

To taste it is to prefer the superb quality and flavour of

"SALADA" TEA

ANNE HIRST Your Family Counselor

"DEAR ANNE HIRST: I've been married nine years, and we have a little girl. For the past seven months, my husband has been drinking excessively. I certainly need your help."

"He drinks for a week at a time, staying out all night and spending money on low women. When he is sober, he is sorry, and makes all promises. Yet within a month, off he goes again."

"He thinks the world of our little girl, and at least he pretends to love me. He provides well for us; I always have spending money. He has never mistreated me in any way."

"My parents want me to get a divorce. They say our child will be looked down on, all through life. But, I still love my husband, and I feel I can't give him up."

"I am a praying mother, and always am hoping he will change. I don't want to do the wrong thing. 'BETTERED M. E.'"

"If your husband is sincere in his desire to overcome his appetites, he can find encouragement and help."

"Do you know Alcoholics Anonymous?"

"This organization is nation-wide. The new courage and faith it has given to thousands of disheartened men and women, has often changed their whole lives. It is non-sectarian, and there are no fees. All one needs is to admit 'I am a problem' and then do his part."

"Talk to him about this when he is sober, and see if he will co-operate."

"You have a powerful argument in his deep love for his little girl. He should be a father, not a drunkard. Her social life, later on, can indeed be darkened by her father's shameful indulgence. Even now she must be disturbed, sensing something wrong in his absence from home."

"For her sake, too, he should break the habit while he still can, so as she grows older she can be proud of her father. This appeal has succeeded with a father when all others failed."

"So long as you love your husband, and believe that he can again become the wonderful man you married, I should hold on, at least for a while. I know what you want, and hope you receive from your prayers. But, too, he must hope, and believe, and act, to his best. It is difficult to conquer his weakness."

"Alcoholics Anonymous can help him, if he will seek their aid, and do his best. It is difficult to think he will not make the effort. He knows it will be a test of his sincerity."

"A wife who loves her dissolute husband clings to every hope. But she alone cannot always reform him. He must do his part, too. Anne Hirst is here to help. Write her at Box 1, 123 Eighteenth St., New Toronto, Ont."

"Two little ants lived in a sand trap with thousands of other ants. One day a gopher hit his ball right into the centre of the trap. The gopher hit at the ball, scattering thousands of pieces of sand and ants—but the ball stayed in the same place, not moving an inch. This happened 15 or 16 times and finally there were but two ants left. One ant looked at the other ant and said, '... can see if we intend staying here we're going to have to get on the ball.'"

"An elderly man showed up at Navy Headquarters in San Diego, stood stiffly at attention and said: 'I jumped ship fifty years ago, sir. I want to clear myself with the Navy.'"

"The only thing new around Ginger Farm is another calf—and being of the male variety it won't be here very long. The visitors were expecting this week-end."

"The household 'white elephant' has found a home at last. Mrs. Helen McConnell rounded up her personal herd of unwanted trivium in late 1949, she decided that someone probably could use the various odd items she had collected from the basement and attic."

"She selected the names of 100 Denver women at random from the telephone book and sent them postal cards inquiring whether they would be willing to swap their old knickknacks for something they could use."

"Sixty-five enthusiastic replies in two weeks convinced her she had a future in the white elephant business. Her shop in Denver, the Barter Mart, has been booming ever since."

"The amazing part of the venture is that customers can get a lot for a little through the use of counter-fert-proof wampum."

"This wampum is a paper strip in one-quarter, one-half, five, 10, 20 and 50 denominations. One wampum is worth 12 cents."

"When a customer comes into the shop for a trade-in, the unwanted item is appraised by Mrs. McConnell. She grants wampum according to her idea of its worth."

"Medium of Exchange. Customers then swap the wampum for any article in the store. The mart is advertised as 'the store with nothing to sell,' but it earns for its owner through a service charge on each article. The more wampum required, the less the service charge."

"Barter Mart started in one tiny room with Mrs. McConnell's personal relics. The rent was earned the first day. Since then it has moved twice and expansion to still larger quarters is slated for the near future."

"Since the first of the year 9,138 articles have been taken in and an estimated 4,000 units of wampum are in circulation."

"The venture has been so successful that Mrs. McConnell has sold franchises to several other cities."

"In addition, the McConeills receive hundreds of weekly inquiries by letter and telephone from the United States, Canada and Mexico. The Mart handles every type of merchandise that a housewife could use for the home of her childhood—where she grew from childhood to womanhood; where the dreams of yesterday slowly merged into the reality of today. So it is with Canadians born in some other land and beyond the seas. Now they have two loyalties—the old and the new. Their new home is Canadian—their work, their friends and amusements, even the food they eat, is Canadian—and most of them are happy that it should be so. But it isn't reasonable to suppose the old home, and

horns on cattle, ancient automobiles, Siamese cats and bed pans."

"On a large board labeled: 'We leave calls for' is an offer of: 'Drapery expert will make drapes—your home—for two wampum per hour.' Wednesday is family night at the Mart. A giveaway drawing has lured 200 persons into the shop on these nights."

"Mrs. McConnell attributes her success to the fact that everyone loves to swap and a woman's fair for the annual."

"Women would rather have wampum than money," she said. "We have so much fun in here when we get a cackling bunch of women together; it's just like a circus."

