

TABLE TALKS

Jane Andrews

With the new maple syrup crop just about due—hope, I hope—a few hints about the other half of one of the world's most delicious combinations might not be amiss. I refer to pancakes of course—as if you hadn't guessed!

Check your procedure on the following points—they're all highly important.

● Measure ingredients carefully. If you use a prepared mix, measure it into the mixing bowl but do not sift or pack.

● Add liquid and stir only until the flour is moistened. Small lumps in the batter will come out in the baking.

● Grease the griddle only lightly. If the griddle is properly seasoned, pancakes will not stick.

● Test griddle for correct temperature. When a drop of water will bounce for a second before evaporating, the griddle is just hot enough.

● For even cooking and uniform-sized cakes, pour the pancake batter from a measuring cup rather than spooning it onto the griddle. To make a 4½-inch cake, use ¼ cup of medium-thick batter for each cake.

● Bake on one side until bubbles begin to break and edges are browned. Turn only once.

● Serve while hot. Covering the pancakes and letting them stand may make them soggy.

Use one of the many good pancake mixes from your grocery's shelves, or try these ever-so-good sour-milk pancakes, raised buckwheat, oatmeal griddle cakes, and cottage cheese pancakes.

- ### SOUR-MILK PANCAKES
- 2½ Cups Sifted Flour
 - 1 Teaspoon Soda
 - 1 Teaspoon Salt
 - 2 Teaspoons Sugar (optional)
 - 2 Cups Sour Milk
 - 1 Egg, Beaten
 - 1 Tablespoon Melted Shortening
 - 1 Mix and sift dry ingredients.
 - 2 Add milk slowly, then beat on egg. Stir until flour is moistened.
 - 3 Stir in melted shortening. (May be omitted.)
 - 4 Bake on a very lightly greased, hot griddle.
- ### Basic Variations:
1. Use 1 cup of flour and 1½ cups of corn meal.
 2. Use 1 cup of flour and 1 cup of graham flour.

- ### RAISED BUCKWHEAT CAKES
- 1 Cup Milk
 - 1 Package Yeast
 - ¾ Teaspoon Salt
 - 1½ Cups Buckwheat Flour
 - 1 Tablespoon Molasses
 - 1 Scald milk; cool. Add yeast; let stand 5 minutes.
 - 2 Add salt and buckwheat flour, beating until smooth. Add molasses. Let rise at least 2 hours overnight.
 - 3 Bake on a lightly greased, hot griddle.

- ### OATMEAL GRIDDLE CAKES
- 1 Egg
 - 2 Teaspoons Molasses
 - 2 Cups Cream
 - 1 Cup Quick-Cooking Oatmeal
 - 1 Teaspoon Melted Shortening
 - 1 Cup Sifted Flour
 - 2 Teaspoons Baking Powder
 - 1 Teaspoon Salt
 - 1 Combine egg, molasses and cream. Stir in oatmeal. Let stand 5 minutes.
 - 2 Add shortening. (May be omitted.)
 - 3 Sift flour, baking powder, and salt together. Blend into oatmeal mixture.
 - 4 Bake on a very lightly greased, hot griddle.

- ### COTTAGE CHEESE PANCAKES
- 1 Cup Sifted Flour
 - 1 Teaspoon Baking Powder
 - 1 Cup Sugar
 - ½ Teaspoon Salt
 - 6 Eggs, Well Beaten
 - 2 Cups Cream Cottage Cheese
 - 1 Sift flour, baking powder, sugar and salt together.
 - 2 Add beaten eggs and cottage cheese.
 - 3 Bake on a very lightly greased, hot griddle.

CROSSWORD PUZZLE

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Answer Elsewhere on This Page



King Cheese—Moie chesapeake was crowned this year when Pat Moore reigned as 'King of Follies' Amusement Park. He was awarded an electric merry-go-round 'Oscar.' In other years queens were selected but park authorities decided to give the title to a boy. From left: Pat Moore, Mrs. Moore, and her children.

