

TABLE TALKS

by Jane Andrews.

The problem of disposing of small amounts of leftover cooked vegetables is a common one. Thrift forbids throwing them out — yet there isn't enough of any one variety to serve by itself. So here are some recipes which I think you'll find will come in useful.

Vegetable-Cheese Medley
Light and fluffy, but filled with diced vegetables, is this casserole of vegetables for a special dinner.
1 cup hot milk
1 cup soft bread crumbs
2 tablespoons butter
1/2 pound Canadian cheese, shredded
1 tablespoon each, chopped onion and parsley
1/4 cups cooked diced vegetables
2 eggs, separated
1/2 teaspoon salt
Dash pepper
Combine hot milk, crumbs, butter, cheese, onion, parsley, salt, and pepper in top of double boiler over hot water. Stir until blended. Add well-drained vegetables and beaten egg yolks. Cool slightly. Fold in stiffly beaten egg whites. Pour into 2-quart casserole. Bake at 325°F. for 30 minutes, or until "set." Serve 6.

Perhaps you would like to make your vegetables into timbales. Serve them with a tomato cheese sauce for a piquant taste.

Vegetable Timbales
3 eggs, beaten
1/4 cup milk
1 pint soft 1/2-inch bread cubes
1/2 cup cooked carrots
1/2 cup cooked peas
1/2 cup cooked corn
2 tablespoons minced onion
1/2 teaspoon salt
Dash pepper
Combine all ingredients. Place mixture in 4 well-greased custard cups, set in a pan of hot water, and bake at 350°F. for 40 minutes. Unmold and serve with sauce.

If you'd like to add nuts, try making this loaf of vegetables and pecans. Serve with tomato sauce — just use canned tomatoes instead of milk in a white sauce recipe.

Vegetable-Nut Loaf
1 cup cooked carrots, diced (celery may be used instead)
1/2 cup chopped pecan meats
2 cups mashed potatoes
3 tablespoons fat
1 egg
1/2 teaspoon salt
1/2 teaspoon paprika
2 teaspoons chopped onion
Combine all ingredients. Pack into greased loaf pan. Bake at 350-400°F. for 35 minutes. Serve hot.

If you're in a hurry and want a quick casserole dish of vegetables, here's a combination that will soon become a favorite with your family. It's both a timesaver and a budget-stretcher.

Frozen Mixed Vegetable Casserole
1 package frozen mixed vegetables (or leftovers)
1 cup broken spaghetti
1 egg grated cheese
1 cup tomato sauce
1/2 teaspoon salt
Cook mixed vegetables according to package directions; drain. Cook spaghetti and drain. Combine all ingredients in a

1-quart casserole. Bake, uncovered, at 350°F. for 15-20 minutes.

You'll need pastry for the top of this olive-vegetable pie. Make it by your favorite recipe, using about 1 cup flour.

Olive-Vegetable Pie
1/2 cup ripe olives
2 tablespoons butter
1 1/2 tablespoons flour
1 1/2 cups milk
1/2 teaspoon salt
1/2 teaspoon each, pepper and paprika
1/4 cup minced onion
1 cup cooked cubed carrots
1 cup cooked cubed potatoes
1 cup cooked peas
1 cup coarsely cut celery
2 tablespoons minced parsley
2 Pastry
Cut olives from pits into large pieces. Melt butter and blend in flour. Add milk, salt, paprika, and pepper; cook and stir until thick and smooth. Add vegetables, parsley, and onion. Pour into greased casserole and cover with pastry. Bake at 400°F. about 25 minutes or until crust is well browned. Serve 4-6.

Desperate Need

Time was when the "glorious revolution" was young, that Ivan and Lisa, in a romantic mood, could walk up to a Moscow registrar and say, "Write us down; we want to be married." A few hours, days, or years later Ivan and Lisa, in an unromantic mood, could step into a registrar's office and say, "Write us down; we aren't married any more." And that was that.

