Salada Tea Bags are handy for afternoon tea

efitted by the mild weather, which is just as well because the coal

nowadays is like the old grey mare

"it ain't like it used to be". We

have one bin of Alberta coal and

one of American anthracite, and both kinds burn away far quicker than they should. And, oh dear,

the dust in the house is worse than

I ever knew it. I wonder if other housewives find it that way.

Daughter was almost in despair

here very much longer the vacuum

when she was home. Had she been

cleaner would have got worn ou

The poet was right who said "Dust will keep but violets won't". Dust

will keep all right-for the simple

reason that you can't get rid of

worrying much about our dust from

her own to look after, he has a

ready rented all the rooms in he

nine-room house—and two of the roomers are young couples with small children, so Daughter has

probably been the means of solv

on the outside and frost on the in-

soon freeze over again. We lit-

walls of our own home during

the barn, and water to draw from

the well. And he generally went

to town with team and sleigh once

remember one time he could not

see to drive through the blinding

to the sleigh and left the horses to find their way home by instinct—

and that is more than anyone could

came home all right and I heard

them stop at the back door. But when I looked out I found Partner

huddled on the floor of the sleigh,

semi-conscious condition. It was well he had no further to go, But

it was not always stormy weather

One remembers things like driving

home from a party on a still, frosty

hanging a fringe of coloured strea-

mers across a cloudless sky. At such times one hardly dared to

breathe, it was so beautiful-like

Lonesome on the prairie? May-

be . . . but it had its compensations.

a winter fairyland.

night, with the Northern Light

do with a car! Our faithful team

blizzard so he fastened the lines

matter how bad the weather.

## CHRONICLES GINGER FARM

Early in the year I had rea

to feel I was like the old Quaker -you remember—the one who said to his wife—"Everyone is out of step except me and thee-and thee is out of step most of the time." Why did I feel that way? Just because the radio, and every paper and magazine i picked up spoke of 1950 as the beginning of he second half-century, whereas weeks ago that 1950 is not only the beginning of a new year, it is also "the closing year" of a half cen-tury. And you know I gave that little matter quite a lot of thought before I wrote it. I also sought advice from my menfolk and we were vice from my menfolk and we were all agreed that the second half of for which I am very thankful. Marthe 20th century does not begin until January 1st, 1951. Then came must often be just about desperate. the papers and I thought to my-self—"Well, either they are all The sun is shining and icicles all this second half century talk in crazy, or I am". Even MacLean's Magazine jumped the gun in one it was cold the windows without Magazine jumped the gun in one it was cold the windows withou of its editorials, at which I was storm sash were frosted over. Jus very surprised because I thought
MacLean's prided itself on being
almost infallible. However, in a
few days, J. V. McAree, in his column, backed me up—not that he knew it, of course—later a letter in the Globe and Mail, and another in the Family Herald, all pointed remembered that the only thing out the error of calling 1949 the end of the first half century. So times living for weeks at a time now I feel very much better, de-spite the fact that Don Fairburn the windows at all. We had no said that while those who think as storm windows and there was frost I do may be technically correct yet the popular opinion is that Father side. Sometimes I would clean off Time has close' his books on the Time has closed his books on the first half of the 20th century. Oh well, everyone has a right to his erally saw nothing beyond the four own opinion—but on one point I am sure we all agree—that 1950 is bound to be an eventful year. When I started writing this we were having a little bit of sub-zero weather, but by the look of things it will be like spring again before this gets into print. Personally, I a week for mail and supplies, no cold side-except that we are grate-



Anne Adams

ONE yard of 35-inch for the larger. As shown in diagram this apron is ONE piece plus thes and Pattern 4718 comes in sizes small (14,16) and medium (18,20) Small size one yard 35-inch. This pattern, easy to use, sim-ple 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, TYLE NUMBER.

eenth St., New Toronto, Ont.

Send order to Box 1, 123 Eight-



Her Night Out-Charles Kane, of Windsor, Ontario, anxiously clutches his daughter, Noreen, 7, after the missing child was found following an all-night police search. Noreen had spent the night with a girl friend, without telling her parents. Kane spotted his daughter in the street, as she strolled with friends.

