

my mother's living room, an aged war veteran. He is 30 now, and 1

am 26. We have two sons by this

"I started out to give you some

opinions. But now I am crying

\* In writing this letter to me.

\* reviewing the circumstances \* which led to your present sad

\* state, you have seen yourself \* more objectively than you have

for a long while. The shame

\* you feel is the first step toward

If, through your mutual re

\* spect for each other, you have \* not succeeded in lifting your-

selves from this slough into

which you have drifted, try once

\* of Alchoholics Anonymous.

And this time, with the help

You will find them a group

\* of people just like yourselves

\* who know every step of the

\* heartbreaking path you have trod.

\* They can help you find the \* strength to become once more

\* the fine, upstanding citizens you \* used to be.

\* ask only that you admit your \* need for encouragement. Write

\* for information to the Secretary.

nearest large city or town.

Alcoholics Anonymous, in your

That information will come to

you in a plain white envelope.

And you two can go on from

If you are honest in your ap-

peal (and I believe you are) you

will do this not only for your

own sakes, but because of these

three sons you have brought into

lowers or raises their ideals, and

coming the good, right-thinking

ien you want them to be

.. If you have been weak, do some-thing about it. There is hope for

all who are sincere. Tell your troubles to Anne Hirst, and see

how she can help. Address her at Box 1, 123 Eighteenth Street, New Toronto, Ont.

It is never too late.

Home Service

\* must retard or forward their be-

yourselves and in each other.

They are non-sectarian, and

HOPELESS"

for advice.

\* hope.

more-

FIVE ROSES FLOUR

for all-purpose baking

## ANNE HIRST Your Family Counselor.

man with a past," and as such, 1 | the ocean of despair. feel qualified to give you some

twice before My very im-pulsiveness has until the day he walked back into brought me to where I amgutter of alcoyou know that have reached

the stage where I no longer care too much? "I have made two marriages, which have not been successful am living with my second husband, who is a 'good Joe' in every ense, except one: He is a mother's arling boy. I was rather a spoiled brat myself, so I can only pity him.

(His first wife has caused us constant trouble.) "But lately we have indulged and 'confessions', until we are bout to lose the respect and love of both our families.

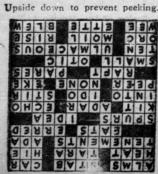
Lost In Despair "Oddly enough, that fact doesn't bother us. We love each eply (he adopted my son)



ANNE ADAMS

It's smart to have : French Ac cent! Here it is, in that shawlplunge collar, the wing-cuffs, the French-type cuffed pockets! Skirt Julness controlled by pleat! Pattern 4736 comes in sizes 12, 14, yards 39-inch fabric. This pattern, easy to use, simple

to sew, is tested for fit. Has com-Send TWENTY-FIVE CENTS dainly SIZE NAME ADDRESS. STYLE NUMBER. Send your order to Box 1, 123 Eighteenth St., New Toronto, Ont.



ISSUE 47 - 1949

## **Helpful Hints** For Housewives

To shave chocolate finely, use a potato peeler - it's quicker and better than a knife or grater.

"We met in that halcyon year of 1940, and cur hearts were high with ambition and childlike dreams Use a meat cleaver and wooden chopping board for dividing frozen food packages. Just chop off what two.

Whip cream ahead of time. It will not separate if you add a touch of unflavored gelatin. The gelatin also speeds up whipping. Bake cookie dough scraps along

with the cookies. Saves it is the dough (which toughers Children delight in the queer shapes of scrap cookies. Cover recipe cards with transpar-

ent shellac. Greasy fingermarks and food stains can then we wiped off with damp cloth. After washing dark-colored sox, roll them up and put them in a

CROSSWORD

PUZZLE

5. Let it stand
6. Browns in the sun
7. Knack
8. Founded

ACROSS 4. Pilot 1. Gifts for the 5. Let it

spot Artificial language 35. Move 36. Equal 37. Not any 39. Piece out 40. Float 42. Peels 44. Little 46. Of the ear 48. Numeral 49. Like an elm 44. Killer whol.

laundry.

