Help The + Red Cross

"SALADA" TEA

TABLE TALKS

Jane Andrews.

I've heard several women who live in small towns complain because they find it almost impossible to get real rye bread—the kind that the big commercial bakeries don't make, but which you can find in most big city delicatessen stores.

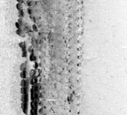
On the chance that some of the readers of this column feel the same way here's a recipe for the real thing. Probably the quantities given in the recipe will be too big for most of you—especially for a first trial, but they can easily be cut down proportionately.

SWEDISH RYE BREAD

1 quart buttermilk or sour milk
1 teaspoon soda
1 pint water
2 tablespoons shortening
¼ cup sugar
2 tablespoons salt
½ cup medium dark molasses
6 and ½ cups rye flour
7½ cups white flour
2 cakes compressed yeast dissolved in ½ cup warm water with 1 teaspoon sugar.

Method. Put water, shortening, sugar, salt and molasses into a saucepan and heat until all is melted. Put buttermilk into large breadmixing bowl. Add soda, then add the hot liquid mixture. Mix well, add rye flour, then add yeast (which has been dissolved). Add the white flour.

Knead in with the hands until thoroughly blended. Let rise until double in bulk (about two hours). Turn onto floured board, knead, shape into loaves, using enough flour to keep from sticking. Put into greased loaf tins and let rise until double (about one hour). Bake in a medium hot oven for 50 to 60 minutes. Grand, either "as is" or toasted.



The burnt sugar cake I'm going to tell you about now was, for many years, an "extra special" at the famous market down in Vicksburg—and may be yet for all I know. Your first taste, I'm pretty sure, will tell you why it is so popular in a land famous for good eating.

BURNT SUGAR CAKE

Mixture No. 1

½ cup sugar
¾ cup hot water

Place sugar in skillet over low heat and stir constantly until it is melted and dark in color. Add hot water gradually, stirring until sugar is dissolved. Cool.

Mixture No. 2

½ cup fat or shortening
1½ cups sugar
3 eggs
3 teaspoons baking powder
3 cups flour
½ teaspoon salt
1 cup water
1 teaspoon vanilla extract
Caramelized syrup (Mixture 1)

Method. Cream shortening. Add sugar gradually, creaming until light and fluffy. Add well beaten egg yolks. Mix thoroughly. Sift flour, baking powder and salt together. Add alternately with water to first mixture. Add vanilla and syrup. Mix to a smooth batter. Fold in stiffly beaten egg whites. Pour into greased, paper lined pans. Bake 30 minutes in moderate oven (375F).

* * *

Some hints on fudge making may not come amiss, especially with the younger generation, and more especially because these following hints will produce fine fudge far more quickly than other methods. You can hurry fudge in these ways:

1. Put in 2 tablespoons of corn starch to make it thicken faster.

2. Pour it out on a LARGE, well greased platter for quick cooling.

3. Put the platter on a cake rack so air can circulate around it.

4. Put lumps of butter ON the platter instead of IN the fudge. You beat it when the platter is cool enough to hold comfortably in your hand. And if you use half brown sugar it will keep the fudge from getting grainy because of the fast handling.

Modern Etiquette

by Roberta Lee

Q. At a church wedding, on which side of the main aisle should pews be reserved for the bride's family and the bridegroom's family?

A. The left side for the bride's family, and the right side for the bridegroom's.

Q. What is the limit in knives and forks when a table is correctly set?

A. Two knives (sometimes three), and not more than three forks.

Q. Does the man or the woman make the first offer to shake hands when being introduced?

A. The woman, always. However, she should show no sign of hesitation should the man offer his hand first.

Q. What is the order of recession at the conclusion of a church wedding ceremony?

A. Just the reverse of the entrance. The bride and bridegroom should lead, followed by the bridesmaids and ushers.

Q. How should guests be seated at a luncheon table when there are no place cards?

A. The hostess may designate their places as they approach the table.

Q. How soon after the announcement of an engagement should a young man's parents call on the bride-to-be?

A. Within a day or two, if possible.

Q. When rising from the table, should one push his chair up to the table?

A Yes, slightly, to keep it out of the way of other persons. He should not leave it back two feet from the table, nor should he place it back meticulously.