"Well, here's the secret, direct from an Englishwoman who says: 'I have watched many women making a Yorkshire pudding and have come to the conclusion that most of them are too sleep-dash about it. The very simplicity of the recipe is deceiving; they think they can knock up a Yorkshire pudding at the last moment because it's quick and simple. Well, they get a pudding of sorts—but not a real Yorkshire one.'"

"They will go to the trouble of heating the egg, though it is not necessary, and add it to the flour with a little milk, but they haven't the patience to stir and beat until there are no lumps left before adding the rest of the milk. The result is a lumpy mess. Once you get the batter lumped, it is practically impossible (short of straining the lumps out) to get the batter smooth."

"But, you say, you always get your batter smooth. And that's true. And then what do you do? Pour it straight into the baking tin. Well, you shouldn't. The batter should stand in a cold place for at least an hour before it is cooked—the longer the better."

"In Yorkshire we have a saying 'an extra hour is an extra egg.' For lightness, we mean. Why? Well, one long standing causes the starch grains in the flour to swell and burst, emitting little bubbles of air into the batter. Air is a lighter than as much as eggs are. Perhaps you'll see bubbles of air on top of your batter after you have let it stand for a while."

"Oh, and another thing, linking up with this question of letting in air. You beat your batter with a deep hitting motion so that you make little balloons in it, and always beat in the same direction. It stands to sense, doesn't it? If you are letting in air by turning the batter in one direction, you will let it out if you reverse the motion."

"Now it is time to bake the pudding. You will have a hot oven ready. If you are roasting meat, pour some of the dripping from the meat tin into your Yorkshire pudding tin—not too much, just enough to cover well the bottom."

"Put this in the oven to get sizzling hot, and in the meantime add a tablespoonful of the coldest water you can get to the batter, and beat it well."

"Then, your fat hot, pour in the batter. It should sizzle round the edges as you pour it in; it must be quite thin and flowing, nothing like a sponge-cake texture, as I have seen some women make it."

"Then, into the hot oven, fairly high up, and with nothing place on the shelf above it to prevent the air and heat circulating all round the tin. At the end of 20 minutes it should be puffed well up above the edge of the tin, and delicately tinged with brown. That is how it should look when it comes from the oven, but as soon as you put a knife into it, it will collapse, but never mind, the inside will be creamy, and the crust crisp and meaty flavoured."

"Oh, and it should be eaten straight from the oven—not kept waiting, and, of course, you eat it as a separate item, not crowded up with the meat and vegetables as some heathens do."

"Here are the proportions, in case you are not quite sure: Four ounces plain flour (four-tablespoons), one egg, half pint liquid, one tablespoonful of which is water, the rest milk, quarter-teaspoon of salt."

"Don't forget, sift the flour, be sure the batter is smooth, let it stand at least an hour, and stir in the tablespoonful of water at the last minute."

"This dissertation on Yorkshire pudding took up more space than I had intended but perhaps there will be room enough for me to pass along some more hints for adding new interest to even the cheaper cuts of meat. It's really surprising how a sprinkle of spice or a bit of fruit will sort of 'perk up' the flavour of everyday meat dishes."

"Spiced Pot Roast. 3 pounds chuck, boned and rolled 1 onion, chopped 1 small clove garlic, minced 12 peppercorns 12 whole allspice 1 tablespoon vinegar 1 tablespoon sugar 2 bay leaves 1 teaspoon anchovy paste 1 cup hot water"

"Method—Melt a tablespoon of fat in a heavy iron skillet and in it cook and stir the onion and garlic until the onion is yellow. Remove onion and garlic and place meat in pan. Cover with moderate heat and brown both sides evenly. Add onion and garlic and other seasonings, spreading the anchovy paste on top of the meat. (No salt is necessary.) Add water, cover closely and cook over low heat for about three hours or until tender, adding a little water from time to time as necessary. Remove meat to a hot platter and strain the drippings through a sieve. Thicken with a thin flour and water paste, add a dash of black pepper and serve at once."

"Fruited Pork Chops. 4 shoulder pork chops 4 tart apples, cored but not peeled 12 cooked prunes Flour Salt Pepper 2 tablespoons fat ¼ cup prune juice."

"Method—Sprinkle chops with flour, salt, and pepper and brown in the fat. Remove chops and slice the cored apples in the bottom of the pan. Place browned chops over the apples and add the prune juice. Cover tightly and bake slowly in a moderate oven 325° F. for about one hour or until chops are tender. Add prunes during last few minutes of cooking. Serve hot. Glazed sweet potatoes are a perfect accompaniment to this dish."

"Braised Lamb With Currant Macaroni. 1 shank of lamb ½ cup of hot water 1 onion, sliced 1 teaspoon salt ½ teaspoon pepper Pinch of thyme ½ package macaroni 1 tablespoon flour 1 teaspoon salt"

"Method—Brown lamb in fat, add onion, salt, and pepper and brown in the fat. Remove chops and slice the cored apples in the bottom of the pan. Place browned chops over the apples and add the prune juice. Cover tightly and bake slowly in a moderate oven 325° F. for about one hour or until chops are tender. Add prunes during last few minutes of cooking. Serve hot. Glazed sweet potatoes are a perfect accompaniment to this dish."

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