

TABLE TALKS

Jane Andrews

Once in a while I get a letter from somebody asking for recipes that give larger quantities, suitable for serving at a church or community supper.

Well, then, here is such a recipe, for a plain but very good white cake, which will cut up into no less than 84 two-inch squares. Please note that, like the two other cake recipes that follow it, the shortening used is lard. These should be welcome in some of your homes, where you have your own "home-grown" lard.

WHITE CAKE FOR 80

1 1/2 c. lard
2 1/2 c. milk
2 1/2 c. vanilla flavoring
2 1/2 c. cake flour
2 1/2 tsp. baking powder
2 1/2 tsp. salt
2 1/2 c. sugar

5 eggs

Add 5 tbsp. of the milk, and the vanilla flavoring to the lard. Whip until light and fluffy, or about 2 minutes with electric mixer at medium speed. Sift dry ingredients together; add to lard along with 1/2 of the milk. Beat until smooth, about 4 minutes with electric mixer at medium speed. Add remaining milk and eggs. Beat until smooth. Pour into greased and floured 12 1/2 x 18-inch pan. Bake in moderate (350°) oven 35 to 40 minutes. Make 84 2-inch squares.

MOCHA FROSTING

1/2 c. butter
1 egg yolk
2 tbsp. strong coffee
2 squares unweatened chocolate, melted

2 1/2 c. confectioners' sugar
Cream butter; add egg yolk, coffee and chocolate. Mix well. Gradually add confectioners' sugar. Blend until smooth. Frost 70 2-inch squares.

WHITE CAKE

1 c. milk
1/2 c. lard
1 tsp. vanilla flavoring
1 tsp. almond extract
2 1/2 c. sifted cake flour
3 tsp. baking powder
1 tsp. salt

CONSERVATION OF LIFE

Not much is demanded of us in conserving life and health; merely that we apply to our lives the ideal we mentioned in connection with conserving natural resources: use without using up. We have about six times more of everything—heart, lungs, kidneys—than we need; all we are charged with is keeping them in trim. Right here is the heart of our trouble. Time and again some one will say to you that he has just finished reading such and such a book, or a Monthly Letter, and "it makes sense." Yet you will observe no change in his life. We are all too apt to see how advice applies to others, and ignore its application to ourselves.

There is no magic about conservation of life and health. Disease is not caused exclusively by germs, germs and viruses. Some of it can be averted if only we give over our neglectful carelessness and take some positive action. One of these is to have a family doctor and see him for regular check-ups, thus spotting troubles before they blaze into emergencies.

Obey the rules, remembering that some of them are different for various people. Tonics that are good for everyone are hope, joy and contentment; all of us need good diet and lively interests; but special conditions may prompt the physician to say to one man, "avoid hard physical exertion," and to another, "abstain from alcohol," and to a third, "increase your sleep period and take a short rest at mid-day."

The great majority of us can enjoy good health if we will co-operate with nature. No ivory-towerism or hand-washing indifference to the consequences of our health. We must close our ears to the siren voices which say everything is going to be all right, and do something, instead, to bring about and maintain that greatly-to-be-desired state—From "The Monthly Letter" of The Royal Bank of Canada.



Listening Post — Patrolman Raymond Beardsworth receives instructions from headquarters via this newly developed radio receiver. It is called the "cigarette pack" radio and was developed by Clifford F. Fraser, police communications supervisor. The receiver is operated by subminiature tubes from low battery current and reception is good up to 40 miles away from the transmitter. It is not designed for two-way transmission.



Casey Tells All? — Birdie Tebbets, manager of the Cincinnati Redlegs, is an eager pupil as Casey Stengel, manager of the New York Yankees, gives him a few tips on how to lead a baseball team to five straight pennants. The men are shown talking at the Baseball Writers Annual Dinner.

Blasting For Fish

It was early morning in the little Italian coastal town of Maiori, famous for its lemons and lying some miles to the west of Salerno. Suddenly there was a strange, roaring sound.

It came from the sea. Visitors were apprehensive. Could it be a waterspout, a monster, or what?

Giuseppe knew (that is not his real name). He was one of the local fishermen, who had been having a lean month or two, and together with one or two companions he had stolen out early in order to break the law.

They rowed to a local rocky headland where fish were comparatively plentiful, and let off an underwater explosion. Re-

sult: All fish in a large area around were killed, whether young or old.

But Giuseppe was only a champion for others. He rowed swiftly away, before anyone could know what had happened. Others, who said they knew nothing about it but were "attracted by the noise," arrived in their boats soon after. They of course, could gather the fish with an air of innocence.

Local anglers were furious, and pointed out at once that there would be lean months or two, and together with one or two companions he had stolen out early in order to break the law.

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They Make Models Out Of Matches

Whenever Percy Turner struck a match, he snuffed it carefully and saved it. Whenever he scrambled into a loft to inspect the water-tanks during his work as a plumber, there were always spent matches lying around, good as gold dust to Percy.

His wife saved up matches. His friends filled old tins with matches, ready for Percy. Now his daughter is getting married and fifty-two-year-old Percy Turner, of Dartford, is proving the best of all match-makers. As a wedding gift, he is proudly giving his daughter a coffee table, a full-size standard lamp, an occasional table, a tea tray and cabinet. . . all made of matches — 400,000 of them.

Stoker's Fine Art

Another lucky young girl with — in her eyes a "matchless" daddy is eight-year-old Sylvia Evans, of Islington. She has always admired the church where she attends Sunday school, and now her father is building her a model of it with used matchsticks.

