

## TABLE TALKS

Clare Andrews

Everyone likes to try a new sauce with ever-popular spaghetti. That's why we think this savory spaghetti sauce will be welcome at your dinner table.

### Spaghetti With Eggplant Sauce (6-8 servings)

One half cup butter, 1 medium-size eggplant, pared and cut in cubes; 1/2 cup chopped onion, 3/4 cup tomato sauce, 1 cup water, 1/2 cup chopped, canned mushrooms, 1 medium-sized green pepper, diced; 1 teaspoon salt, to taste, 1/2 teaspoon thyme, 2 tablespoons sugar, 4 to 6 quarts boiling water, 1 pound spaghetti, grated Parmesan cheese.

Melt butter over medium heat. Add eggplant and onions and saute 10 minutes, stirring occasionally. Add tomato sauce, water, pimiento, green pepper, 1/2 teaspoon salt, pepper and thyme. Cook over low heat 30 minutes, stirring occasionally. Meanwhile, add 2 tablespoons salt to rapidly boiling water. Gradually add spaghetti so that water continues to boil.

Cook uncovered, stirring occasionally until tender. Drain in colander. Serve spaghetti sauce with spaghetti and sprinkle with grated Parmesan cheese, if desired.

Maybe you want a soup that is a meal in itself. Served with big slices of bread and a salad, this salmon-and-vegetable soup makes a wonderfully hearty lunch.

### Cream of Salmon-Noodle Soup (About 2 1/2 quarts)

One tablespoon salt, 3 quarts boiling water, 8 ounces wide egg noodles (about 4 cups), 1/2 cup butter, 1/2 cup finely chopped onion, 1/2 cup all-purpose flour, 6 cups milk, 1 1/2 cups canned salmon, drained and flaked; 1/2 cup cooked Lima beans, salt and pepper to taste.

Add 1 tablespoon salt to rapidly boiling water. Gradually add noodles so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Melt butter over low heat; add onion and saute until tender. Add flour and blend.

Gradually add milk and cook until slightly thickened, stirring constantly.

Add salmon, Lima beans and salt and pepper to taste. Add noodles. Cook over low heat 15 minutes, stirring occasionally. Serve immediately.

### Floating Island was a favourite

of past days. Some modern recipes suggest cooking the meringue before serving it on the custard, but in grandmother's day this was not always done.

### FLOATING ISLAND

4 egg yolks  
1/4 cup sugar  
1/2 teaspoon salt  
2 tablespoons salad oil  
2 cups milk  
1 teaspoon vanilla  
Meringues

Beat egg yolks in top of double boiler. Stir in sugar and salt. Add oil and milk gradually, stirring to mix. Cook over simmering water until mixture thickens. When done, it will coat metal spoon. Cool slightly, stir in vanilla. Cover and chill. Serve topped with spoonfuls of uncooked meringue. Six servings.

### MERINGUE

2 egg whites  
1/4 cup sugar  
1/2 teaspoon vanilla  
Beat egg whites until foamy, then gradually beat in sugar and vanilla until mixture stands in soft peaks.

### STRAWBERRY SHORTCAKE

The shortcake of grandmother's kitchen was usually made with two pie-size layers. Fresh strawberries were between and on top of the layers, and wedge-shaped pieces were served with sugar and cream. The shortcake was biscuit dough to which, sometimes, a little sugar was added. If you like this touch of sweetness in your shortcake, add from 2-4 tablespoons sugar to a biscuit recipe calling for 2 cups flour. Serve with either whipped cream or vanilla ice cream, if you like.

Grandmother early learned to use what she had in cooking and she had recipes for many types of bread puddings. Often she used molasses or honey in place of sugar. Here is a recipe using honey.

### HONEY BREAD PUDDING

1 1/2 cups day-old bread cubes  
1/2 cup liquid honey  
2 tablespoons butter  
1/2 teaspoon salt  
2 eggs beaten  
1 1/2 cups vanilla  
1 1/2 cups hot milk

Place bread cubes in baking dish. Combine honey, butter, salt, eggs, and vanilla. Slowly stir in milk. Pour mixture over bread. Set baking dish in top of hot water and bake at 350° F. 30-40 minutes until pudding is set. Serve with cream or ice cream. Four servings.