What of the children, if any? Well, there were the state-conducted nurseries and foster homes. What of considerations of morality and religion? This casual freedom fitted very easily into a philosophy of irreligion and repudiation of the past.

Today says a dispatch from Moscow, things are different. Ivan and Lisa have to make a declaration of intention and think it over a week before getting married. To be divorced they must go to court. And more people are getting married.

Snake Oil Goes Electronic

By JAMES G. CROSSLEY
NEA Staff Correspondent

Snake oil these days comes with flashing lights, buzzers and efficient-looking panels of dials. "Good for man or beast," cures anything from mange to mouse bite. "Who'll buy the first bottle?" that was the pitch of the medicine show peddler as he posed on the tailgate of his wagon years ago.

His modern counterpart is more suave. He's selling a "medical" machine or a "magic" belt. His appeal to the crowd appears as an ad in a magazine or a letter in the mail. Customers may even have to join a cult.

It may be headed "More Feminine Appeal" or "Feel Young Again." But it's still the same old gooseberry, in the tradition of the snake oil that used to be concocted in a rusty wash tub at a secluded creek and sold at a hawk's-bait price.

The American Medical Association and the U.S. government

are doing their best to point the finger and hold "Get out of town" to these modern medicine show stunts. But it's hard, next to foot-pink butter and cold cream, to show you know the same way is selling something else.

Right now the AMA has on display at the Cleveland Health Museum 50 horrible examples of phony "medical" devices, dredged from the quagmire of quackery. Thousands see similar exhibits over he country, providing these displays, when they are requested by local health groups. AMA is following a definite policy.

"These exhibits protect the public against being defrauded by quacks who depend on the ignorance of people seeking relief from suffering," says Richard Stalvey, who accompanied the exhibit.

He's a member of AMA bureau of investigation and formerly served as a food and drug agent for the government.

"We thing if we simply point out the construction and ingredients, we can depend on the people to make their own decisions as to the effectiveness of these devices."

The Food and Drug Administration, the Post Office and Better Business Bureau campaign against them tirelessly.

An example of the bait that lures millions from the public is a magic hair grower. On inspection it proves to be a metal helmet. One pathetic little Christmas tree bulb provides the "potent" rays which are alleged to re-hatch the pate.

Another is a light device which will cure just any part of your personal plumbing that's misbehaving. An electric lamp shines through panels of colored glass. That's all.

A plastic dumbbell contains Lake Michigan water. A bag of dirt touted as an "atomic" cure has about as much uranium in it as ambergris—and if it had uranium, so what?

The modern leeches really get wards of snake oil days. No, the chance, then, that the doc didn't mix in considerable quantities of alcohol to keep grandma coming back to buy next year.

Now you get a haul of junk radio parts.

Only 00 Days Till Christmas



While the rest of us are thinking of picnics, the toy manufacturers are having a picnic thinking of the new — and next Christmas. Toys, above, are among thousands previewed recently by department store buyers. Little lady at left has just whipped up a batch of tasty goo for a tiny cake with aid of a battery-powered mixer. One flashlight battery does the work, leaving Mother's Little Helper free to lend two hands to some other project. At right, Junior makes with a beat that's down to earth, but the rhythm is out of this world. Spaceman-type headset has a self-contained radio with separate battery unit.

At Ebb Tide



When the tide is ebbing the shore is a place of unrest. The surge leaping high over the jutting rocks and running in lacy cascades of foam on the landward side of massive boulders. But on the ebb it is peaceful, for then the waves do not have behind them the push of the inward pressure of the tide. There is no particular drama about the turn of the tide, but presently a zone of wetness shows on the gray rocks, and offshore the sea begins to swell. The tide breaks over hidden ledges and rocks that the high tide has concealed rise into view and glisten with the wetness of the water.

