Both are Delicious!

TEA & COFFEE

ANNE HIRST Your Family Counselor-

"What A Fool"

I once had!

ed completely.

own desires.

* think. He only feels.

to shame them.

enduring now

ronto, Ont.

* sion and my compassion.

SENDOFF

miserable man on earth.

to laugh at me and call me names.

She quit work, of course, and when

ways ready to go places. How I

"I stood it for two years-and

by the time I divorced her I learn-

ed that my wife had married a

"Why do men allow such women

IOHN."

to wreck their lives? Mine is ruin-

* If there is any excuse for an

* intelligent man wrecking his life, * as you feel you have done, it

* is because he is the victim of his

Married for years, he is too

* weak to resist the promise of * thrills he has not known in a * long time. He is consumed by

a rebirth of blinding passion that

destroys his integrity, his self-

good man and was very happy.

longed for the sweet companion

I came home tired she was al-

Anne Hirst: I hope you | as I would, I could not resist her. ean find space in your column for this letter . . . My life is wrecked, and divorced me. I married the own fault.

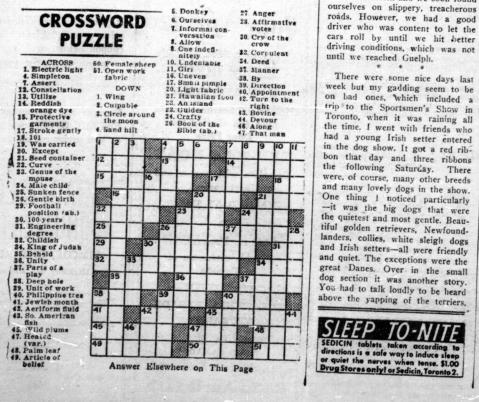
and it is my "My wife and I married young. We had everything . . . love, faith, common ideals and habits, a good

bank account. Our two children were grown and married when our trouble began.
"A girl who worked in an establishment where I was general manager made it plain that she fallen in love with me. Try



For shorter women-your own ashion designed just for you! No elteration worries, just cut out your elze. The design is flattery itself, ness at shoulders, scalloped neck-line and the loveliest skirt with pockets in side-panels! Pattern 4698 in Half-Sizes 141/2. 1/2, 181/2, 201/2, 221/2, 241/2. Size 161/2 takes 33/8 yards 39-inch. This pattern easy to use, simple to sew, is tested for fit. Has Send THIRTY-FIVE CENTS (35c) in coins (stamps cannot be lainly SIZE, NAME, ADDRESS.

STYLE NUMBER. Send order to Box 1, 123 Eighteenth St., New Toronto, Ont. the town didn't . . . but the whole police department did!" teenth St., New Toronto, Ont.





Lovely Harbinger-Tiptoeing through the tulips, pretty Nancy Callaghan reminds us that ole man Winter has been shoved out of the picture by sweet Miss Spring. Nancy had more than 5000 tulips from which to choose.

pekes, poodles and spaniels. An-

other exception was the Welsh corgies. They were small-but not

too small-friendly and quiet. I am

show that dogs are much like people in one respect—it is often

the smallest who make the biggest noise. And I don't mean in regard

However, our main interest in

livestock these days is not dogs

but calves. One of our heifers pro-duced her first calf the day before

I went to Toronto-which was very

considerate of her. Had she not

alone at such times in case emer-

. . .

there are storms at sea-and from

all reports there have been plenty

of storms, on land and on sea. This

we regret, but we enjoy watching

Breakfast

loss of weight though no breakfast

was served in one part of the study

and as many as 1,000 calories in

another. Skipping breakfast is not

medium cereal breakfast of fruit, cereal, milk, bread and butter was

found to be just as good as a medium bacon-and-egg breakfast:

AUTOGRAPHIC

A Hollywood starlet upset pre-

cedent by asking for an autograph

instead of giving one. The auto-graph sought was Edna Ferber's,

and the starlet's disarming request

read, "It doesn't matter whether you write it or print it. I copy all

my autographis over anyhow alpha-betically in my scrap book."

. . .

to size.

