

TABLE TALKS

Jane Andrews.

Up in northern Michigan you will see wayside stands and small bakeries selling Pasties — a rich, flaky pastry holding a well-seasoned mixture of meat and vegetables. (By the way the "a" is pronounced short so that Pastie rhymes with "nasty" rather than "tasty" although the latter is really the word for them.)

Cornish settlers who came from Cornwall, England, about 1830 to explore the lead and copper mines in this area, brought with them their traditional dishes. The one most generally adopted was the Pastie often called "Cousin Jack Pastie".

In place of sandwiches, Cornish miners took Pasties, eating them hot or cold. The story goes that the Pastie is crescent-shaped because it was carried in the miner's hip pocket!

Just as popular today, the Pastie is eaten as usually in this area as the hot dog and hamburger is eaten in other parts of the country. They make hearty snacks and are good lunch box or picnic food, too.

When served as a Cornish meal the menu might consist of the delicious Pastie with mushroom sauce and pickles, Devonshire cream (clotted cream) and Saffron cake in the dessert role.

Tea, of course, for the beverage, with a tossed salad to top things off.

CORNISH PASTIES
2 cups flour
1 tsp. salt
2 1/2 c. shortening
5.4 lb. cold water

1 c. finely diced raw potatoes
1/2 c. finely diced carrots
1/2 c. sliced onions
1/2 lb. round steak sliced about 1/4" thick and cut into 1/2" pieces

2 tsp. salt
1 tsp. parsley
1. Sift flour and salt into a bowl.

2. Cut shortening into dry ingredients until mixture is crumbly, texture of coarse cornmeal.

3. Add cold water until dough is stiff.

4. Roll dough on a lightly floured board; cut into 6-inch rounds.

5. Put a layer of potatoes, carrots, onion and meat on half of each round. Sprinkle each with 1/4 tsp. salt, pepper and about 1 tsp. parsley and 1/2 tsp. water.

6. Dampen edges of pastry, fold over and crimp edges. Prick top.

7. Bake on cookie sheet in a pre-heated oven at 400° for 10 min. then 350° for 30-40 min. or until well browned.

Here's a Swiss-style spinach which may appeal to those who ordinarily can't get excited about this vegetable.

Swiss Style Spinach
2 pounds fresh spinach
(or a 12-oz. package frozen spinach)

1 tablespoon butter
1 tablespoon flour
2 1/2 cups milk

1. Melt butter in saucepan, stir in flour, salt, pepper, and nutmeg until well blended. Stir in milk slowly.

2. Cook, stirring, until smooth and thickened. Serve hot. Four servings.

Wash and stem spinach and cook covered in water, adding 1 teaspoon salt before cooking. Drain, chop coarsely, and toss with the following sauce:

Melt butter in saucepan, stir in flour, salt, pepper, and nutmeg until well blended. Stir in milk slowly.

2. Cook, stirring, until smooth and thickened. Serve hot. Four servings.

Wash and stem spinach and cook covered in water, adding 1 teaspoon salt before cooking. Drain, chop coarsely, and toss with the following sauce:

Melt butter in saucepan, stir in flour, salt, pepper, and nutmeg until well blended. Stir in milk slowly.

2. Cook, stirring, until smooth and thickened. Serve hot. Four servings.

Wash and stem spinach and cook covered in water, adding 1 teaspoon salt before cooking. Drain, chop coarsely, and toss with the following sauce:

Melt butter in saucepan, stir in flour, salt, pepper, and nutmeg until well blended. Stir in milk slowly.

2. Cook, stirring, until smooth and thickened. Serve hot. Four servings.

Wash and stem spinach and cook covered in water, adding 1 teaspoon salt before cooking. Drain, chop coarsely, and toss with the following sauce:

Melt butter in saucepan, stir in flour, salt, pepper, and nutmeg until well blended. Stir in milk slowly.

