Listen to Jack Dennett CFRB 8:00 a.m. and 6:30 p.m.

## TEA

## ANNE HIRST Your Family Courselor -

Dear Anne | ly. Our only wish is to make each



Hirst: For over a year I've been other happy. He is very good to me. Could we ever be happy together if we move away from his family? Or shall I break the engagement?
"Can a mother love her son so n the armed forces. We are of different much that she thinks he can't live without her advice?"
"All this is affecting my health. (1 do not, of course, show my resentment.) Please help me!

derstanding that it gives me my hope for a better life. He does not any church, but goes Try to stop worrying so despertately about this situation. When belong to any church, but goes with me when I ask him to. "But his mother says she'd \* your soldier comes home he can \* talk with your minister or priest, \* study the tenets of your church \* and make up his own mind. to my church! She says he'd only do it to please me. My parents You know how much he loves like him very much, and never \* you. Trust him completely. Never express any doubt in your letters \* of the future. \* Some mothers never realize

"I feel that his mother brought him up the best she knew, and now should let him make his own "He and I love each other deep-

inserts in spider-web crochet.

Display worthy! Pattern C785

has transfer 6 motifs 61/2 x 9 to

in coins (stamps cannot be accept-

NUMBER, your NAME and AD-

(in coins) for our Laura Wheeler

Needlecraft Book. Illustrations of

patterns for crochet, embroidery.

knitting, household accessories,

gift ideas. A free pattern is print-

CROSSWORD

PUZZLE

TWENTY-FIVE CENTS

Print plainly PATTERN

This you cannot change. I sug-\* gest, though, that you do not \* visit your fiancee's mother too often. She doubts your love for \* her son; that, combined with her \* religious prejudice, keeps her upset, and it is not likely that your visits help matters at all. It is sad that all of us canno realize that God is the God of Your job now is to take care \* of your health, live each day \* actively and fully, and have faith that everything will work out all right.

their sons grow up, and have

TO "CONFUSED": These comments on your fiancé's appearance would seem laughable if I did not know how common they are. Those who belittle him for this reason are shallowminded folk whose opinions are Yet you, too, say you feel self-

conscious because of this difference between you. How adolescent to allow such \* How addressent to anyw. det \* a physical circumstance to upset \* you! Character is no dependent \* upon outward aspects. This \* young man seems to have all the \* fundamental qualities that make a good husband. Your family admire him tremendously. I agree with them that you will overcome this self-consciousness after you are his wife. If you have made him uncom-\* fortable by any criticism, you might suggest that he read the \* advertisements of certain manu-\* facturers who recommend mod-

When you are worried and can when you are worried and can do nothing about it, live each day at a time—and let the future take care of itself. Tell your troubles to Anne Hirst, and receive her

firemen, explained why he had set . many hobby and fire to several buildings: "I liked to blow (the bugle), and didn't have much opportunity otherwise."

5. Light tap
9. Out of bed
10. Return
11. Clan
13. Highway
16. Clay dishes
19. Hide
20. Pale
21. Turf
22. Testing of
conduct
23. Spell
24. A thing (law)
26. House pet
27. Bitter yetch
29. Spanish title
21. Small: child
23. Falseltood
31. Small: child
23. Falseltood
33. Falseltood
34. Frank
25. Stip
26. Himmense
42. Take a seat
43. Adult male
43. Adult male
45. Novel
47. Southern state
(ab.)
48. Parent

15 16 17

21 22 23 24

25 26 27

29 | | | | | | | | | | | | | | |

35 36 37

38 39 40 44 45 44 45

46 47 48 50 51 51 Answer Elsewhere on This Page

18 19 20

Canadians Are Poor Salad Eaters Compared to United States Neighbors

Canadians are poor salad eaters. | say we should eat.

Canadians are poor salad caters.

That is a fact pointed up by comparison with what United States citizens eat and with figures based on what nutritionists say we should eat.

For instance, in 1945, the last year for which comparative figures kare available, Americans at \$23.9 pounds per capita of fruits and vegetables in Canada to all canadians consumed only 275.2 pounds per person. These figures do not include potatoes. Even what Americans eat does not quite reach the figures based on what nutritionists

say we should eat.