### ANNE HIRST - Your Family Counselor -MEDDLING MOTHER-IN-LAW | \* impersonal. If the older woman \* offends again, the wife will rise

\* from her chair and refuse

A HOME OF HER OWN

"We've been living with my hus-

move into one room!) Yet my hus-

more to him than his wife?

That would be childish.

for his wanting to stay.

\* comes the foundation of her fam-

cannot relax, completely in ar

\* Husbands who lack imagination

do not realize this. Yet if a man

When older people offend, call on

your patience and your tact. It takes

a great deal of bot but if you do

not lose your composure, you can win. Anne Hirst will help, if you

write her at Box 1, 123 Eighteenth

Ninety-mile-an-hour model plane

perfect to the thousandth of an

inch, are being built by a 46-year-

This is how he does it. His wife

old blind man, Mr. Robert Jones,

and son spread the plans of a plane

on the table and put pins in the

outlines. Then Mr. Jones's wonder-

ful sense of touch comes into op-

eration. By letting his fingers go round the pins, he gets "the feel" of the model-to-he. Then he gets

Deftly he builds the planes, using

ordinary materials, including fine-gauge wire. When they are fin-ished his son flies them.

Recently his son entered one of

the models in a controlled flight competition. It did 81.6 miles an hour and young Mr. Jones Lit sure he had won a cup. But he hadn't.

The trophy went to a friend who won, at 90 miles an hour, with an-

other aircraft which had been buil from Mr. Robert Jones's plans.

St., New Toronto, Ont.

He Builds Planes

He Never Sees

Brighton.

\* other woman's house.

"Is a man's dog supposed to mean

"I do love him, but I've ever

your husband for such a reason

It is hard to believe that you

\* husband refuses to move on ac-

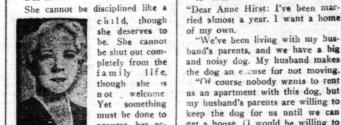
WONDERING

thought of leaving him because of

band refuses to move!

"Dear Anne Hirst: I've been mar

A mother-in-law who tries to separate her son and his wife must be stopped in her efforts. But how? She cannot be disciplined like a



she deserves to of my own. be. She cannot be shut out completely from the
f a mily life,
though she is

band's parents, and we have a big
and noisy dog. My husband makes
the dog an encuse for not moving.

"Of course nobody wants to rent though she is not welcome us an apartment with this dog, but Yet something my husband's parents are willing to must be done to keep the dog for us until we can prevent her accomplishing her vicious purpose. One plagued wife relates her ex-

Her mother-in-law tells actual lies about her son. She informs her daughter-in-law that he is being untrue to her, which the wife, thank goodness, know is not so. She exaggerates his faults, even advises stormy weather—except, of course, for the times when we had to go the girl to leave him! Of course she out. Partner had a few chores at is jealous, eager to have her son Added to the faults she interferes

with their children's training, to the point where they actually fear her THIS MUST STOP Of course this wife sees through these machinations. But it is hard not to become upset and nervous under their influence.

She should talk the matter ove wh her husband, and enlist his support. (This it does not men-\* tion what his attitude is.) He must stand behind her, give her \* his entire loyalty.

his back to the storm, and in a other-in-law, calmly but firmly, that from now on she will not listen to attacks upon her hus-\* band. It is not loyal, and she has too much respect for him to sit quietly by, without protest. Even if they were true it would not be proper.-And she will have no more of it.
She will also remind her

mother-in-law that she and her husband agree completely on the way they are bringing up their \* children. They, and they alone, \* are responsible for the training, and they cannot brook interfer ence from anybody. When this mother-in-law comes

From parish magazine: You are helping to improve our churchyard Will you add to this help by bring-\* to see them (as she does regularing your own clippers and cutting \* ly) the wife will make a strong \* effort to keep their conversation the grass round your own grave

