Mace & Orange Sweet Bread

Mix and sift 3 times, 2½ c. once-sifted pastry flour (or 2¼ c. once-sifted all-purpose flour), 3½ tsps. Magic Baking Powder, ½ tsp. salt, ¼ tsp. ground mace. Cream ½ c. butter or margarine and blend in ⅔ c. fine granulated sugar; beat in 1 well-beaten egg, 1 tsp. grated orange rind and ½ tsp. vanilla. Add dry ingredients to creamed mixture alternately with ⅔ c. milk. Turn batter into a loaf pan (4½" x 8½") which has been greased and lined with greased paper. Bake in moderate oven, 350°, about 1 hour. Allow loaf to cool in pan. Spread sliced cold bread with butter or margarine for serving.

Always Dependable

ANNE HIRST
Your Family Counsellor

"Dear Anne Hirst: I have one big fault—I'm jealous. I try not to be, but you know how it is; little things run in your mind, and the first thing you know they are too big to cope with. Talking it out with someone can help more than anything.

"My husband works for a company that employs women, too. He often talks about how much fun the men and women have together, and I can't help but wonder whether he does. He claims he never flirts, but you know how a man loves to be noticed, and a clever woman can always flatter them into having an affair.

"And what can a poor wife do with two small children, a lot of housework, and no time to fix herself up? Working girls have money to spend on themselves. The housewife never has a penny to buy pretty clothes with!

"My husband can be the life of any party when others are around, but at home he doesn't exert himself to have fun with us. . . . Please help me.

Worried Wife and Mother."

The jealousy between wives and business girls has existed for two generations, and it is likely to continue—as long as wives envy single girls their pretty clothes and "freedom," and suspect husbands of philandering at every opportunity. Yet where is the wife who hasn't first chance to keep her man contented at home?

It's not difficult, as you say, for a clever woman to flatter a man; he loves to be noticed.

I wonder whether you have applied this psychology to your husband? If a man is the life of the party it is because he enjoys the applause of the crowd; if he gets applause at home, he is not apt to fall a victim to any designing woman.

Since you suspect your husband of flirting with his co-workers why not take time out to flatter him yourself? Build him up as lord of the manor.

* Don't let a day pass that you do not say (or imply) how proud you are of him, how the children look forward to his homecoming. Dwell on his attractiveness, and show him you are still attractive, too. Instead of decrying your lack of spending money, take 15 minutes out to freshen up for his arrival, put on a welcoming smile, and make him glad he is home.

You will object that you haven't time for such nonsense. It is really only tact and common sense; with a little effort you can lighten his mood, make him conscious of yourself and the children and keep him in a Nirvana of content.

The fact that he comments on the fun they have in the office indicates, to my mind, how lightly he takes it. If he were guilty of philandering, it is not likely he'd mention it at all. Instead of doubting him, and imagining evil where no evil exists, be a trusting wife. Your best protection is to take it for granted that he is entirely loyal to you, and letting him know you think so. Many a suspicious wife has driven her man to infidelity by sowing the seeds in his mind.

I know that caring for small children and a home is an exhausting and often a dull job. But a wife has to create an atmosphere of pleasantness and even gaiety in the home; if you will spend more effort on this angle you will find your husband more like the man who courted you, and a closer companion than he has been. I don't know of any attitude that brings richer rewards.

I wish I could devote this whole column today to your problem, but these ideas will help you if you weigh them practically and seriously.

A suspicious wife can change a loyal husband into an unfaithful one; it takes a cad to betray a trusting wife . . . Write to Anne Hirst in any time of trouble, and know she never breaks a confidence. Address her at Box 1, 123 - Eighteenth St., New Toronto, Ont.

Bake this tasty CHEESEBREAD
easily, speedily with new Fast DRY Yeast!

● New bread and bun treats are a treat to make with the *new* form of Fleischmann's Yeast! Never a worry about yeast cakes that stale and lose strength . . . now Fleischmann's Dry Yeast keeps *full strength* and *fast-acting* right in your cupboard. Get a month's supply.