## Challenged To A Duel With Sausages

The air has been thick lately with challenges thrown out by ministers of state in France and certain South American republics, none of which, fortunately, has been accepted. In one of these President Somoza of Nicaragua challenged President Figueres of Costa Rica to a duel with revolvers to settle a quarrel between their countries.

The idea is an excellent one — for it is better that one or two men politicians should die than thousands of innocent citizens. But President Somoza forgot the first rule in duelling: that the challenged man has the choice of weapons.

President Figueres might have chosen howitzers — or hockey sticks — and then where would Somoza have been?

Numerous duels have been fought in the past and differences settled without recourse to the use of conventional weapons such as rapiers and pistols.

At the turn of the century the swashbuckling writer, Richard Harding Davis, challenged a reporter of the "Chicago Sun" to a duel. The reporter knew that Davis was a deadly shot, but he also knew his rights, and when accepting agreed to fight with custard pies at six paces.

Davis realized that if he accepted he would become the laughing stock of America, and though it meant a loss of fame there was no option but to decline. America laughed heartily and for some weeks the reporter was a national hero.

If a challenged man keeps his head he need never fight, for

Fooled Ya!



FOOLED YOU, TOO—These two Blackfoot penguins at the zoo in London, England, are slipping in a little because despite presence of the (King) penguin. But if you think that the big fellow is hiding his head look. The King's white vest shows that he's actually turned in the opposite direction. He's just taking a nap.

the weapons of his choice may no longer be his opponent that he will withdraw from the contest. This happened when Isaac Putnam, a general in the War of Independence, was called out to a duel with Aaron "Sir," he wrote his opponent, "I have been challenged, so the choice of weapons is mine. I suggest that we shall sit in a room in which shall be placed an open barrel of gunpowder. On it shall be placed a burning candle. The first man to leave shall be adjudged a coward and the loser."

His adversary's nerve could not stand such a shattering test, so the affair was called off.

Another bloodless duel was the result of a challenge thrown out by Bismarck to the Russian scientist, Virchow, for some imagined slight. Bismarck was no novice when it came to handling arms, whereas the Professor hardly knew which way a bullet left a gun. So after a good deal of thought he accepted, adding that it was his privilege to choose the weapons, he had decided upon sausages.

Two sausages would be placed on plates, one packed with deadly disease germs and the other free from them. Bismarck would select and eat one, after which Virchow would devour the other.

Bismarck paled when he read Virchow's letter — and declined. One of the first of such duels occurred at the end of the eighteenth century when duelling was taken seriously. Colonel Lennox called out the Duke of York, who apparently had a sense of humour, and chose pistols loaded with cork instead of lead. Early one morning they repaired to Wimbledon Common, then the fashionable ground for such affairs, and at the word, both fired. The result was that the Duke's periwig was slightly disarranged, and the word, both fired. The result was that the Duke's periwig was slightly disarranged, and the word, both fired.

The town of Carlyle, Illinois, was the scene of a most unusual duel in 1936 in which both men were the losers. But as they were millionaire oil men who

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## Lost Her Head Giving Shelter

The scaffold that workmen were busy erecting in the market-place of Winchester was for a woman—an elderly and gentle woman of good family whose only crime was that she had sheltered a fellow creature in distress. It was the first day of September, 1685.

Among the hundreds who passed through the market-place that day there was scarcely one whose heart did not go out in pity. But no voice was raised in protest, for Lady Alicia Lisle had been condemned by the Lord Chief Justice of England, and that Chief Justice was "bloody" Jeffries.

The rebellion James Scott, Duke of Monmouth, was over. His hopes had vanished at Sedgemoor in Somerset where his army had been routed and he himself captured.

After the battle two men, John Hicks and Nethrop, persuaded the identity of either man, or that they were soldiers who had served under Monmouth.

An informer by the name of Barter saw the three men in the district. He took a body of troops and surrounded Lady Lisle's house. He questioned the bailiff who freely admitted the presence of two strangers. A search was made and Nethrop was found hiding in a chimney. At once the Colonel charged Lady Alicia with harbouring rebels and entertaining "the King's enemies."

On August 27th, 1685, the trial of Lady Lisle opened. The original charge had now grown to the following: "That, intending to stir up war and rebellion within the kingdom, and to deprive the King of his crown, and to put him to death, she had traitorously concealed, sheltered and maintained in her dwelling house, at the parish of Ellingham, one John Hicks, knowing him at the time to be a traitor."

