TABLE TALKS

which I passed along to you last week that I thought you might of a friend of mine. She's by no that she might be better for shed-Diet a trial last Saturday and Sun-

The result? A loss of between fiv and six pounds. She says her bathroom scale isn't accurate knows that it was more than five had stuck to the instructions re ligiously, she told me that instead of eating the broiled steak at mid day, as the Diet says, she had i accounted for the whole eight

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 longfamous 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 tance 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

OVSTER STEW WITH CREAM GRAND CENTRAL STYLE Place in a deep pan a dash of

ery salt, and a pat of butter, Add seven freshly opened oysters and a half cup of oyster liquor and cook until oysters' edge: curl. Add one cup of cream and bring to boiling point. Pour in bowl and top

is for one bowl only. That's because the experts usually make only that quantity at one time, serving i piping hot and then making the next bowlful. As to that-well, you can use your own judgment. such a rich stew, this is another method of preparing th's tooth-

OYSTER STEW Melt 1/4 cup of butter in a saucepan and add one pint of oysters that have been drained. Cook three minutes or until the oysters curl. Add one quart milk, 11/2 teaspoons salt, one teaspoon parrika, and a dash of pepper. Bring to boiling point and serve immediately.

Novel ways of cooking potatoes are always welcome to most house wives, and possibly this one may

TOASTED POTATOES

Method: Pare potatoes; wash and

dry well; brush with soft butter;

roll in cracker crumbs; dip in beaten

8 medium potatoes 1/2 cup butter 1 egg, beaten 1½ cups cracker crumbs teaspoon salt 1/4 teaspoon pepper

in that Slimming Diet-"take off eight pounds in just two days" and bake for one hour in a 475degree oven.

For those who like whole wheat bread-and their number seems to be steadily increasing-here's

WHOLE WHEAT FIG BREAD tablespoons butter

1 tablespoon salt

sugar 11/2 quarts whole wheat flour 1 quart lukewarm water cup figs

11/2, quarts white flour

package or 1 yeast cake ½ cup molasses

Method: Dissolve yeast and sugar n 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

Next acd soft butter, molasses, salt, whole wheat flour and figs (which have been finely chopped). Knead ten minutes and place in bowl to rise again.

Mold into loaves and place greased baking pans. Cover and let rise again until double its size

(about an hour)). When light, bake in a hot oven for about 15 minutes at 400 degrees; then reduce heat to about 350 degrees and bake 45 minutes longer.

Here's another bread which doesn't take so much time o trouble to prepare but is very fine eating just the same. BROWN SUGAR NUT BREAD

tablesnoon shortening cup brown sugar cups milk 1 teaspoon salt teaspoons baking powder

1/2 cup nutmeats 4 cups flour Method: Cream shortening, add ugar, then beaten egg and milk. Sift in the dry ingredients and add to first mixture.

Let rise one-half hour. Bake 45 to 60 minutes in a moderate oven. Now, to finish up for this week, here is a dessert idea I'm sure your foll-s will think is just about right You, too, for that matter.

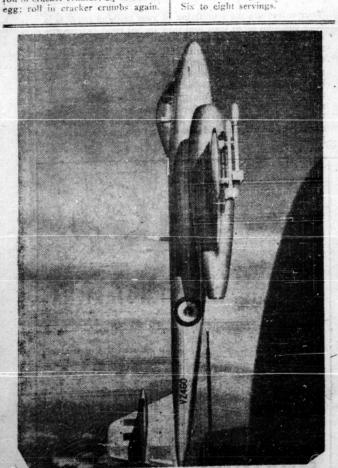
CHERRY DESSERT Drain juice from a No. 2 can o pitted, sour cherries. To this add a little red colouring, two tablespoons Edwardsburg cornstarch and two-thirds cup sugar

Pour into a 9x12-inch buttered pan and spread with the following 134 cups sifted flour

teaspoons baking powder 1 egg a teaspoon salt

1/2 cup cane or beet sugar cup bran flakes tablespoon grated orange rind 1/2 cup orange juice

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



Heading Skyward—Its nese pointed straight up, a British Gloster Meteor twin-jet fighter climbs rapidly during maneuvers over England. Rated at 500-plus miles-per-hour, the Meteor is now the RAF's standard fighter. The silhouctte at right is another Meteor from which the picture was taken. I ow-hanging clouds, lower left, show the plane's perpendicular

ANNE HIRST Your Family Counselor.

