

# TABLE TALKS

Jane Andrews

Casseroles can be dressed up with almonds, mushrooms or other good things and made into special party dishes or they can combine leftovers of yesterday's dinner and be plain family fare. But, in either case, they are a convenience and a time saver for the home cook because they can be prepared beforehand and popped into the oven to heat while the salad is being tossed or an extra vegetable cooked.

Many casseroles combine meat, fish or chicken with both a starchy and a green vegetable, and constitute a meal-in-one dish that needs only a salad and a sweet to make a well-rounded meal.

A short-cut for casseroles that call for white sauce is the substitution of canned soup for the sauce. It saves time and adds flavor to many casserole dishes. Cream of mushroom, cream of celery, cream of chicken and tomato are perhaps the most popular soups to use in casseroles, according to Eleanor Richey Johnson, writing in *The Christian Science Monitor*. For toppings, potato chips, corn chips, plain or cheese crackers, corn or rice flakes or bread crumbs are equally suitable, the one chosen often depending on the taste of your family as well as the main ingredient in your casserole. When thinning the soup, you usually get the right consistency by adding about 1/2 can of milk or less to your can of soup.

A basic recipe, with several variations, for casseroles made with canned soup follows:

**TUNA-MUSHROOM CASSEROLE**  
1 can condensed cream of mushroom soup  
1/2 cup milk

Separate cauliflower into flowerets; cook until slightly underdone. Make cream sauce with butter or margarine, flour, milk and seasonings. Add cheese and stir until cheese is melted. Place cauliflower in a casserole, sprinkle with the ham and cover with the cheese sauce. Make wide border of the crumbs around the edge of baking dish. Bake at 350° F. 20-30 minutes, or until crumbs are lightly browned. Serves 6.

If you have leftover cooked meat or if you've got a small amount of luncheon meat, fix a casserole this way:

**LUNCHEON MEAT WITH CORN**  
1/2 pound luncheon meat  
1 No. 2 can whole kernel corn  
1/2 cup chopped parsley  
1/2 teaspoon salt  
1 teaspoon pepper  
3 cups medium white sauce  
1 cup rice cereal  
2 teaspoons melted butter or margarine

Cube meat and mix with drained corn and parsley. Season. Put layers of corn mixture and white sauce in greased baking dish. Crush cereal slightly; mix with melted butter and sprinkle over. Bake at 350° F. about 20 minutes. Serves 6.

If you like a casserole dish using fresh ground beef, here is one your family will enjoy.

**HAMBURGER CASSEROLE**  
1 cup fine dry bread crumbs  
1 cup milk  
2 medium onions

To prove his theory he employed Edward Muybridge, an enterprising British photographer, to record with a camera a series of pictures of the Engineer, one of Stanford's thoroughbreds, galloping.

It took Muybridge six months to coordinate horse and camera to prove Stanford's point. He did it by setting a row of cameras so that they all clicked within a fraction of a second of each other. As the horse galloped past he set off the first camera, and the others worked automatically.

He put the series of pictures in a stack, and later, thumbing them through, to his amazement Muybridge saw that the Engineer appeared to be running as the photographs flipped.

Muybridge's discovery started the manufacture of animated books of pictures. In 1881 he invented the zoopraxiscope, which was the forerunner of the moving picture camera.

This machine was years ahead of its time, and was not appreciated at its true value. But it worked on exactly the same principle as the cinematograph which followed it.

The zoopraxiscope guided Thomas Edison, and other pioneers of the motion picture, in their experiments.

**HARD TO GET**  
"No, I won't say he was mean, but he's lefthanded and keeps his money in his right-hand pocket."

# Cook Burned Soup, So Had Him Roasted...

Caught off a lee coast by a black south-easter, the 2,000-ton windjammer *Monkbarns* clawed frantically for sea-room.

With the screaming gale threatening to whip the masts out of her, giant sea fang the ship about like a child's toy. Superintending the desperate efforts to shorten sail was the twenty-one-year-old second mate, for the captain already had his hands full down below.