Small, dingy boats about over rocks that are slippery with growth of marine green plants; the tide is scraping, scraping, scraping its footed fingers inside. Like drifts of ice, one longer white, the barge comes into view; they are rocks and old spars wedged to rock crevices and the sea comes are swirled over mussel shells and lobster-buoy floats and the hard stripes of deep-water seaweeds, all mingled in the fotsam of the tide. Meadows of brown rock weeds appear as the "e" appears. Smaller patches of green weed, stringy sea manna hair, begin to appear and crinkly where the sun has dried them.

Now the gulls, that lately rested on the higher ledge, pace with a grave intention along the wall of rock and probe under the hanging curtains of weed to find crab and sea urchin.

In the low places little pools and gutters are left where the water trickles and gurgles and cascades in miniature waterfalls, and many of the dark caverns between and under the rocks are flooded with still mirrors which hold the reflections of delicate creatures that shun the light and avoid the shock of waves—the crested colored flowers of the small anemones and the pink fringed of soft coral, pendant from the rocky ceiling.

In the calm world of the deeper rock pools, now undisturbed by the tumult of the coming waves, crab slide along the walls, their claws busy touching, feeling, exploring for bits of food. The pools are gardens of color composed of the delicate green and ochre-yellow of encrusting sponges, the pale pink of hydroids that stand like clusters of fragile spring flowers, the bronze of electric-blue gleams of the limpets, the old-rose beauty of the nudibranchs, and the yellow of the faint pervasive smell of worms and snails and jellyfish.

And over it all there is the smell of low tide, compounded of the faint pervasive smell of worms and snails and jellyfish and the salt smell of the dried rocks. — From "The Ebb of the Sea," by Rachel Carson.

Origin of A Wonderful School

We were interested to learn about a school that started in London, Ont., about 50 years ago, specializing in the work of a Railway Agent, which covered the study of Telegraphy, Car Service, Freight, Tickets and Baggage.

J. E. Cassan, who had spent seven years with the C.P.R. and seven years with the Stratford School, discovered that there wasn't any school in Canada that specialized in this work, and realizing that these positions were open only to men, he started what was first known as the Railway Agent's School.

Due to the fact that the first time a school had started to teach the traffic work, the railway officials were so delighted that they supplied him with all forms, tariffs, tickets, etc., to enable students to learn in a practical way how the business was handled.

It was pointed out that these men on the railway, as telegraphers and station agents, are performing a national service to the country in the same way as a man in the Navy, Army or Air Force. They are all serving their country, and the school is endorsed and recommended by operating officials of the C.P.R. and C.N.R.

Mr. Cassan's grandfather was a captain in the British Army and was appointed stationmaster at Thornhill, Ont., in 1864, at a salary of \$400 per annum. Railroading runs in the Cassan family; his father was a farmer and had four sons in the railway business. In passing this information on to our readers, we feel that it is a wonderful school and a wonderful opportunity for young men.

One Cent!

Two pennies were the only items found missing by an In-tonn housewife when she rights the disorder left in her apartment by burglars.

Arrested for reckless driving, a Sacramento, Calif., man was fined \$1,000. His wife set out several hours with \$99.99. A deputy sheriff supplied the missing coin.

In Grand Rapids, Mich., police searched for the person who stole \$10, all in pennies, from the apartment of Manfred Harper.

Boise, Idaho, candy store owner received 2 cents in the letter scribbled in a child's handwriting. The note read: "6 years ago I stole a 2-cent sucker from your store. Here is 'the money.'"

An octogenarian of Chicago collected the last penny of his account with a bank which failed in the depression. A 1-cent check was sent him by the small auditor to complete the small pro-rata payments he had been receiving since 1932 on a \$4 account.

DRIVE WITH CARE

The South Carolina revenue department received a 3-cent check from a taxpayer who explained that he owed the state 12 cents in taxes and was sending 12 cents in his first quarterly installment.