CHEESEBREAD

● Scald 3 c. milk, ¼ c. granulated sugar, 1½ tbs. salt and 4 tbs. shortening; cool to lukewarm. Meanwhile, measure into a large bowl ½ c. lukewarm water, 1 tsp. granulated sugar; stir until sugar is dissolved. Sprinkle with 1 envelope Fleischmann's Fast Rising Dry Yeast. Let stand 10 mins., THEN stir well.

Stir in cooled milk mixture. Stir in 4 c. once-sifted bread flour; beat with a rotary beater until the batter is smooth. Cover and set in a warm place, free from draught. Let rise until doubled in bulk. Work in 2 c. lightly-packed finely-shredded old cheese and 5 c. (about) once-sifted bread flour. Knead on lightly-floured board until smooth and elastic. Place in greased bowl and grease top of dough. Cover and let rise until doubled in bulk. Punch down dough; turn out on lightly-floured board and divide into 4 equal portions. Cover lightly with a cloth and let rest for 15 mins. Divide each portion of dough into 3 parts; knead and shape into smooth balls. Place 3 balls in each of 4 greased loaf pans (4½" x 8½"). Grease tops and sprinkle each loaf with ¼ c. shredded cheese. Cover and let rise until doubled in bulk. Bake in moderately hot oven, 375°, 45-50 mins.

Beauty And Her Beasts — Hollywood mask-maker Millicent Patrick stands before a mirror with one of her creations on her head, another to her right. The one at right, called the "Gill Man," will soon be seen in a science-fiction thriller.

CHRONICLES OF GINGER FARM
Gwendoline P. Clarke

Every morning I use the top milk from a quart jug for our coffee—milk that has been standing for 24 hours to give the cream time to rise and thicken. As a rule it makes good table cream. One day last week was an exception. The "cream" was little better than straight milk. I was puzzled. "What happened to the milk this morning?" I asked Partner, "there's hardly any cream on it at all." Partner thought for a minute and then he answered, "Well, I guess I must have brought you Mrs. May's milk." Mrs. May was the cow that freshened about ten days ago. So that started me thinking—about the way Mother Nature has of keeping a nice balance, when permitted to do so. What I am saying will not be news to farm folk but it may surprise a few others.

It's this way. Baby calves are much the same as other babies—milk for them must not be too rich or digestive trouble follows. A cow cannot make up special formulas or dilute over-rich milk, so in her case Mother Nature takes over and provides the cow with milk that is low in butter-fat content—in other words, it is just right for a baby calf. As the calf gets older the mother's milk gets richer. Not only that but the normal lactation period for a cow is nine to ten months—just long enough to give the calf a good start in life, or until such time as it can eat hay, oats or grass. That was an ideal arrangement in the days when cattle roamed at will and bred and raised families according to the laws of nature. Now, however, the cow is a milk-producing machine, so the farmer has to space the arrival of calves and thus prevent too many cows from freshening at approximately the same time. If he doesn't, down goes the butterfat content in every eight gallon can of milk, and that means a lower milk price to the farmer.

It is queer, too, the way fashions change even in regard to milk. Time was when dairies would advertise "rich, creamy Jersey milk." Now that same milk is recognized as being too rich for young children and too fattening for adults. Skim milk, that we wouldn't have put on our tables years ago, is now considered as ideal for invalids, ulcers, reducers and elderly folk.

Speaking of elderly folk, we had the grandest W.I. meeting last week at our County Home for the Aged. There were 23 elderly ladies and about 35 W.I. members present. Our program was arranged to give pleasure to our guests, although we had our business session as usual. Business over, we served refreshments—tea, sandwiches and little tarts. Several of the ladies exclaimed with delight, "My, but that was a good cup of tea!" Tea was followed by a short program. One of our ladies, who has a lovely, mellow voice, sang several songs—old time favourites—and I noticed several old ladies furtively wiping an eye as they listened to the closing number, "When I grow too old to dream." Another W.I. member gave a humorous recitation that provoked a good deal of laughter. There was also community singing and a roll call. It being close to St. Valentine's Day, each member, as her name was called, got up and presented a valentine to the lady whose name was given to her. One dear old lady got up and thanked our W.I. members "for the lovely afternoon you have given us." I imagine the little speech was quite impromptu and obviously sincere. We just loved it.