10. Open court
11. Bargain
18. Beds for
raising
willows
18. Daubs
11. Bitter vetch
22. Billow
23. Young devil
24. Man's name
36. Wianow
27. Emmet
28. Pigpen
30. Staff st. Relating to marriage 26. Make corrections 37. Of the moon 38. Persian ruler 39. Not exciting 40. Horseback CROSSWORD PUZZLE ACROSS 5. Nodded 6. Units 7. Spoiled 7. Small houses secretly 8. Small houses game 41. Set of three 42. Subtle Kind of slc4 Cigar fish Chinese port 18. Chinese port
13. Indian
14. Minute orifice
15. Grieved
17. Virginia willow
18. Extois
19. Leaf of a
19. Chinese of a
19. Lohengra's
11. Lohengra's
12. Lohengra's
13. Beleaguermen
15. Brother
16. Wapor
19. Discomature
12. Any monkey
13. Electrified
particle 1 2 3 4 5 6 7 8 8 9 10 11 16 17 26 21 22 23 24 25 25 28 27 28 29 30 31 23. Blootrified
particle
34. Savory
55. Require
37. See god
37. See god
38. Stalks
40. Barly Now
England sett
44. Dimness
65. Interpret
66. So be ft
67. Wing
69. Cattle drove
60. And not
60. And not 32 33 34 35 36 37 37 40 41 42 43 49 99 Answer elsewhere en this page.

#### Katharine Cornell Got The Part

Maude Adam's Peter Pan in my ther's theater that first made me ther's theater that first made me know that I wanted to devote my life to the stage. I had looked forward to Maude Adams with such eagerness that, when the time came. I hid my face in the curtains of the box because I couldn't bear to look. Then, afterward, utter entry particularly the flying

chantment; particularly the flying After that the theatre everything about it: backstage; front of the house; performance time—that mar-velous hush just before the curtain goes up; the clutter and clatter of rehearsals; the glamour of the thea re's great stars—Bernhardt, Sothern and Marlowe, Tree, Sir Henry Irving, Mrs. Fiske became an intimate and realistic part of my life. Naturally I saw more plays than the average child would see.

came to Buffalo for a season of stock each year, was always lovely to me. She would let me sit all day, day in and day out, and watch her rehearse her plays. I never got tired of it. "Hurry and grow up and play lo for me," she said one day, I was thrilled, of course-but never dreamed it would come true ... Miss Bonstelle played leads, of course, and did her own directing. She had that rare gift of getting a smooth production together in a week-week in and week out. She

was not a great actress but an extraordinarily good one for that par-ticular job. She could manage any kind of stage. . . . In September—tha was the Fall of '19- Miss Bonstelle had decided to do Little Women in London with an English cast. Marian de Forest wrote the play (in 1912, you re-member), and after fifteen managers turned it down, Brady bought it for his daughter, Alice, who played Meg-beautifully, they say. I never saw her performance "Who for Joe?" asked Miss de Forest. "Katherine Cornell!" answered Bonstelle.

#### Poor Prophet

ress." by Katherine Cornell.

-- From "I wanted to Be an Act-

Back in the hills, just out of sight of Manhattan's night-glow, an elderly character with a prophetic beard is sulking in a little house in a valley. Beside the house, handy to a snow-bound householder, is a large pile of fireplace wood, neatly stacked. The house itself is stoutly banked with last fall's leaves. In get a house. (I would be willing to the larder is a store of canned food and cured meat. But all last week the elderly character himself ext on his front stoop in his shirtsleeves and glared at the sky. Last fall, he forecast a heavy winter, an old-fashioned winter full of ice and Of course you will not leave snow and bone-chilling cold. The week before Christmas he said the turn was at hand. On Christmas Day, he said the new year would come in with a howling wind and count of the dog. It is more likely that he feels comfortable where he is. He has less responsibility two feet of snow.

It is obvious what happened. The in his mother's home than even

lilac bushes in his front yard looked, a few days ago, as though a small apartment would entail.

I suspect this is the real reason they might burst into leaf at any moment. There wasn't enough ice on the near-by pond to cool one Few men have any idea of what long drink. The elderly prophet hadn't been able, try as he might, \* a home of her own means to a \* wife. In it, she reigns supreme.

\* She manages it alone, and it beto burn one full cord of wood; in fact, as he sat there and glowered ily life. No matter how kind and the other day, the doors of his breeze. And he knew that if he went poking through the woods, he might find hepatica in bud. Maybe even shadbush on the verge o

loves his wife as I expect your husband loves you, he will provide Winter isn't over vet, by means. But it is January, and her with a place of her own. Un \* til he moves in there with you, he Groundhog Day is going to be \* will not understand what joy he, \* too, will feel living there alone here before you know it. Then February will fray away into \* with you.