"DEAR ANNE HIRST: I am only 28, and I'm a nervous wreck. have two children, and all I do i

o pay his debts. Now I have noth-

"My husband is not a drinking stay home'! I don't want to rut around, all I want is to get out once "Who do men change so after marriage? "BEWILDERED WIFE."

ABUSE OF POWER The possession of power often

leads to its misuse. When your husband was courting you, nothing was good enough for you. He was devoted, assiduous in his attentions, promised everything. You, being in love, believed it all.
When he finally won you, he

took advantage of your helpless-* ness. He knew (and knows to-* day) you are completely dependbering his vows to cherish you, he keeps you under his thumb. He locks you in the house with two children to look after; having taken everything you had, now he withholds the little money that * might provide diversions which * keep a wife young and contented. He sacrifices you to his selfish, lazy habits—and keeps you in such fear that you dare not breathe a word of complaint. Yet men boast of being good sports! It is pretty sickening, isn't

As your husband's wife, you * are entitled to proper support, and * some allowance, however small,

rangement would give you a lift; it would provide a change now and then from the weary routine of your dulies. If your husband * refuses to get a baby-sitter now * and then and take you out him-self, why shouldn't he look after the children an evening or so a week, and let you visit your women friends, or take one of them to a movie? Tell him how your spirit is

deteriorating, your mind growing dull, your interest in everything diminishing. If this keeps up, you will be old before your time *-or break down-and either would cost him money. Besides, without some change, it will grow harder through the years to be an intelligent mother and make sure the children have normal, happy surroundings.

Gather up your courage and present your case. Appeal to your husband's sense of justice. Tell * him how much you want to ad-mire and love him, to exchange these fears for real companion ship between you two. Maybe he will make up. Other husbands have.

If your husband treats you like a child instead of a partner, appeal to his sense of fairness. Anne Hirst will give you sound arguments to use. Write her at Box 1, 123 Eighteenth Street, New Toronto,

DIDN'T TRUST THEM A man was about to be tried in court for stealing an automobile. After the charge had been stated the judge turned to the prisoner and

having your case tried by me, or by a jury of your peers."
"What's peers?" asked the pris-

"Peers are your equals," replied the judge. "They are men of your own class-your own kind." "You can try this case by yourgonna be tried by no automobile



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They Make Money

firms overseas-and some in

England - for specially selected

pebbles from a stretch of Devon

Holidaymakers, local schoolchil-

dren and beachcombers have been

earning about \$15 a week-picking

firm which sells pebbles and flints

all over the world. But not every

pebble on the beach is the kind the

firm wants.

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

up the pebbles for a small local

Out Of Pebbles

beach near Seaton.

Eat 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 Chib. 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.

Some local women have been hur-

rying through their housework in

ator to collect pebbles. In a single

or as much as \$5.00, according

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

At a birthday party a young lady

be as saging "The autumn days

have come, ten thousand leaves are

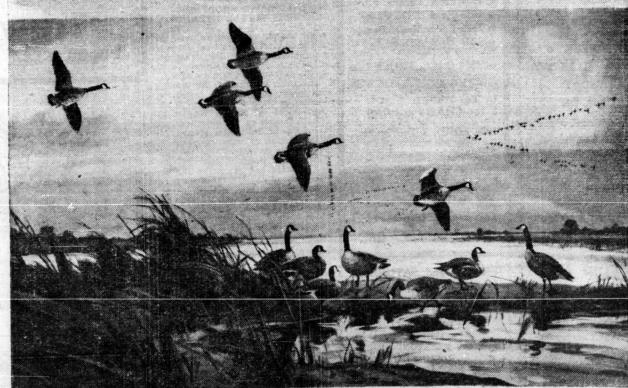
falling. . . . " She started on too

day one might earn as little as 50c

the right pebbles.

the morning and going to the beach in the afternoon with a perambul-

Nature has endowed the Canada Goose with keen vision, sharp hearing, and a speed of flight often reaching sixty miles an hour. Each spring and fall, large V-formations of these graceful water-fowl are seen in migratory flight, their weird "honking" call a familiar sound on the Canadian air.



