TABLE TALKS

A French cookery expert says the simple dish we call pot-au-feu "Pot-au-feu", ot course, simply means "pot on the fire" it is a very fine way of using a comparatively

inexpensive cut of meat. Essentially it is a piece of beef not fit for roasting-shin, plate, with vegetables till it becomes forkeniov it once a week or even oftener, and I think your family will "go for it" too if made according to the following recipe.

POT-AU-FEU 4 pounds beef with bone (brisket, rump, shin, plate, chuck or

3 quarts cold water Bouquet garni (bay leaf, fourthteaspoon thyme, half-teaspoon peppercorns, three cloves, four sprigs parsley and few celery leaves, tied in cheesecloth bag) 2 cups mixed chopped vegetables, '(onion, carrots, celery, white

turnips, parsnip) 6 leeks, white part only 3 carrots, quartered 6 cabbage wedges

6 potatoes, whole or quartered. (1) Place meat in a large soup kettle. Add water, salt and bouquet garni. Bring to a boil, skimming often. Lower temperature and sim

mer till meat is almost tender-

four hours or longer. (2) Add chopped vegetables and till latter are tender-about forty-

(3) To serve, remove meat to serving platter and surround with large pieces of vegetables. Keep warm. Serve broth with chopped vegetables as a first course. Any excess may be refrigerated for late wherever soup stock is required.) fatty cut of meat is employed, the dish is best made a day in advance, refrigerated and the fat removed be fore reheating the pot-au-feu and

Should any left-over chicken carcass be available, this, too, may be added to the pot-au-feu along with the raw meat. Or a whole chicken may be cooked at the same time in the broth; it will give something to tables something to it. The chicker may be carefully refrigerated for later meals in salad creamed or merely sliced cold. Probably one will only want to include a chicker in the pot is (1) the utensil is very for more than two or three persons

Cool fall days may remind you of the richer meats that you have neglected during the summer months, and pork is probably No. 1 on this appetite-satisfying list. Whatever cut you choose, pork

should be cooked at a moderate temperature, and cooked thoroughpreparing this meat-a meat that is obtainable in a wide variety because it is sold both fresh and

If you do not use a meat thermometer, allow 30 minutes per pound for pieces of pork weighing five pounds or over, and about 45 minutes per pound for smaller pieces (chops are an exception, requiring only about 30 minutes per pound except when a recipe calls

BAKED PORK CHOPS AND CORN 1/2-inch thick pork chops Green pepper

Brown chops in heavy skillet and place on top of casserole of creamfresh, canned or frozen) to which have been added. Cover and bake at 350 degrees F. until chops are ten-

with baked apples, have chops cut thicker (about 1 inch) and trim a little fat off the edges. Brown chops on one side and leave in skillet, brown side up. Pack a generous mount of highly seasoned stuffing over entire crop and put trimmedmakes them self-basting), and bake for one hour at 350 degrees F. Apples, ready for baking may be put in the same skillet and baked with the chops.

WRONG AGAIN

The orderly officer was going hi rounds at breakfast and stopped at one table with the usual query, One man jumped to his feet and said: "Yes, sir, this tea tastes of chloride of lime."

The officer took the mug, sniffed he contents, then sipped delicately. Nonsense", he pronounced, "that's



Reluctant Dragon-Winston Churchill, owner of one of the world's most famous faces, hates to sit for his picture. For two years our London bureau has been trying to induce him to sit for a new formal portrait. The other day he consented to "stand" for this portrait. Conservative Party leaders, wanting to present visual vidence that the 77-year-old leader was fit to assume power if the voters so choose in the Oct. 25 general election, induced him to pose. Churchill stood uneasily for two minutes on the terrace of his home at Westerham. Then he strode back into the house without a word. Judge for yourself whether he looks ready to assume the burdens of another term as prime minister.

by A SIXBIT CRITIC

We have previously written more than once regarding the disadvantages of coopering a column such as this, which must be written some time in advance and so is liable to be somewhat out of date by the time

it appears.