\* I hope your husband will find March. And the January that should have started off snowbound started off with a burst of 60-degree \* a good place for you soon. Every weather.

character best say now that he is about to lock up his house and take a trip. He wants to get away from this awful winter, they say. He talks of going to Northern Canada.

Chairman at church gathering "We welcome tonight the Rev. Mr Jones. This is the first chance he has had to speak since he married.'

92

#### They Had Sausage 2000 Years Ago

dish since the fifth century, at The Greeks had a word for them! The Romans, too, are known a have indulged in fried saussa made from fresh pork, chopped pin

nuts, cumin seed, bay leaves at black pepper.

They are also thought to has introduced the haggis to Englan. where it was very popular at the time of the Commonwealth. Sim then, the delicacy seems to han retreated over the border in not recognize a haggis if we sa

chuckled over the story of the housewife who, receiving one augift from her husband in Scotlad planted it in her rockery and prodly displayed its flourishing condition on his return on his return.

When sausage are cooking, then is often shrinkage due to loss a fat and water; this may be reduced by dipping in boiling water being frying.

Gerry: "Don't you think it a good idea to rate all cars according to their horsepower?" Bill: "Not as good as rating

HERE'S

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thing to ease the pain ; ; its
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the relief is prolonged because
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three proven medical ingredients.
These three ingredients work together
to bring you not only fast relief but
more prolonged relief.

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relief too . . . or for the pains of

12-Tablet Tin 23¢

Economical 48-Tablet Bottle 69¢

AKIN

OWDE

MAGIC makes my

and fluffy!

Gingerbread Cup Cakes

Combine 1/2 cup meited shortening and 13/2 cups raclasses and add 1 beaten egg. Stir well blended well blended and add 1 beaten egg.

Combine ½ cup meited shortening and ½ cups molasses and add I beaten egg. Stir until well blended. Mix and sift together ½½ cups sifted flour, I teaspoon Magic Baking Powder, I teaspoon Magic Baking Soda, I teaspoon cloves, ½ teaspoon salt, and add alternately with ½ cup hot water. Bake in 24-2½" cup cake pans in moderate oven (350°) for 30 minutes. Then blend one 3-oz. package of cream cheese with enough milk to make of sauce consistency. Top each serving with a spoonful.

Cup Cakes so light

a place where time has stood fill for thousands of years, and the aborigine inhabitants have not the aborigine inhabitants have not changed a custom nor advanced their mode of life since the time Caesar invaded Britain. From this little known territory a party of applorers recently returned with the their tone of specimens, which they will now aettle down to study an attempt to bridge the gulf of knowedge that exists between an today and his primitive au-

hich still remain largely unex-lored, Arnhem Land holds prior lace because of its exciting scien-

OR QUICK RELIEF

BEYOND BELIEF ...

- 7 W

DOLCIN

Has Stood Still

many questions puzzed the scientists. Why, for instance, are the borigines as primitive today as heir ancestors of thousands of ears ago? It has been scientifically eccepted that the aborigines knew ow to build only the most elemenhow can one explain the ruins a city observed from the air an arid part of Arnhem Land? a city observed from the an arid part of Arnhem Land?
d was it true that the story of housand years of aboriginal life contained in countless fantic patterns made of string? One day the natural history exmany specimens as possible, hit pon the ingenious idea of form-a "cockroach committee" of boriginal women and children. Nobody knows the cause of rheumetism but we do know there's one thing to ease the pain a said in their bare hands hundreds of live insects—ants, termites, bectles and the larvae of butterflies, moths, flies, wasps and native bectles!

Payment was made in sweets three proven medical ingredients. These three ingredients work together.

and tobacco, and these two induce-ments brought more handfuls of pecimens each morning and after-moon. Among them was a spider known as the "St. Andrew's Cross," because it fashions its web in the mape of a cross. Snakes and liz-ards were also abundant. Some dangerous, but all handled with abill by the natives.

