## TABLE TALKS

The high cost of foods, especially meats, continues to challenge us all. But, as I have said before, meats of what are known as the variety" type may often be pur perly prepared, offer an economical change from steaks, chops, roast

Before giving you today's batch of recipes using such meats, per-haps a few general hints on their preparation might be timely.

Tips on Preparation and Cocking

Of Variety Meats Liver-Do not soak or scald. Precook only when it is to be ground, Pan-fry or broil year or lamb

liver. May be baked with bacon or ground for loaves or patties. Kidneys-Do not soak or precook. Wash, remove outer membrane, halve, remove fat and white veins. Veal and lamb kidneys may be broiled. Braise pork of beef. Grind, slice, or chop for patties, loaves, or kidney, pies,

Trim out fibres at top. Wash in cold water. Cooked tender in water they may be ground or seroles. Beef or veal may be stuffed and braised. Pork or lamb may be braised whole or

cook in simmering water 15 minutes. Remove loose membranes, prepare for desired servbraised, pan-fried, broiled, or sweetbreads diced in salads, creamed dishes-or slice, crumb,

tender. Then remove outer skin. tongue. Slice and serve hot or

Brains-Soak in salted cold water 15 minutes. Remove membrane. Precook in simmering water 15 sired servings. Cooked brains may be diced for use in scram bled eggs, or creamed dishes, or sliced, egged and crumbed, and fried in deep fat or pan-

BEEF HEART STUFFED WITH RICE 1 beef heart 11/4 cups uncooked rice

1 tablespoon chopped celery 3 onions, chopped 3 tablespoons fat 2 cups water (if possible use water from cooked vegetables) I teaspoon poultry seasoning Salt and pepper

Wipe heart with damp cloth and remove as much fat as possible. Rub inside and out with salt and pepper. Cook rice in boiling salted water about 15 minutes and drain. Combine rice with celery, onions
and poultry seasoning. Stuff heart
lightly and sew edges together.
Brown stuffed heart in fat in heavy kettle over high heat. Cover and heat to low. Cook two pour off fat, and put remaining rice son with salt and pepper. Place t on op of rice, cover and cook if it is required to make heart ten-

\* \* \* TONGUE STEAKS WITH TOMATO SAUCE 6 slices cooked, fresh or smoked

beef tongue 1 egg, beaten 4 cup milk 2 cups sifted bread crumbs Salt and pepper

Season meat with salt and pep-per. Combine egg and milk. Dip meat first in crumbs, then in egg mixture and again in crumbs Brown in melted fat over moderate heat. Serve with tomato sauce.



servings. LAMB LIVER CASSEROLE 1/2 pound lamb liver Flour

1/2 cup each, chopped cnion and green pepper 21/2 cups cooked rice or noodles teaspoons salt

1/4 teaspoon pepper Cut liver into ½-inch strips and roll in flour and brown in hot fat. Add onion and green pepper and pan-fry for 5 minutes. Combine all other ingredients and place in buttered 1-quart casserole. at 350° F. for 45 minutes. 4 to

servings. SWEETBREADS AND CHIPS 1 pound sweetbreads 4 cup orange juice

1 teaspoon salt
1½ cups crushed potato chips
1 tablespoon butter or margarine Place sweetbreads in boiling salted water and simmer for 25

minutes. Cool. Remove thin membrane covering and divide into into this mixture and then into crushed potato chips. Arrange in our mounds in a small oiled baking dish, Pour remaining egg mixure over top and cover with remaining crushed potato chips. Dot

## Hints On Proper Care Of Hands

an asset. Your hands, like your face, are in evidence and give some idea of the kind of person you are. It is worth while, therefore, to give your hands the protection and care they need. The market is flooded with all kinds of working gloves, even

hand-mit dusters. Almost any cos-metics counter sells night gloves, for which an old pair of white cotton gloves will serve a satisfactory Before putting on night gloves

apply hand cream, working it well into the cuticle. Skirt each cuticle and the nail corners with an orangewood stick using cuticle oil or

painting bare-handed, dig your nails into a soft cake of mild soap first to prevent staining, or oil them well with heavy lanolin If your nails show abuse from gen-eral neglect, a few professional manicures will be a help.

