TABLE TALKS

Pressure Cooking

Cooking under pressure has been practised for many years by home-makers throughout Canada. They have been able, in the canning season, to appreciate the advantages of this method, and, since the principle involved is the same in the new smaller pressure sauce-pans, they are ready, willing and

able to use them.

Time is a factor of great importance to every homemaker since there never seem to be enough hours in a day to accomplish all the tasks that fall on her shoulders. So, if this new method of cooking did nothing but shorten her time spent over the stove in the kitchen, it would then and there become a favorite. Since it also produces foods with good fla your and colour, it pleases the whole family and does something towards keeping mother less tired and in good humour.

Barbecued Spareribs 2 lbs. spareribs 11/2 tablespoons fat

2 cups canned tomatoes Salt and pepper 1/8 teaspoon curry powder Dash of cloves

1/8 teaspoon of paprika Dash of celery salt or 1 tbsp. finely chopped celery 3 tablespoons chopped onion 2 small carrots thinly sliced

1 teaspoon H.P. or Worcestershire sauce Cut spareribs into servings. Melt fat in pressure saucepan and brown meat thoroughly on all sides. Add tomatoes, seasonings and vegetables. Follow directions given by manufacturer and cook 15 min utes. Thicken gravy if desired. Four-six servings

> 2 cups white navy beans 4 lb. salt pork diced or smoke pork fat 3 tablespoons brown sugar

Baked Beans

3 tablespoons molasses 11/2 teaspoon salt 1/2 teaspoon mustard 4 cup chopped onion 2 tablespoons catsup

21/2 cups water Pick over beans and soak in wa ter overnight. Drain and put in bottom of pressure saucepan with all the ingredients. Cook for 50 minutes. Six servings Braised Oxtails

2 lbs. oxtails, cut in 2" pieces 4 cup flour 1/4 cup fat 11/2 cups hot water 1 teaspoon salt

1/8 teaspoon pepper 1 teaspoon celery salt Piece of bay leaf

11/2 cups diced carrots 1/2 cup chopped onton Wipe meat, trim off excess fat Saute in the hot fat in the pressure saucepan until well browned. Add water, tomatoes and seasonings and cook under pressure for minutes. Cool pressure saucepan according to directions given by manufacturer, add vegetables and cook under pressure for 5 minutes NEW TERRORISM EXPLODES IN PALESTINE



British soldiers examine wreckage of a barracks that was blasted when two Jewish terrorists blew up a police station beside British headquarters in Tel Aviv, killing four British policemen and injuring

CHRONICLES OF GINGER FARM

By Gwendoline P. Clarke

Signs of spring at Ginger Farm! | turning down cakes and cookies galore as they were passed to you while you thirsted for the second stalks of asparagus two inches high: a few clusters of rhubarb leaves; 300 chicks — minus six — running cup of tea that never same? Or perhaps the tea arrived but the around in the brooder pen; two cream and sugar didn't. Don't you think at all these social affairs the new calves at the barn; an almost empty coal bin; a mother robin tea or coffee should be the first consideration? Generally the room door on the outside; a long black or hall is crowded; one gets hot, cobweb hanging from the front door on the inside; the beginning tired and thirsty, and one antici pates longingly that good, hot cup of daylight saving time-and the date on the calendar. of tea which we hope is in the offing. More than once when 'eats" Signs that are not of spring! At have come around time and again without the cups being replenished

ight-out of doors-one's breath s as visible as the steam from a boiling kettle; white frost on the roof tops and on the grass; thin ice on puddles and water furrows; goose flesh on one's person as one rises in the morning to put on the fires; bare trees and a cold wind blowing; and . . . oh well, let's skip it — let's talk about something pleasant.

Something pleasant? Sure that's easy. Last Thursday, for instance, was invited to a special meeting of a local branch to celebrate the Fiftieth Anniversary of the Wo-men's Institute in Canada. I was a little dubious as to whether I should go since I am not in the habit of leaving chicks for any length of time for the first two weeks. However, Partner thought he could look after them-so away we went (my hat and I!) with another member for company. I was glad I didn't miss it. It was a wonderful meeting; friendly, well organized, a good programme provided, and finally there was the tea, which was well served, dainty and abundant. I describe the tea in that order because, to my way f thinking, it is a matter for com-

ment. Probably everyone has been at teas and lunches where the food supply was more than enough but Haven't you had the experience of