There, lashed to a table in the crazy bucketing saloon, lay the first mate. Torn from his hand-hold by a massive wave as it thundered aboard, he had been flung into the scuppers with a smashed skull and compound leg fracture.

With no anesthetics and only a block and tackle for sea-setting, the captain fought for the injured officer's life. Scarcely was his crude surgery completed before another furious squall assailed the labouring *Monkbarns*. As she reeled under this fresh blow, the cargo of steel rails in her hold broke loose with a terrific roar. Heeling over with her yards almost touching the water, she wallowed within an ace of capsizing.

But the superhuman efforts of captain and crew brought her safely to port, her cargo re-loaded, and with the injured first mate well on the way to recovery.

The story of the *Monkbarns* is not an epic of the gale-whipped Atlantic or typhoon-infested Pacific. It happened in the Indian Ocean, where the tropic sun is always reckoned to blaze down and iridescent flying fish skim lazily over smooth green rollers.

But in the southern reaches of this watery desert, ships meet some of the wildest weather in the world, any a brave vessel has fought for her life down there and lost, says Alan Villiers in his enthralling book, "The Indian Ocean."

But the Indian Ocean can produce other hazards besides its fierce winds. For in the twentieth century Comet sails overhead, linking East and West in air-conditioned comfort, the Royal Navy still patrols below.

There were races, of course. But they were either conducted on small ponies, refugees from the great massacre, or the "cart-horse" types which followed.

Nobody thought to question Henry's decision, and in the century that followed the steeds came to be accepted as the typical British horse.

Then came the invention of gunpowder, and almost overnight the heavily armored warrior became obsolete. A lighter, faster and more mobile cavalry was needed. About the same time, riding on our alfalfa and work-out bread horses to run faster.

**Pit Circle**  
James I was one of the first advocates of a new breed, declaring that English horses were hopelessly slow.

Various attempts were made afterwards to import lighter horses and cross-breed them with our own. But most people thought that no good would come out of it, and a petition was made to James II to do something to prevent the further decline of the country, "fit for the good old English horse, from going out."

General Lord Fairfax declared violently that the result of cross-breeding English horses with "strangers nearer the sun" would be the ruin of England's heavy cavalry. He added that it was only being done to produce "over-valued pygmy baubles" for racing men.

But the Arab horse, with the added incentive of gunpowder, won the day. The real revolution in horse-breeding dates from 1708, when a Yorkshire merchant named Thomas Darley bought a bay colt in Syria and sent it back to Yorkshire.

I turned out to be the most valuable horse that ever lived, for from the Darley Arabian directly descended more than half the thoroughbred racing horses in the world.

To-day the wheel has turned full circle, and it is the heavy horse which is in danger of extinction.

**MARSHALL TOWN**  
A cartoon illustration showing a man in a suit and hat, possibly a detective or a character from a story.

# THE FARM FRONT

by John Russell

The money bee may have seen its best days as an ally of the alfalfa seed grower.

A new pollinating machine was tried out successfully this year on 16 farms in Minnesota and South Dakota. Farmers who used the tractor pulled behind the machine were bug-eyed as they watched two and three times the usual amount of seed pour from their combines.

The mechanical bee is the name that inventor Dale Hivestahl, now a Washington Co., Minn., man, has given his machine.

Here's how the rig works: Triangular rods in front of the machine guide the alfalfa between 24 long vertical rollers, coated with foam rubber. As the plants go through, they are crushed just enough to "trip" the blossoms and expose the pollen.

Looks like the theory that you shouldn't feed antibiotics to pregnant girls doesn't hold up any more.

In some recent Purdue University tests, the strongest headlight pigs were from gilts that got aureomycin along with their regular ration.

Dr. W. M. Beeson reports that aureomycin also boosted the size of pigs at birth and increased the percentage of vigorous pigs per litter.

It also pays to feed antibiotics to both gilt and pig right on up to weaning. When Purdue experimenters did this, the piglets were heavier at weaning, and necessary to go over a field set-aside at eight weeks of age.