operative enterprise among a group of home-builders who have become tired of the high cost of construction and have decided to form a little company of their own and build their own houses, doing the work between them? That sounds like a good solution to our skilled labour problem, and applies to more than building houses. The same principle is working all right here

HRONICLES

GINGER FARM

the news last week? An old gen-

tleman, celebrating his 109th birth-

day was asked what he thought had been the most wonderful in-

vention during his lifetime. His an-

swer was-the refrigerator! "Be-

cause," he said, "you can buy any food you like and can take care of it after you've got it." That

amused me because some women have to be pretty good at the art

of convincing before the average man will admit the advantages of a

reirigerator make it worth the money it costs. And that is under-

man of the house who has to run

butter, and the milk, and the

up and down the cellar stairs with

will keep all right until tomorrow.

average man had to live to be over

a hundred before attaining that

much wisdom? Fortunately th

light usually dawns a little earlier

than that . . and then again, sometimes it doesn't dawn at all!

Did you also hear of the co-

just now as my menfolk are pretty busy doing a job on the driving shed for which they have tried to get a carpenter for over a year. As for eavestroughing at the barn-that job has been hanging fire for nearly three years. Could be that when skilled labour has caught up with its waiting list—and has also become a little less independent maybe it will find that a number of potential good customers have learned to do quite a lot of this large muffin pan - a pair to a extra work for themselves. section — to carry them to the line.

Then they can't fade on the other

A few years ago a discussion often arose as to whether it was

as it goes."

significant little news item about these men getting together to build their own homes; and I was glad when Partner and Bob took over this driving shed job themselves Actually, for that, this grand mild fall is responsible. Until the field work was done big repair jobs had to wait. So it was the time element that made our men feel a carpenter was necessary-not unwilling ness or lack of initiative. And I suppose that is true of many farms, and the main reason why a lot of farm buildings are in need of re-pair. The field work has to be at-tended to first. However, I am still not anxious to see my menfolk put eavestroughing on the barn. A broken neck would be more expensive than a plumber's bill.

paper-hanging - or at least for those who have lost the agility to balance themselves on a step-lad-der while wrestling with a contrary piece of ceiling paper. There are limitations—and there are also other jobs to do that help keep down the high cost of living. You don't



Courageous Scout-Scout Don Lee, 18, who has had no legs since he was nine months old, beams with pride as his foster mother pins an Eagle Scout badge on his chest. The youth, who lost both legs in an accident 17 years ago, completed all the tough physical requirements for the badge, including a 14-mile hike. Don is saving his money for the trip to the next Scout jamboree.

was outside a person's ordinary line of work or hire a person to do it who had been trained for the job. The idea steadily gained ground that it was better economy to hire an experienced person to do the job. And it sounds logical. Why should a man try to fix his car when there are mechanics to do it? Or a farmer spend days, per-haps, trying to uproot a tree that a bulldozer could move in fifteen minutes? Or a woman do her own paper-hanging when there are ex-perts for the job? But that isn't the way our pioneers worked. In those days, necessity drove a man to be a jack-of-all-trades and the only time he called for help was when a job was too big for him to handle alone. Then a community bee was the obvious answer.

But we have lost that independence, and now we are paying the price. On every side the hue and cry goes up—"We can't do this or that because we can't get help, there isn't a carpenter or plasterer avail-able for months ahead. Sure, they promise to come but that's as far So I was glad when I heard that

better policy to tackle a job which have to risk breaking your neck to make your own aprons and house dresses, nor to do your own bak-. I have said it before, and I say it again, the cost of keeping children well dressed can be literally cut in half by mothers making over garments to fit the youngsters.

A little pair of pants for the wee boy; a play suit or a pretty frock for sister, can be made for next to nothing and will outwear any ready-made garment bought from a store. Not only that, whether what you make or repair is a chicken pen or an apron, something else is also gained—a sense of achieve-

> Give a pig what it wants when it grunts, and a child when it cries, and you will have a fine pig and a bad child.

tion that comes with a job well

done. You can't buy it-you can



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DOLCIN





'Daring Young Man...'—Gregg Hofmeister, age 2, has become an expert gymnast by working out in his dad's physical culture studio since he was 8 months old. Above, left, Gregg limbers up by doing a hand-stand on the back of a chair. Next, he balances himself straight out from dad's hands. There are three other youngsters in the Fred Hofmeister family, all expert acrobats

each roll, place 1 to 11/2 tablespoons

stuffing in center of each, roll and

# TABLE TALKS

made a study of such things, there are—growing in every part of the Old and New World—more than fifty members of the cabbage family. They are of different shapes, colors, and there is a wide variety of flavours.