In mid-summer 1948 the expe-

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"Fifty Face". From Frankenstein?—The "1950 Face," as ust ordained by fashion experts, is mocked by actress Patricia leal, left above, after a facial going-over by Hollywood makeup apert Perc Westmore. Says Westmore, "It's the same montrous concoction I put on Frankenstein 20 years ago." At right Love, Patricia wears her "natural look"—the one Westmore links she should have. As for New York's "1950 Face," Westre continues: "It's so awful it's funny. They didn't release that mannequin face. It escaped."

## northern Australia, using aboriginal natives as porters for the and jour-Research work at this new rey. Research work at this new base, which was situated close to a great swamp believed to be full of giant crocodiles, yielded numerous species of plants, fishes, and mammals, many of the mbelieved to be hitherto unknown. Dr. Robert Miller, one of the experts on fishes, collected 350 different species in a single day off Kirrkala Reef—a "fishy" tale which for once is mouestionably authentic!

unquestionably authentic! "The men natives went turtle COME OUT FROM UNDER hunting on one occasion, but with out success. However, turtle egg THE SHADOW OF PAIN! were quite a common item in camp diet. These were eaten raw, boiled For relief from the pain of ARTHRITIS, in water, or cooked in the hor sand. The women's catch varied. MELUMATISM, NEURITIS, OF SCIATICA

coday. DOLCIN has relieved the pains of thousands of sufferers DOLCIN Tabless are not harmful, easy-to-take, reasonable in cost - 100 ablets for \$2.39; the large economy-size bottle of 500 tablets, \$10. If your druggist cannot supply DOLCIN write to DOLCIN Often when the low tides occured early in the morning, they would go for shell-fish, stingrays, and oy-sters—these were eaten for break-fast." The women often walked six to eight mies a day in search of food. Near the camp were a few cycad palms, the nut of which is DOLCIN write to DOLCIN
LIMITED, Toronto 10, Ont. the main vegetable food in many parts of Arnhem Land during the tter part of the dry season. These nuts have to be soaked for three or more days in running water, and they are then cooked in paper-bark packages, or are ground to flour-like powder and cooked like damper unleavened bread made of flour, and Where Time

water, and sometimes salt).
It was the Australian anthropolo gist Fred McCarthy who had the good fortune to come across some extraordinarily interesting "string-patterns". These can be compared drawings which-in the Mediter ranean area as well as elsewhere -have revealed a great deal of the

#### Reef Petroleums Expands Interests

The manner in which United States capital is being poured into the Alberta oil fields is clearly shown in the case of Reef Petro-leums, Limited, a Canadian com-pany which has secured title to

for three-quarter interest. This company has a similar agreement on a block of C.P.R. lands, reserved by Reef, totalling 8.979 acres.

In addition Reef Petroleums holds 2% interest—110,000 acres— in Bear Oil Limited, formed to explore 5,500,000 acres between the pro-2% interest—110,000 acres—in Bear Oil Limited, formed to explore 5,500,000 acres between the producing Redwater field and the tar sands of Fort McMurray, under direction of Dr. Theo. Link, with the following major U.S. and Canability of the following in the following major U.S. and Canability of the following major U.S. and the following major U.S. and Canadian oil companies as partners: Pacific Petroleums Limited; Suna well is now being drilled there.
Reef has also taken an equity in the
Dodds farmout of Imperial Oil, with

a well going down, and in a third well on the Spedden farmout of Parnsdall Oil. Company policy is to participate in any good looking farmouts and acreage. In the past two months \$150,000 has been placed in Page transurer. in Reef treasury.

The combination of substantial working capital, the financial and working capital, the mancial and tecl.nical assistance of powerful American associates and an im-mense potential oil-bearing acreage places Reef Petroleums in an exceptionally good position.

is the same. You are moving before you know it and you giance quickly to be sure that it is your



Accused Of Starving Child - Mr. and Mrs. Guy Scielzo are booked in a New York police station, charged with homicide in the starvation death of their three-year-old son, Guy, Jr. The child died in a hospital soon after social workers found it starving. Another child, also suffering from malnutrition, is on the critical list. The \$75-a-week salesman offered no explanation for the neglect.

## Trains That Ride Just Like Velvet

right down to it, the body of a car and the body of an airplane being so much the same, about the only place for change rests on the supporting surfaces and the driving power.