Fuelling all these findings together, it now looks like antibiotics pay just about any time, except after hogs reach 140 to 150 pounds. After that, they don't help much.

Something else was brought to light by the tests: "Just having antibiotics in the feed" isn't enough. They do their best work when certain amounts are fed.

For example, the researchers found that five milligrams per pound of total ration seemed to be a minimum of aureomycin and terramycin for pigs in dry heat. At half this rate, growth was about the same as on rations without antibiotics.

When the antibiotics were fed, the pigs jumped from 1.38 to 1.57 pounds per day.

Pigs required 10 pounds less protein supplement per 100 pounds of gain where antibiotics were fed.

The tests turned up one drawback to feeding antibiotics—cases of hogs that got them carried more fat.

If you want the figures, there was a 7% difference. Pigs that got antibiotics dressed out with 55% fat (compared to lean), and those not getting antibiotics had only 46% fat.

In other feeding tests, the researchers found that there are ingredients besides antibiotics that will improve pig livability when added to the sow's ration. Adding grape juice, fish soluble, dried liver, and vitamin B12, increased birthweight more than antibiotics.

We don't have all the answers yet to this business of feeding but we're finding out more and more about how to make pork faster and cheaper.

**MARRIED TWICE—EACH HUSBAND A BIGAMIST**  
Gettrude Gierseh, of Sydney, Australia, has twice gone through the wedding ceremony. Each time she has discovered, too late, that her "husband" was a bigamist. She has just recently obtained an annulment from the second man.

**CROSSWORD PUZZLE**  
ACROSS  
1. Bird  
2. Cry of a cat  
3. Mire  
4. Feeder  
5. Danish money  
6. Frame  
7. Reminiscent  
8. Balled  
9. Bone  
10. Adhesive  
11. APT  
12. Legal action  
13. Leg  
14. Reminiscent  
15. Reminiscent  
16. Nettle  
17. Member  
18. White  
19. Reminiscent  
20. Curious money  
21. Trivia  
22. Whirl  
23. Musical ending  
24. Becomes  
25. Dights  
26. Whirl  
27. Mineral spring  
28. Sake of sake

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# THE FARM FRONT

by John Russell

Just behind the rollers is a steel-and-canvas "pollination chamber." There, a blast of warm air from a bottled gas heater dries the sticky pollen and dusts in among the flowers.

The machine may have some drawbacks. First of all, alfalfa plants actually continue to bloom for several weeks, and only 10% to 15% of the flowers are ready for "tripping" at any one time. So it will probably be necessary to go over a field several times in order to trip most of the blossoms.

Another possible drawback: Being carried from one plant to another, and cross-pollinating the flowers. However, we aren't sure that this machine spreads the pollen around enough to get good cross-pollination. When the flowers are "seeded" (fertilized with our own pollen), the seed that is produced usually grows into plants that make less seed and yield.

Meanwhile, farmers claim that the machine really boosts seed yields.

"I wish I had treated more," says Roy Eykamp of Kingsbury County, S. Dak.—the first farmer to use the "Mechanical Bee." He says his alfalfa yield on 90 of the 500 acres of Coesack alfalfa he grows for seed.

On 30 of those 90 acres he averaged 600 pounds of seed per acre—three times the yield he got on untreated alfalfa.

"Doesn't work too well in our area," says Glenn Rietz, Brown County, S. Dak. "We experimented with 80 hives this year, but those bees buzzed around our alfalfa and worked out sweet clover and wild flowers instead."

"Where we used this machine we got 62 pounds of clean seed to the acre, and this was on marginal land that cost us only \$15 an acre. We didn't harvest the part of the field that wasn't treated, because it wouldn't have yielded 10 pounds to the acre. One 2 1/2-acre field that we treated made 362 pounds of clean seed per acre."

Says Herbert Johnson, a Murray County, Minn., promoter: "I started it only on a small, late field this year, but I figure it increased my yields between 40% and 50%."