2. Cut shortening into dry ingredients until mixture is crumbly, texture of coarse cornmeal.

3. Add cold water until dough is stiff.

4. Roll dough on a lightly floured board; cut into 6-inch rounds.

5. Put a layer of potatoes, carrots, onion and meat on half of each round. Sprinkle each with 1/4 tsp. salt, pepper and about 1 tsp. parsley and 1/2 tsp. water.

6. Dampen edges of pastry, fold over and crimp edges. Prick top.

7. Bake on cookie sheet in a pre-heated oven at 400° for 10 min. then 350° for 30-40 min. or until well browned.

Here's a Swiss-style spinach which may appeal to those who ordinarily can't get excited about this vegetable.

Swiss Style Spinach
2 pounds fresh spinach
(or a 12-oz. package frozen spinach)

1 tablespoon butter
1 tablespoon flour
2 1/2 cups milk

1. Melt butter in saucepan, stir in flour, salt, pepper, and nutmeg until well blended. Stir in milk slowly.

2. Cook, stirring, until smooth and thickened. Serve hot. Four servings.

Wash and stem spinach and cook covered in water, adding 1 teaspoon salt before cooking. Drain, chop coarsely, and toss with the following sauce:

Melt butter in saucepan, stir in flour, salt, pepper, and nutmeg until well blended. Stir in milk slowly.

2. Cook, stirring, until smooth and thickened. Serve hot. Four servings.

Wash and stem spinach and cook covered in water, adding 1 teaspoon salt before cooking. Drain, chop coarsely, and toss with the following sauce:

Melt butter in saucepan, stir in flour, salt, pepper, and nutmeg until well blended. Stir in milk slowly.

2. Cook, stirring, until smooth and thickened. Serve hot. Four servings.

Wash and stem spinach and cook covered in water, adding 1 teaspoon salt before cooking. Drain, chop coarsely, and toss with the following sauce:

Melt butter in saucepan, stir in flour, salt, pepper, and nutmeg until well blended. Stir in milk slowly.

2. Cook, stirring, until smooth and thickened. Serve hot. Four servings.

Wash and stem spinach and cook covered in water, adding 1 teaspoon salt before cooking. Drain, chop coarsely, and toss with the following sauce:

Melt butter in saucepan, stir in flour, salt, pepper, and nutmeg until well blended. Stir in milk slowly.

2. Cook, stirring, until smooth and thickened. Serve hot. Four servings.

Wash and stem spinach and cook covered in water, adding 1 teaspoon salt before cooking. Drain, chop coarsely, and toss with the following sauce:

Melt butter in saucepan, stir in flour, salt, pepper, and nutmeg until well blended. Stir in milk slowly.

2. Cook, stirring, until smooth and thickened. Serve hot. Four servings.

Wash and stem spinach and cook covered in water, adding 1 teaspoon salt before cooking. Drain, chop coarsely, and toss with the following sauce:

Melt butter in saucepan, stir in flour, salt, pepper, and nutmeg until well blended. Stir in milk slowly.

2. Cook, stirring, until smooth and thickened. Serve hot. Four servings.

Wash and stem spinach and cook covered in water, adding 1 teaspoon salt before cooking. Drain, chop coarsely, and toss with the following sauce:

Melt butter in saucepan, stir in flour, salt, pepper, and nutmeg until well blended. Stir in milk slowly.



DOUBLING IN BRASS — Don Butterfield, left, and Harry London team up on the two-headed tuba featured by the Cities Service Band of America during concerts. It is the only instrument of its kind in use today. Both musicians blow at the same time, but only one of them fingers the single set of valves. Puffing and valve-pushing have to be synchronized perfectly to get the desired result.

Why People Take To A Hermit's Life

For the last thirty-five years of her life a rich Scots woman, who was once a lovely and popular hostess, sought strict privacy behind barbed wire in her lonely mansion near Edinburgh.

It was revealed when she died some time ago, aged ninety-five. Notice boards warned intruders away from the house which once rang to the sound of music and happy, carefree laughter.

The barbed wire emphasized the threats. And everyone ventured enough to persevere in their efforts to establish contact with the woman was likely to be chased by dogs kept for that purpose.