A roll of pennies turned in at a Huntington, W. Va., bank contained one penny on either end and an empty shotgun shell in between.

Walter Drake, retired postmaster of Windsorville, Me., had been saving a long time for a TV set. He recently he deposited 14,000 pennies on the counter of a dealer as a down payment.

A 5-year-old girl of Berkeley, Calif., knew very well there should have been a penny under her pillow when she awoke. Didn't the good fairies always leave a penny if you put a tooth under your pillow? X-rays at a hospital vindicated her faith. The coin was inside her 4-year-old brother, who had awakened first.

THE FARM FRONT

by John Russell

A new project to establish an approved source for fruit trees from which all parts of the North American continent may ultimately obtain planting material, is being organized in the United States with Canadian co-operation. According to Dr. M. Welsh of the Plant Pathology Division, Canada Department of Agriculture, this project will ensure the distribution and planting of trees free from diseases transmissible by budlings and grafts. Particular attention will be given to the virus diseases present in a high proportion of Canadian orchards.

Canadian participation will ensure a full share of the benefits. Techniques developed by Canadian laboratories will be used when required. New varieties of tree fruits developed by Canadian laboratories can be submitted to the repository for safe keeping.

Materials from the repository will be released to Government workers in Canada as readily as to workers in the United States. United States authorities have adopted this generous attitude because they believe the use of a single repository will avoid unnecessary duplication and provide wide standardization. This is a fine example of international goodwill and co-operation.

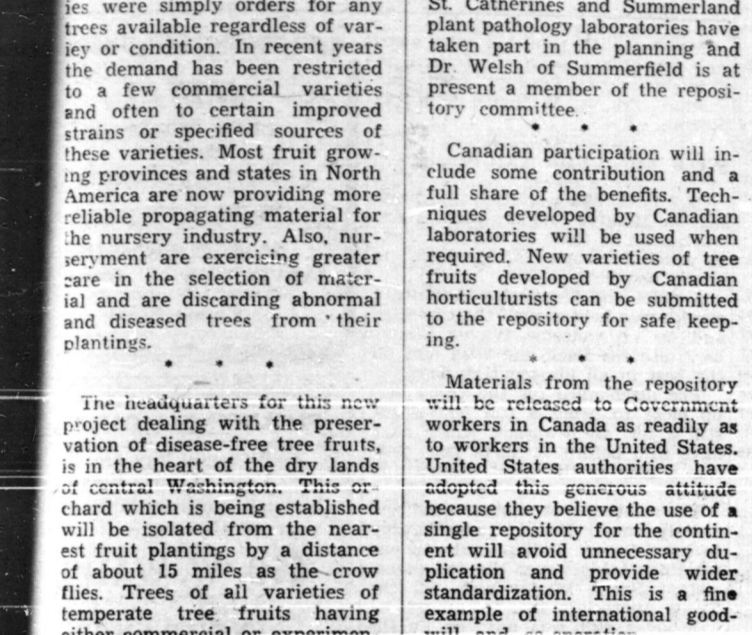
In 1955, farmers received 48 cents of each consumer's dollar spent on food of Canadian farm origin; this figure is unchanged since 1954. The farm share was 47 cents in 1953, 51 cents in 1951, and 50 cents in 1949. The average for the period 1949 to 1955 was 48 cents. These calculations are based on fixed quantities of food as determined by Dominion Bureau of Statistics food expenditure surveys.

In 1955, the farmer received a larger share of the consumer's dollar spent on flour, bread, beef, chicken, eggs and potatoes, but received a smaller portion for pork, butter, cheese and some canned fruits and vegetables.

Based on 15 food items, which account for about 75 per cent of consumers' expenditure on food in 1954, the 1955 retail prices were almost 11 per cent above 1949; for the farm equivalents of the same 15 commodities, farm prices were about 3 per cent below 1949. Marketing costs increased almost 25 per cent between these two periods while the farm share was lower by almost 9 per cent.