In an airplane, some noise is caused by the rush of air past the wings, but its often excessive noise travel at high speed with no engine

said the French, let's attack the This they did by using pneumatic rubber-tired wheels, running directly on the rails, with a metal flange to keep them on the track. An ordinary railroad car would be too heavy to put on rubber tires, so the French designed a lightweight modern type of streamline train, with carriages weighing 14 tons instead of the usual 40 tons. Even this weight caused for wide distribution in using pneumatic tires, so there are 20 wheels to take it. These are divided into two

trucks, fore and aft, of 10 wheels each, 5 on a side. A gauge indicates the pressure of each, and a failure of any one would not prevent the train from to the next station, where the wheels are always

To see one of these trains pull out of a station is an uncanny experience. A great silver rod sud-denly slides past without the slightest sound. The only thing you can liken it to is being in a motion-picture theatre where suddenly the ound track goes dead. Inside the train, the experience

Is there a halfway vehicle postible between airplane and trainakind of winged centaur, as it were?

The French nationalized railroads think they have developed such a creature in their rubber-tired train next to you pulling out in the opposite direction. The take-off is handled smoothly by the engineer and you find yourself alipping through the rail yards and across switch joints without sound

hem Land holds prior ase of its exciting scienbilities.

Entry Porbidden

ed into a giant aboriginal e by the Australian Common-h many years ago, it was indeed for any to enter this continuous and leases totaling reservations and leases totaling the drilling expense, with Referetaining a 25% interest. Rio Vista Oil Co. Ltd. another large archeding and American railroads facing archeding arc

you get bumps which rubber tires cannot eliminate. Otherwise, the trip exceeds in silent comfort both ordinary air and rail travel. The work the flanges have to do to keep the car on the rails is apparently very slight, because you cannot trace any sound or feeling

to that source.

Naturally, this easy running is translated into economy, and the cost of hauling this train is much cheaper than with the ordinary

dian oil companies as partners:

a "cockroach committee" of loriginal women and children, the experts showed them what as expected of them. The follows day they were configured by the staggering spectacle of numbers of the staggering spectacle of numbe from airports. Considering the small time difference plus even smoother and more silent travel,

> ing to the air. The rubber-wheeled train itself is completely modern, with beautiful fluorescent lighting and all other appointments giving maximum comfort.

SAM'S JUNIOR GARDEN TRACTOR \$149<u>50</u>
Delivered to Yee

Twelve months to pay. Order now and get yours when you need it. Two years guarantee. Very narrow for close planting. A CHILD CAN OPERATE IT. Over powered with most modern 4 oyele air cooled engine. Light plowing, cultivating, scuffling, hilling and weed control. Power-taite-off for other uses. Simple, strong and easily handled. GARDEN POWER TOOLS
LIMITED
West Hill (Searboro). Ont.

texture.

she said, "you lose the juice, and then it's more like a boiling piece." She uses an iron skillet for this, altho you can do it in the pressure pan before putting on the lid.

sure constant while cooking. Variations in pressure tend to cause juices

when cooked at 10 pounds.

\* \* \*

Ever try rabbit in the pressure
pan? Mrs. Harold Whitley did, and
liked it fine. She browned it well before pressuring it.

In another part of the same coun-

Mrs. Leroy Henniges, had given pressure pan demonstrations for their neighborhood. Meat loaf was one of the foods they prepared. Here's the way they did it. Take:

2 eggs, slightly beaten medium-sized onion, minced 1 stalk celery, minced 1 medium-sized carrot, grated 1/2 cup bran flakes
2 tablepsoons barbecue sauce
1 tablespoon lard
1 tablespoon water
4 large potatoes

sonings penetrate the meat.) Heat potatoes and add fat. Brown

each loaf well all over. Place pota-

pressure pan, says Mrs. Ralph Ol-sen, of Hamilton. She also recom-mends this recipe for other sorts

1½ pounds ground beef ½ cup rice

# TABLE TALKS

Combine meat, rice, salt, pepper and onion. Shape into small balls.

leaving the vent open. That gives the effect of a steamer. You need plenty of water in the pan, because

The bread is set on the "trivet,"

She recommends the pan for dum-

plings, too. "They come out so fluffy and nice," she said. "Use it

If you are inclined to be timid,

of one manufacturer, and not use the pressure pan for cereals.