(A)

at it too. I have seen it happen so Harking back to this crime of self-pity. I must confess I have been indulging in it quite freely while typing this copy. The rea-son? Yesterday I cut my finger on a sardine can. The cut is deep, ragged and right on top of the finger. Try typing some day with a sore finger and you will know what I mean. Even when I sort of wrap it around the next finger i gets in the way. And if I accidentally use it to tap a key

I have felt like shouting-"Give me

However, at this tea there was

nothing like that. Everything was

just perfect—including the marvel-lous birthday cake which was made

by one of the members. There wer

also African violets-in pots-to

decorate the tea table. Big, full-

blooming plants that were the envy

The guest speaker chose as he

topic the evils of self-pity as com-

pared with the fulness of life which

comes from living and working for

others. If an illustration were needed it could surely have been found

in this particular branch of the

couldn't have been planned if the

women had indulged in self-pity.

In fact the branch, as a whole, which is now a live and energetic

organization, is actually in existence

because women during the past fifty years, had given of their time,

their work and their enthusiasm.

Listen-I hear a tractor! That

neans one of our neighbours is out

ploughing. Partner must have heard

he is going up to the back field

to see what the land is like. Farm-

ers are all alike. Let one of their

number start ploughing, seeding.

rest cannot be happy until they are

nowing, or cutting crop, and the

This birthday celebration

of nearly every woman present.

tea or I die!"

Partner is back from his tour of nspection. He reports the remains of a snowbank in one fence corner hepaticas in another and more work verywhere than he likes to contemplate. But the ground is de finitely not ready to plough.

Lost Spring

"Measure your health by your ympathy with morning and spring. If there is no response in you to the wakening of Nature, if the prospect of an early morning walk does ot banish sleep, if the warble of the first bluebird docs not thrill you, know that the morning and spring of your life are past. Thus you may feel your pulse."—Henry D. Thoreau.

ISSUE 19-1947

REG'LAR FELLERS-The Hard Way

ordon Sinclair Jr., of Etobicoke High School. The younger Gordon has been filling the shoes of his famous father, Gordon Sinclair as a newscaster at CFRB. Toronto, hile his pa is on vacation in the

Gordon Jr. handles the newscast ng very well, and, if he so desires, will likely wind up with just such a job some day. Besides attending Etobicoke High School as a stupaper, writes a column for Canadian High News and another weekand then does the daily broadasting stint in the bargain. In his late teens, young Sinclair is on the threshold of a good journalistic career and no one can argue but that he is off to a good start Bes of luck, Gordon. . . .

Also in the spotlight this week is Mary Lou Dilworth, teen-age student of Oakville Collegiate, Toonto, who writes a cupid-advice column for the Canadian High News, a student weekly that cit culates the province. Mary Lou vas recently featured in a two-page spread in the New World magazine .On top of that, she appeared a few weeks ago as a guest on the ple," and had a nice trip to New fork out of the deal. Seems as if quite a crop of juniors are aspir ing to the writing field and, believe me, a by-line at the top of a regular column at 17 and 18 is nothing to sneeze at, and doesn't go unno-ticed either. Many of you reading this, have already written to Mary Lou for advice on your love mixups and what-nots and the little gal that jots down the answers is doing a swell job of it. . . .

The Weston teen-club recently hit the news pages the hard way, with some of the members having number nines planted in their faces and their noggins bumped against the floor. You no doubt heard about it. A few rowdies decided to enter a dance the club were having, (loaded down with laughing soup) and when refused admit tance, started to play rough house. A night in the cooler no doubt made the bad boys feel different about the whole thing. . . .

We are in receipt of a poem from a local who dared us to use it. Although a little zany it contains a little truth, so here it is: 'TIS SPRING

The snow is gone and spring is The rains have come and it is drear The grass is turning and the buds

Mom's a cleaning, pop has the gout, he clouds go sailing far and near. But anyway, spring is here.

According to some figures we read recently (and we can't remember just what they were) crime is on the down-swing. Believe it or not, there were fewer arrests in 1946, than in '45 in one of Canada's largest cities. Crime among

the juveniles is letting up at last. Fewer cases of break-ins, drunkenness and the sordid type are reported, all of which is very nice to hear. How Canadian youth compares with that of the U.S. in crime actions at the moment. gether to keep all Canadian crimes . . .