However, the system has its advantages too. For instance, as this is written the New York Giants and Brooklyn Dodgers have just started is written the New York Giants and Brooklyn Dodgers have just started in National League playoff series, and the result of even the their 3-game National League playoff series, and the result of even the first set-to is still in doubt. Therefore we are taking the liberty of reproducing here part of our column which appeared way back during the first week in March. First of all we dealt with National League prospects

lyn looks to be a cinch. They should have won last year, and probably would have done so but for a lateseason slump occasioned, in all

Dodgers winning by a fairly eomtention coming from the Philadelphia Phillies, who figure to sag a bit from their 1950 drive-a drive that amazed everybody, including So that's the way the dope reads

-Brooklyn Dodgers, first, Phila-delphia Phillies second. Therefore, with our customary mule-like con-sistency, we are selecting neither of the two. Our pick for the National League Pennant — and, when it comes to that, for the World Series—is the New York Giants.

loop thus:

Having done its duty by the Na-tional League that March column went on to deal with the junior

We turn next to the American League and here we find that the figures make it even easier for a

In the National League, Brook- | prognosticator to choose the winner. Boston Red Sox, by as far as a circus press agent can toss the bull, is what it looks like. Steve probability, by some of the Dodgers getting the not-unusual notion that of the best infields in baseball press clippings can win ball games. Pesky, Stephens, Doerr and Dropo -he now has added Lou Boudreau -a very handy guy to have around

Yes, indeed, it looks as if Mr. O'Neill might be suffering from what one word-painter described as might be like the egg who found himself with five aces in his hand in a poker game—on his own dealand was puzzled about how to get rid of the extra one.

So Boston Red Sox it is, according to the crystal ball, and if the have any trouble at all making the grade it should come from the Rolfe has a team that should improve on last season's form-which wasn't so bad after all.

But if you think we're predicting Red Sox and New York Giants, you



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seem to see Boston, or even the Seem to See Bold about next Detroit Tigers. Along about next October we look for an all-New York series—Giants versus Yankees -with Leo Durocher's club finally

We started off by saying that having to toss together a column ten days or so in advance has its advantages. Now you'll see what at least one of them happens to be. By the time you read this, the Dodgers may have eliminated Leo Durocher's amazing crew and the World Series between Brooklyn and the Yanks will have passed into history. But, for the moment, we are in a position to take a few bows for having called the two New York teams, right at the very start of the season-and when you back on how badly both seemed to be outclassed around that time ,it wasn't such a terrible

taking it all.

call, at that. -There's the old saying, of course, Still he who laughs first is sure of having his-so come on you Giants.

Chewing Gum

Drs. Samuel Dreizen and Tom D. Spies report in the Journal of the American Dental Association that immediately after meals volunteers chewed sugar-free gum that contained a nitrofuran. (Nitrofurans are substances used princi-pally as anti-bacterial agents in dressings for wounds to prevent infection.) X-ray examinations at the end of the year revealed that the group had developed an average with an average of 3.0 new cavities for a control group that chewed the specially prepared gum without the nitrofuran. In the third group of 3.8 new cavities developed.

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en's Suits That e Really "Corny

Washington press corps was d to a fascinating show rey that made it wonder wha world is coming to. saceutical Chemists, filterts, fig-ulars write Box 672, London, On out of the test tubes of research nistry bubbled surprises for dience around a giant horse be table in a conference room the Department of Agriculture collection of outstanding varieties, dozen for \$1.25., Postpaid — Kupper Bulbs. Hatzio, B.C. gentleman on hand to ex these wonder products to a OPPORTUNITIES FOR roup of farm journal editors was

the casein in milk. He hops into

the shower accompanied by a sponge made from corn starch.

After slipping into his "corny" suit, he sits himself down to a glass of orange juice which has been prepared and frozen months before. Over his hot cakes he li-

berally pours a syrup that looks, smells and tastes for all the world

tains only one-third the costly

While gobbling this tasty morse

has entered the room wearing what

is actually made from low-grade,

raciously on the breakfast table,

short-staple cotton.

Then our hero leans his elbows

which is covered with a protective

coating made from the starch in Irish potatoes, and concentrates

on his morning paper, which is made from wheat straw. (The news,

however, is the same as the old-fashioned woodpulp variety.)