This is the reason why many interested government departments, associations, companies and individuals are backing "Salad Week" in Canada. "Salad Week," from July 27 to August 4, is designed to increase the consumption of fruits and vegetables in Canada to a level that will bring better health to all Canadians as well as add color of nature can be found in fruits and vegetables. For this reached to all Canadians as well as add color of nature can be found in fruits and vegetables. For this reached to all Canadians as well as add color of nature can be found in fruits and vegetables. For this reached to all Canadians as well as add color of nature can be found in fruits and vegetables. For this reached to all Canadians as well as add color of nature can be found in fruits and vegetables. For this reached to all Canadians as well as add color of nature can be found in fruits and vegetables. For this reached to all Canadians as well as add color of nature can be found in fruits and vegetables. For this reached to all Canadians as well as add colors of nature can be found in fruits and vegetables. For this reached to all Canadians are reached to all Canadians as well as add colors of nature can be found in fruits and vegetables. For this reached to all Canadians are reached to all Canadians are reached to all Canadians are reached to all Canadians as well as add colors of nature can be found in fruits and vegetables are no other type of food lends itself to such a variety of color dombination mer months when fresh fruits and | would normally clash.



\* ern improvements in design which aid in overcoming this and that day the baler was busy elsewhere. We have known some elsewhere. "catchey" seasons but never any-thing quite like this. But we have women in cumbersome hats or lots of company—there is hay out all over the place. However, all

turbans.

chores done.

time by getting a few of their own

But last Tuesday men were con

spicuous by their absence. No doubt some of them had been re-

quired to drive the family car and were somewhere down town but

any of us can do is take what comes and hope for the best.

Right now "the best" seems to be a promise of peace in Korea—

the forehead, ending in a "bun" at the leaft of the world.

There would have been pale lips and paler cheeks, except for the rugged out of door women. Hair would be pulled back straight from the forehead, ending in a "bun" at the world. to Anne Hirst, and receive ner comfort. Address her at Box 1, 123, 18th Street, New Toronto, Ontario.

Supply & Demand. In Neustift, in Iran—Iran and its oil being of in the now non-existent sheds, would be the horses, hitched to Austria, Fritz Rambusek, hired to blow the bugle which summons Russia than North and South Korbuggies or democrats. Somewhere ea put together. Of course we are expected to believe that the trouble shop, the grist mill, the blackin Korea isn't Russia's war-but | smith's or the hardware store, men who can doubt but what the whole | would be waiting for their wives or dreadful business wasn't instigat- sisters, making the best use of their

ed by the Kremlin. Well, last Tuesday many women in this district cast care aside and of our Halton District Women's Institute. It was a lovely day, sandwiched in between rain the day before and rain the day after.

Over 300 members and a number own driving, picking up as many

of guests sat down to a well planned, attractive and appetising lunch.

Before lunch most of us had our little private session. There were ladies there who had not seen each added to our enjoyment. Also ladies there who had not seen each added to our enjoyment. Also other in years-members who had present was our agricultural Rep moved away; women who once been members of branches that had and his wife. Besides adding to our

since disbanded. Mothers, daughters, grandmothers and others; some women who had aged with the passing years; others who looked younger than they did 10 years ago! It was a goodly crowd—and we talked, and we talked, and we talked.

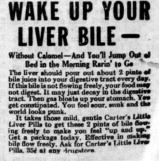
There were, of course, many of and we talked—almost as much as a crowd of farmers at an auc-members, including a lady over 90,

We have eight acres of hay cut and raked; another six cut but not ly dressed women I wondered tremor in her hand as she cut the and raked; another six cut but not raked, also a field that hasn't been touched—and the hay-baler sitting in the yard. That is as far as we have got with our haying operations. There has only been one day when the hay was fit to bale and that day the baler was busy elsewhere. We have known some "catchey" seasons but never any older women in bonnets, vounger older women in bonnets, vounger of the hay been of the part of the farmer's wife-or to live on a farm pointed out to us that as members There would have been pale lips

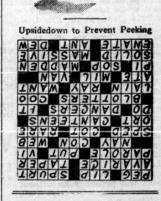
> After hearing Miss Chapman 1 am positive that most farm women their lot and more anxious to conweal, the good of all mankind."

> > ISSUE 29 - 1951









4 slices toast





ily would say: "He's sure to be in the stamp room." He usually

One day the Royal Collection, which is now worth at least £750,-

Y-A-A-A-H!---

On their way to the swimming pool, pupils of a Detroit school lean through the window of a classroom to taunt other youngsters who have to attend during vacation time. Insiders missed school during the recent 59-day transit strike. Outsiders missed no school.

Additional breadcrumbs for rolling Beat one egg and combine with

spinach, breadcrumbs, butter, cheese, onion, and allspice. Mix

thoroughly and allow to stand 15

minutes. Shape into balls. Combine

remaining egg and the water and beat together until well blended. Roll spinach balls in crumbs, in

the egg-water mixture and

on brown paper. Serves six.

crumbs again. Fry in deep fat at

If you have part of a can of

peaches, pears, apricots, or prunes, make individual cobblers with them.

