be strong enough to discourage the attempt, you can do your part by enlisting in Canada's Reserve Army . . . unquote.

. . .

Such was in part the script

which created a mild sensation following a broadcast from CFRB last week. Apparently some listeners hearing the first part of the minute and a half dramati spot didn't wait for the end. They rushed to conclusions . . . and also for their telephones to is room for argument as i whether or not such broadcasts are good psychology. The incident however, revealed one interesting point. That many people when faced with what they be lieved was a national emergency, rushed to their telephones; the did the very thing they had been asked by Defense Authorities not to do. In any real emergency it would be imperative that civil ans leave all possible telephone acilities for use by those organ-

. . . Most people agree that radio humour is a much needed tonic these days and offers welcome rehef from the more serious side of world news and discussion. One radio comedian whose Sunday evening variety half hour holds a stellar place in entertainment circles, has apparently issued a disturbing statement. Fred Allen has let it be known in radio circles that he is contemplating leaving the air for at least 6 months and is not prepared to say when he

izing the defense mechanism.

will return. In his own words Fred Allen mays . . . "I am going to take a rest. I've been in radio for eleven years and now I'm going to sit back and relax for a while"... To the average radio listener a half hour variety show such as Fred Allen presents every Sunday evening may sound a pretty easy job. Just thirty minutes of entertainment once a week, but it would be an eye opener to know now many strenuous hours of work go into the preparation of such a programme. Each week there must be new jokes, music, dramatic incidents and the framing of programme styling to suit guest stars. Such things are simply not just drawn out of a A half hour show of this type represents at least three and sometimes up to five or six full working days of writing and pre-paration. Then come hours of rehearsal. From one Sunday programme to another it's a steady grind into which must be sandwiched many other personal ap-pearance shows. It is rumoured that Fred Allen may switch to Hollywood for a while. Here's hoping the lure of the screen will not prevent his return to the airwaves next fall. We need all the good cheer that's possible these otherwise drab wartime days.

The Canadian Broadcasting Corporation as well as the private stations announce appropriate programmes for the Easter season. Throughout Easter Sunday special religious services will be broadcast by the CBC including morning presentation of the New Testament story of the Resurrection. Easter Sunday afternoon in part will be devoted to a rendition of Verdi's Requiem presented by the well known

LESSON SUNDAY SCHOOL

May 2 CHRIST'S CHARGE TO PETER John 21 PRINTED TEXT, John 21:15-24 GOLDEN TEXT.—Greater love hath no man than this, that a man lay down his life for his friends.

Memory Verse: O give thanks unto Jehovah; for he is good. Psalm 136:1. THE LESSON IN ITS SETTING Time.—April, A.D. 30. Place.—The Sea of Galilee.

Jesus Questions Peter
"So when they had broken their fast, Jesus saith to Simon Peter, Simon, son of John, lovest thou me more than these? He saith unto him, yea, Lord; thou knowest that I love thee. He saith unto him, Feed my lambs." There was a time, not many days be-fort this, when Peter was boast-An eight-wheeled German scout ear with two front ends-it has a driver aft as well as forward and ing of how loyal he was to the Lord Jesus, but all of his boastcan speed ahead or in reverse at more than 50 miles an hour—was in the military loot taken by ing proved vain and empty. Christ wants to know from Peter's own lips whether Peter really and truly now loves the Lord and After being repaired, the heav-

German Car Has

Two Front Ends

United States forces in their lat-

ed over the German markings.

Brass Trinkets May

The United States War Produc-

tion Board is trying to avoid it, but may have to carry a copper,

brass, and bronze collection cam-

out the trinkets, candlesticks, sou-venirs and whatnots that accum-

ulate in the average household.

as well as old curtain rods and the

metal from wornout weather-

| Same |

By William

Ferguson

proofing strips.

OUR RADIO LOG

 TORONTO
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 CKSO
 Sudbury
 790k
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GSD England 11.75m
GSE England 11.75m
GSE England 11.75m
GSE England 11.75m
GSE England 11.75m
CHEX Peterboro 1430k
GSP England 15.51m

The MONGOOSE

HELP

USO

NEXT: Elephant pants.