If our elderly guests were happy we were too, knowing we had brought a little change and brightness to them for two short hours—and two hours at a time is plenty long enough.

Halton Centennial Manor is one of the newest and most up-to-date homes for the aged in the province. Those who live there are well-fed and well-cared for. That day every room was comfortably warm, although it was zero outside. Yet there is this to remember: Elderly people in this and other homes must conform to certain rules and regulations. Gone is the freedom they knew in their own homes. In its place there is a certain amount of unavoidable monotony. It is this monotony that friends, relatives and organizations can do much to alleviate. Old people crave to be remembered, to know that someone cares, little attentions to make them feel they still "belong"—to their families and their communities—to prevent that out-of-date idea of stigma attaching to living in a home for the aged.

To those who take the trouble to visit the old folk it may even be a broad upon the waters, for many of our elderly citizens have charm, dignity and wisdom that comes only in the sunset years of a full and useful life.

There is another way in which friends can help. That is to suggest, and encourage, ways in which older folk can occupy their time—any kind of handcraft for the women. Cards checkers, bingo, whittling or light carpentry for the men. And in summer—gardening. Flowers and vegetables too, to occupy their time and interest, with help for the harder work.

If land for this purpose is not available then the Board of Management should be approached so that facilities for light gardening may be provided.

Here is an inexpensive present to give a fisherman-husband when the season opens. It he is the ardent type who likes to assemble his own fishing flies, buy him several spools of nylon sewing thread. Because of its extra strength, fineness and bright colors, nylon thread is being used to tie the feathers to the fish hooks. Some anglers have large collections of gay spools to tempt various species of fish.

Those quarter-inch holes encircling polythene grocery bags of fruit and vegetables are there to allow the produce to breathe. After harvesting all fruit and vegetables breathe in oxygen, give off carbon dioxide and water and undergo slow physical changes. The holes are of a size and number to allow this respiration to continue and to preserve quality by preventing dehydration.

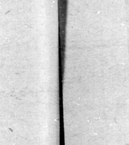
Jane Ashley Says

"Try my favorite recipe for the month"

SALMON CASSEROLE

4 medium onions, quartered
1½ cups water
1½ cups milk
2 tablespoons butter
1 teaspoon salt
¼ teaspoon pepper
½ cup BENSON'S or CANADA Corn Starch
¼ cup water
2 cups canned peas
2 cups canned salmon
1 cup salted cracker crumbs

COOK onions in water until tender.
ADD milk, butter, salt and pepper; heat to boiling.
MIX BENSON'S or CANADA Corn Starch with ¼ cup water to make a smooth paste.
ADD to hot liquid gradually; cook until thick and smooth, stirring constantly.
ADD peas and salmon; mix well.
POUR into greased 1½-quart casserole; sprinkle crumbs over top.
BAKE at 350°F. 40 minutes or until done.
YIELD: 6 to 8 servings.



For free folder of other delicious recipes, write to:
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—GOETHE (1749 - 1832)

The House of Seagram

Men who think of tomorrow practice moderation today

"Better buy two rings, dear. If things go wrong, we'll each have a souvenir of this romance."

THE Calvert SPORTS COLUMN
by Elmer Ferguson

● It would be passing strange, and what might be termed a reverse play, if a renaissance in lacrosse should be inspired in this year of grace by the fair sex. And yet, it's possible.

Here is Canada, we don't associate lacrosse, marked as it is by hard checking, with the girls. As played in these Dominions, lacrosse is no place for a lady.

But in England, it's quite different. While lacrosse is played to a surprising extent by the male athletes on the other side, it is also a very popular game among the girls, to the point that a team of English women players is due to tour the United States this year, starting this month or next, while a male American team shuttles to England.

Possibly one of the reasons for dislike of vigorous body checking in British lacrosse (and this dislike applies to hockey, too) is that it has been developed primarily as a woman's game.

St. Leonard's School, St. Andrews, Scotland and Princess Helena College, England, were the first British girls' schools to take to lacrosse after Queen Victoria had many years ago watched a game between teams of French Canadians and Iroquois Indians.