At this juncture Mrs. America

appears wearing, of all things, a fertilizer bag. But it looks so much

like all her other pretty dresses that

Mr. A. does not notice the differ-

ence, gives her a smack on the cheek and hurries cut to the car,

which he drives off while a milk

the air that goes into his carbure-

sein fiber (the same kind he

he greets his young daughter, who

vorite from the maple trees.

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Branches tion of the Bureau of Agri As entertaining a speaker as he strode around the table and ician with a tall silk hat. es King St., Hamiston 73 Rideau St. Ottawa announcing that he was wear ing a suit made from corn-the only corn-fed suit in the world, he said. Zein, a protein found in the grain of corn, has been made

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imples of salted almonds that left he fingers free from a greasy film; elicious cucumber pickles that had een pasteurized in a fraction of the time required by the old brining method; fresh-tasting tangy apple ing a concentrate with water; room soup made from aspara-pasteurized jelly which holds stewing process; a new kind of crispy crunch called rice curls—

the top of your mouth! ROUND AND ROUND

peanut butter that won't stick

The doctor was puzzled. "You ought to be pretty well by now," he said, "Have you carried out my "Well, doctor," said the patient, "I've done most of them, but I can't take the two-mile walk every morning that you ordered. I get too

"Well," said the patient, "I must forgotten to tell you, I'm a

eran farm trainees, and 100 adult evening class members particapated

How to EXIL HAROLD ARNETT



ELIMINATE NOISE OF WHIRLPOOL IN SINK DRAIN BY INSERTING LENGTH OF BRASS WIRE THROUGH HOLES IN STRAINER, BENDING ENDS AS SHOWN. TWO LENGTHS OF WIRE MAY BE REQUIRED.

'Body Rhythms' Replace Grunt-and-Groan Exercises

ASHION'S new accent upon the softly-rounded, womanly figure is causing many a grimace as women whose proportions are less than ideal anticipate all the stretching and straining that will be stretching as the straining that will be stretching as the straining that will be strained to the straining tha

shape.
This projected anguish is quite unnecessary, according to Manya Kahn, figure-molding expert, who offers a routine of "body rhythms" to replace the old grunt-and-groan

exercises.

Miss Kahn, who bases her movements upon natural muscular patterns, suggests this modified barrel roll to slim your hips and waist-line. Lie upon the floor, face downward. Then, using your head. downward. Then, using your arms as support, arch your head, neck and torso upward and backward. Your legs, which are kept straight at the knees, are also lifted upward until the entire weight of your body rests upon your abdomen, hips and the upport and the upport and of your thighs.

Rhythmic body rolls are an aid to this young woman in getting her figure in shape for new fall knythmic body rolls are an aid to this young woman in getting her figure in shape for new fall knythmic body rolls are an aid to this young woman in getting her figure in shape for new fall knythmic body rolls are an aid to this young woman in getting her figure in shape for new fall knythmic body rolls are an aid to this young woman in getting her figure in shape for new fall knythmic body rolls are an aid to this young woman in getting her figure in shape for new fall knythmic body rolls are an aid to this young woman in getting her figure in shape for new fall knythmic body rolls are an aid to this young woman in getting her figure in shape for new fall knythmic body rolls are an aid to this young woman in getting her figure in shape for new fall knythmic body rolls are an aid to this young woman in getting her figure in shape for new fall knythmic body rolls are an aid to this young woman in getting her figure in shape for new fall knythmic body rolls are an aid to this young woman in getting her figure in shape for new fall knythmic body rolls are an aid to this young woman in getting her figure in shape for new fall knythmic body rolls are an aid to this young woman in getting her figure in shape for new fall knythmic body rolls are an aid to this young woman in getting her figure in shape for new fall knythmic body rolls are an aid to this young woman in getting her figure in shape for new fall knythmic body rolls are an aid to this young woman in getting her figure in shape for new fall knythmic body rolls are an aid to this young woman in getting her figure in shape for new fall knythmic body rolls are an aid to this young woman

fashions. Here she begins hip and weight upon hips, abdomen and palms.

Keeping your feet together, and inhaling, raise the right side of your body off the floor, until your body weight is resting upon your left hip and thigh.