Sharing the woman's strange hermit-like existence was her son. A few hens and a vegetable garden supplied most of their needs.

On the few occasions they were seen to leave the house they travelled in a car whose windows were tinted.

At her request the old lady was buried in a private burial ground near the house. Now her son lives on their alone to tend the grave of his mother, whose fortune has been estimated at \$1,250,000. It is known she obtained a divorce in 1910 and afterwards resumed her maiden name.

What drives some people to cut themselves off from the world and lead a solitary existence? Many have done so in the past; many still do so in 1955.

Sometimes it is shattered romance, sometimes grief for a loved one, sometimes fear of death or missing. Sometimes, again, it is avarice or fear.

There are records of hundreds of men and women in Britain alone who never left their homes for years. Some spent their days and nights in rooms which became dust-buried museums of the past.

When these pathetic hermits have died it has sometimes been weeks or months before their bodies have been discovered.

Holidaymakers staying at a little coastal town in England some years ago were intrigued by the sight of a dilapidated cottage in a thicket within a few hundred yards of a lonely beach. They decided to look at it more closely.

They walked along the weed-covered path and peered through dirt-laden windows into rooms where enormous cobwebs hung. Suddenly they had a shock, for they saw staring out at them through a tanning window, a lined and tragic-looking face of a once lovely woman.

Now she was old. Her hair was awry, her clothes unkempt. The holidaymakers quickly withdrew. From a gamekeeper living in the neighbourhood they heard that the evening the strange story of the woman's reasons for living as she did.

A pretty young bride of World War I, she had gone to live there with her merchant seaman husband. The pair were devoted to each other. Whenever he returned to sea she was inconsolable, but they planned that he should quit it at forty-five and take a part-time job ashore.

One day his ship was mined in the North Sea and lost with all.

He had only six shillings in his pocket and a bank balance of five shillings, but his room was stocked with art treasures worth \$40,000 and there were no fewer than 8,000 books scattered about.

William Adams, who was

known as the hermit of the Fens, lived alone for many years in the heart of Cambridgeshire, surrounded by thirty-eight cats all descended from a pair of Persian kittens.

He used to say he kept cats "for luck." They gave their owners warning of any visitor and were, he said, better than the best house dog. The old man lived principally on roots, nettles and other wild plants. His home was a hut no bigger than a fowl-house, but he called it "Marshland Hall."

Another man who was crossed in love shut himself away from mankind in a hut in a deserted part of Essex for fifty years.

His story was published in a newspaper. Next day a woman penetrated his extraordinary solitude—the first he had seen for half a century.

She proved to be a relative of the girl the hermit had loved. And she had to tell him the news that the girl, although she had married another man, had died abroad of a broken heart, uttering the hermit's name.

Neighbours in Yorkshire brought to light the story of another recluse who never left his room in a busy city for ten years and ate a little food that he was a living skeleton when welfare workers went to his assistance.

This man had taken a vow of lifelong bachelorhood because he had always hated women.

He had only six shillings in his pocket and a bank balance of five shillings, but his room was stocked with art treasures worth \$40,000 and there were no fewer than 8,000 books scattered about.

About That Famous "Better Mousetrap"

You learn something every day.

Like the fact that the famous "mousetrap" quotation attributed to Ralph Waldo Emerson and the subject of a never-ending literary controversy, originated in Oakland.

The quotation, as oft-repeated, is: "If a man can write a better book, preach a better sermon, or make a better mousetrap than his neighbor, though he builds his house in the woods, the world will make a beaten path to his door."

That was a theme frequently expounded by Emerson, but while the mousetrap reference made it known around the world, no reference to such an article appears in any of his writings.

In his "Journal" Emerson developed this idea with several variations, declaring the world would find a skilled attorney, men who can pipe or sing, or paint, or raise good corn, or sell wood or pigs, or make better chairs, or knives, or crucibles, or church organs.

But nowhere does he leave a written mention of mousetraps. It appears certain that the mousetrap quotation was made up by Emerson.