Q. When a man is writing a letter to a woman with whom he is but slightly acquainted, should he close the letter with "Sincerely yours"?

A. "Very truly yours" is preferable.

Q. Should one offer a tip to a Pullman conductor?

A. No; only to the porter.

Q. Is it permissible to supply a word which seems to elude a friend who is speaking?

A. While this is very often done, it still is considered ill-bred.

TINY FALCON ISLAND

Falcon Island — small uninhabited volcanic member of the Tonga group — has disappeared.

This advice was contained in a signal to the navy office at Wellington from the naval frigate Hawea.

The Hawea reported indications of underwater volcanic activity and a strong sulphurous smell when it reached the spot where the island used to be.

Falcon Island was heaved up by a volcanic eruption in October, 1885.

A pair of pretties for your Glamour Child! One, in stripes, makes her the best dressed child in class; the other with eyelet bands is adorable for parties!

Pattern 4900 in sizes 2, 4, 6, 8, 10. Size 6 takes 2½ yards 35-inch striped fabric.

This pattern, easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send TWENTY-FIVE CENTS (25c) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send your order to Box 1, 123 Eighteenth St., New Toronto, Ont.

Got "Knifed" Early—Little John O'Donald was born with his heart on the wrong side, his stomach standing on end, most of his digestive organs pushed into his chest cavity, and his left lung squeezed tight. Rushed to hospital his organs were set right by a surgeon less than 24 hours after birth. When this picture was taken Johnnie was two weeks old, had gained 11 ounces, and was on a normal bottle diet.

CHRONICLES of GINGER FARM

by Gwendoline D Clarke

Maybe there are happenings at Ginger Farm that I should be writing about, but I happened to notice the date just now and it put everything out of my head except my mother's birthday. It is strange how the passing of times eases the loss of those we loved. And yet hurt in our hearts that follows the time does no dim our memory. I can remember my mother just as well now as I could when I left England thirty years ago. I can recall, without effort, the way she looked; the things she said, and the marvellous way in which she, a widow, raised and looked after her four children. No one ever had a better mother than I had.

I was three and a half—the youngest—when my father died, but a baby brother was born three months later. Through no fault of my father's there was little left for mother after the estate was settled. There should have been more but misplaced confidence changed all that. My mother had learned dressmaking before she was married and now she turned to it again. There was no self-pity; no flinching at the task before her. She asked help from no one and absolutely refused to bring a charge against the man who "looked after" her affairs. She wouldn't do it because it would have hurt her sister. The man happened to be her brother-in-law.

Day after day, and often far into the night, her busy fingers cut, shaped and sewed. The noise of the sewing machine was the rhythm that set the pace of our lives. And mother was an artist in her work . . . the inside of a garment must be as neat and attractive as the outside.

During the next few years many things happened. My baby brother died; my second brother, through the influence of friends, went to boarding school and completed his education by winning one scholarship after another. My sister went to an aunt's boarding-school, and my eldest brother, at thirteen, went out and got himself a job as an office boy. He got four shillings a week, two of which he gave to my mother. From that time onward he became self-supporting. He has gone a long way since those office-boy days. As for me, I spent most of my time running up more doctor bills for my mother to pay.

I remember one time when I was very ill mother brought her sewing machine upstairs to the room where I had spent many weeks in bed. It was her solution to looking after me and working at the same time. She was making, at the time, a red cashmere dress for a little girl about my own age. I thought it was a lovely dress and I asked her if I could have one just like it when I got better. She promised me that I should. And then I saw that mother was crying—a most unusual thing for her to do. I felt so guilty because I thought she was crying wondering how she was going to afford to buy me a dress. It wasn't that at all—mother didn't expect I would ever wear a little red dress or any dress for that matter, as the doctor had said that I couldn't get better. Maybe that is where I developed an unexpected stubborn streak, because I did get better—and mother made me a little red dress.

Mother did her best to keep us all in the straight and narrow path. When I was in my teens ten o'clock was the latest I could be out, and then only if she knew where I was going and with whom. One time it was eleven o'clock and we found mother pacing the terrace outside our house.

Mother was never really cross but she often got very annoyed with me because she said I didn't talk to her enough, I always had my nose in a book and I was frightfully untidy!