POP-Pertinent Pop

THE WHOLE SHIP WAS DOWN WITH MALARIA AND

WE IN AMERICA THINK OF SOY BEANS SA NEW DEVELOPMENT, IT THE CHINESE WERE ROWING THEM AS EARLY 2838 B.C.

6-17

WE HAD TO

TAKE IN

COAL

TO KILL RATS, FOUND DOMESTIC POULTRY MORE TO ITS LIKING AND BECAME, ITSELF, A SERIOUS PEST.

COPR. 1942 BY NEA SERVICE, INC.

CHING CODY

ONE CANNOT SEE WITH A GLASS EYE, ALTHOUGH IT MA LOOK GOOD," Says CARL L. CROOK, ASHEVILLE, N.C.

THIS CURIOUS WORLD

The drive would mean getting

est push.

ily armored scout car and cap-tured light German tanks were Peter's Grief "He saith to him again the in use on the battlefield with the white star of the Americans paintsecond time, Simon, son of John, lovest thou me? He saith unto him, Yea, Lord; thou knowest that I love thee. He saith unto him, tend my sheep. He saith unto him John, lovest thou me? Peter was Go Into Melting Pot grieved because he said unto him the third time, Lovest thou me! And he said unto him, Lord, thou knowest all things; thou knowest that I love thee. Jesus saith unto him, Feed my sheep.'

The address of the Lord, thrice repeated, recalls the first word addressed to St. Peter when he received the surname Cepha (Peter). The three could not but recall the three denials; and the form of this las question could not but vividly bring back the thought of the failure of personal devotion at the moment of trial. So Peter was tion was put again, but that this third time the phrase was changed; that the question was not same time put so as to raise ! doubt whether he could indeed rightly claim that modified love which he had professed. His grief lay in the deep sense that such a doubt might well be suggested by the past, even if it were at the

same time ungrounded. Men might reasonably distrust his pro-

fession of sincerity after his fall, but he appealed to the Lord using the words 'thou knowest.' Prophecy of Suffering . "Verily, verily, I say unto thee, when thou wast young, thou gird est thyself, and walkedst whither thou wouldest: but when the shalt be old, thou shalt stretch forth thy hands, and another shall gird thee, and carry thee whither thou wouldst not. Now this he spake, signifying by what man-ner of death he should g'orify God. And when he had spoken this, he saith unto him. follow me." This solemn prophecy of suffering is closely connected with the joy of love and restoration. In one way or another it will surely be thus with every true disciple of our Saviour. To each of us without exception He will assign some cross to hear for Him; to each He will say, in one way or another, "If you lov

Me, serve Me; and you shall suf-fer for Me.' Peter's Responsibility "Peter, turning about, seeth the disciple whom Jesus loved fol-lowing; who also leaned back on his breast at the supper, and said, Lord, who is he that betrayeth thee? Peter therefore seeing him saith to Jesus, Lord, and what shall this man do? Jesus saith unto him, If I will that he tarry till I come, what is that to thee?
Follow thou me."
What needs to be emphasized

What needs to be emphasized in our Lord's answer is that He tells Peter that John's course of life and his destiny are matters with which Peter has no need to concern himself. If God has a different eaguest for Lohn that is different career for John that is not Peter's concern. Peter him-self is an individual with a direct responsibility to God, and he must decide his course of action as a personal matter between God and

IS THAT GOOD FOR

MALARIA

3

himself. The words have a similar application to us all. Every course of action which presents itself to us must be decided upon directly by ourselves, our con-science and God.

Jesus' Will Made Clear "This saying therefore went forth among the brethren, that that disciple should not die; yet Jesus said not unto him, that he hould not die; but, If I will that he tarry till I come, what is that

Only when Peter was actually crucified in the year 64, was the prophecy spoken by Jesus con-cerning his martyrdom fully and positively understood. So with John -- the event would finally make clear just what the Lord's will concerning him was. The statement here made, therefore,

Me, said Joe, I take at Like lots of the last, here, The man who doesn't queer; And maybe he's better

NO.
Some day he'll stand

ours row."

He's hard as nails, and He lives his life by a An' he's got a kick ! mule.