If your nails have been stunted from biting, they can be coaxed back into shape slowly by an al-

most daily filing to strengthen them. Keep them short and smooth for a long time and very gradually will need to be pushed back daily. Do this with a towel every time you wash your hands, Beautiful hands aid in giving you poise and assurance. One cannot begin too soon to care for hands and nails. Even a little girl

five to six years of age is proud



Mice Sideline-This reclining, comfortable arm-chair is the feature of a new sidecar for motorcycles and scooters. It can be removed from the sidecar in a few seconds and used as a beach or lawn chair. It is shown being demonstrated at a German inventors'



Battle Of The Beef-Pictured is graphic evidence of the fight waged by United States cattlemen packers and butchers against the government price rollbacks on beef. Butcher Edward F. Butler registers his displeasure by offering "installment-plan" steaks, the necessity for which he credits to the Office of Price Stabilization. Butler is seen explaining his deal to a customer.

at your bedsde or readily available when traveling. Here is a suggest-

List of Proper Tools Small jar of cuticle cream and nippers or small curved scissors: emery boards or steel file: orangewood sticks; a pusher-there are several types of pushers: a steel one, a manicure brush with a tiny brush on one end and a plastic pusher on the other end, a soft pusher which dispenses liquid cuticle remover like a fountain pen; nail buffer and mancure brush; nail polish — liquid, powder, or

Now for the home manicure. You will need besides the assembled kit a bowl of soapy water and soft towel. Begin by filing and shaping your nails. Let the shape and length of your nails be in har-mony with the contour and size of your hands. Long tapering fingers can take a long and more pointed nail than shorter fingers, which look better than a gentle oval. You are the one to study your hands and decide your own style. Yur own good taste should determine this for you. If you like gay, bright polishes, have the colors blend with your lipstick or

match exactly the red hue of your gown and accessories. You may cut the nails with toe. nail nippers or heavy shears before filing (cuticle scissors are delicate and should be used only to

Cream or Oil Helps When well-shaped, finish with light, smoothing-off strokes with lar or 45-degree angle. Now soak the fingers in warm soapy water to soften the cuticle. Cream or oil may be added for this purpose, Gently loosen the cuticle with orangewood stick or pusher. The cuticle must never be allowed to grow up on the nail. The cuticle must roll back naturally, free from

the nail. After soaking, stains may be bleached with peroxide, liquid soap, nail white (pencil or ers on the market but these are not always necessary to the manicure. Many expert manicurists avoid the use of cuticle removers preferring to loosen cuticle with a pusher or orangewood stick and train the cuticle and corners without cutting. If your cuticle is broken, ragged, or you have tiny hangnails, however, you will have to trim them. Once your nails are in order, the three-minute daily care is all they will need.

If your cuticle should be exceptionally ragged and dry, soak it in hot olive or any other good oil, both at the beginning and end

Now for the polish. Buffers with cream or powder-type polish are till used to shine modest finge before the liquid is applied.

Dazzling hands often have a miniature wardrobe of many colors of liquid polish harmonizing with costumes and accessories. The application of the liquid is much the same as any other kind of brush painting. Work with very little polish on the brush. Carefully draw a line for a moon, or skirt your own moon with a light, deft stroke. Carry one stroke up centre of the nail, then cover

each side, being careful not to go back over the painted area. To give a more slender appearance to broad nails, leave a slight margin at each side of the nail when applying colored polish. Some prefer to show no moons. They carry polish to the tip of each nail. This gives a lengthening effect. It is advisable, however, to wipe off the very tips with facial

taste determines the finished effect and gives you the comfortable assurance of having well-groomed

## Behind Well-known Nursery Ditty

Few mothers can resist teaching t are usually about real people? Take "Mary had a little lamb." ine-year-old Mary Sawyer never dreamed, as on a bitterly cold win-ter's night she sat up till daybreak, warming and feeding a dying lamb act would be recounted in a jingle by children the world over. It was on her father's farm, in the

grew up its affection for Mary grew, too, and it followed her wherever she went. with her and hid it behind a big desk. The teacher never even suspected its presence-not until she called Mary to the front of the class to recite a poem, and the little girl's wooly friend calmly trailed

her act of mercy, and as the lamb

But Mary's fame was in the making, for a young man named John Roulstone heard of the incident and promptly sat down and wrote a rhyme about it. That is how "Mary had a little lamb" came to be writ-