The schools did so because it was considered an ideal and ra ional recreation for young ladies. "Lacrosse" it was stated, "had movements based on the natural body movement, and both sides of the body are brought into play."

Its development was hampered by prejudices against the participation of women in sport, which no doubt was typical of the Victorian era, but following the collapse of most of such prejudices through events of World War I, lacrosse for girls began to establish itself.

By 1930, there were national associations flourishing in all four countries of the United Kingdom.

And today, the game rates the third most popular of all women's team games behind netball and field hockey, with its own "international." Strange, isn't it, that the mother country should in recent years have taken with more favor to Canada's own national game, than we in Canada!

Your comments and suggestions for this column will be welcomed by Elmer Ferguson, c/o Calvert House, 431 Yonge St., Toronto.

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SPORTS & by A Sixpit Critic

Well, it looks very much as though the ancient and hallowed sport of cricket is going to get a bit of a fresh-lifting; and we can imagine the shudder passing through the frames of those purists who love to recall, over their port, how the Duke of Wellington said that the Battle of Waterloo was won on the playing-fields of Eton. (Personally, we always thought the Duke was misquoted and that it was the "bargain basement at Eaton's" he recommended as a training-ground for war, but never mind that.)

Anyway, cricket is going to be jazzed-up, to a certain extent, and we do not refer to the fans down in British Guiana who recently showered a cricket umpire with pop (we hope) bottles; and here we digress once again to wonder why it is all these bottle-heavers, in any line of sport, are always such rotten shots.

The fact of the matter is that cricket, over in England, has for some time been troubled with a slight attack of the shorts. The folks over there, who hold the game in such reverence, just do not turn out in paying quantities. There are some seventeen counties in English big-time cricket and, until last year, more than a dozen of them were in the habit of finishing in the red.

Last year the Australians visited England, and proved to be such box-office draws that gate-receipts soared. As an example Warwickshire had an average attendance of around 6,000 at their 14 regular games, yet in one match against Australia the turnstiles clicked to the tune of almost 42,000 paid.

But, alas, the Aussies will be elsewhere occupied this Summer, and the lads who back the clubs have been looking gloomily at the prospect of further deficits. So now a group of business men, who love cricket but think it could do with a bit more ginger, have come forward with an offer of Trophies and Cash. And, far from being soundly spanked and sent to stand in a corner, those making the offer have been warmly welcomed by the Powers-That-Be.

As everybody knows—(we just learned it a couple of seconds ago) — the Marylebone Cricket Club is recognized as the holy-of-holies in cricket, and if anybody would be likely to frown on such innovations it would be the M.C.C. Yet here is how Mr. Ronald Aird, secretary of that august body, looks at it:

"The M.C.C. does not recognize prizes for cricket but, speaking personally, I imagine that anything which will infuse life into the game at the present time must be a good thing. This news could not have come at a more opportune moment."

And now for those awards; they haven't got around to calling them the "Vezina Trophy" or the like, but that will probably come in time. But, we note with approval that the sponsors have had the decency to offer the cash in the form of the classic "guinea" rather than the plebeian pound. Just a slight touch of "Old School Tie" but welcome for all that.

1—A silver trophy and 100 guineas to the batsman making the fastest hundred.

2—A silver trophy and 100 guineas to the bowler taking most wickets in any one inning.

Buckets Gal-ore — Hitting the hoops for a six-game average of 1.3 points, 16-year-old Velma Liming is the pride of the gals at Easton High School. Velma is the high-scoring forward in the school's feminine quintet.

In the event of a tie the better average will decide the winner.

3—A silver trophy and 100 guineas to the fielder, other than a wicketkeeper, with the highest number of catches during the season.

4—A silver trophy and 100 guineas to the wicketkeeper with the highest number of dismissals during the season.

And now the question is—will the awards draw customers? We sincerely hope so! Otherwise—well, we'd hate to think of a Flagpole Sitter outside Lord's!

Transform A House Positive Colors

Decorators now are treating bathrooms and kitchens as full-fledged rooms — no matter what their size. Fast disappearing is the notion thney must look like clinics in order to be efficient. Color is banishing that antiseptic appearance and becoming as important as comfort and convenience.