Who many a Bosche broke? When guys like these Their rule of life is no Brockville.

Destroyer Ex

The United States No announced the las sleek, sturdy little between corvettes and stroyer escorts. Eac months (in contrast) for a destroyer). I

WESTERN STATE

HORIZONTAL Answer to Previous Puzzle Depicted state. WILLIIAMDAVIISLEY MILLIAMDAVISIS
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IRON 5 It has many 9 Cubic meters. 11 Placard. 13 Altitude (abbr.). 14 Born. 15 Perched. 16 Greek god of flocks.

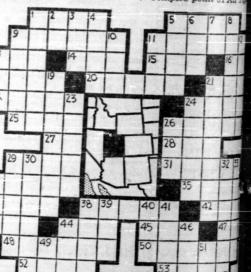
18 An agent.

20 Abdicate. 21 Principal.

22 Drunken god of the sky 3 Alder tree. carousal. 24 French river. 44 Courtesy title. 4 Mind. 25 Domestic 45 Beverage. 47 Adherent of (suffix). to the Alps.

slave. 26 Endures. 27 Suffix. 50 Hums. 29 Persian priestly caste. \$2,53 Its capital 8 Leave.
\$1 Intersect. ts — 9 Incline. VERTICAL 37 Hostelries. 88 Garden shrub. 1 Speaks. 42 Let fall. 2 Symbol for 43 Babylonian tellurium.

5 Ruminant 6 Hops' kiln. 7 Lieutenant (abbr.). 11 Greek letter. 12 Showers. 18 Paid publicity





"Guys Like Ti

Veteran Joe and Serp Were splitting a quart Canteen.
Old Joe was telling of a
When he lost his leg; In walked a lad with

And called for a disk. ade. Jean snickered and man cold eyes strayed To the Sergeant's snic, gan to fade. While his furrowed he glow. "HE ain't no milk-son,

means only one thing: it calls upon all to wait till such time as the Lord Himseif will make plain what His will concerning John is. In Peter's case, Jesus pronounced an actual prophecy; in John's he declined a prophecy, and left John's career and end wholly in the secrecy of His will. A Courageous Peter
"This is the disciple that bear-

oth witness of these things, and wrote these things: and we know that his witness is true." Peter did not know that he had come to one of the great crises of his life, and that from this time on he would be an altogether dif-ferent man. He had heard the Lord entrust to him a more sol emn task than ever the Lord had previously designated as his life work. He had even heard that day that he was to die a martyr, crucified as the Lord had been crucified for him. From this day on we behold a courageous Peter

Air-Sea Rescues

in place of the cowardly one of a

few days ago.

When United Nations planes, raiding from Britain, are shot up over continental Europe, the fliers know that their chance of escape is good if they can reach the sea before bailing out or crashing. In waters around England the Air Sea Rescue Service, with its speedy ambulance boats and specially equipped planes, has saved more cial job was than 1,300 air crews since 1940. ship convoys. MAKES THE

es, quickly and easily made with pure, high quality ada Corn Starch, are a delight with any luncheon

this time when canadians are unyou to the right is feel Right", these delicious desserts will prove a relecome addition to the nutrition foods featured by the National Food for Fitness Campaign. Follow banada's Food Rules for Health and Fitness. STARCH

of the CANADA STARCH COMPANY, Limited

HE HILT usual; and at present his only duty as gunner was to keep a sharp lookout and warn his pilot By Christopher Wren

, batteries of field

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Corps, not to men-

and a horde of camp

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HEADACHE

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JE No. 17—43

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of any change in the formation of the flight and of any signals CHAPTER I made by its leader. g Officer John Ver All was as usual until, a hundred miles from home and at as most others. twelve thousand feet, a most unthere was trouble usual morning cloud bank was eliontier was welcom countered, a fog white and dense, rumor, the trouble and of a blanketing thickness worthy of London itself. And looming above it and through the ng fakir known to officers as Ghulam fringe of it were the peaks of the of the kind that not mighty Lushgai chain of mounould only have been tain ranges. As the machine disdrastic measure as appeared into the fog Vere-Vaughan, already half frozen, merly necessitated cursed. Why had he joined the Air Force? nt of generals, Bri-Sepoy regiments,