..Plain Horse Sense..

by BOB ELLIS

farmers going to sit at home and squawk about the real deal they are getting? It is time that they awake to the necessity of looking after the business end of their farms. Important as production is, it is just as important to have a market for what you produce.

The question whether initiations of dairy products, with or without the addition of milk, are to be permitted, is of far-reaching importance. It will determine milk markets for all future.

To replace butterfat with vegetable oils is easy. To replace the non-fat solids of milk is a more difficult task, but it is being done in Britain and in U.S.A. The result might well be imitations of dairy products made from vegetable oils with some synthetic solids added.

Time for a Change

Farm leaders should be stuck by their guns and demanded a ban of all imitations of milk and milk products, which is still the largest business in the country.

They will have to change their habits of non-co-operation, and if necessary they will have to change their leaders. There must be some young men on the farms of Ontario, capable and willing to take the lead.

The writer of this column will be pleased to hear from farmers, or others interested in farm problems, at any time. Criticisms, suggestions for subjects to be dealt with, knock or boost—all will be welcome. Just address Bob Ellis, Box 1, 283 Eighteenth St. New Toronto, Ont.

MODERATION

is but another name for wisdom"

isocrates

THE HOUSE OF SEAGRAM

MEN WHO THINK OF TOMORROW PRACTISE MODERATION TODAY

JITTER

JITTER IS STILL ACTING AS CREW ON THE

NEW-ENTRANCE

HERE'S THE NEW

RECAPTURE WITH THE ABOVE PLANE

RUSSIAN MODEL-MAKERS. IT'S EASY TO SEE MISS JOHNSON IS IMPRESSED BY THE PLANE.

By Arthur Pointer

Model Meets Model—A not-so-plain model makes the acquaintance of a model at the National Hobby Industry show. Dorothy Johnson, model, learns about the miniature planes from Lew Johnson, who has 14 international model-plane records to his credit. He captures with the above plane, honors last Russian model-maker's, it's easy to see Miss Johnson is impressed by the plane.

Strange Ideas Folks Have About Washington

By Stella McKay

Washington, like every other capital, is full of rumors. More than any other city, it is a funnel for rumors from all over the country—of the oldest, most heavily bearded and venerable rumors in human experience. Since citizens keep on seeking action on them, Government agencies have to keep denying them.

The latest to turn up again—just the other day—was the accusation that among the Smithsonian institution's most prized possessions was the skull of the famous Sioux chieftain, Sitting Bull, conqueror of Gen. George Custer. Dr. T. Dale Stewart, the Smithsonian's Curator of Physical Anthropology, replied that the institution had never possessed Sitting Bull's skull. He stated as a fact that the animal had been buried in Fort Yates, N. D., where his grave had been an object of veneration for years.

Here are some other perennially uncatchable rumors:

● **Chicken or Turkey Roll-Tups.** Spread baked chicken or turkey and roll. Serve with hot cranberry sauce and mushroom sauce.

● **Rice-Cheese Pancakes.** Fold 1 cup of cooked rice and ¼ cup of hot Canadian cheese into one recipe of pancake batter. Good with a spicy tomato sauce.

● **Chicken or Turkey Roll-Tups.** Spread baked chicken or turkey and roll. Serve with hot cranberry sauce and mushroom sauce.

Memorable Document

Under the date of March 14th, 1953, a Brief was submitted to the Ontario government, which ended with the following words: "Dairy farmers definitely want legislation 'banning' vegetable oils being blended with any dairy product and a ban on the manufacture and sale of any such product marketed as an imitation of fluid milk, cheese, icecream, cream and concentrated milk products."

This memorable document was signed by the presidents of the Ontario Cheese Producers Association, the Ontario Cream Producers Association, the Ontario Concentrated Milk Producers Association, the Ontario Federation of Agriculture and the Ontario Whole Milk Producers' League.