Retail prices of the same 15 food items were highest in 1952 when they were 18 per cent above 1949. These items in terms of the farm equivalent of the retail product, were highest in 1951 when they were 15 per cent above 1949. Marketing costs for these products were highest in 1952, being above the 1949 figure by 27 per cent.

SCREEN TEST—Droplets of rain water, caught in the mesh of a screen, act as tiny lenses to produce the film-strip-like sequences.



SCREEN TEST—Droplets of rain water, caught in the mesh of a screen, act as tiny lenses to produce the film-strip-like sequences. Above, blank white squares at left is one in which no droplet is lodged. Photographer Clarence Leino, made the picture at ultra-close range. "Screen star" is his wife, La Verrie.

FRIEND OF KEE' — Mary Jean Eisenhower, newest member of the Eisenhower family, has a

yawn for photographers as she makes her debut before news cameras at the White House. Three months old, Mary Jean is the daughter of Major and Mrs. John Eisenhower.

THE GREEN THUMB

by Gordon Smith

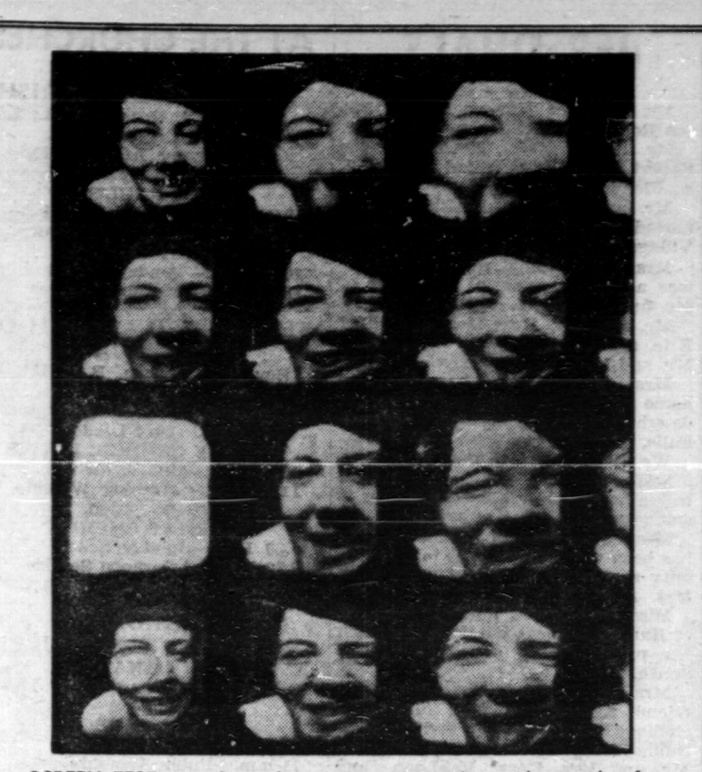
A Lasting Garden
For a summer long supply of bloom, or fresh vegetables, we must know how long it takes from the time of planting until we have the first bouquets of salad. To keep on having bouquets and salads right through the summer, we make several plantings two or three weeks apart, and we also make use of an early, a medium and a late maturing sort.

Today's garden is no longer a feast and famine proposition, with more peas, beans or corn than we can eat for a week and then none at all, or with great showings of bloom in July but not a single flower in August.

With a little planning and a good seed catalogue there is no reason why flowers or vegetables should not be yielding something every day from the first blooms and greens in the spring until long after the ground is frozen hard next fall.

Suitable Tools
For getting in close to tiny flowers or vegetables, for weeding and a few other delicate jobs, it may be necessary to get down on knees or kneepads but with a little care a great deal of the ordinary garden cultivating and planting jobs can be handled with a minimum of stooping. Spade, fork, ditch box, spudgers and many of the hand cultivators can be purchased with good long handles which permit operation without any back bending at all. All of these, and other tools too including the lawn mower, it should be remembered, will work easier and faster if their cutting edges are kept sharp. For this purpose an oil file will be handy and a little oil will also help.