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,

Seagram Tells the World About Canada

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.

The House of Seagram



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

Favourite Winter Reading For Many The New Seed Catalogues

Since the first 1951 seed catalogue ____, a regional basis. Not everyone can grow delphinium, no matter how much he admires catalogue picarrived some weeks ago each day's tures of the lavender and blue Loveliness. It has, however, excep-tionally large florets on a spike mail has added one or two more to the pile for winter reading - and ordering. Their bright covers flaunt that usually equals half the height ers' hopes soaring. belong in every garden for fall

It is a rare catalogue that does not include some improvements, variations or recent developments among the old favourites. These novelties are the news of the year. 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 form, im-provement in habit of growth, resistance to disease or insects are the chief reasons for introduction,

Chrysanthemum History

The perennial chrysanthen 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-thre years, no flower has been improved as much as the hardy chrysanthemum. When I first came to this country, American varieties were poor, most of the English ones were not good here, and all kinds were poorly grown." Progress this year is marked by not less than thirty named varieties-writes Dor-

Some additions are expected every year to the list of earlyflowering azaleamums. This year there is a break in the flower form, which is indicated by the name given to a shaggy white one santhemums, which are large-flowered but do not grow too tall, have been named for birds. White Seagull and yellow Canary lo particularly good last fall.

Large flowers are typical of the coral red chrysanthemum Briga-dier, dark red Gladys and Flaxen Beauty. Canary Wonder appeared to be an excellent yellow pomp with good sprays for cutting. Zinnias Are Enormous

Large zinnias remain in the fore-ground in 1951. Burpee Hybrids and Peppermint Stick have enor-Peppermint Stick, with several combinations of two-colour striping, i strictly a novelty which may still yield a few plants with solid colors.

It is doubtful if Heavenly Blue morning glory can ever be dis-lodged from its top popularity rat-ing. 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 o them will try scarlet salmon Tango brightest colour they have seen in a petunia-or the deep salmon

Alyssum, the old reliable an now comes out in a tetraploid form. This is a giant sort, named Blizzard, whose chief advantage seems to be flower spikes tall enough to be worth cutting. Variety Parma Violet adds

new colour to the scabiosa or pincushion flower. A double form of lianthus called Gaiety, asters the Ballet type and new varieties in the Princess strain are other annuals, but by no means all of those that are worth the trial investment in a package of seed.

Among the perennials, as well as in vegetables and fruit, some o

priders" are so fond of telling us, on every possible occasion, it was a Canadian who invented the game of Basketball which, according to the statistical schnooks, is the most popular sport on the North Ameri-

Which is all to the good, especially if you are fond of Baske ball. However, it appears to have been some mammoth-brain from south of the Border who was responsible

soft pink petal is pointed, which sional gamblers have moved in on the opening flower graceful. Goldegree in the past few years, with



That's Mine?-Pop Penguin bent over for a closer look at this new-born son at the London Zoo, but wasn't convinced that it was his offspring. As the little fellow took his first steps, his Penguin could permit himself to be seen in a scraggly dark suit instead of a tuxedo.

den Scepter has also done well in | the result that the public shrugs my garden. It is an excellent light ellow that does not fade in the

of the plant. Hardy asters such

as The Sexton and Janet McMullen

Two Dozen Roses

Of some two dozen new varieties

of roses, I have grown perhaps half and seen about three-fourths

two years' performance in my gar-

of the list. It flowered generously

den. First Love must go to the top

from June to November even duf-

ing its first summer and is a truly different pink hybrid tea. Every

s the miniature Red Imp, with onench crimson roses on a nine-inch oush. Valentine, a low-growing red floribunda, varies in tone, depending on the climae. Bulbs to be planted in spring or summer are likely to be neg-

lected except by the specialists.
The Buell strain of gloxinia which
is noted for new and different
colour combinations, and improved amaryllis attract those limited to gardening in pots. And changes have been wrought in tuberous begonias. For the outdoor garden, many more catalogues list this year the small-flowered gladiolus. White Satin, Ruby and Flicker are not brand-new varieties but are in-dicative of the trend toward smaller spikes which was so noticeable at 1950 gladiolus shows. off - with nothing more than a less than a decade ago.