Mary later became Mrs. Mary Taylor, and lived to well over ninety years of age. She died towards the end of the last century. Mother Goose was also a real person and lived to be nearly a hundred years old. She lived in Boston, U.S.A., and was the wife of Edward Goose. She mothered ten children, hence the name — "Mother Goose." Her nursery rhymes, written to amuse her grandchildren, were first published in

Real Jack Horner Another "Mother" of equal re-nown is Mother Hubbard, who was housekeeper to an old West Country family named Bastard. When Sarah Martin visited the

family one day in 1804, the housekeeper had gone out. It later trans-pired that she had been to find a bone for her dog, and this incident inspired Miss Martin to write "Old Mother Hubbard." But not all nursery rhymes have their roots in such homely incidents. Some have a political origin, as in the case of "Little Jack Horner."

He was a real person, and was steward of the Abbey of Glastonbury in the time of Henry VIII. "Have you any wool?" The rhyme is an allusion to the disolving of the monasteries by the King. The smaller monasteries were dissolved first and the richer abbeys

As Glastonbury was one of the richest in the kingdom, an attempt was made to bribe the King to leave it alone and Jack Horner was sent with a Christmas pie as a gift to Henry. Horner's curiosity however, led him to discover the bribe that was hidden in the piethe title deeds of several manors of the Abbey estates.



## Tragic Piece of History Lies

their child to recite nursery rhymes.

Yet how many know that these of Mells. Thus it was that the When you hear children reciting "Baa, baa, black sheep, have vor

> by Edward I in 1275? This jingle is said to refer to this prohibitiv tax, which proved very unpopular. Another version says that the jingle is a propaganda rhyme for the English wool trade of the fifteenth century, between England and Flanders. At this period nearly half of England was engaged in the flourishing business of sheep-

Up the "Beanstalk" The jingle—"Taffy was a Welshman, Taffy was a thief," is an allusion to the old-time pillaging raids

was not the only thief! Of grim origin, however, is the rhyme "Ring-a-ring-o'-roses," often sung with such happy gusto by children in their games. It commemorates the for The phrase-"Tishoo! Tishoo! we of the fact that over one-third of the population died of the plague. "Jack and Jill," and "Jack and the Beanstalk" are myths of ancient Norse origin. The myth of Jack and the Beanstalk, however, is known to have been recounted in

many savage lands Particularly in Polynesia, where the native mind conceives the tall trees of the forest as reaching to the sky, and Jack as being able to climb up one of these "beanstalks'

and her grandmother? A Holly-

wood fashion designer, Mr. Milo

Anderson, does it this way: "For-

merly girls used to stay modestly

at home when they had nothing to

FASHION NOTES How would you sum up the difference between the modern girl

Papal Stamps-Here are two of the four postage stamps issued by the Vatican to commemorthe late Pope Pius X. Two of the stamps bear his portrait and two his profile. Distribution of the stamps will be very limited.



Learning To Do The Little Things—Twenty-year-old Robert Smith first quadruple amputee of the Korean war, can now light cigar ettes and comb his hair with the aid of the artificial hands he is learning to us. Pictured in a hospital, the Korean hero manages a lighter with only one hand.

### Read Even Better Than He Wrote "Can also be a Point Where People Meet" There never was and there never

will be again such an amazing series of public exhibitions as these readings by Dickens. It would no doubt New York State the St. Lawrence River is the green and living boun dary between Canada and the Unit Shakespeare act a leading part in ed State. Here the two countries one of his own dramas or to watch Beethoven conducting one of his are more than a mile apart. From the small American village of Morristown a ferry runs every hour across to the Canadian town of achievement was unique, and Shake-Brockville, reputedly the riches part in his drama, Beethoven to tish Empire. The ferry is a trimestra, to make a comparison possilittle ship and flies both the American and Canadian flags. On both hearing Dickens read, of what capasides of the river it uses the simcities lie in the human face and voice," said Carlyle. "No theatreplest of slips. At each place cusstage could have had more players toms and immigration officers check the passengers.
The border between the United than seemed to flit about his face. States and Canada is, on the map,

a thin line: a change of printers'

the other. The border is unguarded

all along its thousands of miles.