In a lecture he delivered in 1871 in the old Hamilton Church, predecessor of Oakland's First Unitarian Church, Emerson said:

It was first printed in an anthology, "Borrowings," which was published by the women of the latter church in 1883, to raise funds for church activities.

Years later, when controversy over origin of the quotation developed, Mrs. Sara B. Yule, wife of an Oakland judge, John Yule, confirmed that she had recorded it in her notebook at the time of the Emerson lecture here. Mrs. Yule had made a practice of noting such statements and her collection provided much of the material for "Borrowings."

At one time Elbert Hubbard, founder of the Roycrofters, maintained he had written the mousetrap phrase, but it was published earlier in "Borrowings."

Incidentally, worshippers at the First Unitarian Church here are interested to know that the central portion of the altar from which the Rev. Arnold Compton now preaches was made from the desk at which Emerson stood when he lectured here 84 years ago—Oakland (Calif.) Tribune.

22% OF HOMES HAVE TV SETS

An estimated 820,000 Canadian homes had TV sets last September, or about 22% of the country's households.

There were some in every province, but the bulk were in Ontario (478,000) and Quebec (268,000). British Columbia had the third largest number (51,000) and Manitoba the fourth largest (14,000).

THE ATOMIC AGE

Clemenceau once remarked that modern war was far too serious to be left to the Generals. Can it be that modern science is far too serious to be left to the Professors?

Known as the hermit of the Fens, lived alone for many years in the heart of Cambridgeshire, surrounded by thirty-eight cats all descended from a pair of Persian kittens.

He used to say he kept cats "for luck." They gave their owners warning of any visitor and were, he said, better than the best house dog. The old man lived principally on roots, nettles and other wild plants. His home was a hut no bigger than a fowl-house, but he called it "Marshland Hall."

Another man who was crossed in love shut himself away from mankind in a hut in a deserted part of Essex for fifty years.

His story was published in a newspaper. Next day a woman penetrated his extraordinary solitude—the first he had seen for half a century.

She proved to be a relative of the girl the hermit had loved. And she had to tell him the news that the girl, although she had married another man, had died abroad of a broken heart, uttering the hermit's name.

Neighbours in Yorkshire brought to light the story of another recluse who never left his room in a busy city for ten years and ate a little food that he was a living skeleton when welfare workers went to his assistance.

This man had taken a vow of lifelong bachelorhood because he had always hated women.

He had only six shillings in his pocket and a bank balance of five shillings, but his room was stocked with art treasures worth \$40,000 and there were no fewer than 8,000 books scattered about.

William Adams, who was

known as the hermit of the Fens, lived alone for many years in the heart of Cambridgeshire, surrounded by thirty-eight cats all descended from a pair of Persian kittens.

He used to say he kept cats "for luck." They gave their owners warning of any visitor and were, he said, better than the best house dog. The old man lived principally on roots, nettles and other wild plants. His home was a hut no bigger than a fowl-house, but he called it "Marshland Hall."

Another man who was crossed in love shut himself away from mankind in a hut in a deserted part of Essex for fifty years.

His story was published in a newspaper. Next day a woman penetrated his extraordinary solitude—the first he had seen for half a century.

She proved to be a relative of the girl the hermit had loved. And she had to tell him the news that the girl, although she had married another man, had died abroad of a broken heart, uttering the hermit's name.

Neighbours in Yorkshire brought to light the story of another recluse who never left his room in a busy city for ten years and ate a little food that he was a living skeleton when welfare workers went to his assistance.

This man had taken a vow of lifelong bachelorhood because he had always hated women.

He had only six shillings in his pocket and a bank balance of five shillings, but his room was stocked with art treasures worth \$40,000 and there were no fewer than 8,000 books scattered about.

William Adams, who was

known as the hermit of the Fens, lived alone for many years in the heart of Cambridgeshire, surrounded by thirty-eight cats all descended from a pair of Persian kittens.

He used to say he kept cats "for luck." They gave their owners warning of any visitor and were, he said, better than the best house dog. The old man lived principally on roots, nettles and other wild plants. His home was a hut no bigger than a fowl-house, but he called it "Marshland Hall."