And when we stated, earlier, that big-time Basketball had been "rocked" by the revelations, it was meant at the Great Pyramid and you'd probably see as much real rocking.

Baske ball, by its very nature, is an ideal game for "putting in the fix"; and all the more so because the prevalent system of betting which team wins, but rather on what is known as "the spread." For example, you are in

in a game between The Lions and The Tigers, and you approach on what are the odds. (Naturally, you wouldn't think of doing any such

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of the Border who was responsible for Basketball's latest and greatest Auction School. Mason City, Iowa. development—an achievement com-parable only to that of the unknown

repute, your guess is as good as

and probably identical with—ours.

The "spread" is generally a bit wider than the example given; and

they haven't done Basketball such a terrible amount of damage—box-officially speaking, that is. Sports of ferent from what it was back in the days when even the rumour that the Chicago Black Sox had been doing a little phenagling had the fans talking to themselves for wery wery shich sional gamblers have moved in on sports of all kinds to an amazing and sports of all kinds are you beefing about?; we won the game, A few sports are catalogues, wher

ment from their precincts. They've been doing so for years. But if Golden and buff. Permac Hennels R.R.3. Thessalon, Ontario. been doing so for years. But if you think it's impossible—or even hard—to get up a bet, even in a strange town, your experience has been different from that of most

AUCTION SCHOOL

The Law-especially in the States —has been doing ITS utmost to
make things difficult for the gamblers and sure-hingers; and with lers and sure-thingers; and with such evident success that some of RAILWAYS need young men for five week as Agent Telegraphers, \$2.6 the poor boys are down to their second-last Cadillac and can't buy a new suit more than once a week.

No, friends, it would appear that curse of gambling which so sorely threatens its very existence, the rescuers must come from outside. You and I—everyone who loves sport—must do our bit, and here is how we can do it.

READ THIS — Every sufferer of Rheumatic Pains or Neuritis should try Dixon's Remedy. MUNRO'S DRUG STORE Ottawa Leaving race-track betting which is highly legal, and even \$1,25 Express Prepaid solve. From now henceforward non

friendly one, whatsoever. Sounds like a grand plan, doesn't it? So why not let's do it But, somehow or other, we have our doubts. One will get you three -in fact we'll do better than that and lay four to one-that not a single reader of this column will BUCKLEY'S CAPSULE take our suggestion seriously, let

OATMEAL IS STILL

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for Reskethall's latest and greatest development—an achievement comparable only to that of the unknown genius who first discovered how to load a set of dice. In other words, there is now apparently little or no risk in betting on Baskethall and the correct social set.

Four times, in less than a year, big-time Baskethall in the U.S.A. has been rocked by the disclosure that certain top-noch performers had been accepting small tokens of esteem, such as \$100 bills, from various admirers. The object of such tokens was to spur said performers had been accepting small tokens of esteem, such as \$1800 bills, from various admirers. The object of such tokens was to spur said performers had been accepting small tokens of esteem, such as \$1800 bills, from various admirers. The object of such tokens was to spur said performers toward putting forth their best efforts in some coming game—the adjective "hest", naturally, carrying one of Mr. Webster's minor definitions, "most advantage."

When caught with the goods, these highly-publicised basketeers have invariably presented a pritting sight, shedding copious quantities of bitter tears, with encores for the benefit of any cameramen who iniled to cach them doing, it herse like a lot of other petty crooks, the big loogans feel very sorry for themselves, one minute after being nabbed. Whether or not they feel sorry-iror the sport that did so much for them and which they have brought into such discrepante, your guess is as good as—and probably identical with—ours.

The spread "is generally a bit with the goods, they have been good by the discovered by the d

SPRAY WITH A SPRAMOTOR wider than the example given; and a little study will show you, with a little study will show you, with feeting the study will show you.

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