It was a happy time for us when we were all self-supporting and mother could give up her dressmaking. We wanted her to live with one or the other of us—but no, mother said there was going to be a home for her children to come to as long as she was living. And there was; mother died as she had lived—in her own little home.

And so, there is no sorrow in my heart this day as I remember my mother—only great love and gratitude to a kindly fate that gave me that most priceless gift—a good and courageous mother.

STOP SCRATCHING
Relieves Itch in a Jiffy

Relieves itching due to eczema, pimples, athlete's foot and many itch troubles. Zemo's cooling medication! D. D. D. Prescription! Stops itching fast! Clears skin disorders quickly. A doctor's formula. Soothes and relieves intense itching quickly. Its first application proves your skin has met its master. Ask your druggist for D.D.D. Prescription.

Cooking Terms That Every Woman Ought to Know

You have puzzled sometimes over terms you see in cookery recipes. Here's a chance to catch upon your studies.

Bake—To cook by dry heat, usually in an oven but occasionally in special utensils on top of the range. When applied to meat cookery, it is called roasting.

Barbecue—To roast meat over coals, in an oven or broiler, often basting with highly seasoned sauce.

Baste—To moisten foods during cooking to add flavor and to prevent drying. Melted fat, meat drippings, water and fruit juices are used most frequently as the basting.

Blanch—To pour boiling water over a food to loosen skin, to remove color, or to set color. Many vegetables and fruits are blanched during the canning and freezing preparation. Rice and macaroni are often blanched to remove excess starch and starchy film.

Braise—To brown meat in small amount of hot fat, then adding a small amount of liquid and simmering slowly in a tightly covered utensil. Meat stock, water, milk, cream, or vegetable juice are usually the liquids used.

Broil—To cook by direct heat. This may be done by placing food under or over the heat.

Candying—To cook in sugar or syrup.

Caramelize—To melt sugar or food containing a high percentage of sugar, slowly over low heat until it becomes brown in color. The darker the color, the stronger the flavor.

Cut—To separate food in pieces with knife or scissors. Also combine shortening with dry ingredients by using two knives or a pastry blender.

Devil—To prepare foods, usually eggs, with pepper and hot condiments or sauces.

Dredge—To dip food into floor, crumbs or similar substances to completely coat it.

Glaze—To coat a food with sugar syrup that has been cooked to the "crack" stage. Or coating rolls or pastries with icings or other mixtures.

DARK LAMP SHADES

If you have dark lamp shades in your house which make reading difficult, try finding them with a piece of white paper or a coat of white paint. It may double or even treble the light given off.

DOUBLE SHELLCRAFT KIT

Here's a bargain offer—two kits for the price of one. This amazing offer made to get you started in this fascinating hobbycraft. Value! Kit No. 13 contains 1 large auger, 1 mandrel, 1 pair ear screws, safety clasp pin-back, emery disc and instruction leaflet. Second kit No. 14 contains nice shells, brooch and earring findings, screws, pinback and instructions. This is a real value! For fast service send today. Only $1.00 for two kits, sent to you postpaid. Write for catalogue. Now! Lewis Craft Supplies Ltd.; Branch stores: 30 Walter St., Saint John, N.B.; 467 Yonge St., Toronto; 429 Graham Ave., Winnipeg.

DOES INDIGESTION WALLOP YOU BELOW THE BELT?

Help Your Forgotten "28" For The Kind Of Relief That Helps Make You Rarin' To Go

If you take half of your digestion below the belt—in your 28 feet. So when indigestion strikes try something that helps digestion in the stomach before the belt.

What you may need is Carter's Little Liver Pills to give needed help to that "forgotten 28 feet" of bowels.

Take one Carter's Little Liver Pill with each and one after meals. Take them according to directions. They help wake up the flow of the 3 main digestive juices in your stomach AND bowels—help you digest what you eat—eaten in Nature's own way.

Then most folks get the kind of relief that makes you feel better from your head to your toes. And how you get the extra benefits of Little Liver Pills from your drugstore!

"HERE'S YOUR LAST CHANCE to enter the $10,000 CROWN BRAND CONTEST!"