Immediately the question arises as to who authorized these gentlemen to ask for what amounts to an admission of dairy substitution made from vegetable oils, as long as no milk or milk products were used in their manufacture.

We remember meeting after meeting, resolution after resolution calling for a ban of dairy substitutes made from vegetable oils. Farmers were told by the presidents and directors of their organizations to protest against the introduction of imitations of ice-cream and cheese and whipping cream.

Were they ever told to go and ask for the admission of these imitations?

864 Questions

Could it be possible that this Brief was written to fit the legislation proposed by the government?

Could it be possible that the farm leaders were asked not to demand more than would be granted?

Could it be possible that the farm leaders decided not to embarrass the government and therefore not to stand up for the demands of the producers they represent?

These and many more are the questions farmers will want to ask their leaders.

They will want to ask why there were no replies to the distorted argumentation of the advertisements and radio announcements sponsored by the so-called "Institute of Edible Oil Foods" which were misrepresented the situation; they will want to ask when the Brief of March 14th actually was presented to the government, whether it was conceived of in Huron Street or in Queens Park; whether there had been a previous brief and what the government's reply had been to it.

And finally they will want to ask their leaders why they have not asked whether to form the membership and find out the wishes of the members.

How much longer are Ontario

Your Child's Health And Care

By Stella McKay

Since epidemics of influenza are breaking out all over Ontario, mothers are naturally anxious about their children. How can I protect my family from it? What can I do if we do get it? What is a serious type of it? are some of the questions we've been asked.

The name 'flu' is often loosely used by anyone who has a bad cold along with fever, cough and body aches and pains. However, the onset of true 'flu' is much more sudden and much more violent in its actions. The child's temperature shoots to 103 or more degrees F, and every body in his body seems to ache and exhaustion follows the least effort. A dry persistent cough usually appears early in the illness and the child complains of extreme soreness in his chest from coughing so many times.

Fortunately, today's 'flu' epidemics seem to be of a mild type, but even so, great care should be taken to prevent secondary invaders, such as pneumonia, whooping cough, diphtheria, for us, the wonder drugs, sulphamycin, aureomycin and other antibiotics, which were so tragically lacking in the severe 'flu' epidemics in 1918-19, usually prevent any serious developments.

If your child complains of feeling chilly and says his bones are sore and his head aches, put him to bed, keep him warm, take his temperature and call your doctor.

During the fever stage, especially if it is very severe, do not put your child out of bed, not even to go to the bathroom. Your doctor will order medicines and treatment. It is usually safe to give aspirin to help reduce the fever and to relieve the aches and pains. Half an aspirin tablet, may be given, every 4 hours but not often, to a child from 2 to 5 years. Older children may have a whole aspirin tablet, every 4 hours. A tiny bit of baking soda in a glass of water, given along with the aspirin, will keep the child's stomach from getting upset. Aspirin for small children should be crushed to a powder and dissolved in water and sugar. Your doctor will tell you about this. Do not force him to eat. However, he should be offered fruit drinks, ginger ale and water frequently as it is important for him to get plenty of fluids.

If your wife's pajamas and bed linen become damp from perspiration, they should be changed. Sponging a child with lukewarm water will bring down his fever and make him more comfortable. Wash small areas at a time and keep the rest of him covered to prevent chills.

If your child shows signs of difficulty breathing or complains of aches, call your doctor as flu complications should be neglected.

Here are some every-day things parents can do to ward off colds and 'flu' infections.

1. 'Flu' and the common cold are highly infectious. Keep anyone who has a cold or sore throat away from your children, if possible it could be 'flu'.
2. It's every mother's responsibility to see that her family eats good nourishing meals, every day, and a good night's sleep each night.
3. Canadian children should be given cod liver oil or some type of vitamin D, every day, during the winter months when sunlight is scarce.
4. Youngsters should be dressed to suit the weather outdoors and not be too warmly dressed while playing indoors. Wet or sweating feet are likely to be-



Double Take—Ten-year-old twins, Bill Corneil, at left, and Don, at right, show off their twin heifers. The calves, named Alpha and Beta, have prize-winning parents.