Down near the south-west corner of Ontario is a place known as Kingsville. To most of America it is not known as Kingsville, but the Jack Miner Bird Sanctuary. If any of you teeners are planning trip this summer in that vicinity, by all means go down there and visit this famous spot. Big plans are being made for the sanctuary by Manley F. Miner, son of the late Jack Miner. This memorial to a great lover of birds is one of he beauty spots of a province. We haven't been there for a num-

Sounds Libellous

The average housewife leaves half a million germs on a dish after washing it, says a bacteriologist Germs should be rationed. -Hamilton Spectator

TEEN-TOWN TOPICS

with the doings down there and we know that if you visit the Jack Miner estate you will remember it as a visit well worth the time. . . .

It seems as though we just get started on this column when we have our space filled, so we'll run along for now. Don't forget that those bird houses you built last winter should be out now. Almost dent, he is co-editor of the school any night from 10 p.m., on you can hear the Canadian geese honk-ing overhead as they fly to their northern playground for the summer. If you can remember, bend an ear some night and when you hear that sound from above it will give you a thrill-see if it doesn't.

S. Army ---

8 Behind

17 Simple

22 Zodiacal

24 Lincoln's

nickname 26 Insurgent

kingdom

English (ab.)

15 Postpone 16 Baronet (ab.)

deity

1 Finer 2 Within

6 Appear

U. S. Army Unit ROSCOE 1 Depicted is 61 European fish (pl.) VERTICAL KARNS 3 Wealthy men 4 Powerful explosive (ab.) 23 It is an -5 Him of the U. S 45 Weary Army

8 Paid notice 19 Cloth measure 9 Honey maker 29 Make amends 50 Philippi 34 English river 11 Symbol for 38 Armed 18 Half-em 39 Greek 21 Driving

30 Elder son of 22 Gormandizer 44 Either 31 Let it stand 34 Formal public 39 Spanish name



families than ever before.

their baking, when used as a sweetener.



Hipline Variety

There is endless ve

TOO WEAK DO ANYTH

LYDIA E. PINKHAM'S

philosopher 57 Senior (ab 41 Looks askance 58 Diminutive of Edward

Before (prefix) 49 Near 51 Ceremony 52 Symbol for tellurium 53 Pertaining t a tela
56 Musical note
57 More rational 59 Masculine



For generations Crown Brand Corn Syrup has meant the syrup with the delicious flavous

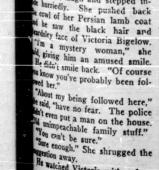
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MONTREAL - TORONTO Also Manufacturers of Canada Corn Starch

By GENE BYRNES





"It's late," he said, breaking the silence. "You came to see me about something. It must be important for you to call at this hour. I hate to hurry you, perhaps you'll tell me what this is all about." She turned abruptly and came

over to him.

"I want you to do something for

"What can I do for you?" His

woice was urgent and exasperated.
"Well"—she fumbled for a phrase get this straight. Any cop or or lawyer is going to know -"you'll probably have an-an op-portunity to go through Curt Vallaincourt's things, won't you?"

He looked up, pursing his lips phoney. You should have "We-e-ll." Better not tell her the pains with it if you cupboard was bare. your story to stick. You're lady. I think you're going "There is something of minein a worse one. You're makthat is, Curt had some letters that belong to me. I thought—"
"That I might take them out little gamble on your own etter tell me what f from under the eyes of the police? I'm afraid I wouldn't have the

chance. By this time, the place has been gone over with a vacuum "But they wouldn't just be in any ordinary place. I'm sure he had a out his wrist as if timing her hiding place somewhere in that

me woman who came there

lightest idea who could have

checking up on him. No, who-

was watching evidently had

e It was hardly rational, be-

you'd think the only person

om it would matter would b

dn't come any more. Hence

hich she had found.

played with the idea that

cret look behind the mascara

chair. At the door, he

his dark-eyed face all sharp

rol the hardness in his voice.

saw fear burning bright in her

he had to get through to her.

and placed it on a nearby

"call me at the

now. I mean

ding back some

you, you are deal-

Miss Lynn. You

screamed. "You

ng something, I can

yself. What're you

sounded in the outer

ee in the morning He

ail, and wondered who

alling at that hour. Sharp

old him it was a woman

the stairs. The head

swathed in furs, with a cowl

then the figure of a

nost of her face, rose

he pushed back

ian lamb coat

ice door, looked out

McCale looked at his watch

out! Get out!"

know a lot. Well, what

now? Just a lot of bunk I

You think you can scare

ittle blackmail, maybe

nd edges in the light.

all?" McCale asked.