CHRONICLES GINGER FARM Guendoline D Clarke

When one has been travelling respect and his imagination. He will not see that a girl who detreacherous highways it is nice to be back home again, safe and sound once more. Yesterday I went * liberately sets out to steal an-* other woman's husband lacks with friends to visit quite a different part of Ontario. The weather moral sense and is incapable of bringing him any lasting happiwas not too good when we left In other words, he does not but the farther we went the worse it got. Ice dropped off trees and Stronger men, exposed to the telephone wires and bounced onto the car windows like so many gun same temptation, do not lose shots. We went through Guelph, their heads. They suppress their * passions. They remember the * loyalty of their wives, the res-Kitchener, Stratford and intermediate points and finally reached our * pect of their children, and refuse destination, which was Mitchell. Here we visited with friends of my We are all weak human beings, friends and everyone enjoyed a nice, homey, informal visit, the womenfolk all helping to get supper for
nine people. A kitchen is about the
hest social ice-breaker one can * but some have more character than others; they invoke their * faith and their responsibility to those who trust them, and so best social ice-breaker one can find and I always notice that a calf came along the day after I * they stand firm-and so they was away. Now there will be a respite for a month at least. And by that time spring should be really never know the torment you are In these days of misery and * remorse, you can at least vow to live henceforward the good tife, if only for your family's occasion was no exception.

* sake. You have my comprehen-In driving through Mitchell we parked for a few minutes at a house on the main street, and I saw something which struck me as very odd. Most of the cars were parked on a field very close to the house. It was fascinating to watch their graceful movements so close When the fleshpots call to your lower nature, remember your responsibility to those who love you. That has kept many a tempted man on the straight path . . . Anne crosswise in the centre of the road, practically turning the street into Hirst understands and will try to help if you write her at Box 1, 123, Eighteenth Street, New Toa four-lane highway. It was the first time I had come across this type of parking but I have since learned it is also customary in Smith Falls and in some parts of British Columbia. If I were com-A slicker, who had just returned ing out of a store with an armful of groceries I don't think going the city, after a brief visit to his home town, was being ques-tioned by a friend. "When you halfway across the road to get to my car would appeal to me too started back, did half the town nuch. I have visions of myself come down to the depot to see hurrying to escape an oncoming car only to see an orange or a grapefruit slither from its bag and you off?" the friend asked.
"No," the slicker replied, "half

go rolling down the highway. Before we left Mitchell it had started to storm and we soon found ourselves on slippery, treacherous roads. However, we had a good driver who was content to let the cars roll by until we hit better driving conditions, which was not until we reached Guelph.

There were some nice days last week but my gadding seem to be on bad ones, which included a good way of reducing. Basic or medium cereal breakfast of fruit, trip to the Sportsmen's Show in Toronto, when it was raining all the time. I went with friends who had a young Irish setter entered in the dog show. It got a red ribbon that day and three ribbon the following Saturday. There were, of course, many other breeds and many lovely dogs in the show. One thing I noticed particularly
—it was the big dogs that were
the quietest and most gentle. Beautiful golden retrievers, Newfound-

MUSCULAR
PAINS
Warm affected parts.
Rub in warm oil, Keep
covered with Warm affected parts.
Rub In warm oil. Keep covered with warm flannel. At druggists' for 85 years. 57-2 DR. THOMAS' ECLECTRIC OIL

FESUNDAY SCHOOL

By Rev. R. B. Warren, B.A., B.D. Thomas and the Risen Lord Tohn 11:14-16: 14:1-6: 20:24-29

Memory Selection: Because thou hast seen me, thou has believed: Blessed are they that have not seen; and yet have believed. -John 20:29.

Up to a point, doubt is a good thing. It is well to sift the evidence before drawing a conclusion. But past that point doubt can stifle spiritual reve'ation and paralyze spiritual progress. Such a doubter is to be pitied. Recently I talked with such a man. He wants to believe but to accept the stories of the miracles is too much for him. But if he will surrender to Jesus Christ, he will have such a mir- of the dirt and bacteria. aculous transformation in himself that it will be easy to believe the a Geiger counter instead of the whole Bible. Thomas was ready to die with

esus but slow to apprehend the possibility of Jesus bringing Lazar-us back to life. How s'ow are we all to believe God for great things. Naturally for Thomas he couldn't grasp the thought of Jesus' second coming. But Jesus was patient and answered his questions kindly and clearly. God will reveal himself to him who is humble and really wants to know. Perhaps it was a good thing that