Exhale as you roll the right side of your body to the floor. Make a complete turn until the weight is completed that the elbow. They offer our point of your body to the floor. Make a complete turn until the weight is now the reverse of the one in which you started, with your legs still upraised, knees together, but with arched feet pointing upward rather than of your body off the floor to regain position one.

The movement is completed as, inhaling slowly, you lift the left, with your legs still upraised, knees together, but with arched feet pointing upward rather than of your body off the floor to regain position one.

THE FARM FRONT

by John Russell Young farmers down in Yazoo | The new bait met with such ap-County, Mississippi, have put to shame the fabulous Pied Piper of proval of users that orders totaling 1,750 pounds have been distributed Hamelin by completely ridding the Benton school district of rats actinue to come in daily, and reports

cording to a story in the Progessive are that the rats are almost gone.

Future Farmer W. B. Chapman

son for one week no new rat sign

Atis Boatner, a veteran farm

trainee, learned a lesson about War-

farin after its use. The rats disap-peared and there were no new signs. He could see no rats or their signs,

ses. He was puzzled. A few weeks later when removing corn from his

here in Ontario were to try out

pass along your experiences

something similar. I'll be glad to

dress John Russell, The Farm

Knows The Tricks

Authoress - Agatha Christie was

crib he found the dead rats.

Farmer. reports that before using the poison he had kept a large stick at the No flute was used, they didn't have to pay the piper, and children door of his corncrib and never failof the Benton community are safe ed to kill at least one rat when the

This modern paradox to the ageold fable came as the result of an
unusually heavy influx of rats in in their homes. 1950. Farmers reported heavy losses running into thousands of dollars caused by these destructive pests. Many chickens had been reported killed, stored grain destroyed, farm buildings undermined, and may and food damaged. Farmers had reason to worry.

Realizing that some action must be taken, and not to be outdone by the fabulous piper and his flute, Teacher P. A. Norris and veteran farm training instructors got to-gether last October. E. B. Golding, superintendent of Benton School, ermination campaign against the After writing letters to many sources, requesting latest informa-

tion on rat control, it was decided to try the new Warfarin formula discovered by the Wisconsin Alumni Research Foundation.

Upon request, a pest control company agreed to cooperate in the campaign by supplying the poison at \$1.25 per 5-pound sack. The offer was later extended to all vocational agriculture departments in the state. Prizes of \$10 were offered for the purchase of 1,000 pounds and \$25 for 2,000 pounds or more.

Members of the Future Farmers chapter voted unanimously to purchase the bait and distribute it to farmers. Sixty-two boys, 144 vet-

"You know," she confided to a friend, "I enjoy mystery stories. I

read almost every new mystery novel that comes out." Does the creator of that master of detection, Hercule Poirot, find herself baffled? "Not often," she confessed. "I usually guess the end ing before I am halfway through. You see, I know most of the tricks!" But she does hand it to one mystery writer. John Dickson Carr, she admits, usually keeps her guess-

"Is Jack conceited?" "Is he conceited?" Why, he joined the Navy to let the world see

Pilot's Farewell

To His Plane How does a fighter pilot feel when he goes into action for the first time? Trained but untried, he has practised dog-fighting often enough, hurtled round the sky, en-joying a glorious game with his squadron fellows. But what of the real thing . . . when the game is played for keeps? "I stared round and suddenly I

spotted the tell-tale condensation trials of the Jerries. 'Here they come!' I said to myself, hypnotized. My throat contracted, my toes were stifling in all those belts, braces and buckles . . . The writer is Pierre Clostermann,

D.F.C. The excerpt is from his book, "The Big Show" a vivid, dramatic diary of the author's ex-

towards the sun. We looped once, perhaps twice, we lovingly did a could take away in my fingertips the vibration of his supple, docile wept, as I shall never weep again, when I felt the concrete brush

By Rev. R. Barclay Warren B.A., B.D. JACOB RECEIVES THE PROMISE Gen. 28:10 22. Memory Selection: Behold I am with thee, and will keep thee in all places whither thou goest. Gen.

Mr. Norris, who believes that God has had to use imperfect Warfarin is as destructive to rats as DDT was to flies when it was people to carry out His designs.