Another man who was crossed in love shut himself away from mankind in a hut in a deserted part of Essex for fifty years.

Everything Stops For Tea Except Jumbo

London remains the insurance capital of the world, with New York a poor second.

Lloyd's, the famous company in the City cover such risks as whale-whaling in Antarctic seas, hurricanes in Central America, Australian wool harvest, canal cruises, treks across the Middle East and sea risk.

Struck by roaring seas opposite Sugar Loaf Mountain, the entrance to Rio de Janeiro harbour, the 17,000-ton, at "Magdalena" began to break in two. She had been insured in February, 1949, for \$2,500,000, and her cargo of meat and oranges were covered for about \$250,000.

On May 11th, Royal Mail Lines notified their London brokers to proceed with collection of total risk. On May 16th the brokers wrote out a cheque for \$2,285,070 10s. 6d., one of the largest single cheques ever handed over.

London also covered a heavy carrying sixty-six chests of tea on the road from Nerimangalam to Alwaye, India. Unfortunately, on his travels, the driver met a bull elephant running amok.

The trumpeting bull, after smashing and hurrying into a stream two lorries laden with timber logs, turned its fury on the tea truck. It first dislodged the whole truck into a stream, overturning it on top of the wrecked timber lorries. For Jumbo's onslaught a British firm paid out £1,500.

Infectious Jaundice: There were 1,182 cases reported in 1952, more than four times the normal or expected number.

Horn flies are primarily a pest of cattle, and spend most of their lives upon their unwilling hosts. They feed by piercing the cattle's skin and withdrawing blood. They usually attack the part of the animal's back that cannot be disturbed by a swing of the tail or head. The flies are sensitive to changes in weather. To avoid hot sun or rain, they may congregate on the under side of the animal, but when the air is cool they frequently infest the base of the horn—hence, the name "horn flies."

A quick and easy method of controlling horn flies on dairy cattle, according to agricultural chemists, is to sprinkle a table-spoon of 50 per cent methoxy-

chlor insecticide along the back of the cow and then spread it around and rub into the hair with a few sweeps of the hand. It should be distributed evenly over back, neck and upper sides. Two to three weeks' control has been reported with this treatment. Four pounds of the insecticide applied at two-week intervals is said to be enough to control flies on up to 20 milk cows for 10 weeks.

Our innate urge to "save" things is both a bane and a blessing. It can be manifest far-sighted thrift or the squirrel-like accumulation of odds and ends.

Preserving something for future use is the usual motive for saving, and, on the face of it, nothing could be more commendable. Discarding things that can be of further use is wasteful. The problem lies in deciding what has further usefulness, states a writer in "Farm Progress."

The livestock industry, as agriculture in general, is at a point where a re-evaluation of methods and objectives is no longer optional but necessary. Many outmoded ideas and beliefs are in the way of the acceptance of changes which have already proved practical and economically sound.

To cite but one example: Much of the effort and cost of providing the modern winter housing quarters for a dairy herd is apparently "loves labor lost." The shed loafing barn, with its accumulation of droppings well diluted with suitable bedding, offers a warm bed and a cool house which, given free choice, cattle prefer to the warm "clean" barn. The saving in labor is striking. Housing is simpler and cheaper, and the milk drawn from "shed" cows in a small milking parlor will likely show a lower bacterial count than that from their barn-stanchioned sisters.

Introduction of new methods may, in many cases, be slow because of inadequate educational extension programs. But it cannot be denied that resistance to change is also a factor, and one which often seems to be stronger in agriculture than in industry, perhaps because of the larger number of individual "entrepreneurs" in the former.

Regardless of causes, the lessening of the periodic "stock taking" of industry with its accompanying re-evaluation of assets could well be more often initiated by the farmer. Worthwhile ideas and beliefs should be quickly "written off" as are any other worthless goods. Saving them may be more of a liability than the business will stand.

Leather footwear output climbed 11% to 30,274,382 pairs in the first three quarters of 1953 from 27,334,335 pairs in 1952.