What a life! Who'd be an airman? Thank God Tommy Lucke was such a great lad at the joy stick! One of the best pilots ever. Still, if another machina barged into him, or a mountain got up and hit him, what good would his skill be? The fog thinned, a break oc-

curred, and far below the ground was dimly visible. They were hrough the mountain range and flying over a wide tract of level country. And also they were

John Vere-Vaughan groaned in spirit. That almost certainly meant that there were five wrecks behind them; that in five steepsided ravines lay five tangled masses of fabric and machinery; five tangled masses of flesh and blood and bone. And the best one could hope for them was that death had been instantancous. Hullo, Tommy was diving sharply. Did he know exactly

where he was? Or was he going down to pick up a landmark? Presumably he knew this country
pretty well, but . . .

A quarter of an hour or so
later, Vere-Vaughan saw a big fort or fortified village on a pla-teau. Evidently Tommy recognized the place. Yes, that was it, or he would not have dropped to a thousand feet and turned.

Now for business. . . Four times the machine flew across the plateau, on each occasion dropping a couple of bombs. That the eight explosions would cause much loss of life was extremely improbable, as the Pathan rillagers would long ago hav made for their caves and natural bomb-proof dugouts which requir ed no digging, deep in the solid rock of the sides of the ravine that flanked the plateau near the village wall.

That was all to the good. One did not want women and children to suffer for the deeds of their outlaw-raider husbands, fathers, ons and brothers.

But for the fog there would

have been forty-eight bombs in-stead of eight, for carrying out the work of destruction and teaching the Singing Hadji of Sufed Kot that times were changed and methods improved — from the point of view of his enemies, at The fourth trip and the eighth

was going to be much good once they were into that stifling all-enveloping mist again. Like a blind man trying to run headlong

undreds of thousands e working in war plants, jobs in the factories, time to "give in" to through a trackless forest of trees. They'd certainly share the fate of the other five planes on the return journey. Those five — and the ten men who — it neuritic, or neuralgio then distress first starts reach into their pocket-take the tablet they didn't bear thinking of.
Hullo! What was that? can trust.

has helped millions. It's ective, dependable safest analgesics known. you have Aspirin. It costs a tablet in the economy pirin is made in Canada, in 'is the trademark of Company, Limited. If ee the Bayer crosson each

OINTMENT

There was a ragged velley of rifle fire from below, several bullets striking the plane.
Did the beggars know that th machine only carried eight bombs and had dropped them all? At any rate, they had evidently swarmed out from their caves, ducouts and hiding their caves, NOTES

dugouts and hiding places under the great boulders, on the ex-plosion of the last bomb. Good. The lesson could be driven home and the outlaws taught, that there was danger to more than their watch towers and walls if they came out into the open.

They'd forgotten the machine were ignorant of

gun, or perhaps were ignorant of the fact that the strange bird that laid the explosive eggs carried such a thing.
As these thoughts flashed

through his mind, Vere-Vaughan rose in his seat, seized the gun ring of his Lewis and glanced at Good God! What was Tommy

doing? Tommy was sinking down, as it were, in his cockpit. Tommy was collapsing, sagging, and swayin his seat and harness. And Tommy was bleeding copiously. Tommy had been hit. His head was nodding. Was he dead? No. For suddenly he had pulled the be the best thing to do? Had he better climb across and . . .?

Suddenly Vere-Vaughan's heart to freeze in his veins as he realized that the machine was out of control, that for no reason it was banking with terrific suddenness and steepness so that the rigging throbbed like harp strings, vi-brated and strained as if everything must come adrift.

And then it fell, spinning; spinning dizzily, like a whirling

dervish.

Just as the ground seemed to rush up at Vere-Vaughan to strike with hideous impact, the machine answered stick and helm, and though with a horrible jarring shudder, righted itself, swooped forward and began to climb. And as Vere-Vaughan drew a thankful breath of relief and felt

as if his heart had resumed its beating, new danger loomed ahead. Tommy was steering straight for the fog-blanketed mountains.