Paint can accomplish more in bathrooms and kitchens than in any other rooms in the house since the areas are small, nominal amounts of material and labor are involved.

A Canadian paint company has just introduced a fresh palette of positive colors guaranteed to cure the inferiority complex of any bathroom or kitchen suffering from a severe case of faded pastels.

Each of the 17 co-ordinated colors harmonizes with all the others. So anyone can select a color scheme for a bathroom or a kitchen blindfold, if she wishes, and still win the approval of a professional decorator. The color card also shows how most of these shades can be intermixed in equal parts to obtain a second palette of adventurous colors.

Real red figures prominently in the color card under the names of Peking red and cherry red. This would dispel the old wives' tale that red is too hot for kitchens. On the contrary, red is the color which probably gives the greatest decorating value per painted inch when used with intelligence and taste.

Green runs the gamut from a cool, clean sea spray through Chinese jade to a rich, dark evergreen. Sea spray would make a beautiful backdrop for those with burnished copperware they wish to show off to advantage. Or, a color scheme composed of evergreen and shell pink would do much to conceal the age of a bathroom or a kitchen.

In the blue family there is cadet blue, Dresden blue and sky blue, which decorators these days are using alongside chestnut brown or jersey cream with such eye-delighting results. Orange is an important decorating color is represented with a flaming Tampa tone to blend successfully with pearl grey, white or sea spray as suggestions. Among the other shades that sing with vitality and decorating value are turquoise, chartreuse and buttercup yellow.

A newly-painted bathroom may call for a new stock of towels since they are such good accent colors in themselves.

The color-scheme of a kitchen should be an expression of the homemaker herself because she's the one who must live with it all day as she prepares a grand total of 1,095 meals a year.

Blind Wrestler — Guided by a belt attached to his "seeing-eye," Ted Lennox works out in the school's gym. Despite the fact that he is blind, the 20-year-old psychology student has scored well in collegiate wrestling bouts, tipping the scales at 157 pounds.

How Can I?

Q. How can I clean pewter?

A. Pewter may be cleaned by using any fine abrasive such as the cleaning powder and soaps which are advertised as non-scratchers, or whiting and any fine steel wool and oil. Wash carefully in clean, hot soapsuds afterwards, rinse and dry.

Q. What can I use as a substitute when wax is not available for a floor that is to be used for dancing?

A. Powdered borax may be used, and will prove a good substitute.

Q. How can I remove a grease spot from wallpaper?

A. This can often be removed by dipping a flannel rag into alcohol and rubbing gently, or by applying flour and allowing to remain until it absorbs the grease.

Q. How can I remove chocolate stains from fabrics?

A. Soak the material in cold strong borax water for half an hour. Pour boiling water through and wash in the usual manner. For stains on silks, or other non-washable fabrics, sponge with chloroform. (CAUTION: chloroform is an anesthetic).

Q. How can I clean steel which has become very rusty?

A. First rub with a cut onion and leave for a day. Then polish it with paraffin, or turpentine and brickdust, whichever you happen to have on hand.

Q. What is a good tonic for the liver?

A. Drink the juice of one-half a lemon in a cup of hot water the first thing in the morning.

Q. How can I remove a heat stain from a highly-polished article of furniture?

A. Apply the following in order, using a separate cloth for each: Kerosene, alcohol, and sweet or linseed oil. Rub the last in well until the spot is no longer visible.

Q. How can I prevent the drying out of children's rubber shoes?

A. A little glycerin rubbed over the rubbers before putting them away will keep the rubber from drying out, and they will also wear much longer.

Q. How can I make a fine-grained sour milk cake?

A. When making a sour milk cake, dissolve the soda in the milk and whip with an egg beater. This will assure a fine-grained cake.

Q. How can I make apple balls for a garnish?

A. Cook one-inch apple balls until tender in sugar syrup colored red or green. Use them for touching up appetizers, salads, or dessert, or for garnishing roast or vegetable dishes. Alternate the colors when decorating.

Sampler. In Columbus, Miss., James C. Pidgeon got a divorce after he testified that his bride drank excessively and threatened him with a knife during the one day they lived together.

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