

IT'S FREE...



Pauline Harvey says...

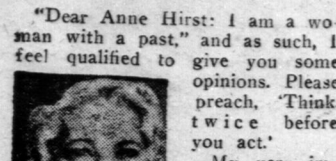
Ladies, now's the time that calls for extra-special baking know-how. If Christmas baking is important to you, why not send today for your gift copy of my new recipe booklet?

It's free, and it will help you bake finer, tastier Plum Puddings, Christmas Cakes and other delightful Holiday fare this year.

FIVE ROSES FLOUR

for all-purpose baking

ANNE HIRST Your Family Counselor



"Dear Anne Hirst: I am a woman with a past, and as such, I feel qualified to give you some opinions. Please publish them. I think twice before you act. My very impulsiveness has brought me to where I am—gutter of alcoholism. And do you know that I have reached the stage where I no longer care too much?"

"I have made two marriages, which have not been successful. I am living with my second husband, who is a good Joe in every sense, except one: He is a mother's darling 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 ourselves in drink and self-pity and 'confessions', until we are about to lose the respect and love of both our families."

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

"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 hope."

"I, through your mutual respect for each other, you have not succeeded in lifting yourselves from this slough into which you have drifted, try once more—"

"And this time, with the help of Alcoholics Anonymous."

"You will find them a group of people just like yourselves who know every step of the heart-breaking path you have trod. They can help you find the strength to become once more the fine, upstanding citizens you used to be."

"They are non-sectarian, and ask only that you admit your need for encouragement. Write for information to the Secretary, Alcoholics Anonymous, in your nearest large city or town."

"That information will come to you in a plain white envelope. And you two can go on from yourselves and in each other."

"If you are honest in your appeal (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 the world. Whatever you two do—lowers or raises their ideals, and must retard or forward their becoming the good, right-thinking men you want them to be."

"It is never too late."

"If you have been weak, do something 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, 121 Eighteenth Street, New Toronto, Ont."

ANNE ADAMS

It's smart to have a French Accent! Here it is, in that shawl-plunge collar, the wing-cuffs, the French-type cuffed pockets! Skirt flared controlled by pleat! Pattern 4736 comes in sizes 12, 14, 16, 18, 20, 40. Size 16 takes 4 1/2 yards 39-inch fabric.

This pattern, easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send TWENTY-FIVE CENTS (25c) in coins (stamp cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER. Send your order to Box 1, 121 Eighteenth St., New Toronto, Ont.

Upside down to prevent peeking.

ISSUE 47 — 1949

Christmas COOKING FIVE ROSES FLOUR



for all-purpose baking

Helpful Hints For Housewives

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

Use a meat cleaver and wooden chopping board for dividing frozen food packages. Just chop off what you need. Handy when cooking for 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 re-rolling the dough (which toughens). Children delight in the queer shapes of scrap cookies.

Cover recipe cards with transparent shellac. Greasy fingermarks and food stains can then be wiped off with damp cloth.

After washing dark-colored socks, roll them up and put them in a large muffin pan—a pair to a section to carry them to the line. Then they can't fade on the other laundry.

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CHRONICLES OF GINGER FARM

Guendoline Clark

Did you hear this little item in the news last week? An old gentleman, celebrating his 100th birthday was asked what he thought had been the most wonderful invention during his lifetime. His answer was—the refrigerator! "Because," 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 refrigerator make it worth the money it costs. And that is understandable, too, because it isn't the man of the house who has to run up and down the cellar stairs with the butter, and the milk, and the little bit of meat which you hope will keep all right until tomorrow. But wouldn't it be too bad if the average man had to live to be over a hundred before anaming that much wisdom? Fortunately the 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-operative enterprise among a group of house-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 the problem of building houses. The same principle is working all right here too, but a farmer's perspective is a different one. He has to be a bulldozer or a man in the field, trying to sprout a tree that he has to have in fifteen or twenty years. Or a woman do her own paper-hanging when there are experts 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 was the obvious answer.

But we have lost that independence, and now we're 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 available for months ahead. Sure, they promise to come but that's as far as it goes."

So I was glad when I heard that significant little news item about these men getting together to build their own houses, 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 unwillingness 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 repair. The field work has to be attended to first. However, I am still not anxious to see my menfolk put cavestrouting on the barn. A broken neck would be more expensive than a plumber's bill.

The same applies to women and paper-hanging—or at least for those who have lost the ability to balance themselves on a step-ladder while wrestling with a contrary piece of ceiling paper. There are limitations—and there are also other things to do that keep down the high cost of living. You don't



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have to risk breaking your neck to make your own aprons and house dresses, nor to do your own baking. And where there are children 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 flavors.

Yet they all have this in common—moderate cost, ease of preparation, and good eating.

So here are a few hints regarding cabbage preparation and cooking, 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 30 minutes before cooking.

To cook, remove outer leaves if necessary, then quarter, slice, shred, or chop the cabbage according to your own preference and variety of use. Add a small amount of water and 1/2 teaspoon salt; cover and simmer until tender (8 to 10 minutes depending on kind of cabbage and size of pieces). Drain, if necessary, blend with butter or bacon fat, and season to taste with salt and pepper.

One foolproof way to keep your cabbage 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 on.

Baked Pheasant
Clean and cut up the bird for frying. Wipe thoroughly, dip in flour, and brown in butter in a frying pan. Place in a roaster and sprinkle well with salt and pepper. Put enough sweet or sour cream in the pan to make a depth of one inch. Add one-eighth pound of butter for each bird. Cover and bake at 300 degrees for about one hour. Make a gravy in the drippings and cover the bird before serving.

If you like your pheasants roasted, you will find it's a good idea to add extra fat in the form of butter, salt pork or fresh side meat. To keep the breast from drying out, you can roast the birds with the breast-side down. Be sure to baste often.

Roast Pheasant
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 dressing if you like.

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 until it's tender. Baste often.

Broiled Squirrel
If the boys don't bring home pheasants, they are pretty sure to present you with some rabbits or squirrels before the season is over. Squirrels are among the finest and most tender of all small game animals. They also have a mild game flavor.

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Particularly delicious. It's best to split the carcass in half, brush the pieces with butter, 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.

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2 green peppers
1/2 cup kernel corn, cooked fresh or canned
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