Yet they all have this in common moderate cost, ease of preparathon, and good eating.
So here are a few hints regarding eabbage preparati n and cookery, also a couple of recipes you might like to try.

Since cabbage is a strong-flavored vegetable, allow to stand with whole head down in slightly salted cold water for about 3' minutes before

To cook, remove outer leaves if necessary, then quarter, lice, shred, or chop the cabbage according to | fond of fresh buns, any time of the your own preference and variety used. Add a small amount of water and ½ teaspoon salt; cover and summer until tender (8 to 18 min-sure YOUR folks will like as well utes depending on kind of cabbage and size of pieces). Drain, if necessary, blend with butter or bacon int, and season to taste with salt and pepper.

One foolproof way to keep your

eabbage cooking a secret and avoid the usual kitchen smells, is to place 2 or 3 slices of stale bread on top of cabbage before the cover lid goes

### Some Hints On Cooking Wild Game How do you feel when your hus-

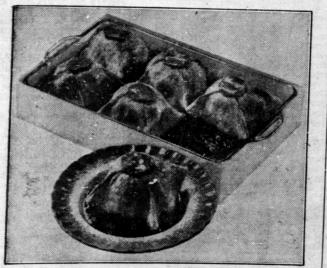
band or the boys bring home a rabbit, several squirrels or a pheasant for you to cook? Do you think longingly of the pork roast that's in the icebox all ready to slip into the oven? Or do you feel that this the oven? Or do you feel that this is a chance to have a delicious and different kind of a meal for a

fasten with toothpick, or tie with Place in well-greased baking dish, dot with fat, and add 1/2 cup water into bottom of pan. Bake, uncovered, in a moderate oven (350°) for

I know a small boy who is continually saying, "Mom, let's pretend it's Easter so you'll have to make cool temperature—32 to 45 degrees until it is to be cooke. All game until it is to be cooke. Cut the rabbits or squirrels in the rabbits of squirrels in second cooks. is shot. Game should be kept at a Hot Cross Buns". (1 also know some grown-ups who are pretty year, and with or without the

as MINE do. And that's a whole Rich Cinnamon Buns 1/4 cup butter or margarine

34 cup brown sugar 34 cup Crown Brand Corn Syrup 3 cups sifted all-purpose flour 4 teaspoons baking powder 11/2 teaspoons salt ½ cup shortening 1 cup milk



Cabbage Goulash 1 medium head green or white

4 or 5 tomatoes or 11/2 cups 2 green peppers 1/2 cup kernel corn, cooked 2 tablespoons fat or butter

Salt and paprika to taste 2 tablespoons sour cream, if

METHOD: Cut cabbage into coarse pieces; dip tomatoes and peopers into boiling water; peel somatoes and quarter, remove seeds of peppers and cut into thin strips ingthwise; drain canned corn. lengthwise; drain canned corn.

Heat fat in saucepan, add vegetables and caraway; cover and simmer over low flame for 15 minutes.

Add bay leaf, season with salt and paprika, and simmer for another 19 minutes; remove bay leaf. Add cream, if desired, and let come to wisk boil once. Serves 4 to 5. quick boil once. Serves 4 to 5. Stuffed Cabbage Rolls

8 to 10 large outer leaves of cabbage, green or white 1/2 pound mushrooms i small onion 3 tablespoons fat 1 egg yolk 1 cup oatmeal 1 tablespoon sour cream or evaporated milk soured with Salt, red pepper, marjoram c

sage to taste boiling salted water and let stand

Raisin Nut Filling namon, ½ cup raisins and ½ cup chopped nutmeats.