Thomas was not present with the disciples on Easter Sunday ever ing. He had a whole week of thorough thinking mingled with perpexing doubt. He determined he would not be the victim of any hallucination. He would know for himself. Then came the risen Jesus. He met Thomas on his own ground still hoping that next time we need a dog we can find a Welsh corgie. After all what is good enough for the Queen should be good enough for us. It occurred to me while wandering around in the show that dogs are much like saying, "Reach hither thy finger, and behold my hands; and be not faithless, but believing." The atmosphere cleared. Thomas was now certain and exclaimed, "My Lord and my God."

None of us have seen the risen
Christ. But since Thomas was convinced, the basis for our faith is strengthened. Yes, Jesus Christ is risen. We may know Him as our

> He lives within my heart." REAL TOILER

within my heart."

personal Saviour. "You ask me

how I know He lives, He lives

"You ask me how I know He lives,

done so I would have missed the show. I don't like leaving Partner David Selznick explained to a gency help should be required. And you never can tell with a heifer reporter that he accomplishes more than most men by occasionally working around the clock. "Take especially one who had jumped the last Tuesday for instance," he is quoted as saying, "I worked twenty-four hours straight—right through the night." At the close of the interview a secretary (no longer there) is supposed to have told the reporter, "Mr. Selznick neglected to add that he stayed in bed all day Wednesday and Thurs-



The delightful story of a large family. We think you will find the Penningtons irresistible. Their father is a Church of England Dean in a Maritime town at the turn of the century. You get to know the Maritimes, French-Cana dian Montreal and Rochester, N.Y. Every member of the family is a clear-cut character. The conversa-

Four studies to determine what breakfast means to us have been conducted at State University of Iowa. It turned out that when young college men and women skipped breakfast, their work outtions and situations are spiced put decreased, their reaction times with humour and warmed with affection and appreciation. were retarded and their muscular steadiness suffered. When good Family Reading Club Novel. breakfasts were eaten, work out-At Your Bookseller's, \$3.75 put increased, reaction times were faster and there was less fatigue. There was neither a gain nor a

MAGIC

BAKING

POWDER

THE RYERSON PRESS TORONTO

Detecting Dirt

For three years Dr. G. M. Ridenour of the National Sanita-tion Foundation has been seeking e answer to the question: Is a washed dish or garment, as clean

Ridenour and his associates find that even hidden dirt can be made to proclaim itself on any surface or in any material by radioactivity. to wash the dirt from the clothing or utensils, but it does permit detecting through photography whether all or a portion of the dir has been removed by washing. After they have been washed, soiled clothes or utensils are exposed to X-ray film. The dirt and bacteria unremoved by the washing but invisible to the eye leave tell tale evidence on the film-evidence that enables Ridenour to determine A year ago Ridenour was using

photographic plate to determine the efficiency of various washing promethod is 98 per cent accurate. To manufacturers and consumers it indicates which washing process, detergent or machine is most efficient under given conditions and which surfaces are easier to clear

Little cuts from classes, Little slips marked "late" Make the senior wonder. If he'll graduate.



RELIEF is LASTING Nobody knows the cause of rheuma-tism but we do know there's one thing to ease the pain . . . it's

INSTANTINE.
And when you take INSTANTINE And when you take INSTANTINE
the relief is prolonged because
INSTANTINE contains not one, but
three proven medical ingredients.
These three ingredients work together
to bring you not only fast relief but
more prolonged relief.