along it, but at no one of them,

including Brockville and Morris-

10wn, is there one single soldier

stationed. The traffic that crosses

back and forth on the ferry at Mor-

ristown, with never a passport to a

hundred passengers and none ask-

ed, offers an even better example

of how the people of two lands can

live side by side and commingle

armed guards.

with a minimum of red tape and no

interchange of Americans and Ca-nadians going back and forth to

jobs in either country. Customs

laws prevent any great amount of

cross-border day-to-day shopping,

although, during the meat shortage

housewives used to go over to Ca-

nada for the day's pork chops and

bacon and, as long as they brought

usiness crossing back and forth

countries, heavy trucks laden with

assorted freight for Canada and

crates of medicine, hatbands, and

electrical parts for America. Now

and then the ferry carries a load of

sheep or cattle across for the Amer-

All day long, particularly of

weekends, there is a large amount

of social visiting across the river

-going over for lunch with Cana-

dian friends or having Canadian

relatives come over for dinner, for

on both sides of the border there

marrying. And, until Coast Guard

regulations made it difficult, the

ferry used to carry as pleasant a

united nations group as ever rode

from one land to another: house-

wives from both sides used to take

cents round trip or as long as you

advantage of the offer, "Thirty-five

want to ride," and sit atop the

summer day, riding back and forth,

not getting off, knitting and chat-

ting in a sort of international ferry-

klatsch. Of a weekday evening the

larger number of passengers are

heading over to see their Canadian

take their American girls to the

minutes, they seem casual and care-

stations like these towns appear to

and for bringing in contraband. The truth is that the officials know

personally almost all the regular

entries and all in a short time.

The diplomats of the two coun-

I'm in no hurry. Whenever I fine

passengers. Let some stranger come

sneaking into either country

As the immigration officers pass

young people, mostly young men,

n small amounts, the customs me

a few years ago, many America

was no need of any orchestra." He had a score of voices, male, female, old, young, middle-aged, cockney, yokel, military, naval, medical, clerical, forensic, aristocratic; and he had a score of faces, from the jolly cherubic countenance of a schoolboy to the wizened avaricious features of a Scrooge His voice was naturally rich and deep, capable of every tone and half-tone action of his fingers drumming on

the table, he conveyed the whole spirit and homour of the dance at the Fezziwig party; how, by simply stooping down and taking an imaggently, he suggested Bob Cratchit's solation over the death of Tiny Tim; how, in the Pickwick trial, he trived to keep Mr. Justice Stareeedings by sudden snorts and convulsive starts; how Mrs. Gamp came alive in a sentence before she came on the scene.-From "Dickens" h

did not love his neighbor as himself? The last thing any gardener desires is to keep his garden's glory to himself. -Walter Locke.









TO RESET LOOSE PICTURE FRAME NA IN PLASTERED WALL, WRAP NAIL IN NARROW PIECE OF CLOTH, DIP IN GLUE, REPLACE NAIL IN HOLE AND ALLOW DAY OR TWO FOR GLUE TO DRY.

# How to Look Daisy Fresh: Wear One



John Russell Probably a lot of you dairymen get sick and tired of writers on farm subjects eternally harping on the subject of proper milking-machine operation. Still, the care you took in crossing a busy street or high-

another reminder won't do any harm. . . . For there is no doubt about it, improperly cared-for milking machines often add billions of bacteria to milk. Rubber, because of its porous nature, is naturally hard to keep

clean, and during milking, some of the milk solids get worked into the pores. \* \* \* The butterfat causes the rubber to soften and lose its shape, while the other milk solids provide abundant food for bacteria. In the pores of the rubber where they are out of reach of brushes and sterilizing rinses, these bacteria are able to multiply enormously. At the next milking, as the liners are contract-ed and relaxed with each pulsation, these bacteria are squeezed out and washed away in the milk, Many of these bacteria are not killed by pasteurization, and their presence in large numbers in the milk leads to trouble.

Numerous methods of caring for the teat cup assembly have been recommended, says Dr. K. C. Johns, Division of Bacteriology and Dairy Research, Ottawa. Probably the simplest, and certainly the cheapest and most reliable, depends upon fillper cent) lye solution after first rinsing out the milk residue. Lye dissolves the casein and saponifies present.