JANE ASHLEY
Home Service Department
The Canada Starch Company Limited

Contest Closes April 15! Be sure you try for the Grand Prize now! - before it's too late!

It's easy . . . here's how you enter -

463 PRIZES

1. Simply print your name and address on any plain sheet of paper.
2. Mail this, together with a label from a 5 lb. tin of Crown Brand Corn Syrup* (or reasonable facsimile) to —
THE CROWN BRAND CONTEST, Station "H", Montreal, Que.
3. Be certain your entry has sufficient postage.

That is all you do to enter the Crown Brand Contest. Now, here's what happens:-

. . . . 154 entries will be drawn from the mail received during this last prize-winning period. These 154 persons will then be asked to mail a letter giving three reasons why they like Crown Brand Corn Syrup.

. . . . Then, based on the merit of the replies, the 154 prizes will be awarded as follows:

1st PRIZE: $100.00 2nd PRIZE: $50.00 152 PRIZES OF $10.00 EACH

And now look what happens!

THE JUDGES WILL DETERMINE WHICH OF THE THREE FIRST-PRIZE LETTERS RECEIVED DURING THE THREE PRIZE-WINNING PERIODS IS, IN THEIR OPINION, THE BEST. THE WRITER OF THIS BEST LETTER WILL THEN BE AWARDED THE . . .

GRAND PRIZE: $5,000

If no label, top or carton is enclosed the Grand Prize will be $1,000. The Crown Brand Contest is open to all Canadians except employees and their families of The Canada Starch Company and its advertising agency. Judges' decisions will be final. All entries become the property of The Canada Starch Company.

Prize winners will be notified by mail within 90 days after close of the contest. A complete list of prize winners will be available upon request at the close of the contest.

IT'S THE CONTEST FOR EVERYBODY BECAUSE IT'S EASY AND EVERY MEMBER OF THE FAMILY CAN WIN! WRITE NOW — AND WRITE OFTEN!

If you did not enter the first two prize-winning periods (Jan. 15-Feb. 15, Feb. 16-March 15), there is still time for you to enter this last prize-winning period (March 16-April 15). And if you entered the first two parts of the contest make sure also to enter this remaining one — the more entries you submit, the more chances you have.

* or 2 labels or cartons or a label and a carton from any of the following products:
2 Tops from Crown Brand Two lb. Cane Top Tin or label from 5 lb. Tin
2 Tops from Karo Two lb. Cane Top Tin or label from 5 lb. Tin
2 Tops from Lily White Two lb. Cane Top Tin or label from 5 lb. Tin
2 labels from Benson's Corn Starch
2 labels from Cerelda Corn Starch
2 Silver Gloss Cartons
2 Lintt Cartons

THE CANADA STARCH COMPANY LIMITED
MONTREAL TORONTO

As the Girls Go---2000 A. D.

How Girls Will Look In 2000 A.D.—Maybe—Guitar-strumming French Amazons parade through the Place Massena during the famous Carnival of Nice. This was a gay time in Southern France and costume designers, called upon for a peek at the year 2000, treated merrymakers to weird views of the future.

ANNE HIRST

Your Family Counselor

"DEAR ANNE HIRST: You have helped so many couples, please tell me what to do! I am 20, married to a man 15 years older. We have a little boy two years old. My husband is very good to me. He buys me almost anything I want, though he does throw it up to me the next day. He wants to sit home night after night, and he never takes me anywhere but to a show and home again.

"Seven weeks ago, my girl friend and I went out dancing. I met a boy of 24, and we both fell in love. We have been seeing each other for five times a week, and every time we meet our love grows stronger. I can't sleep without seeing him in my dreams, and I can't eat without seeing him across the table. We want the same things in life. Please help me!

AN UNHAPPY PERSON.

PASSION vs. LOYALTY

YOU MUST INDEED be an unhappy person. You are deceiving a husband who trusts you, you are betraying the sanctity of marriage—how can any girl with a conscience expect to be happy? And that conscience will continue to make you miserable until you put an end to this folly.

You say you and this boy want the same things in life. What are they? Possession of each other first, I expect, and a life made up of dancing and good times. You cannot love anyone you have known for such a short time; you are only "in love," which is a very different state. No nice young man can respect a girl who double-crosses her husband, and you, in your right mind, would not trust a boy who sees a married woman regularly.