Take INSTANTINE for fast headache
relief too and of or the relief of relief too . . . or for the pains of neuritis or neuralgia and the aches and pains that often



Upsidedown to Prevent Peeking

ENET EWE VET SOLVE OF SOLVE OF

ISSUE 15 - 1952

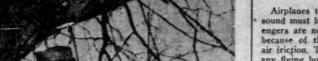
2 cup sugar 1/4 teaspoon salt
1/2 teaspoon vaniila
2 cups milk Beat eggs lightly and add sugar, salt, and vanila. Heat milk to scalding and add to egg mixture slowly. Add rice, butter and pineapple which has been measured after draining. Pour into buttered FRUIT CRISP 1 can fruit cocktail (No. 2)
1/2 cup sifted enriched flour 2 cup brown sugar

1/8 teaspoon salt 1/8 teaspoon cinnamon 4 teaspoon nutmeg Drain fruit thoroughly and place in an 8-inch casserole. Sift together flour, salt, sugar, cinnamon and nutmeg and cut in butter or margarine with a pastry blender or two knives until mixture is crumbly. Sprinkle crumbs over tot of fruit and bake at 375°F. for 30 minutes or until top is brown and crisp. Serve hot or cold with

fluffy cottage cheese. Serves six. Another quickie. PEAR UPSIDE-DOWN CAKE 4 tablespoons softened butter or margarine 3/4 cup brown sugar



riend Who Came To Dinner—Dawn Snobeck, 5, wistfully watches her lunch disappear as her friend, (name unknown), vacuums up everything in sight. Dawn asked her mother if she could bring a the dog.





SAP'S A-RUNNIN

problems which chemurgy faces today is to analyze wild plants in order to find what they contain that is needed for our industrial expansion. For instance, jet air-planes need castor oil for lubricating certain parts because the oil re-mains unaffected by very high temperatures and also by very low temperatures. In fact, only a tiny percentage of castor oil is used

percentage of castor oil is used for medicinal purposes today while large quantities are used in hydraulic brakes for machinery. With these thoughts in mind, it is always possible that some student of chemistry will discover in his own weed patch a new plant which will bring great medical advancement to men and animals, or produce a new element which will make wood last longer than stone

2 tablespoons melted butter 1/2 cup crushed pineapple

1/4 cup shortening 3/4 cup sugar 1 egg 1 teaspoon lemon juice 2 teaspoons grated lemon rind 1½ cups sifted cake flour 2 teaspoons Magic baking powder 1½ teaspoon salt

6 canned pear halves

1/2 cup milk or syrup from pears Combine softened butter or mar-garine with brown sugar and pat into bottom of an 8-inch square cake pan. Over this arrange pea halves, cut side down. Cream to gether shortening and sugar, add egg, lemon juice and rind and beat until fluffy. Sift flour, baking powder and salt together and add alter nately with milk and beat until smooth. Pour batter over pears and bake at 375°F. for 45 minutes or until cake tests done. Serve plain or with fluffy cottage cheese.

Serves six. PEACHES IN TOAST CUPS 4 slices enriched bread 2 tablespoons butter or margar-

4 peach (or apricot) halves 2 tablespoons brown sugar Trim crusts from bread and butter both sides lightly. Press into muffin pans to form cups and place a small peach or apricot half in each. Sprinkle with brown Are you an avid rice washer? If so, you can relax. Times have changed. The diligent dunking isn't quite so essential after all! At least that's what the U.S. Department of Agriculture indicates in one of its recent bulletins prepared after research on plain white rice cookery. Here are some conclusions admittedly "a surprise to covered dish in the oven. This type is preferred for patties, croquettes or a molded dish.

Double-Boiler Method. Stir 1 cup uncooked rice into 134 cups rapidly boiling salted water in the upper pan over direct heat. Bring back to boiling and then set upper pan over boiling water. Cook, croyeted tightly about 45 minutes.



three times its measure of water for cooking — usually iess. One cup of uncooked rice makes 3 cups oked - enough for six servings. For seasoning, allow 1/2 teaspoon salt for each cup of uncooked rice.

3. Boil rice gently in a loosely covered pan. Rough boiling may break grains and cause rice to boil (400°F.) for ten minutes or until fruit sauce. BAKED PEACH ALASKA

(Without ice cream) 6 squares cake (white, sponge or angel food), 3-3½-inch directions, rinsing rice afterwards is unnecessary.

The Department in addition 6 cling peach halves
3 egg whites
6 tablespoons sugar
1/2 teaspoon vanilla has something to say to those of us who like "fluffy, dry rice with each grain standing separate." It says to boil gently until tender, or boil part time, then let the pan

Place cake squares on cookie sheet and lay well-drained peach stand tightly covered in a warr place so that rice finishes cooking halves, cut side down, on squares in its own steam.