Lady Lisle, who was not only old and frail, but dead, pleaded not guilty. She asked the judge to consider her infirmities and allow her to have a friend by her side to inform her of what was passing.

With a deceptive smile Jeffries nodded his consent. Mr. Pollexfen, sticking the case for the Crown, exalted Hicks to the chief instrument in Monmouth's rebellion.

Lady Lisle interrupted to declare in a quivering voice that she utterly abhorred the rebellion.

Still in the same suave manner Jeffries replied her.

"You shall be fully heard when it comes to your turn," he said, adding: "Though we sit here as judges over you, by authority from the King, yet we are accountable not only to him, but to the King of Kings, the great Judge of Heaven and earth. As to what you say concerning yourself, I pray God, it may be true. But as to what you say concerning me, I am innocent."

The chief witness for the prosecution was Dunne, a wretched, conscience-stricken witness who knew when he persuaded Lady Lisle to shelter Hicks that she was innocent of his deeds.

"We do humbly desire," said Pollexfen, "that your Lordship would please to examine Dunne a little more strictly."

The examination was conducted by the Lord Chief Justice himself. Dunne refused to admit he had told Lady Lisle that Hicks was a fugitive from Monmouth's army. Jeffries abandoned his self-control. "It is infinite mercy that for these falsehoods of mine God does not immediately strike thee into hell!" he exclaimed. "How dare you offer to tell such horrid lies in the presence of God and of a Court of Justice!"

Other witnesses came forward, but they could give no information as to whether Lady Lisle knew that Hicks had fought for Monmouth.

But Jeffries knew there was one more witness whose words could be twisted into proof of guilt—Lady Alicia Lisle herself. When she stood up to answer the case against her, Lady Lisle admitted she knew Hicks was a Presbyterian minister against whom a warrant had been issued for non-conformity. But she declared she had never suspected he had been engaged in the rebellion.

Lady Lisle protested that she would have been the most ungrateful person living, had she been disloyal to the King to whom she owed her estates.

Jeffries glared significantly at the jury again. "Ungrateful!" he exclaimed. "Ungrateful adds to the load, and is the basest crime that anyone can be guilty of."

Brushing aside her protest of innocence and ignoring her plea to call ladies of King James' Court to give evidence of loyalty, Jeffries proceeded to sum up. The proofs were as plain as could be given, he concluded, and as evident as the sun at noonday.

Even so, Jeffries did not get his verdict without a struggle. The jurymen protested that they had heard no proof that Lady Lisle knew Hicks had served under Monmouth. But the power of the Lord Chief Justice was supreme and his cruelty potent. The jury knew, perhaps, that they could not save Lady Lisle and might well condemn their own lives. They returned a verdict of guilty.

Jeffries smiled again. "I had been among you and I had been my own mother. I should have found her guilty," he said. Then he passed sentence of death by burning at the stake, and ordered the sheriff to prepare for execution that afternoon. He added that a respite of four days might be granted if the prisoner confessed.

Lady Lisle had nothing to confess, but her friends hastened to King James with a petition for clemency. They carried also a personal plea from Lady Lisle for a four-day respite and for behaving instead of burning. The most Christian monarch declined to interfere with Jeffries' decision about the time of the execution (which had, in fact, been delayed while the messengers went to London), but was graciously pleased to allow death by beheading.

On September 1st Lady Lisle was publicly executed in the market-place at Winchester.

She died, says the old records, with the resolution that became her rank and her principles.

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## THE GREEN THUMB

4 Gordon Smith

### GARDEN PATHS

Regular paths will add interest and beauty to any garden, even in the vegetable patch. Where traffic is heavy such as near the door or a gate, it is advisable to use some solid material like flagstones, concrete slabs, bricks or cinder, or gravel, fine and well pressed down. With one of these the main thing is to place firmly and level with the surrounding grass, so that the lawn mower will trim, or better still, run right over. Where the traffic is lighter, one can simply use grass. It is surprising the amount of wear well grown and well nourished grass will stand. In many public gardens grass paths are used to divide the flower plots and they are seldom worn thin. Where cinder or gravel is used in paths or driveways one can eliminate grass and weeds by sprinkling heavily with rock salt or treating with some of the weed sprays.