INDIVIDUAL APRICOT

1 recipe baking powder

½ cup brown sugar 1 tablespoon cornstarch 3 tablespoons lemon juice

Mix biscuit dough, adding tablespoons sugar, and pat into six

circles (about ¼ inch thick) to fit top of individual custard cups. Combine brown sugar and corn-starch and add fruit juices. Cook

over low fire, stirring constantly, until thickened. Place one apricot

half in each cup and pour sauce over it. Top with biscuit dough and bake 25 minutes at 400 de-

grees F. Serve hot or cold with

There is no better way to

a little of this and a little of that than by making a Russian salad

out of it. The ideal Russian salad

contains equal parts of slivered

chicken, ham and tongue, but you can substitute other suitable left-

over meats. Cold leftover peas and

and you have a luncheon dish

1/4 cup chili sauce

pepper

at once)

sometimes added.

for a king.

BASIC RUSSIAN DRESSING

y teaspoon grated onion
1 tablespoon chopped sweet
pickle (relish)
1/2 hard-cooked egg, chopped

(if it is to be served at

Combine all ingredients and mix

with salad. Salt, pepper and pap-

rika will be needed for seasoning

-some people like Tabasco too.
Finely diced beets and capers are

Royal Stamp Lover

For four years 74-year-old

John Wilson, C.V.O., Keeper of the

King loves to beare: in the Stamp Room at Buckle gham Palace. One

of his most preses stamps is an unused 2d. bine, 1847, of the Post Office Mauritine, said to be the

only perfect specimes. It was bought by King George V for £1,450 in 1904.

King George V was so keen on his stamps that if he was missing during any of his rare hours of

cream or ice cream.

biscuits
2 tablespoons sugar
Fruit halves

1 cup fruit juice

## TABLE TALKS

Leftovers are a challenge to the ingenuity and resourcefulness of women. Shall they reappear as pies, soufflés, timbales, or mousses, or as stuffed peppers or stuffed ions? There is always an interesting use for every bit of left-

There isn't a piece of vegetable loo small to go into a soup or a salad; any bits of fruit may be used for garnishes, put into appetizers, or used in salads and pud-dings. Even the water in which regetables are cooked is suitable for cocktails or soups.

One boon to the cook, especially in summer, is the use of condensed, canned soups in preparing leftovers. Use them instead of white sauce for binders—and many of them may be used, diluted slightly, for sauces for loaves and croquettes. Mushroom, celery, tomato, and others contain flavors that often add special zest to the new dish

A delicious new version of meat which calls for only one cup of leftover meat for serving six people, is topped with a fluffy cheese meringue that makes it truly company fare. Try this on any member of your family who thinks he doesn't like leftovers, and see him change his attitude about

LITTLE-MEAT DISH 1 can condensed cream of mushroom or cream of celery soup

1/2 cup milk
2/3 cup chopped onion
2 cup cubed, cooked beef or chicken 11/2 cups cooked, sliced

carrots, drained
4 eggs, separated
24 cup shredded Canad Combine soup and milk in a

14-quart casserole; add onion, meat, and carrots. Bake at 375 degrees F. for 10 minutes. Meanwhile beat egg yolks and stir in cheese. Beat egg whites until still and fold in egg-cheese mixture. Pile fluffy topping over mixture in casserole and continue baking for 30 minutes. (It is important t cook casserole while preparing topping, otherwise dish is too moist.)
This serves six.

If you have only 1/2 cup of leftover, chopped meat—beef, ham, chicken, pork, or flaked tuna—try the following creamed delicacy for

CELERY-CREAMED EGGS 1 can condensed cream of celery soup 4 cup milk 4 hard-cooked eggs, sliced 1 tablespoon chopped

King's Stamps, has been compil-ing one of the most remarkable books of our time—the "Royal Philatelic Collection." It is the his-4 slices toast
Combine soup and milk and heat
ly over low heat. Stir in eggs,
entos, and meat. When thorly heated, serve hot on toast. tory and record of the King's col-lection, which is housed in 325 red volumes and 40 blue volumes. King George V started it. Sir John's book will contain plates in exact color showing more children's vacation party, toast cut in the shape of than 200,000 of the stamps. Total number of stamps now owned by the King is more than 750,000.

When he can field time, the pach balls for dinner.
D SPINACH BALLS

LEVins grated onion

Are Helped By Professional Advice

Women Who Cut Their Own Hair

"shapered" ends as your hair would naturally grow.

The hardest task is cutting long hair short for the first time. If you wish to do it yourself, cut it about five or six inches from the scalp all over your head. Use thinning shears to do this unless you want your ends to have a bluntcut appearance. Then proceed to cut and shape.