You were wrong, in the first place, to go to a public dance hall with another girl; such an act invites pick-ups. Nice girls don't dance with boys they don't know. Of course this boy flattered you properly; and when he saw you fell for it, he pursued his course to its present wicked stage. You, being a married woman and a mother, are as much to blame, if not more. Now you see where your weakness has led you.

You are married to a man of quiet tastes. He married you because he loved you, because he wanted a home to relax in, a family to enjoy. What has he today? A wife who steps out on him, who violates his faith in her.

You are going to be found out, of course. Then what? How can you defend your conduct? I'm afraid trouble, and grave trouble, is just around the corner.

Your husband is good to you. If he mentions his gifts, perhaps it is because you have not shown you appreciate his generosity or because you immediately asked for something else. You complain that he takes you to a show "and home." You want a night club or a few hours of dancing. I expect. Well, he is tired, and that is not his idea of relaxation. If you could know about other wives who never go out anywhere for months at a time, you might know how lucky you are.

I cannot help you unless you help yourself, too.

Do not see this boy again, under any circumstances. Use your excess energy to study your husband, and make up to him for this deceit you have practiced. Remember you are a mother, too—don't you realize that responsibility either? You cannot be a good mother if you stoop to evil things; you cannot guide your child properly if you yield to temptation yourself.

You have everything to make a good marriage. Bring your heart back home where it belongs, and so wipe out the stain of these escapades.

The road to temptation is smooth and tempting. But it ends in tragedy if one follows it. If you are tempted, ask Anne Hirst's opinion first. Write her at Box 1, 123 Eighteenth St., New Toronto, Ontario.

How To Figure Rope Strength

How many farmers know how to figure the "working strength" of rope? How many know how to figure the "breaking" or tensile strength of rope?

The breaking strength of rope averages about 23 times its "safe" or working strength. This is the "factor of safety" employed by engineers, which is as low as two for some things and is 23 for common rope.

Here is the safe, or working strength, formula for rope:

Square the diameter of the rope in inches and multiply by 200. For a ½-inch rope, this would be ½x½x200, or 50 pounds. For a 1-inch rope, 1x1x200, or 200 pounds. The breaking strength of the ½-inch rope would be 23x50, or about 1,150 pounds. The breaking strength of the 1-inch rope would be 200x23, or 4,600 pounds.

This formula applies to cotton manila or hemp ropes.

Festival of Britain

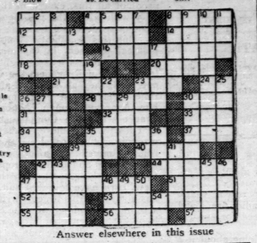
Vernon Bartlett, Independent Member of Parliament for Bridgewater in Somerset, journalist, writer, spoke recently about the great Festival of Britain that is to be held in London in 1951, a Festival to which it is hoped that thousands upon thousands of foreigners will come.

There is plenty for visitors to see in Britain, Festival or no Festival, and Bartlett said: "When foreigners come to London I like to show them two things about which they read nothing in the guide books. I take them to the Duke of York's steps at about one o'clock to let them see the real rulers of Britain—all the senior Civil Servants, dressed in black jackets and pin-stripe trousers and carrying their neatly rolled umbrellas, on their way from their Government departments in Whitehall to lunch at their clubs in Pall Mall. Then I show them, on the South Bank of the river, just near the County Hall from which London is governed, an immense grey mound, perhaps one hundred and fifty feet long and sixty feet high. It's one of the dumps to which rubble is brought from the blitzed homes of London. The pile changes in size and shape, because some rubbish is taken away by sea and there's still plenty more to take its place. But in the process of preparing the ground for this exhibition a new wall is to be built which will narrow the river by about one hundred feet. This reclaimed land will be filled in, and will ultimately give Londoners more than four acres of new gardens along the South Bank.