Boiling Method. Stir 1 cup unof cake. Beat egg whites until foamy and add sugar and cooked rice into 2 to 21/4 cups rapidly boiling salted water. (Use the gradually. Continue veating until egg whites will hold peaks, then add vanilla. Frost peach-topped larger amount if you can't keep your heat very low.) Bring back to boiling, then lower heat until cake with meringue and bake in a hot oven (425°F.) from three water is just bubbling. Cover loos to four minutes or until meringue is lightly browned. Serve immely and cook slowly 20 to 25 min utes, stirring occasionally with a fork for even cooking. Remove lid, reduce heat and let rice stand 5 diately. A glamorous dessert from left-over cake and fruit! Serves

There are still savages who use shells for money. In more civilize parts money is used for shells.

Answers to Intelligence Test 1—Square dance, 2—Judas. 3— Victoria. 4—Counterpoint. 5— Nine. 6—Chief, 7—(A) Carmichael; (B) Romberg; (C) Gershwin; (D)

Speed and Friction

Airplanes that travel faster that sound must be cooled if their pass-engers are not to fry within them because of the heat generated by air friction. The heat developed by any flying body-bullet, aircraft or space rocket-rises roughly in proportion to the square of its speed. If the velocity of a speedy plane is doubled, the rise in temperature of the aircraft will therefore be in-creased four times. Ways of cooling were discussed before the Royal Aeronautical Society by Dr. W. F.

effects of rising speed have to be qualified because of the change in lem of frictional heat will be important. Cabins can easily become ovens, particularly in the tropics. a cabin-cooling system somewhat similar to a type now in use in jetfighting planes will be needed. In

Mechanical compression of air in this fashion, according to Hilton, is likely to be limited to a speed of less than three times that of sound, and the use of a ram-jet engine to from four to five times the speed of sound. A rocket-powered aircraft may be able to fly at these very high speeds because it carries its sound. A rocket-powered aircraft may be able to fly at these very high speeds because it carries its own oxygen. Only the heating up of the outside of the structure need be considered.

by a Hint.

Thirty years later it had vanished beneath the waves.

Other ingenious individuals suggested enclosing the area within breakwaters and thus forming a

1. A "quadrille" is a:

(A) Star Dust

(B) Desert Song

(D) Night and Day

superior; 90-100, very superior.

1. Don't wash rice before cook-

ing if it comes clean from the package. It is less apt to be sticky if

not washed before cooking. Bulk rice may need "dry cleaning" -

rubbing in a towel after picking

out husks and poor grains. If rice must be washed, use very hot

water.
2. Cook rice in as little water

as possible, this assures you more flavor and keeps texture firm but

tender. Rice needs no more than

4. If cooked according to above

uncooked rice into 11/2 to 13/4 cups

rapidly boiling salted water. Bring back to boiling point, then lower

heat until water is just bubbling Cover loosely and cook slowly 1

minutes. Remove pan from direct heat and let stand 10 to 15 minutes

covered tightly, Serve.

To have rice moist but no

mushy, cook in a double boiler or

(C) Summertime

2. Who betrayed Jesus with a kiss?

"The Great Ship Swallowers" -Those Treacherous Goodwin Sands

ACCOUNTY SOLL STATE OF THE STAT

steaming into the dauger area.

These dreaded shoals have been responsible for the destruction of so many ships that they were dubbed "the great Ship Swallowers."

With the aid of hollow steel with the side of the steel temperature with increasing altitudes up to 70,000 feet and because of allowances that aust be made for aerodynamic shape and for the time it takes a plane to absorb heat. With the development of jet-propelled airliners for commercial passenger transporation, the prob-Swept Away

Duke of Wellington proposed that a defensive fort should be built on them and Admiral Cochrane con-ceived the idea of binding the sands these planes a device compresses hot air from the engine, then lets it expand rapidly to below the freezing point.

Mechanical compression of air the Sands—until they tried.

-George Gershwin

-Hoagy Carmichael

-Sigmund Romberg

ally for even cooking.

Oven Method. Place 1 cup uncooked rice with a half teaspoon

salt in a baking dish. Pour 2 to 21/4 cups boiling water over rice.