March At The Turn

It can't be long now. A warm February raised hope in our hearts for an early spring, hope which March chilled in a hurry. But the chill can't last too much longer, for the sun where it is, giving the east windows once more in the mornings and setting almost west again.

The wild and growing things have begun to respond. Robins which came north in flocks ten days ago are still here. They call, and occasionally do, back-track; but this time they are staying. Finding shelter in the healthy valleys and the pines of the hills, waiting it out. On sunny mornings, even when the temperature has been at the freezing mark and below, they have chirped and whistled, and even sung. The songs were tentative, but unmistakably robin songs, hopeful if not exultant.

A few chipmunks have been out and around, scurrying along the stone walls and even pausing in the sun. An occasional woodchuck has been seen, hungrily looking for food after a long

HOW MUCH DO WE KNOW ABOUT CANCER?

IN 20 YEARS, TECHNIQUE HAS IMPROVED BUT METHODS OF FIGHTING IT ARE UNCHANGED

By Richard Kleiner
NEA Staff Correspondent

NEW YORK—(NEA)—Cancer is normal cells gone berserk. Without any reason that science has yet discovered, the normal cells working cells suddenly change into evil organisms, seemingly without the destruction of the animal in which they live. Unchecked, they accomplish that destruction.

While science is attempting to find something that will do that checking, the present consensus is that the best way to fight cancer is to recognize it early.

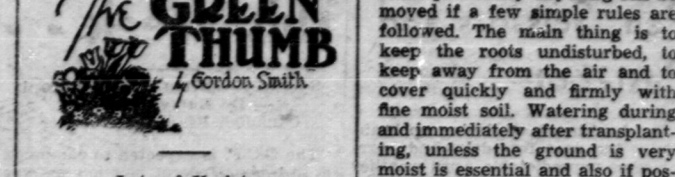
Here is how cancer operates. As cancerous cells divide, they are the tragic picture at the moment. There is always an orderly replacement of cells going on in the body. Old cells wear out—as when you peel after a sunburn—and new ones are manufactured to replace them. If you are injured, this function is stepped up automatically, but after the injury is healed, it slows down again.

In cancer, this stepped up production becomes the rule. It starts in some part of the body. Cells are turned out faster than the body can use them. The unneeded cells pile up, forming a tumor.

If this dread stock-piling is on or near the surface of the body, a lump is noticed. If it is deep inside the body, the signs are harder to detect. At this early stage the growth is slow.

But a point is reached when the tumor, cells multiply endlessly, ceaselessly. The pile increases. Bits of it break off and, in a process called metastasis, are carried to other parts of the body where they settle and grow and form new tumors. Tumors which do not metastasize are called "benign" tumors, and are not cancer. If these cancers are not located in or near a vital organ, the patient may live for years. He may be completely unaware of his illness until the tumor grows to his greatest dangers.

Eventually, however, a growth will begin that pushes against, and even breaks through, the walls of a vital organ. Perhaps the windpipe is closed, perhaps



small practically anything can be moved if a few simple rules are followed. The main thing is to keep the roots undisturbed, to keep away from the air and to cover quickly and firmly with fine moist soil. Watering during and immediately after transplanting, unless the ground is very moist is essential and also if possible a little shade for the first few hours or a day or two. With big things like trees and shrubs, it is also advisable to tie them firmly to a stake to prevent the wind loosening. Where feasible and there are only a few things to move, one should do the job in the cool of the evening and preferably when there is no wind. Above all it is most important to cover the roots well and press the soil firmly around them. To speed growth and lessen the shock of moving a sprinkle a little chemical fertilizer around but not actually touching the roots.