Mr. Evans, an ex-naval stoker now doing a similar job with the police, has plenty of opportunity to collect used matches. And he needs plenty, for already the model has taken some 35,000 — 15,000 of which went into the steeple.

Into the clock-face her daddy has set an old watch, and up in the steeple is hidden a tiny set of bells which will peal cheerily.

And now about the feet of Bill Moir, a retired Bristol builder. Spending nearly three years at it, he has built a matchstick Buckingham Palace complete in every detail. Except for the windows and the flag, the model is entirely of matches — nearly 40,000!

Then there's the amazing patience and enterprise of Maidenhead's Stan Edmunds, who has already made three matchstick models of Big Ben, and plans the biggest ever matchstick.

Fortunately, scientists have come to the rescue of the agriculturists. Their tools are not combines, tractors or root-killers, but beakers, crucibles, centrifuges, gages, counters, spectrometers and other laboratory equipment. With these, scientists have developed chemical weapons which the farmer has found of immeasurable aid in fighting his enemies. They have developed chemical plant foods for replenishing hungry soils.

In the last three years Canada's farm production has doubled in the face of a one-third decrease in farm population. Much of this increase is attributed to the increasing use of agricultural chemicals.

Although there are still many serious problems on the farm front, we can be confident that

THE FARM FRONT

John Russell

The wooden plow was used for almost 2,000 years without a change. The sickle, for centuries, was the best harvest tool. The inefficient cultivator, made of two pieces of wood bound with hemp, was a back-breaking tool for hundreds of years in Egypt.

While these early pieces of farm equipment have been replaced by tractors, combines, and many other powerful implements, the farmer's battle against weeds, weather, insects, plant and animal diseases continues. There are some 68,000 species of insects in the world and their total weight is estimated to outweigh the combined population of every human, animal, bird, reptile and fish by three to one.

Insects take a \$950,000,000 bite out of the annual Canadian crop which indicates that they are a formidable enemy indeed. Plant diseases too take a staggering toll of our crops, the loss being estimated at \$700,000,000 a year. A recent book listing plant ailments runs to 1192 pages of fine print. Some plants are attacked by as many as 300 different disorders.

An example of what a single unchecked disease can do may be found in the invasion of potato late blight into Ireland in 1845. As a result, 1,000,000 people died of starvation and 1,500,000 emigrated to North America.

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Although there are still many serious problems on the farm front, we can be confident that

the farmer who can aim his 22 at a rabbit any time he feels inclined to do so is in a fortunate position. But there are times when the plans made for less fortunate city dwellers. When the temperature drops below zero it's more pleasant to sit at a target indoors. So, Dominion Marksmen have published a new booklet entitled, "How to Build a Rifle or Revolver Range."

It's full of standard lengths for indoor ranges, lighting and information on shooting contests.

The booklet is available free of charge from Dominion Marksmen, Box 10, Montreal.

Directors include those for

building steel plate bullet stops; indoor and outdoor combination ranges; moving target gallery; bench rests; shooting platforms and target carriers.

A general section lists data on standard lengths for indoor ranges, lighting and information on shooting contests.

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Infants' Sleeping Bags Provide Ample Comfort

BY EDNA MILES

TO your baby, the right kind of clothing is as important as the right kind of food. Pediatricians say that restricting clothing is unhealthy.

They add that clothing should be loose enough to permit baby to move around easily, particularly in his sleep.

One safe and comfortable garment designed for just such a purpose is a sleeping bag that provides lots of room to wriggle and kick.

At the same time, it protects baby from drafts and prevents him from crawling over the side of the crib.

This sleeping bag has a long zipper that allows mother to change baby's diaper without removing the garment. And there's additional safety in the zipper tab closing, which can't be opened by small fingers.

Best for the budget, this garment goes with the baby. The same sleeping garment right for a baby of three months will also

be right for a baby at the age of 12 inches. The sleeves grow, too. This bag comes in fabrics for all seasons: heavy wool for winter weather; cotton flannel for spring; and cotton flannel for summer.

Each hanger will hold at least six dresses.

Cushion a creeping baby's knees with foam rubber. Stitch a pocket to the inside of baby's coveralls at the knee. Slip a thin square of foam rubber into the pocket; remove before laundering.

Prevent scrapbook pages from sticking, after you have pasted an item, by inserting a sheet of waxed paper between pages.

Avoid water splashes at the drain end of your washer hose with a narrow plastic bag, opened at both ends. Attach bag to hose with a rubber band, and place carried throughout the whole wash cycle.

Button children's mittens to their coats, so they won't get lost. Stitch a button loop of matching elastic thread on the outside edge of mitten cuff. Sew a button to correspond on inside of coat sleeve.

Save bits of crinoline from adhesive bandages to use as reinforcement in cuffs or openings of garments worn by your hamper on gripper snaps.

Bake date-nut bread in an empty, sterile fruit or vegetable can. Cool bread in the tin. If you want to freeze bread, wrap freezer paper around top of can and fasten with a rubber band.

Keep food grinder parts together by hanging them on a metal shower curtain hook, inside cupboard door.

Place a rubber pad in the seat of a very young baby's high chair to keep him from scooting down in the chair when you feed him.

Make a child's jig-saw puzzle board. Nail on a piece of plywood, a narrow wood frame (quarter round) with inside dimensions the size of completed puzzle. The child can carry the puzzle about while it is being assembled, without disarranging pieces.

Make a guide to help cut bias strips by placing masking tape on the bias of your material. Cut along tape; then pull tape gently off.

At the butcher's Will, the blither, Made mince-meat of his little sister. When told he said, "Never mind, She's all a part of the daily grind."

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