### GIVE 'EM ROOM

In almost every case where plants are started from seed, and especially tiny seed, like lettuce or alyssum or poppies, they must be thinned later. In doing this, one way or another, one must naturally we pull out the poorer specimens first but in any case, we must leave plenty of room. If we are afraid of later damage from bugs or cutworms perhaps we will leave twice as many plants as at first, then later on we remove every other one. In certain vegetables, like beets and carrots, too, we leave the plants about an inch or so apart at first, then use later thinning for our first meals. When thinned properly the plants will grow more quickly, and should be healthier.

Thinning is not always confined to seedlings. The extra big and fine blooms you usually see in the flower shows are often the result of thinning. Only in this case it will be the flower buds that are removed. Instead of letting every single rose, peony or chrysanthemum develop, the professionals nip off about fifty per cent or more of the buds so that those that are left will be finer and bigger. The same thing is done with fruit like apples, plums and peaches for big prime results.

### FOR ANOTHER YEAR

It's a good idea to keep a notebook and list certain jobs we are going to do next year. We could also jot down such items as colour and season of bloom, height, resistance to disease and drought, and of course, the name of any flower or shrub we see growing in a neighbour's garden that we hope to have in our own.

With certain lines of nursery stock, most shrubs, trees, vines, etc., one can buy and plant in the fall just as well as in next spring. By doing this we get these established earlier and save time for other tasks next year.

According to the manufacturers' farm advisory service, the use of sodium metaphosphate as a silage preservative eliminates the need of the short waiting period to reduce moisture so is common when no preservative is used. In fact, no wilting whatever is desirable and grass can be cut in wet weather and stored at once.

Long-period studies at the Pennsylvania State College of Agriculture have revealed that valuable nutrients in the grass like protein, carotene and certain mineral foods, are lost when handling field-cured hay. Such losses run from 20 to 40 per cent of the feeding value of the hay and are caused by shattering, leaching and rain damage. These losses are practically eliminated when grass is cut green and silaged with preservative. Furthermore, the treated grass, with its increased carotene and sugar content, is more palatable to cattle and is most easily digested.

In observations made on test cattle, it was found that the daily intake per cow of untreated silage was 18 pounds. Daily consumption per cow of silage treated with sodium metaphosphate, however, was 63 pounds which was reflected by a considerable increase in milk production. Greater consumption of high quality treated silage means that less of the costly protein concentrates are required.

To ensure thorough mixing, application should be made just ahead of the blower at the rate of eight pounds of preservative to each ton of silage. The most practical method of applying the chemical is with fertilizer at a tractor from a corn planter. Powered by an electric motor, this applicator is mounted on a portable table calibrated to deliver the correct amount of powder per ton. It is fitted with a cylindrical spout to deliver the preservative on the chopped grass as it enters the blower housing.

For best quality silage, the most ideal cutting periods for various grass species are: Alfalfa first crop — as near to one-tenth bloom as possible. Alfalfa second crop — half bloom.

Red Clover — half to three-quarter bloom. Brome and timothy — after heading but before blooming.

Dairy farmers are cautioned not to let the cut grass with any more than can be helped. Grass should not be cut in advance and grass that has become mature, slow-growing or has lost moisture should not be used for silage.

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## Niagara Gardening School

In the only school of its kind in North America, the Niagara Parks Commission School of Gardening, twenty-four apprentices are learning the "Art, Trade or Mystery" of planting.

Soil culture and landscaping. With the greenery of Niagara Falls parks as their outdoor classrooms, these hand-picked students receive three years of theoretical and practical training in floriculture, horticulture and allied sciences. Apprentices receive room, board and tuition free, and are paid a subsistence allowance varying with their seniority as students.

Basic purpose of the 100-acre school, which was opened in 1936, was to turn out qualified gardeners to work for the Parks Commission. Since then, school policy has broadened, and while some graduates now accept positions in Niagara Falls, the majority work elsewhere. So great is the demand for skilled gardeners, that grads are snapped up eagerly by landscape-minded industries, universities and civic corporations.

Under the expert eye of instructor Les Kennersley (left), third-year senior students get practical training in seed planting. In addition to working in schools extensive floral and ornamental gardens, apprentices occasionally get an opportunity to put in a few hours in greenhouses and formal gardens of the Niagara Parks Commission system. Winter months are occupied with lecture sessions on botany, soil chemistry and plant diseases.

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