HAPPY TEARS — Patricia Ann O'Kane, 19, wipes tears of joy from her eyes after winning the title of "Miss New York, 1953" at Palisades Park, N.J. The blonde beauty is 5 feet, 8 inches tall, weighs 138 pounds and measures 36, 24, 36.

CROSSWORD PUZZLE

ACROSS
1. Shed feathers
2. Corpulent
3. Ditch
4. From water
5. Porpoise
6. Malt beverage
7. Sacred image
8. Polio virus
9. Ties of Japan
10. Second note
11. Rainbow
12. Hobby
13. Father
14. Demolished
15. Dark lines across
16. Having retired
17. Daily
18. Clashed
19. Baysand cape
20. Allude
21. Mammal
22. Phobias
23. Wait for
24. Grown boy
25. Gown
26. Egyptian goddess
27. Beryl
28. Japanese
29. etymology

DOWN
1. City in Iowa
2. Prowl
3. DOWNS
4. Fall to his knees
5. Treated with
6. Celestial body
7. Product
8. Bizarre
9. Semanitized
10. Scarf
11. Purposive
12. Month
13. Ship
14. Stating
15. Playing cards
16. Breakfast
17. Broad
18. Officer
19. Triangular
20. Begun
21. Babylonian
22. God of war
23. Lad
24. The girl

Answer elsewhere on this page.

THE FARM FRONT

by John Russell

Cattle use up an enormous amount of energy fighting horn flies which rob them of sizeable quantities of blood each year. This loss of energy and blood represents a great waste of force and feed. An animal bothered by the parasites may lose as much as half a pound in weight a day, and milk flow may be reduced as much as 20 per cent.

The horn fly resembles the house fly, but is only about half as large. The female lays its eggs on fresh cattle manure, and in warm weather the eggs hatch into maggots in less than a day.

The maggot feeds for five days, then rests as a pupa for about a week before emerging as an adult ready to lay eggs in two days. Thus, the complete life cycle from egg to egg takes only two weeks. At this rate, there would be 12 generations in six months, from spring until fall, but fortunately, there is usually a decrease in numbers during hot, dry weather.

Horn flies are primarily a pest of cattle, and spend most of their lives upon their unwilling hosts. They feed by piercing the cattle's skin and withdrawing blood. They usually attack the part of the animal's back that cannot be disturbed by a swing of the tail or head. The flies are sensitive to changes in weather. To avoid hot sun or rain, they may congregate on the under side of the animal, but when the air is cool they frequently infest the base of the horn—hence, the name "horn flies."

A quick and easy method of controlling horn flies on dairy cattle, according to agricultural chemists, is to sprinkle a table-spoon of 50 per cent methoxy-

chlor insecticide along the back of the cow and then spread it around and rub into the hair with a few sweeps of the hand. It should be distributed evenly over back, neck and upper sides. Two to three weeks' control has been reported with this treatment. Four pounds of the insecticide applied at two-week intervals is said to be enough to control flies on up to 20 milk cows for 10 weeks.

Our innate urge to "save" things is both a bane and a blessing. It can be manifest far-sighted thrift or the squirrel-like accumulation of odds and ends.

Preserving something for future use is the usual motive for saving, and, on the face of it, nothing could be more commendable. Discarding things that can be of further use is wasteful. The problem lies in deciding what has further usefulness, states a writer in "Farm Progress."

The livestock industry, as agriculture in general, is at a point where a re-evaluation of methods and objectives is no longer optional but necessary. Many outmoded ideas and beliefs are in the way of the acceptance of changes which have already proved practical and economically sound.

To cite but one example: Much of the effort and cost of providing the modern winter housing quarters for a dairy herd is apparently "loves labor lost." The shed loafing barn, with its accumulation of droppings well diluted with suitable bedding, offers a warm bed and a cool house which, given free choice, cattle prefer to the warm "clean" barn. The saving in labor is striking. Housing is simpler and cheaper, and the milk drawn from "shed" cows in a small milking parlor will likely show a lower bacterial count than that from their barn-stanchioned sisters.