METHOD: Place first three in gredients in a saucepan; bring to a boil over medium heat and boil 1 minute. Pour into 9-inch square cake pan. Mix and sift flour, baking powder, and salt; cut in shortening with pastry blender or two knives. Add milk to make soft dough. Turn out on floured board. roll into rectangle ¼ inch thick. Cut into I-inch slices and place cut side up in syrup. Bake in moderate oven (370 deg. F.) 45 minutes. Let stand in pan about 2 minutes. Invert pan to remove buns. Makes,

Combine 1/4 cup Crown Brand Corn syrup, 2 tablespoons melted butter or margarine; spread over surface of dough. Sprinkle with 1/4 cup brown sugar, 2 teaspoons cin squirrels before the season is over. Squirrels are among the finest and

change?

Perhaps if you insist that the men-folks clean and dress the game as well as kill it, you will enjoy the preparation and control of Babylon."

Batsh treatment did not deter him from being a faithful spokesman of God. When brought before the king, he said, "Thou shalt be delivered into the hand of the King of Babylon."

the preparation and serving of this the preparation and serving of this game to a greater degree writes Zoe Murphy in "Wallace's Former."

Wild game not only has a food value that is equal to domestic animals, but the flavor is unusual and exciting. You know, of course, that game should be drawn and cleaned as soon as possible after it is shot. Game should be kent at a

couple of days to season.

If your hubsand brings home a If your hubsand brings home a pheasant as soon as, the season opens, how are you going to cooked it? Young birds can be cooked successfully by any recipe that is good for chicken.

But if there is any doubt in your mind about the age of the bird, why not try baking it? Here is a recipe that brings out the best flavor in any pheasant.

soned flour and brown in the drippings in the dutch oven. Scatter the onion and minced parsley over the pieces and add the cream. Cover tightly and simmer over low heat for one and one-half hours, or until the meat is tender. Remove the pieces to a heated glatter, pour gravy over meat and sprinkle lightly with paprika.

Rabbit Pie

any pheasant.

Baked Pheasant Clean and cut up the bird for frying. Wipe thoroughly, dip in flour, and brown in butter in a

and soak in equal parts of vinegar and water for twelve hours before cooking. Sprinkle with salt and frying pan. Place in a roaster and sprinkle well with salt and pepper.
Put enough sweet or sour cream pepper, and dredge with flour. Sear quickly in a frying-pan.

Add water to cover and simmer slowly in a covered pot for one and one-half hours. Add two onions, in the pan to make a depth of one inch. Add one-eighth pound of but-ter for each bird. Cover and bake two carrots and two or three potaat 300 degrees for about two hours. toes, all cut into pieces. Cook until Make a gravy in the drippings and the vegetables are done.

Thicken the stew with flour. Put cover the bird before serving. in a greased baking dish and cover

If you like your pheasants roasted, you will find it's a good top with pie crust or biscuit dough. Return to oven and bake until the meat. To keep the breast from dry-Roast Wild Duck ing out, you can roast the birds Perhaps no other game meat is with the breast-side down. Be sure more tempting than roast wild duck. First, clean and wipe the ducks

dry. Sprinkle generously with flour, salt and pepper. Place a whole peeled onion inside each duck and Place a cleaned pheasant in a roasting pan and pour one quart of boiling water over it and into the cavity. Place a cup of chopped put them in a self-basting roaster. With toothpicks, fasten two or three celery and one chopped onion in strips of bacon across each bird. the bird. Or you can use a favorite Or you can stuff ducks with a dressing if you like: wild-rice dressing, made by boiling wild rice and seasoning it with salt and pepper and chopped onion, or any other favorite dressing.

Cover the bottom of the roaster with vater Covership of the roaster of the roaster

Rub generously with salt and pepper. Lay four strips of bacon or salt pork over the breast and roast the bird in a 350-degree oven for two hours or will it. with water. Cover the ducks tightly and roast at 350 degrees for one Broiled Squirrel and one-half to two hours, depend-

Place a cleaned pheasant in a roasting pan and pour one quart of boiling water over it and into the cavity. Place a cup of chopped celery and one chopped onion in the bird. Or you can use a favorite descript if you like. dressing if you like. Rub generously with salt and pep-per. Lay four strips of bacon or salt pork over the breast and roast

the bird in a 350-degree oven for two hours or until it's tender. Baste Broiled Squirrel If the boys don't bring home pheasants, they are pretty sure to present you with some rabbits or

most tender of all small game animals. They also have a mild game flavor. Broiled squirrel is particularly delicious. It's best to split the carcass in half, brush the pieces with but-ter, and season with salt and

pepper.