Used wisely, you needn't be

afraid of your pressure pan. And it

**OUICKLY BREAKS** 

**COUGHING SPELL** 

Fast Action of Lymoids

Leaves Man Grafefull

have used LYMOIDS for cough relief for

Do You Suffer

FROM A
"Weak" Back?

Does sitting in a draft or in a damp, chilly room sometimes bring on an aching back? Many people say they get "cold" in the back—or in the kidneys—so easily. At such times it's good to know about the quick relief of Dr. Chase's Kidney-Liver Pills.

Remember, both kidneys and liver must filter out impurities from your bloodstream. So if you feel tired, worn-out, headachy—with painful joints and aching back—look to both your kidneys and liver. That's why Canadians have been relying on Dr. Chase's Kidney-Liver Pills for over half a century.

Some folks eat liver for feasons of health. Others, just because they love it. I happen to be in the second category, personally, and am always on the lookout for new and interesting ways of cooking and serving it.

Heat soup and water in cooker; drop meat balls into soup mixture; place cover on; cook 10 minutes at 15 pounds. Let stand until pressure Up to a few weeks ago I had never heard of this method — and perhaps it will be a novelty to some of you as well. It's called

frying). Dip the liver strips in a beaten egg and then roll in a mixture of ½ flour and ½ cornmeal until well coated. Fry in deep fat. (The fat should be hot enough to brown a stale bread cube in 60 seconds.) Fry until golden brown—this does not take long. Remove from the deep fat and drain on paper to the second with the pressure pan. "And baked beans," said Mrs. Potter; "are really out of this world. The pressure pan leaves them nice and soft and moist."

Steamed pudding ideal for the pressure pan leaves them nice and soft and moist." and serve with spicy tomato sauce. Dip liver into the sauce and eat with

> or rack. Final cooking is done un-der pressure. Boston brown bread is one of Mrs. Potter's favorite re-More and more women are buy ing pressure sauce pans, and most of them agree that they're a wonderful help, and a real time saver. Still, a recent survey shows that there are many who use theirs only occasionally, and who are not get-ting their money's worth out of

> just as a steamer for that—don't put the weight on." . . . Be careful to foam, like apple sauce and tend to foam, like apple sauce and cereals. The vent-hole can become plugged by food particles. Ihen, after a high pressure is built up, it will spurt out with considerable force. One woman ended up with apple sauce all over the kitchen ceiling. Take meat, for example. A com-mon objection heard during the course of the survey was that meat cooked in a pressure pan tends to use its flavour. But there are things you can do to retain both flavor and

First, sear the meat to a good brown on all sides, Mrs. Roy Potter

"If you don't sear it all around,"

will certainly save you a lot of time and fuel. Then be sure to hold the pres Are You A Joker? to escape. The pressure used makes a difference, too. Some books advise 10 pounds for meat—others 15 pounds. Probably texture is better If so, write for our free catalog of Jokes, Tricks and Magic No

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In winter, Mrs. Whitley used a coal range to heat the kitchen, so fuel saving isn't an item then. It's gets a work-out, on the hot plate.

ty, Mrs. Carl Lueder likes the pressure pan for cooking pork. Pork chops, when done, are put in the oven for a few minutes. This dry heat seems to harden the fat. If you have a broiler, that will give the same result.

Mrs. Potter and her neighbor, .

HANDY 10: & 25: ROXES 2 teaspoons salt FOR INSTANT THROAT RELIEF

Combine the beef and pork; sea son with salt and pepper. Add eggs, onion, carrots, celery, bran flakes and sauce. Stir well, and form into two small loaves. Wrap in waxed paper and chill at least one hour in the refrigerator or other cool place.

(This prevents loaf from breaking (This prevents loaf from breaking apart while cooking, and helps sea-

toes around loaves and add water. Place cover on cooker and allow steam to flow from vent. Cook 15 minutes at 15 pounds. Swiss steak cooks nicely in

meat balls:

Give your system a chance to work properly. Always keep Dr. Chase's Kidney-Liver Pills handy—especially during damp chilly weather. The name "Dr. Chase" is your assurance.





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