Again Tommy lurched side-ways, his head falling forward on his chest. But he pulled himself together once more. And about time too, as the machine, swift and straight as an arrow, flew towards the mist through which now loomed the vast wall of a mountainside.

For the last time Tommy's brave soul came up from beneath the swirling waters of Lethe, peered through the swiftly closing mists of death. He raised his head, opened his eyes, grasped the control column and changed the angle of the plane's direction in time to prevent a head-on crash; changed it so that the angle of the airplane's climb almost coincided with that of the mountainless eve and hand and foot ceased that of a terrific landing that sends the machine bounding and bouncing to its final somersault, than that crash which drives it in (Continued Next Week)

. 6 GARDEN By Gordon L. Smith

Big Croppers for Gardens garden as to the crops grown it. If tiny, say less than 50 feet square, then authorities advise concentrating on those vegetables row. This means small, compac things like carrots, beets, lettuce, beans, spinach, onions, radish, possibly a few staked tomatoes. With the first items, even 12 feet of row, if given a little attention in the way of thinning, cultiva-

tion, and perhaps watering and fertilizer, should produce many good meals for the fair-sized family. And as the rows can be spaced a mere foot apart, a small plot will grow a lot of crop. For suddenly he had pulled the joy tick back and put the nose of the machine up. But he was badly wounded. Could he last out to get home? What would be the best thing to do? Had he better climb across and ...? loosely to a six-foot stake it will ripen the fruit surprisingly early.

It doesn't pay to grow bulky things like potatoes in the tiny vegetable garden, and a winter's supply of carrots, onions, be etc., should not be attempted Corn and peas take up a lot of room but because they are never so tasty as when taken right out of the garden at the back door, sometimes even city gardeners try to squeeze them in.

Garden corn should be grown in hills about 15 to 18 inches apart. To supply the small family at least a dozen hills of corn are necessary, and from 40 to 60 feet of row of peas.

Transplanting
The three most important fac tors in successful transplanting are moisture, shade and the exclusion of air from the roots. planted is a tiny, young shoot from the next rov or a fifteen foot maple, experts stress the sible, they say, transplanting should be done on a dull day or evening. Soak with water around the roots and press the soil firmpoints mentioned. If at all pos-sible, and especially with big plants, shrubs and trees, regula and heavy watering are advisable, at least until July, with nursery

Moving a plant is something like an operation for a human being, and the larger the specimen the more necessary the attention. With shrubbery and trees, often main roots are cut and the shock is severe, Some pick-up in the way of quickly available commer-cial fertilizer will help at this time, merely a pinch for small things like tomato plants or asters, and perhaps up to a couple of handfuls for shrubs and trees. to utter splintering smash and

complete disintegration and de-struction.

GOOD EATING NEWS



Morning, noon or night, what could be sweeter than the heavenly Morning, noon or night, what could be sweeter than the heavenly aroma of All-Bran Maple Syrup Muffins perfuming the air that wends its way from the kitchen. The recipe makes its debut just in time to ring in a new run of maple syrup. You will find these muffins kind to your ration cards and very appealing to your palate.

All-Bran Maple Syrup Muffins

tablespoons shortening
cup maple syrup
egg
teaspoon baking powder
teaspoon salt
teaspoon soda

All-Bran Maple Syrup Muffins

1 cup flour

2 teaspoons baking powder

2 teaspoon salt

3 cup milk

3 cup milk

4 teaspoon soda

1 cup All-Bran

Beat shortening and syrup together; add egg and beat well. Add

milk and All-Bran; let soak until most of moisture is taken up. Sift

dry ingredients together; add to first mixture stirring only until flour

disappears. Fill greased muffin pans two-thirds full and bake in a

moderately hot oven (400°F.) about 26 minutes.

Yield: 8 muffins (2½ inches in diameter).

All-Bran Sugarless Muffins

2 tablespoons shortening

3 cup milk

4 cup sugar*

1 cup flour

1 egg

1 cup All-Bran

Blend shortening and sugar thoroughly; add egg and beat well.

Stir in All-Bran and milk; let soak until most of moisture is taken up.

Sift flour with salt and baking powder; add to first mixture and stir

only until flour disappears. Fill greased muffin pans two-thirds

full and bake in moderately hot oven (400°F.) about 30 minutes.

