

TABLE TALKS

Jane Andrews

So much interest has been shown in that shimmering "take-off" eight pounds in just two days—that I passed along to you last week that I thought you might like to hear of the actual experience of a friend of mine. She's by no means plump or chubby, but felt that she might be better for shedding a few pounds, so she gave the Diet a trial last Saturday and Sunday.

The results? A loss of between five and six pounds. She says her bathroom scale isn't accurate enough to tell to the ounce, but she knows that it was more than five pounds. When I asked her if she had stuck to the instructions religiously, she told me that instead of eating one boiled steak at mid-day, as the Diet says, she had it in the evening. Maybe that "switch" accounted for the whole eight pounds not vanishing.

The Oyster Bar in the Grand Central Terminal is one of New York's most noted eating places. Just recently the management released, for the first time, its long-famous recipe for Oyster Stew. But before I go into details, just a word of warning. DO NOT OVERCOOK OYSTERS is a rule that should never be ignored. For a stew they should be cooked only till the edges curl. Next in importance is the rule that the milk, or cream, should not be allowed to boil. Instead, the stew should be served just as it is at the point of boiling.

OYSTER STEW WITH CREAM
Grand Central Style
Place in a deep pan a dash of Worcestershire sauce, paprika, salt, and a pat of butter. Add seven freshly opened oysters, and a half cup of oyster liquid. Add one cup of cream and bring to boiling point. Pour in bowl and top with paprika and another pat of butter.

You will notice that this recipe is for one bowl only. That's because the experts usually make only that quantity at one time, serving it piping hot and then making the next bowlful. As to that—well, you can use your own judgment.

For those who do not like quite such a rich stew, this is another method of preparing this toothsome oyster.

OYSTER STEW
Melt ¼ cup of butter in a saucepan and add one pint of oyster liquid. Cook three minutes or until the oysters curl. Add one quart milk, ½ teaspoon salt, one teaspoon paprika, and a dash of pepper. Bring to boiling point and serve immediately.

Norval says of cooking potatoes are always welcome to most housewives, and possibly this one may be new to you.

TOASTED POTATOES
8 medium potatoes
½ cup butter
egg beaten
1½ cups cracker crumbs
1 teaspoon salt
¼ teaspoon pepper

Method: Pare potatoes; wash and dry well. Sprinkle with salt-butter; roll in cracker crumbs; dip in beaten egg; roll in cracker crumbs again.

Put in greased casserole, add salt and pepper, dot with butter. Cover and bake for one hour in a 475-degree oven.

For those who like whole wheat bread—and their number seems to be steadily increasing—here's a variation which I'm sure you'll enjoy.

WHOLE WHEAT FIG BREAD
2 tablespoons butter
1 tablespoon salt
2 tablespoons cane or beet sugar
1½ cups whole wheat flour
1 quart lukewarm water
1 cup figs
1½ cups white flour
1 package of yeast cake

Method: Dissolve yeast and sugar in lukewarm water. Add sifted white flour to make sponge, and beat well. Cover and let rise until double in bulk (about one and one-half hours).

ANNE HIRST

Your Family Counselor

"DEAR ANNE HIRST: I am only 28, and I'm a nervous wreck. I have two children, and all I do is take care of them. I can almost never get anywhere. In the six years we've been married, my husband has only given me a dollar or two at a time.

"I am afraid to ask him for money. I had quite a bit myself when we married, but I gave it all to him to pay his debts. Now I have nothing.

"My husband is not a drinking man. But all he wants to do is to stay home. I don't want to run around, all I want is to get out once in a while. And I'm afraid to go. How do men change so after marriage?"

"BEWILDERED WIFE."
ABUSE OF POWER
• The possession of power often leads to its misuse.
• When your husband was courted, you were his power.

Some local women have been hearing through their housework in the morning and going to the beach in the afternoon with a perambulator to collect pebbles. In a single day one might earn as little as 50¢—or as much as \$5.00, according to how lucky she is in picking up the right pebbles.

One man earned nearly \$30. A youth, of eighteen picked up \$20 worth of the right pebbles in a week. The pebbles vary in size from 5 in. to 3/16 in. in diameter. About 700 of the larger type and 70,000 of the smaller type make up a ton.

They seek a special type which is hard and without flaws or holes for use for various materials in the paint, varnish, dyes, plastics and pottery industries. Before some pebble-pickers go to the beach they are told exactly what to look for. The pebbles are graded, sorted and dispatched to America, the Argentina, Canada, Australia, New Zealand, and India.