CROSSWORD PUZZLE

ACROSS
1. Corroded
4. Wingless
8. Marine fish
12. Flowering plant
14. Island of the West Indies
15. Pier
16. Serene
18. Bubbles
20. Float
21. Fuel
22. Light brown
24. Greek letter
26. Alder tree (Scot.)
28. Soften cloth
30. Write
31. Grassland
32. Paint
34. Finish
36. Hindu symbols
37. Fish
39. Fabulous or an ignorant town
40. Mone
42. Wire measurement
43. Wild animal
45. Uttered
46. British country
47. Spread with a certain food
51. Sandals
53. Needle
54. Herring
55. Lightning protector
56. Mail house
57. Methods
58. Retreat

DOWN
1. Plaintiff
2. Color quality
3. Outer
4. Indian mulberry
5. Cut
6. Solicitation
7. Turmeric
8. Sea
9. Blow
10. Bridge support
11. Man's nickname
13. Strong wind
19. Staff
23. Doleful
25. Intricate
27. Dejection
29. Clinging vines
31. Encourage
33. Little drink
35. Alloy of carbon and iron
38. Be carried
41. Condensed moisture
44. Bishop's headdress
46. Organs of hearing
48. Cancel by drawing
49. Cry
50. Style of haircut
52. Uncooked
53. Age
54. Thirsty
56. Electrical unit



Answer elsewhere in this issue

THE SUNDAY SCHOOL LESSON

By Reverend Barclay Warren

Turning Toward The Cross
Mar 8:27-34; Luke 9:28-35.

Golden Text: Whosoever will come after me, let him deny himself, and take up his cross, and follow me. Mark 8:34.

Jesus had entered upon the third and final year of his ministry. The popular acclaim accorded him in the second year was beginning to wane. Jesus knew that the strengthening opposition would culminate in his being crucified. He must prepare the disciples for the shock.

First he elicited from Peter the great confession, "Thou art the Christ." Then the disciples had grasped that truth he began to teach them of his death and resurrection. Peter would have none of it but Jesus sternly rebuked him saying, "Get the behind me, Satan; for thou savourest not the things that be of God, but the things that be of men." Jesus not only bravely faced the cross himself but said, "Whosoever will come after me, let him deny himself, and take up his cross, and follow me." The natural man revolts from the cross but he who has been changed or reborn through faith in the Christ of the cross finds himself challenged by the example of Christ. By God's grace he, too, would bear his cross.

About eight days later Peter, James and John saw Jesus transfigured as he conversed with Moses and Elijah. This glorious scene and the voice from heaven strengthened the disciples in the belief that Jesus was the Son of God. This deepened the meaning of the cross. The Son of God would allow himself to be put to death by cruel men. But in his death and resurrection he would open the way to eternal life and to heaven. Well might we sing: "When I survey the wonderous cross on which the Prince of Glory died, My richest gain I count but loss. And pour contempt on all my pride.

Were the whole realm of nature mine, That were a present far too small; Love so amazing, so divine, Demands my soul, my life, my all."

Starting Soon...

A Thrilling New Serial

WEST Of The SUN

by JOSEPH LEWIS CHADWICK

The West was young, it was wild, it was lawless, violent, hard. In the eighties it was no place for a young eastern girl—but Virginia Ames could see no alternative. Her fiance Phil Lawrence had written her; his letter had been strange, cryptic, urgent. By rail and stage and horseback she crossed the raw frontier . . . meeting soldiers, Apaches, gamblers, the riff-raff of the West. And finding at the end of the long quest a love that was older than she knew.

LOOK FOR THE FIRST INSTALMENT COMING SOON

You Won't Want To Miss A Single Chapter

ACHES AND PAINS OF COLDS

HERE'S QUICK COMFORT!

And the RELIEF IS LASTING

There's one thing for the headache . . . the muscular aches and pains that often accompany a cold . . . INSTANTINE. INSTANTINE brings really fast relief from pain and the relief is prolonged!

So get INSTANTINE and get quick comfort. INSTANTINE is compounded like a doctor's prescription of three proven medical ingredients. You can depend on its fast action in getting relief from every day aches and pains, headache, rheumatic pain, for neuritic or neuralgic pain.

Get instantine today and always keep it handy

Instantine

12-Tablet Tin 25¢
Economical 48-Tablet Bottle 69¢

SALLY'S SALLIES

"But we can't transfer part of you from one place to another."