For long tube milking machines the lye solution is best used in a

stranger is detained a few more matic knots and make speeches about the good or bad state of Canadian-American relations. That never troubles the people who live sort of border places to get away along the border. They go back and with anything. A big station has only a few officers to check many hattan to Hoboken, to show that Here there's just me, mister, and a border need not be a line where people divide. It can also be a straight line that marks the point

last the waiter appeared. ninutes," he said. kind of bait are you using?"

"A garden is a maddening thing, Snails, leather jackets, ants, slugs, BY EDNA MILES

IF you'd like to keep that fresh-as-a-daisy look despite the sweltering heat of summer days, try perking up your costume with newly-cut flowers, straight from your own garden.

Perhaps you've been nursing the idea that the only flowers that may be worn are florists' corsages—preferably orchids. If so, overcome that notion, or you'll be missing a beauty aid that may help Professional corsages are thrilling for special events, but for casual occasions your own favorite yard or field flowers will work just as well. Wear one particular blossom all summer long, and it's likely to be regarded as your own personal trademark. It's a nice distinction to be thought of in connection with roses, pansies, verbena or what-

To make your noral arrangements appear hand-made rather than home-made, it's a good idea to avoid grabbing up a bunch of blooms as you dash through your front yard and sticking them to your collar with whatever pin you happen to find in your purse.

If you wear flowers, they're worth a bit of planning. Devote a few minutes to choosing the handsomest blossoms your garden offers, then take them inside for the couple of seconds it'll take to arrange them articles and attentions.

Bind their stems with cellophane tape to hold the flowers in their correct places. Then pin them with pride—and a long hat or corsage pin—to the spot on your hat, suit or dress where they'll show off to best advantage.

### THE FARM FRONT | solution rack; this must be set up perfectly level, and the lye solution must make contact with the entire inner surface. The lye solution may be prepared by making up a stock solution, dissolving one can of lye in 1 gallon of cold—prefarbly soft

—water, then diluting 4 ounces of this to 1 gallon for use. An alternative method is to add 2 heaping teaspoonfuls of lye to 1 gallon of water, stirring thoroughly to dissolve it. Dr. Johns cautions that unless the lye solution is up to strength, it will way yesterday isn't going to get not do the job properly. you safely over today; and the sam applies in this case too. So perhaps The life of the liners can be greatly extended by having two sets and

using them alternately. After being used for a week, they should be boiled in a 2 per cent lye solution for 10-15 minutes. Directions for this procedure can be obtained from the Division of Bacteriology and Dairy Research, Science Service, Department of Agriculture, Ottawa.

Some farmers are afraid to use lye solution, having heard that it damages the rubber. This is not true. Just the opposite is the case.

Letterd of harming it lye solution. Instead of harming it, lye solution, especially when hot, extracts traces of fat, and prolongs the life of the rubber. It is true that when old liners are boiled in lye, they may give off an unpleasant odour, but this is simply because the lye is removing the decomposing milk solids and bacteria hiding in the pores and crevices of the rubber. If boiled weekly, Dr. Johns points out they will never get into such a state, and they will retain their shape and last much longer.

News of interest to honey producers—and honey lovers—comes in a recent dispatch from Over 'Ome.

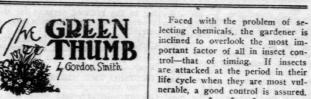
Heavily blitzed in a warehouse when Liverpool suffered its greatest air raids, a quantity of Canadian honey purchased in 1942 has recent-ly been marketed in England. Because of more urgent reconstruction jobs, the consignment remained for damaged warehouse. The honey sur-vived both the explosion and the elements, and has shown no deteri-oration or loss of flavour during the

last eight years. Dollar shortages have severely limited the quantity of Canadian honey on the British market in recent years. The blitzed honey was sold to retailers and not to processors for blending with honey from elsewhere. In this way, many consumers were able to taste the Canadian product in its original form and become re-acquainted with it against the time when it is freely obtainable in Great Britain once

### PERHAPS IT WAS SNAILS

The customer had waited half ar hour for the fish he had ordered. At "Your fish will be here in five and then the customer summoned the waiter. "Say," he inquired, "what

blight, and rot!" -Anon.