Next year, he's going to try seed on a first crop of alfalfa.

In one Murray County test, 300 blossoms were marked with spring after tripping and pollinating by the machine, marked plants showed a 90% net set.

Sometimes It's Hard To Be A Lady—Curtying in a fashion who no countless could equal, Christine Knox, 2, above, greets a visitor at the annual Children's Blue Bird Party, in London. Edna Christine, almost forever she's a lady, tells Gustavo de Meo she got off her train or she'll let him have it, as the amorous boy-forged attempts to steal a kiss.

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New Fashion Touches—Frothy nylon touches to freshen the outlook of the perennial basic dress like the crisp white skirt or the demure collar are appearing on accessory corners everywhere. Because they are nylon their fresh beauty requires little care.

# THE SUNDAY SCHOOL LESSON

By Rev. R. Barclay Warren, B.A., B.D.

**Jesus Teaches God's Grace**  
Matthew 26: 1-16  
Memory Selection: *My grace are ye saved through faith; and that not of yourselves: it is the gift of God. Eph. 2:8.*

Christ for the first time, accepted the message and received blessings and rewards equal to that of good Jews who had been trained in the religion of Jehovah from infancy. One also sees in the parable the goodness of God in receiving and rewarding a person in later life. I recall one who in youth and young manhood had rejected the claims of Christ.

Now on his sick bed he repented and sought God's mercy. He felt it was like drinking of the glass of life and offering the dregs to God. But God graciously received him. God is like that. But let no one, on the basis of the parable, deliberately postpone his surrender to Christ. Others in late life have shown no disposition to heed the call long rejected. One thief on the cross was saved that none might despair and only one that none might praise."

When choosing a colour of wall paint, be sure to pick a lighter shade than the finished effect desired. A colour that seems exactly right on a small colour chip or a brushed-out sample, will seem much darker when it covers a whole wall. Remember, when clean, nylon has no attraction for moths. However, if moth larvae happen to become trapped in the folded nylon garments, they will eat their way through to escape.

# Our Second Greatest Tourist Lure

The home and Bird Sanctuary of the late Jack Miner, Kingsville, Ontario, has now been rated the second greatest tourist attraction in the Dominion of Canada. Niagara Falls being the greatest and has been followed by the Quintuplets, hence Jack Miner's activities has stepped up into second place. Each year since Jack Miner died tourists have increased doubly over the previous year until this fall (1950). Four thousand three hundred autos were there in one day.

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# Household Hints

Having the knob of a chest of drawers pull loose in one's hand is a great annoyance. Probably the screw has worn a hole too large to grip the wood. An easy remedy is to fill the hole with plastic wood, let it dry for a few hours, then screw the knob in place. Plastic wood handles like putty and hardens like wood.

Nylon fabrics can be stored indefinitely without injury if the following precautions are taken. The fabric should be clean and free of wrinkles. Put away smoothly folded or hanging on a hanger. When clean, nylon has no attraction for moths. However, if moth larvae happen to become trapped in the folded nylon garments, they will eat their way through to escape.

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# Bus Ran Over His Foot—Didn't Hurt!

How would you like a bus to run over your foot? Well, that's what happened to Mr. George Denton, chairman of the British Standards Institution Committee on Safety Footwear the other day. And he didn't flinch!

He was wearing a new safety shoe, standing near Drury Lane, London, he deliberately placed his foot under one of the wheels at a London Transport double-decker bus.

The shoe's interior 2 oz. steel toe-cap easily withstood the weight of the bus and Mr. Denton's foot was unharmed.

It is estimated officially that if safety boots and shoes were more generally used in industry, there would be an appreciable reduction in the number of factory and other accidents.

**MOST BABIES ARE LATE**  
The human race is twice as likely to be late as early—in making his first arrival. A doctor kept records of 1,234 consecutive births at a large hospital. Only thirty-two arrived on the expected date; 423 were born before time, 827 were born after it. So punctuality is rare