Cover the dish tightly and bake in

a moderate oven (350°F.) about 45

FAIR OUESTION

A youngster from upstate New York asked novelist Sam Adams

to help get him admitted to Grot

minutes or until tender.

darn place started?"

-Cole Porter

-- Test Your Intelligence --

Score 10 points for each correct answer in the first six questions.

-Sword -Parade maneuver -Square dance -Ballet slipper

-Peter -Judas -Pilate -Barnabas

3. The capital of British Columbia is:
-Vancouver -New Westminster -Victoria -Nelson

-Tatting -Counterpoint -Crocheting -Sailmaking

-Nine -Eighteen -Twenty-seven -One-hundred-and-fifty

-Seize -Cheif -Receive -Sieve

7. Scrambled below are four song titles and their composers, Match

Total your points. A score of 0-20 is poor; 30-60, average; 70-80,

Fluffy Rice With Less Rinsing

sions admittedly "a surprise to covered tightly, about 45 minutes

4. A needle is not required in the following occupation:

them up, scoring 10 points for each correct answer.

5. An army squad consists of how many men?

6. Which of the following words is misspelled?

Blow up the Goodwin Sands!
This novel use has been suggested for the atom bomb. But the inhabitants of eastern Kent can continue to sleep peacefully in their beds, for the latest notion is hardly likely to be adopted It is very likely to be adopted. It is very likely to be adopted of the latest notion is hardly likely to be adopted of the latest notion is hardly likely to be adopted.

likely to be adopted. It is very nearly on a par with that of the individual who proposed that the Sands should be ringed with mines to warn sailors when they were the North and South Fore loads. First charted during the reign of Queen Elizabeth, they comprise three hook-shaped banks lying in tween the North and South Fore-lands. Covering an area of some thirty-five square miles, they

During the Napoleonic Wars the Duke of Wellington proposed that such movements.

Four powerful lightships equip-

ped with warning guns and lanterns which flash an eleven-mile beam, to steer shipping clear of these menacing sandbanks. Yet year after year, when wintry gales lash the lifeboatmen can always reckon on being called out to aid vessels drifting into the danger area.

Destroyed by Waves Ships ranging from 200-ton coasters to 10,000-ton ocean-going steamships equipped with the latest navigational devices have stranded on the Goodwins.

Highest casualty rate for one year was in 1946, when twelve vessels, five of them American, went aground. Experts say that these mishaps were caused not by bad weather but over-confidence after Statistics show, in fact, that, al-though some forty vessels pass the Goodwins every day, the risk of becoming stranded is less than one in ten thousand. Since 1914 there

have been ten times as many wrecks off the entrance of New York Harbour as on the Good-But in the days of sail ships pass-But in the days of sail ships passing up and down the Channel in thick or stormy weather were often liable to be carried helplessly on to the Sands in the grip of that strong tidal streams which flow across them. Once the vessel had grounded on the fatal shoals she

grounded on the fatal shoals she was rapidly pounded to destruction by the waves.

The rapid disappearance of stranded ships gave rise to the belief that the Goodwins were quicksands, hence the name of "ship swallowers." But it has long been proved that when uncovered they are perfectly firm and solid.

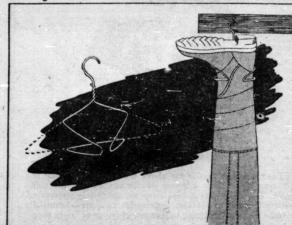
Cricket matches have frequently been played on the Goodwins at low tide, the first of which took place in 1824. In 1887 three Londoners held a cycle race on the Sands. They found little difficult in pedalling, except when more than twenty yards for the edge, when

Buried There named Granville was even buried must have been regarded as an eccentric, for one of the mourners noted in his diary that the funera "occasioned much discourse, he having had no relation at all to the

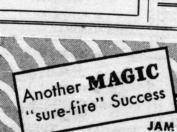
The coming of steam and the innavigational devices have robbed the Goodwins of much of their former terror. But it seems that so long as there are fog and gales so will the Sands be a menace, and the Deal and Walmer life boats are ever ready.

ams told him, "unless your father, and your grandfather too, were Groton boys in their day." The youngster reflected briefly, then asked, "Say, how did they get the Refused to accept his degree. He said: "It's enough to be Fiddle, Without being Fiddle, D.D."