The modern gardener has ample reason to be confused by the treat-ments prescribed for keeping his plants healthy. The technical terms -insecticides, fungicides, all-pur-pose sprays and dusts, DDT, 2, 4-D, etc.—are apt to seem as mysterious to the novice as does a prescription written by his doctor. Yet they do have a definite relationship to the enemies that may mean ruin

Added to the importance of tim-ing is the fact that there are two for a carefully planted garden. The insects that attack garden to several generations of some in-sects—which doesn't lighten the plants are lumped into two divitask of the gardener. County agents, agricultural schools or colsions: those that chew and eat the leaves or plant parts, and those leges and botanical institutions in the locality have information on infestation dates. Fungus diseases are initiated by a the cutworm and canker worm (not earth worm). In this divi-sion also are the borers, like the

microscopis spores. These alight on leaves, flowers and stems, then germinate like seed and send a corn borer and various tree borers, which begin their lives on the outtube into the plant's interior. There the tube branches and rebranches side of the plants, generally as catin all directions, breaking down and destroying the plant cells. In erpillars or grubs of beetles. its next stage it produces more All of these chewing insects are spores to set up re-infection controlled by chemicals that actually poison their food—the insecti-

The principal factor in the spread or control of disease is weather. Moist, muggy conditions, fog and continued wet weather are all fa-vorable to disease, and during such loved Sheriff—from the prisoners."

The corn borers, for example,

which also attack dahlias and cos-

mos, hatch as tiny worms from

singly or purchased as communa-tion sprays. In the sucking group are aphids in all stages, leafhoppers, green fly, mealy bug, tarnished plant bug, spittle bug and the lace bug that attacks azaleas and rhododenpoisons are of little use. The chemicals that control them, called contact insecticides, act by smothering, and are applied under pressure. A favorite is Black Leaf 40 (nicotine sulfate). Pyrethrum and rotenone are used as contact insecticides as well as stomach poison though not against aphids.

poisons. Lead arsenate, cryolite,

dutox, pyrethrum and rotenone are

on the market. They are used

ficult to control. Red spider (or ted by the web, the spider sucks the juices and turns the leaves a rust color. Before the insect is reached, the web must be broken. Sulphur is then applied as a dust;

phinium, African violet and be gonias, stunting leaves and deform ing buds. Sulphur dust or dimite gives control, but DDT does not. In fact, DDT increases the red spider mite population, because kills the insects that prey on this microscopic pest. DDT will control thrips, however, which deform roses, asters, gladiolus and other

The cyclamen mite attacks del-

of copper sulfate and lime), for

The chemicais used to contro these diseases are called fungi cides. Dusting sulphur, lime sulphur, bordeaux mixture (a combination aldehyde, fermate and zerlate are among the common chemicals used. Like the insecticides, fungicides are used singly or in combination to the plants before the spores ar ve, or within a very short period thereafter. The critical time rain and during moist weather,

### They Have No Choice

Government of Great Britain has finally admitted that private enterprise can do a better job. This time

For over 10 years the Governmen tea consumed in the country Gigar as with many other commodities handled by the state.

Now the suthorities have decided

loing so the ministry of food issued . does not on the whole give the

consumers the widest possible choice of teas, especially those of finer quality, nor does it, in present study that confession with profit. It reveals a fundamental weakness of state trading. Though it never

eggs laid on the under side of fol-iage. Moving slowly along the leaf, the borers' goal is the inside of the stalk. While on a journey, they readily succumb to almost any dust or spray. But once inside theory at least because of volume, there should be lower costs when a government contracts to buy all the may be available in a producing the stalk, no spray can reach them. For the length of the contract all the tea or whatever is being bought

will come from one source and b which while they might be nourish-

hurts. Where people who once had a choice of food from every corner of the world, the present rest result in sheer misery.—From The Financial Post.

When the County Sheriff died in Caiusa, Calif., the sorrowing inmates of the county jail contrib



Crade Robins—A blase city bird ignored a construction company's deadlines and built her nest right smack in the middle of scaffold ing for an apartment house. Before anyone could say Jack Robin-son, Mrs. Robin had laid four eggs. Fuming foremen waited 24 hours, then moved the nest with its two baby robins and two eggs to a safe place. Mama Robin followed along, determined to let nothing interfere with her maternal duties.