Simulating Round Ball
Your fuished cut should simulate a round ball when it is combed straight out all over your head.
Then you may wear it up or down and part it wherever you wish.

"shapered" ends as your hair would begins to taper down. Secure this begins to taper down. Secure this begins to taper down. Secure this towo inches longer here than over the rest of your head. You need not section off your hair but start from the top and top back, the left side and the top hair as a guide for picking up the bottom layers so that it has a graduated, bevelled effect when finished.

Within each section pick up a narrow rectangle of hair between your first two fingers, hold the ends tight and the hair strand on a tension. Slide the razor flat over the full length of the hair, bearing down in a series of short to the wave.

If you cut a child's hair, to give him a rather short cut with a shingled, tailored back, section off the hair as in the hall to two inches longer here than half to two inches longer here than over the rest of your head. You need not section off your hair but start from the top and top back, cutting each thin layer bluntly, using the top hair as a guide for picking up the bottom layers so that it has a graduated, beveiled effect when finished.

If your hair is inclined to be naturally curly, cut it in layers, thinning it in the grooves of the wave.

If you cut a child's hair, to give him the two inches longer here than half to two inches to half to two inches to half to two inches the half to two inches that half to two inches the half to two inches the half to two inches the half

Your proper haircut and shaping is the foundation for any hairdo. Most short hair requires trumming every two weeks and a good shaping once a month.

To cut your own hair is possible, but a little difficult. It requires patience, perseverance, and experience. When you can obtain the services of, a good professional stylist it might be well to start with a perfect pattern, then trim your hair often enough to retain its original shape. Or perhaps you can exchange haircuts with some friend.

A good pair of shears and tapered comb are your main tools. Others which are helpful include a razor, clippers, and thinning shears. The clippers are useful when styling a short mannish cut; thinning shears are an aid for quick thinning of very thick hair.

The basic cut for any style is from three to five inches long all over your head with tapering "shapered" ends as your hair would naturally grow.

The hardest task is cutting long.

To cut your wown hair is possible, but a little difficult. It requires trumbing shears are an aid for quick thinning shears are an aid for quick thinning of very twick hair.

The basic cut for any style is from three to five inches long all over your head with tapering "shapered" ends as your hair would naturally grow.

The hardest task is cutting long.

close your scissors. It is best to twist the strand a little, so you don't cut it off abruptly at the

which is now worth at least £750,000, will probably become the proporty of the nation. It is generally regarded as the finest individuallyowned collection in the world.

A woman in Australia lost her handbag. It eventually turned up in a bale of wool at Schio, near Verona, Italy, where it was found by a sorter.

Then you may wear it up or down and part it wherever you wish.

For those who like it, there is also the modern blunt cut, as well as the bell shape or the sleek, short-cropped cut with the ends flipped up from the nape of the neck.

Before you proceed to section your hair for final cutting with barber shears, just a word about razor cutting and use of thinning.

Then you may wear it up or down and year it up or down and part it wherever you wish.

For those who like it, there is a time.

For scissor thinning, use this rule: Hold the strand tight between your first two fingers, slither the open V of your barber shears up and down the strand and close to your scalp according to the amount of thinning you need.

Needlepointing the Hair

This should needlepoint the hair a time.

For those who like it, there is a time.

For those who like it, there is a time.

For those who like it, there is a time.

Near your first two fingers, slither the open V of your barber shears up and down the strand and close to your scalp according to the amount of thinning you need.

Needlepointing the Hair a time.

Needlepointing the Hair a time.

For those who like it, there is a time.

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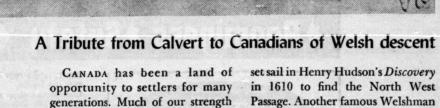
For those who like it, there is a time.

For those who like it, there is a time.

For those

## The Canadian Family owes much to .... Wales





It is a grand feat of nation building when so many cultures march cordially together, cooperating and Canadian Family.

to Canada was Thomas Button who progress.

Passage. Another famous Welshman stems from the blending of racial and was David Thompson whose surveys cultural heritages from many lands. are the basis of our maps of Western

The Welsh are a quiet, serious, devout and music loving people. making allowances, merging ideas Their industry in the fields of and preserving ideals, linked by a chemical and mining engineering, common citizenship in the great language and science teaching, manufacturing, editing and law One of the first Welshmen to come has contributed much to Canada's

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> > Calvert, head of the famous Calvert family, founded 1622. The Calvert ideals of freedom and tolerance helped set the pattern of the democracy we now enjoy.