Yield: 8 large muffins (3 inches in diameter) or 12 small muf
fins (2½ inches in diameter).

*NOTE:—½ cup corn syrup may be used instead of sugar if

milk is reduced to ½ cup.

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SONG BOOK

OTHER SONGS the book contains Rose of No Man's Land Where Do We Go From Herel File Star Spangled Banner O, Canada! John Pee!

La Cucaracha
Santa Lucia (Here in the Twilight)
Volga Boat Song
When Love is Kind
Home on the Range
The Band Played On
Down by The Old Mill Stream
I Don't Want to Play in Your Yard
Tm Always Chasing Rainbows
K-K-K-Katy
Beautiul Heaven (Cleiito Lindo)
Cradie Song (Brahms)
Dream of Love (Liebestraum)
I'll Sing Thee Songs of Araby
Just A-Wearjin' For You
Short'nin' Bread
Who is Sylvia?
Beautiful Dreamet
I Dream of Joshe With Light
Brown Hair, etc., etc.

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boiled and mashed add butter. TABLE TALKS

SADIE B. CHAMBERS

Your Easter Dinner Each week it seems just a little

more difficult to prepare anything in new menus for company or our seasonal festivities. However, think almost everyone is taking a very sensible attitude. If we are requested to save food for our armed forces and our allies and help to hasten the end of this hor rible turmoil, then let us be about

With this in mind I am writing you about your Easter dinner. It is simple and I hope within the limits of everyone's rationing. Easter Dinner

Baked Ham - Raisin Sauce Potato Rolls - Pickled Beets Spinach with hard-cooked egg Garnish Salad of spring greens-endive cress, onions, radish and lettuce

Orange Fluff Beverage of Choice Ham baked, boiled or broiled has always been a Canadian favo ite, because of its flavor and juiciness. We are fortunate today in having a number of new processes of curing and smoking which adds a new zest to Ham and adds a new tenderness, juiciness and sweetness. The new processed hams really do not require the scaking before cooking, but if you wish soak one-half hour in cold

water.

Give your ham a long slow baking, allowing 25 minutes for each pound. Fifteen minutes before serving remove the rind and water. spread with a coating of brown sugar (1 cup), 1 teaspoon of mustard and ½ teaspoon ginger. If you wish insert cloves diagonally and return to the oven for 15 minutes. The remainder of the ham may be used in many interesting ways during the week,—sandwich fill, ham croquettes, etc.

Raisin Sauce % cup raisins cup water or 5 cloves

syrup ieaspoon cornstarch Few grains pepper tablespoon butter tablespoon lemon juice

14 cup brown sugar or corn

teaspoon of some meat sauce. Cover raisins with water, add the cloves and simmer for 10 min utes. Remove the cloves. Add sugar, cornstarch, salt and pep-per mixed together. Stir until ing ingredients. Potato Rolls

Boil the potatoes in the usual way for mashed potatoes. When

milk, salt and pepper; beat, being sure all lumps are removed. Have the bake board ready covered with rolled crisp cornflakes. Shape potatoes into rolls about two inches in length dotting the ends into the rolled cornflakes. Place in rows on a slightly greased ate oven for 20 minutes before

better if cooled off to a temperaure a little less than lukewarm. Orange Fluff tablespoons lemon juice

teaspoon grated orange rind % cup orange juice

tablespoons sugar

egg white 2 egg whites
1 teaspoon gelatine
3 cup cold water
Mix lemon juice, rind, orange
juice, sugar and beaten egg yolk.
If you like a jelly not too firm,
but of a creamy consistency, fill
up the two-thirds full cup of

orange juice with water. Cook over boiling water stirring constantly, until mixture thickens. Add gelatine soaked in cold water. Chill until mixture thickens slightwhites. Pile into serving dishes and chill. Four servings.



Improve Your Health

This Way is Swift, Economical Few conditions can wreck your health faster than disordered kidneys and inflamed bladder. Your back aches miserably. You have restless nights. You suffer leg cramps and rheumatic pains. When these things happen your kidneys need help in filtering out acids and poisonous wastes that are undermining your health.

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