Why We Cultivate

Destroying weeds is only one of the reasons for cultivation. The big gain is the improvement in the texture of the soil. Cultivation lets in air, breaks up the soil, makes it more open, or, as the experts say, more friable. Porous, loose soil will absorb and hold more moisture and will dry out much more slowly in dry weather.

Earlier Maturity

On the market are certain horsetail sprays, which will make things like tomatoes, cucumbers, melons, etc., fruit faster and earlier and also very substantially reduce the number of seeds. So often in our climate the first blooms fail to set fruit or do so only in a limited way. That's where these special sprays come in handy but they must be used according to directions. They are fine for some plants but deadly to others.

At The Back

For screenings, fences, vegetable gardens, walks and other places there is a wide assortment of quickly growing annual flowers. These plants will reach two to ten feet high in a few weeks and will make just as good a screen or background as permanent shrubs and hedges. In fact, many of these plants are also good for other uses. They will be listed the mature heights and usually some indication of the speed with which they will grow. In the tall category are cosmos, hollyhocks, giant zinnias and marigolds, spider plants, ornamental sunflowers and many others. Planted well apart and in good soil these will form a blossoming background for the regular flowers and will hide practical bits of the backyard we do not wish every passerby to see. For the same purpose one can also use annual flowers like marigolds, turturians, sweet peas, scarlet runner beans, morning glories, annual poppies, etc.

Moving

Transplanting is one of the most important and commonest jobs in gardening. Even the most expert gardener sometimes has to be moved, to give them room to develop. When

MERRY MENAGERIE

"It's a spring treat, but we've got to dry this trap with some thing!"

lung or a stomach to get at a cancer. But there are still many cancers that are inoperable.

Radium and X-ray—and the new cobalt "bomb" at Montefiore Hospital—aim at destroying the cancer by bombarding it with particles that halt its growth. They destroy nearby blood vessels, thus depriving the cancer cells of the food they need. But there are still many cancers that are too deep and extensive to respond to this treatment, or too near a vital organ which might be damaged.

If all treatment fails, science can at least make a cancer patient's suffering less intense, with pain-killing drugs.

Actually, there are hundreds of types of cancer. Leukemia and Hodgkin's Disease, which attack the bloodstream, are forms of cancer. Cancer can occur in the bones or on the skin. It can start in any part of the body where the cells divide, which means all cells except the lens and cornea of the eye. The commonest is cancer of the colon and rectum.

What causes a cancer to start? Some causes are known—a fair person may get skin cancer by staying in the sun too long over a long period of time. And people who paint radium dials on watches—and point their brushes by licking them—may get cancer of the stomach from the radium they swallow. Constant irritation can cause cancer, such as a lip cancer which may attach long-time pipe smokers.

But the sun, the radium and the cigarettes are probably secondary causes. There are probably other common causes behind those and other cancers. It could be a physical change in the nucleus of the cells. It could be something chemical. It could be a virus. It could be many things.

There is some indication that cancer may be hereditary, and some indication that hormones and the chemicals produced by glands have an influence.

The scientists simply have not found that basic cause—if there is one to be found. If they knew that, they'd be well on the way to finding a cure.

(Next week: Will cancer be conquered?)

"Cobalt Bomb" is new technique in the war against cancer. Here a patient is treated for head cancer by being "bombarded" with cobalt particles.

a lung is overrun, perhaps the stomach or intestines become cancer-wrecked. Thus, those accumulated cells eventually kill. Cancer's death is slow and painful.

That is the course of a cancer. In America at least 225,000 people die of cancer in 1952. Half a million more are suffering from it. Each year about 100,000 people are cured, but the rest will die.

Cancer will kill 15,000,000 Americans now living. Among these will be many children, for cancer attacks more children from 3 to 15 than any other disease.

If it is detected and treated in its early stage, most cancers are curable. One-quarter of those who are cured, however, will die again. A surgeon can remove the entire pile of cancerous cells and, usually, that's the end of it.

And that's why doctors harp on