At a birthday party a young lady was saying: "The autumn days have come, ten thousand leaves are falling." She started on a high a pitch . . . screamed and stopped at "ten thousand!"

An auctioneer who was present exclaimed: "Try starting her at five thousand!"

Now, to finish up for this week, here is a dessert idea I'm sure your folks will like. It's just what you need, too, for that matter.

CHERRY DESSERT
Drain juice from a No. 2 can of red, pitted, sour cherries. To this add a little red color, two tablespoons Edmondsberg cornstarch and two-thirds cup sugar. Boil until thick and add the cherries. Pour into a 9x12-inch buttered pan and spread with the following dough:

1½ cups sifted flour
2 teaspoons baking powder
1 egg
¼ teaspoon soda
¼ teaspoon salt
¼ cup lard
½ cup cane or beet sugar
¼ cup bran flake
1 tablespoon grated orange rind
½ cup orange juice
¼ cup milk

Method: Cream lard and sugar. Add egg and beat. Add bran and orange rind. Alternately add flour and dry ingredients. Bake 35 minutes at 375 degrees. Serve warm. Six to eight servings.



East It And Have It Too—Nine hundred pounds of cake costing \$675—were baked at Visalia, to celebrate the 25th anniversary of the city's Lions Club. A ladder was needed to cut the cake which contained 400 pounds of sugar, 5 gallons of milk, 60 dozen eggs and 5 pounds of salt among other ingredients.

They Make Money Out Of Pebbles

Up to \$1000 a ton is being paid by firms overseas—and some in England—for specially selected pebbles from a stretch of "Devon beach near Seaton."

Holidaymakers, local schoolchildren and beachcombers have been earning about \$15 a week—picking up the pebbles for a small local firm which sells pebbles and flints all over the world. But not every pebble on the beach is the kind the firm wants.

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Freeze Skis—Florida being an old ski resort, it makes little difference to Virginia Spicer, that the skiing there is usually Southern-style—on water. Using water skis she travels Northern-style—on snow—after St. Augustine was hit with Florida's worst cold spell in a half-century, complete with a two-inch snowfall.

Favourite Winter Reading For Many

The New Seed Catalogues

Since the first 1951 seed catalogue arrived some weeks ago each variety of seed has added one or two more to the list. The new catalogues are now in the hands of the public. They are the most important one is likely to be pictured on the cover.

New varieties are not for the most part offered merely to tease a few more pennies from the gardener. Expansion of the colour range, slightly altered proportions in habit of growth, resistance to disease or insects are the chief reasons for introduction.

Chrysanthemum History
The perennial chrysanthemums, which lead in the number of novelties this year, are typical of the single-minded goal of seedsmen and nurserymen. One English-trained gardener with whom I talked last October said: "In twenty-three years, no flower has been improved as much as the hardy chrysanthemum. When I first came to this country, American varieties were not good here, and all kinds were poorly grown." Progress this year is marked by not less than thirty named varieties—writes Dorothy H. Jenkins in The New York Sunday Times.

Some additions are expected every year to the list of early-flowering azaleas. This year there is a break in the flower form, which is indicated by the name given to a shaggy white one—Raggedy Ann. A series of chrysanthemums, which are large-flowered but do not grow too tall, have been named for birds. White Seagull and yellow Canary looked particularly good last fall.

Large flowers are typical of the coral red chrysanthemum Brigadier, dark red Gladys and Flaxen Beauty. Canary Wonder appeared to be an excellent yellow pompon with good sprays for cutting.

Zinnias Are Enormous
Large zinnias remain in the foreground in 1951. Burpee Hybrids and Peppermint Stick have enormous flowers in mixed colours. Peppermint Stick, with several combinations of two-colour striping, is a novelty which may still yield a few plants with self colour bloom.

It is doubtful if Heavenly Blue morning glory can ever be displaced from its top popularity rating. This year brings Darling, whose red trumpets have a white throat. Although many gardeners were disappointed in the red Fire Chief petunia last year, some of the best of the year were in the brightest colour they have seen in a petunia—or the deep salmon red Tallyho.

Anytime, the old reliable annual, now comes out in a tetraploid form. This is a giant sort, named Big-bird, whose chief advantage seems to be flower spikes tall enough to be worth cutting.