Jacob is one of them. The younger first introduced, says that rats rea-dily eat the Warfarin bait when it of twin boys, he was given the name is mixed with cornmeal or some other attractive substance. There is of heel-grasper because of an incident at birth. But the name was indicative of his nature! He bought Esau's birthright for a mess of ance after repeated feedings on the day hungry from the hunt. Then, in ed his aged father and procured the So that's the story-and I think it might be a good idea if some patriarchal blessing. Esau was of our young farmers organizations fiercely angry. Rebecca persuaded

Isaac to let Jacob go back to Haran

to her people to procure a wife

Jacob had the vision of the ladder to Front, 123 E'ghteenth St., New to him and his seed. Jacob, though very imperfect, was a better man than Esau. Esau had disqualified himself by his marriages with the heathen and by despising his birthright, to serve God's purpose. The itting in the stalls at the Fortune Theatre, watching jeanne de Casal's in "The Hollow," the latest play to to be continued through Jacob. became a better man. When return-Esau with an armed force, he prayed earnestly. His name was changed and his nature was changed. He was no longer Jacob the supplanter the heel-grasper, but Israel, a prince of God. He paid dearly for deceiving his father. His sons, too, killed a kid and led him to believe that his son Joseph had been killed. But at the last, the family was reunited in Egypt and Jacob . prophe pronounced the patriarchal blessing upon his 12 sons. He was buried in

still regarded as an evil omen por

tending all sorts of calamities rang-

ing from an attack by wolves on the

Regarding Eggs

homestead, to the slaughter of the swine by evil elves. still survive, though none are taken seriously. It is supposed to be un-lucky, for instance, to sell eggs be-neath one's roof after sundown, but it is quite in order to sell them just

outside the door. Sitting on Sixpence And by warming an egg by bodiy contact, hatching it out and eat-

ing the chicken, a man or weman will acquire an understanding of the language of animals. A Scottish superstition is that when a wife wants eggs to hatch man's hat when carrying them to

nust carry them in her apron. White eggs, as well as white hens, have always been considered lucky. "Brown" eggs are doubtful luckbringers but a large number of them gathered in one morning indicates that the farmer will have bumper crops that year.

Black hens are supposed to consort with witches at night but can bring luck in a peculiar fashion.

If a black hen is sitting she uld be given exactly thirteen eggs for hatching out, togethe with a small silver coin such as a sixpence which can be slipped With every hour she sits the coin moved immediately the eggs hatch

periences as a French fighter pilot who served with the R.A.F. in World War II, Later, he describes

his first "kill."
"Suddenly, the Focke-Wulf ex-

ploded like a grenade. A blinding flash, a black cloud, then debris

fluttered around my aircraft. The

engine dropped like a ball of fire.

One of the wings, torn off in the

flames, dropped more slowly, like a dead leaf. I bellowed my joy into

the radio, just like a kid . . ."

And what when it's all over?

After facing death each day and

tional sorties, how does he feel when Armistice comes an dhe must

fly the aircraft he has come to

kno wand love for the last time?
"I took him high up in the cloud-

less summer sky, for it was only there that I could fittingly take my

leave," the author writes. "Together we climbed for the last time straight

few slow, meticulous rolls, so that I

wings.
"And in that narrow cockpit I

against his wheels and with a great

sweep of the wrist, dropped him on

stood and returned to the Dispersal

"I know a man who looks

much like you that one could hardly

in silence."

according to these old superstitions burns! And when you have finished eating a boiled egg you should drive using it as a boat.

A cock wandering before the door

of the house indicates a visit by a gentleman. If a hen-one onlywalks up and down there, a lady can be expected.

If an egg is still soft after boiling for five minutes it represents a mes-sage from the hens to the effect bad eggs is known as sulphuretted

intent on punishing his wife, lock-"And when my waiting pilots and ed her up in an outhouse where mechanics saw my downcast eyes and shaking shoulders, they under-Six hours later she was dead poisoned by the gas from bad eggs.

sweeps away, with every new perand necessitates a faith commen



Inrichtingen (artillery works); established in Amsterdam, The Netherlands, in the 17th century, is today producing arms and ammunition for the 20th century armies and navies of the North Atlantic Treaty Organization. Two of the company's employes, above, unload .303 caliber shells into a final processing happer.





and Isaac, and Abraham before him. He was a great man.