Vallaincourt confide in

that only Veronica went

rself. Lately the wom-

someone disguised as

e didn't know, hadn't

She denied she was the

apartment. A wall safe or-or something." watch. It was five minutes "I doubt it. It seems perfectly obvious that you have already She surprised him by belooked in every available place."
"Why I-" ng to talk almost immediately had found the wig at Vallain

". . . Tut, tut. Your intonation gave you away." "My, you're clever, aren't you?"
"Let us say-well-trained. You isited Vallaincourt often?" "No I-well, that is, I went there once in a while for cocktails, with a few friends." She was on her guard now. "Often enough to look about for something that was mine.' "Vallaincourt was hanging onto vour correspondence."

"Oh. no." "Then why didn't you just asl "I did, but he'd only laugh an say he'd give them all back when She caught herself. She bit her lower lip suilenly.

"When he was safely married Veronica Bigelow, I'll wager."
"You're quite the Sherlock, aren't you, mister? Listen, can I or can I not buy your services? I wan those letters. Do I get them?" She moved closer to him and stared him in the face boldly, viperish intensity in her eyes. a moment, McCale gazed deeply into her vicious little soul.

"Not from me." His voice wa He turned away from her with a brusqueness intended to conve that he was through with their little

He spoke quietly. "I'm sorry. wish you'd take my word for it that there are none of your letters letters of any kind, in fact." She eyed him narrowly. "You've

"Thanks, but ! don't believe you. "All right," he went on wearily, don't believe me. But I assure you, there is nothing there. There's not a wall safe or a sliding panel in the whole shebang." "The police—"
"I hardly think so. I was there

before they arrived." To Be Continued Colour Blindness

Color blindness is mentioned b modern medical science as a serious handicap these days of speed and multiple machinery. Defective color vision is usually hereditary, and is more common among males than

While little can be done in some cases, authorities say that defective color vision is sometimes a sympton of a complaint which can be cured, and those who have difficulty in distinguishing between the primary colors are urged to consult their physicians, since their trouble may arise from correctible deficiency

BRITAIN'S BATTLE FOR FOOD BEGINS



Except for the modern tractor in the background, this photo might be a painting of "The Sower" by Jean Fancois Millet. It show Alfred Cross, a Caterham, England, farmhand, sowing barley. H Alfred Cross, a Caterham, England, farmhand, sowing barley. He is one of thousands of British farmers who work from dawn to dusk to make up for over six weeks lost in Britain's battle for food, due to disastrous winter weather and floods.

smouldering within her, and until

that is extinguished she cannot persuade herself to view any other male as husband material. Yet she confesses she is afraid

to dismiss the man her family approves, "for fear I won't find anyone else!"

anyone else!"

A generation or so ago, if a girl reached the age of 25 without being married her fate was sealed. The custom of marrying early still exists in many families, and they insist the tradition be upheld. If a daughter rebels, she is practically an outcast, discouraged in any career that may ap-

aged in any career that may appeal, and treated as a disloyal

member who refuses to accomp

member who refuses to accomp-lish her main purpose in life!

It takes stubborn courage and a deep faith in on's self to fight the whole family and still keep its good will. Something tells me this girl has both, and that she will keep on nourishing her

bers will soon return, and with

love in his heart.
To "Diana": Some of the hap-

piest wives I know did not marry until they were 30. Don't let your family get you down. Let this boy know he has no chance

with you, but keep him as a friend if he and your people in-

sist. Meanwhile, strike out on

your own, study and make some-thing of yourself, and let the

pound, which makes a price rise of

233 per cent in six months.

question of marriage wait.

hope that the man she re

ANNE HIRST -Your Family Counselorher love, but there is a small hop

Family: Don't Force Loveless Marriage

'MY FAMILY thinks a girl of 21 should be thinking of marriageand I myself don't like to think maid!' So here herself in knot because she fears that plur little guy with wings and a

arrow may -for dancing, parties, movies and sports-dating first one lad and then another and taking her own * good time to make a choice. In stead of which, egged on by at impatient family, she regards the whole male sex as potential husbands. No wonder she's "mixe

up and worried and doesn't know where to turn!" Her family, o course, have the perfect husband all polished up and waiting or her doorstep. A nice young char * with a good job, who has all the except that th

girl doesn't love him. • LOTS OF TIME Why doesn't she love him? Ah, that's the secret. Another lad is enshrined in her heart, one who's been away, and whom she hasn't seen for a long, long time. She