Broil at moderate heat in a broiler. Brown both sides and baste frequently with drippings for one-half to one hour. Meat should be well done. Remove to a heated platter, season again with butter and serve at once nd serve at once.

Smothered Rabbit or Squirrel Have at hand two rabbits or squir-rels, one teaspoon salt, one-eighth teaspoon pepper, a dash of paprika, one-half cup flour, one-fourth cup drippings, one-half cup sliced onion,

### Important Guests At Royal Winter Fair

Wavell has accepted an invitation from John McKee, President of the Royal Agricultural Winter Fair and will visit the Toronto fair on November 22. Lord Wavell, who became Vic-Jer. 1.9-10, 18-19; 22-1-3, 13-14;

37:15-17

love and compassion as were the tears of Jesus over Jerusalem.

Luke 19:41.

That Jeremiah was strong and fearless is evidenced by such state-ments as contained in the memory

verse and "Execute ye judgment and righteousness, and deliver the spoiled out of the hand of the op-

pressor; and do no wrong, do no violence to the stranger, the father-less, nor the widow, neither shed innocent blood in this place."

Jeremiah had the unpleasant task

of predicting the doom of Jerusa

lem. He was suspected as a traitor

and thrust into prison. But such harsh treatment did not deter him

O for more of the spirit of Jere-

miah in the ministry of today; men

who are no mere time-servers, but

who carry the people on their

heart; men who do not seek popu-

larity, but who seek God and His

message and then faithfully deliver

one sprig parsley and one cup light

Rabbit Pie

Cut a rabbit into serving pieces

ing on the size of the ducks. Re-

move the cover of the roaster the

last 15 minutes, so the birds can

brown.

it to the people.

Golden Text: "Woe unto him that

eroy of India after leading the Brit-ish Army in North Africa, will at-tend a reunion in Montreal of the Royal Highland Regiment (Black Watch). While he is at the Royal the Field Marshall will be provided buildeth his house by unrighteous-ness, and his chambers by wrong; with a guard of honor from Tor-onto's 48th Highlanders. The guard will parade in prewar white shell jackets and the pipe band in full that useth his neighbor's service without wages, and giveth him not for his work" Jer. 22:13. Jeremiah has been called "the weeping prophet." Supporting this view are his own words, "Oh that my head were waters, and mine eyes a fountain of tears, that I might

Other important guests of the Royal will be His Excellency, the Governor-General, who will attend on Monday, November 21st, and the Lieutenant-Governor of Ontweep day and night for the slain of the daughter of my people." Jer. 9:1. But do not think of his ario, the Hon. Ray Lawson on November 16th. tears as the sign of weakness. They were the expression of his great

Toronto - Field Marshall Lord

WAKE UP YOUR

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LIVER BILE-

Without Calomel — And You'll Jump Out of Bed in the Merning Rarin' to Ge
The liver should pour out about 2 pints of bile juice into your diseasine tract every day. It this bile is not five freely, your food may not digest. It may just freely, your food may got constituted. You feel sour, sunk and the world looks punk. It takes those mild, gentle Carter's Little Liver Pills to get these 2 pints of bile flow; just freely to make you feel 'up and up." (jet a package today. Effective in making bill flow freely. Ask for Carter's Little Liver Pills, 35¢ at any drugstore.



## SPICY CINNAMON BUNS



Fast Rising Dry Yeast. Let stand elastic; place in greased bowl brush top with melted butter or sh s from draught. Let rise until abled in bulk. While dough is rising, mbine 13/2 c. brown sugar (lightly

each other, a cut-side up, in greased 7" round layer-cake pans (or other shallow pans). Grease tops. Cover and let rise until doubled in bulk. Bake in moderate oven, 350°, 20-25 minutes. Serve hot, or reheated.

NEW FAST-ACTING DRY YEAST NEEDS NO REFRIGERATION!

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

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