RHEUMATIC PAINS, STIFFNESS

Don't suffer the stabbing torture of rheumatic pains another day. Use Buckley's Stainless White Rub. It[ ] medicated ointment penetrate faster . . . bring quicker relief or double your money back. 30c and 60c.

Who would envy the early-Victorian housewife? Up with the lark to cook a heavy breakfast! Today's favorite breakfast dish is ready-to-eat, easy-to-digest Post's Grape-Nuts Flakes. Pour a bowlful with milk (add fruit if you wish) and presto! . . . there's a simply scrumptious start to the day.

Post's Grape-Nuts Flakes are made from TWO grains—wheat and barley—to give you the unbeatable Grape-Nuts flavor . . . in delicious, honey-golden flakes. They supply useful quantities of carbohydrates, proteins, phosphorus, iron and other food essentials to set you up for work or play. Try Post's Grape-Nuts Flakes tomorrow.

CF-149

JITTER

By Arthur Pointer

HELPFUL HINTS FOR BUSY HOUSEWIVES

Stale loaves may be made quite palatable by wrapping in a wet cloth for half a minute. Take the cloth off, then bake in a slow oven for half an hour.

SEQUIN JEWELRY CRAFT

If you can use a needle and thread, you can make stunning sequin jewelry. We've assembled a kit with everything you need. Contains sequins, beads, ear screws, pinbacks, chain, enamel and complete instructions. Wear the latest thing in jewelry! Make matching cholkdust and earrings. Send for your dream! Give handmade gifts your friends will treasure. Watts for kit No. [illegible] Postpaid anywhere. Send today to your nearest store: Lewis Craft Supplies Ltd.; Branch stores: 30 Walter St., Saint John, N.B.; 467 Yonge St., Toronto; 429 Graham Ave., Winnipeg.

DOES YOUR BACK ACHE?

Sitting in a draft—working in a damp place—wet feet—there are dozens of things which may cause a backache! But there's one way thousands of Canadians have found to help relieve this condition—Dr. Chase's Kidney-Liver Pills. This effective remedy tones up both the kidneys and the liver—and brings welcome relief from pains in the small of the back caused by "cold" in the kidneys. So insist on this reliable remedy—proven by over half-a-century's use—Dr. Chase's Kidney-Liver Pills. At all drug counters. 19

Sweet Swedish Tea Ring

Recipe

Measure into large bowl, ½ c. lukewarm water, 1 tbs. granulated sugar; stir until sugar is dissolved. Sprinkle with 2 envelopes Fleischmann's Royal Fast Rising Dry Yeast. Let stand 10 minutes. THEN stir well. Scald ½ c. milk and stir in ¼ c. granulated sugar, 1¾ tsps. salt, 6 tbs. shortening; cool to lukewarm. Add to yeast mixture and stir in 3 well-beaten eggs. Stir in 2 c. once-sifted bread flour; beat well. Work in 3 c. more sifted bread flour. Knead until smooth and elastic; place in greased bowl and brush top with melted butter or shortening. Cover and set in warm place, free from draught. Let rise until doubled in bulk. Punch down dough and divide into 2 equal portions; form into smooth balls. Roll each piece into a ¼" thick oblong; loosen dough. Cream ¼ c. butter or margarine and mix in 1 c. brown sugar (lightly pressed down), 2 tsps. cinnamon. Spread this mixture on dough and sprinkle with 1 c. mixed currants. Beginning at a long edge, roll each piece up like a jelly roll; place each roll on a greased large baking sheet and shape into a ring, sealing ends together. Grease tops. Cut 12 slices almost through to centre with scissors and turn each slice partly on its side. Cover and let rise until doubled in bulk. Brush with 1 egg yolk beaten with 2 tbs. milk. Bake in moderate oven, 350°, 25-30 min. If desired, spread tops with a plain icing. Serve hot, with butter.

NEW FAST-ACTING DRY YEAST NEEDS NO REFRIGERATION!

Stays fresh and full-strength in your pantry for weeks! Here's all you do:

1. In a small amount (usually specified) of lukewarm water, dissolve thoroughly 1 teaspoon sugar for each envelope of yeast.
2. Sprinkle with dry yeast. Let stand 10 minutes.
3. THEN stir well. (The water used with the yeast counts as part of the total liquid called for in your recipe.)

Get a month's supply!