Variety Parma Violet adds a new colour to the calceolaria or pin-cushion flower. A double form of dianthus called Gaiety, varies in the Ballet type and new varieties are other annuals, but by no means all of those that are worth the trial investment in a's package of seed.

Among the perennials, as well as in vegetables and fruit, some of the recommendations must be made.



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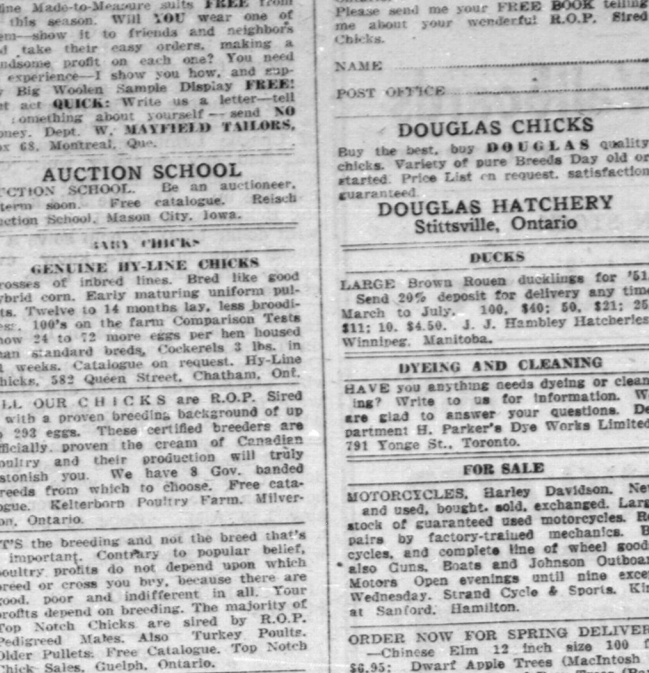
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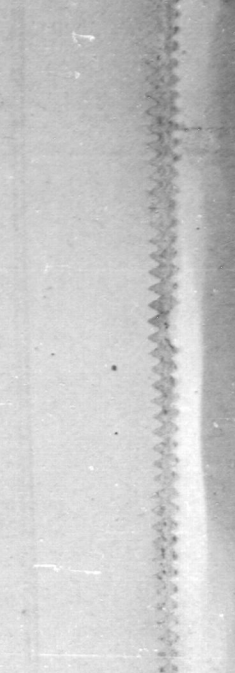
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Heading Skyward—Its nose pointed straight up, a British Glider Meteor twin-jet fighter climbs rapidly during maneuvers over England. Rated at 500-plus miles-per-hour, the Meteor is now the fastest twin-jet fighter. The silhouette at right is another Meteor from which the picture was taken. Low-hanging clouds, lower left, show the plane's perpendicular angle.

Created and signed by The House of Seagram, this advertisement, with appropriate copy for foreign lands, is appearing in magazines and newspapers printed in various languages and circulated throughout the world.

This advertisement was designed by The House of Seagram to tell the people of other lands about Canada and things exclusively Canadian.

Many people in Latin America, Asia, Europe and other parts of the world are not fully aware of the richness of Canada's natural resources, wild life, scenic beauty and cultural traditions. The more the

peoples of other lands know about our country, the greater will be their interest in Canada and Canadian products.

The House of Seagram feels that the horizon of industry does not terminate at the boundary of its plants; it has a broader horizon, a farther view—a view dedicated to the development of Canada's stature in every land of the globe.

USED JUTE FEED BAGS WANTED
WE WILL PAY FOR
No. 1 (No Holes, Single Print) —25¢
No. 2 (Small Holes or Double Print)—18¢
PRICES SUBJECT TO CHANGE WITHOUT NOTICE
E.O.B. YOUR RAILWAY STATION
Western Bag & Burlap Co. Ltd.
87 Front Street E., Toronto

OATMEAL IS STILL THE BEST GRAIN FOR CHICKS!
Oatmeal is more digestible than other grains. It is a natural source of healthy bones. Oatmeal, too, contains the best grain source of Thiamin (Vitamin B1), which helps the growth and health of chicks.
We recommend Ful-O-Pep Chick Starter because it is built around oatmeal. Ful-O-Pep also contains A.P.P., and other essential vitamins, including riboflavin and green grass vitamins.

FUL-O-PEP IS THE BEST CHICK STARTER YOU CAN USE
See Your Local Ful-O-Pep Dealer.

EXPORT
CANADA'S FINEST CIGARETTE
ISSUE 9 - 1951