How to FIXEL HAROLD ARNETT



HIP BOOTS, IF HUNG UP ON A WIRE COAT HANGER, AS SHOWN, WILL NOT CRACK WHILE DRYING OUT. THEY SHOULD BE HUNG IN A COOL, DRY PLACE.



JAM UPSIDE-DOWN SHORTCAKES

Combine 1 tbs. soft butter, 34 c. thick jam, 1 tbs. lemon juice and, if desired, ½ c. broken nutmeats and divide between 6 greased individual baking dishes. Mix and sift twice, then sift into a bowl, 1½ c. once-sifted pastry flour (or 1½ c. once-sifted hard-wheat flour), 3 tsps. Magic Baking Powder, ½ tsp. salt, ½ tsp. grated nutmeg and ½ c. fine granulated sugar. Cut in finely 5 tbs. chilled shortening. Combine 1 well-beaten egg, ½ c. milk and ½ tsp. vanilla. Make a well in dry ingredients and add liquids; mix lightly. Two-thirds fill prepared dishes with batter. Bake in a moderately hot oven, 375°, about 20 minutes. Turn out and serve hot with sauce or cream. Turn out and serve hot with sauce or cream.

Pay Off Richly

Every Canadian is familiar with certain agricultural plants. For in-stance, we all eat corn and tomatoes, raspberries and plums. But the first settlers in this country would have been very skeptical of these foods. We know that the In-dians saved the colonists' lives during those first bitter winters by teaching them to grow and eat these "new" plants. Many berries grew wild in this country which were unfamiliar to the Europeans Luther Burbank, a farm boy, lift ed the plum from a small, tart local fruit to a luscious product that could be shipped long distances and into all channels of consumption.
All of these edible plants have been selected for certain valuable characteristics, and then trained and developed until they reached a

highly satisfactory form. But around us today there are still hundreds of wild plants which have not been studied carefully enough for us to know their full value. In fact, one popular definition of a weed is that it is a plant for which the gardener has not yet found a profitable use. For instance, cer-tain types of roses which are highly prized and carefully cultivated in Ireland, grow wild and are a nuisance to farmers in Louisiana. Today all the world is studying

wild plants because we need so many new agricultural products. Years ago, it was thought necessary that a plant have high percentages of vegetable oil, or pro-tein or starch to be of value. However we now know that small traces of certain chemicals can be of tremendous value. An example of this has been the world-wide search for plants which yield even the smallest amount of chemicals which can be processed to yield cortisone the new drug which gives promise of being so helpful in med-

ical treatment.

Most of our food needs are well taken care of in Canada today, and we consider war a bad thing for which we must be prepared but which we hope will never come. In our efforts and desires to make the world a happier place to live, we look to science and industry

to produce the better things which make life enjoyable. We know that chemistry can test plants and tell us what they contain, but it is a tremendous job to find the valuable components of the thou-sands of wild plants growing around us. One of the biggest make wood last longer than stone or will make paint as resistant to weather as granite.

dane Andrews Canned fruits—either done at home of the "boughten" sort—are

the homemaker's greatest aids in preparing tasty desserts, either hot or cold, in the shortest possible time. One large can of fruit, in combination with other ingredients will make two quite different desserts, on succeeding days, for the average family. An opened jar will verage family. An opened jar will custard cups and place cups in a pan of hot water. Bake at 350°F. a refrigerator or other cool place, and nutritionists are strong for unmold, and serve plain or with and nutritionists are strong for combining fruits with eggs, milk unmold, and serve plain or with custard or fruit sauce. Serves eight. FRUIT SAUCE

4 cup sugar 4 teaspoon salt 1 tablespoon cornstarch 4 cup cold water 2 cup peach syrup 1 tablespoon lemon juice 1 teaspoon grated lemon rind 1 teaspoon butter or margarine

Combine sugar, salt and corn-starch; add water and stir until smooth. Stir in fruit syrup and cook until clear and thickened about five minutes. Remove from heat and add lemon juice, grated rind and butter. Pour over toast-ed peaches. Serves four. A quickie . . . PINEAPPLE CUSTARD