Price Up 233 P.C. The cocoa bean, source of ch olate candy, has risen as much or more than any other commodity C.N.E. BULLETIN a pound. Today it costs 30 cents

Will Win \$100 Are you to be a bride-to-l Could you use an extra \$100 If so, there's a Bride's Budget year. The winner will net \$100

Bride's Budget

ash prize money. Prospective brides enterin budget competition may tain entry forms by writing xhibition headquarters at th N F Grounds Toronto. Ail entries must state t ide-elect's five rules for happy narriage. Costs of all trousseau items should be listed or the wedding budget, as well as he cost of linen and the amount he bride-to-be expects her pa nts to spend on the wedding Judges for the bride's compe

ition will be a group of happi narried women. Kate Aitken, Director of Women's Activitie points out that arrangemen have now been made for similar arments indicated in the prize ning budget to be displayed for all C.N.E. visitors to see. Bright young ladies of toda are careful to make up their wedding budget in black and white. Some clever bride-to-be will win \$100 for her wedding



Sunday School Lesson

The Struggle Against Baalism 1 Kings 18:20-21, 30-39. Golden Text.—Hear me, O Lord, hear me, that this people may know that thou art the Lord God, and that thou hast turned their heart back again.—1 Kings 18:37.

All through the Old Testament runs the story of the conflict be-tween true worship and the wor-ship of idols — the moral and ntelligent worship of the Supreme Being and the superstitious bowing to wood and stone.

It was a boldly noble conception in which man dared to say that he

was made in the image and likeness Wherever men had this concep-tion of God, no matter how dimly

they perceived it, they were lifted toward something better. Contrast this with the pagan and his grotesque and ugly objects of

But the people often turned from the God of their fathers to worship graven images and to practice idolatrous rics. This is not true, of a few. These were humble and lowly saints and the great prohpets. The Lord reminded Elijah in his mood of depression, following his great victory against the prophets of Baal, the sun god, that there

were 7,000 who had not bowed the knee to Baal. Why were the people drawn to idolatry when their religious heritage ought to have kept them true? For precisely the same reason that people turn to false gods and false ways today-the line of least re-It was the way to indulgence and immoral allurement. The heathen rites had licentious and morally degrading aspects.

What does all this mean in terms of today? The idols and images are different, but the allurements and the moral degradations are the same. Every daily paper, as its news columns reflect the moral, social, and religious life of our time, reveals how paganism is in

And it is true, as it was of old, that sin seeks out individuals and peoples. False gods and false wor-ship can destroy us as surely as they destroyed of old, unless the good that is in us prevails over

Shield Baby Eyes

Even when a baby is old enough for sunbaths, the eyes should be given special protection, say the health authorities. An infant should be shielded from direct rays of the sun until able to move about easily. Doctors suggest that the baby be placed with feet pointing away from the sun, so that eyebrows and upper lids shield the eyes. It is also a good idea to line the hood of a baby carriage with some dull, preferably dark, material.

2,000,000 Lambs Lost

British hill farmers lost 2,000,000 lambs in last winter's severe weather instead of the original 250,000 estimated by the government, it was revealed in the House of Com-

RICH, CINNAMON BUNS



Recipe

FE

Dissolve 1 tsp. sugar in ½ c. n.kewarm water, add 1 envelope Royal Fast Rising Dry Yeast. Let mixture stand 10 min. Then stir well. Scald
½ c. milk, add 3 tbs. shortening, ¼ c. sugar, ½ tsp.
salt; cool to lukewarm. Add
1 c. sifted flour to make a batter. Add yeast mixture and 1 beaten egg; beat well. Add 2½ c. sifted flour, or Add 2½ c. sitted flour, or enough to make a soft dough. Knead lightly, place in greased bowl. Cover; set in warm place, free from draft. Let rise until doubled in bulk, about 2 hours. When light punch dough down; roll out into oblong piece, about ¾" thick. Brash with 3 ths. melted shortening or butter. melted shortening or butter. Sprinkle with 3/4 c. brown sugar, 1½ tsps. cinnamon, ½ c. raisius. Roll up length-wise in a tight roll; cut in 1" slices. Place cut-side up, 1" apart in greased shallow baking pan. Cover; let rise in warm place until light, about 1 hour. Bake in 425°F, oven about 20 minutes.



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Solve your milk problem

"If you don't know," says Elsie

this easy way