Know Your Enemy
As for special pests, one should provide himself with a good bulletin so that any trouble can be identified and the proper dust or spray applied. It is not a bad idea to take your troubles to the nearest seed store and let the experts there prescribe treatment. With the modern dusts and sprays that handle all sorts of bugs and diseases, either singly or in combination, it is



SCREEN TEST—Droplets of rain water, caught in the mesh of a screen, act as tiny lenses to produce the film-strip-like sequences.

no trouble to check pests, and especially if we get them early.

Help Them Stand
For climbing plants and vines, plants tangled and sprawled over the ground, when it is so easy and simple to provide the support and simply let the plant grow around and through it. For this purpose we may use metal rings, hoops or a foot or so of chicken wire arranged in a loose cylinder about the plant. Another good plan is to place some thin wire in the ground and close to the main stem. In a few weeks the plant completely hides the brush but the support is there.

For tall, individual plants like dahlias, lilies, tomatoes and similar, here are some pointers: staked brown or green perhaps, and these are hammered firmly in the ground within a couple of inches of the plant first thing in the spring, so that the roots will not be disturbed.

For climbing plants like sweet peas, morning glories, pole beans and so on, chicken wire netting, or brush will serve and here again the support should be placed early, so that roots and plants will not be damaged.

Plumber Didn't Dig Deep Enough

An Austrian professor, whose name is kept secret, living near Vienna, has recovered a century-old family treasure buried in the clay floor of his cellar.

For generations his family had been collectors of artistic and historical treasures of jewelry and rare coins of Japanese, Chinese, and European origin, valued at many hundreds of thousands of dollars.

During World War II the professor buried the collection in the cellar of his home for safety. When the Russians came they seized the house before he had time to dig up and remove the treasure, and the professor was sure the Russians had discovered the collection. But he never dared to investigate.

He made a restitution claim at the Viennese Treasury Board. When the Russians left, a commission was sent to the house for inspection of damage done to the property.

When the basement floor was dug up, the treasure was found, intact and unharmed.

Now the professor has heard that the Russians did actually dig up the whole of the cellar, and here are some pointers on the treasure had been hidden. But they were not looking for it. They were trying to trace the fault in a defective water main!

First Aid For Your TV Set

The wire-and-glass jungle inside a TV cabinet is a challenge to any handyman. So, next time your set goes on the blink, here are some pointers on finding your way around in there.

First and best advice is: DON'T. Just don't. Call a competent serviceman. Despite all these Do-It-Yourself columns, and within a few inches of your TV set's innards remain a dangerous expensive place for electric babes-in-the-woods to wander.

But, if you "must," you'll need a "cheater" and a "bleeder."

Removing the back panel of your set cuts off the power. This safety protects you from interlock, protects you from your own curiosity. To cheat yourself of this protection, you buy a "cheater" cord, less than \$1 at any TV shop. With it, you can apply power to the open set, and live dangerously.

A "bleeder" is just 18" of insulated wire, with 1/2" of insulation scraped off each end. Tape one bare end and the bleeder to the bare wire ends protruding from the set, and linger on long after it's been turned off. To discharge them, after you've got the back of your set removed, touch one bare end and the bleeder to the charged part, the other end to the set's metal chassis.

Watch out for high voltages at:

1. The metal caps of any tubes in a "bleeder" cage (that's the little closed metal box just inside the back).
2. The high voltage leads coming from the cage, or going to the picture tube.
3. The outer coating of the picture tube.

The positive leads of the niter condensers (uncurrented the chassis).

You don't know what you're doing, bleed off everything you could possibly touch. Remember, your set can pack a 20,000 volt wallop. Don't push your nose in there. Voltages like that command respect, and jump considerable distances to enforce it. Those who get hurt are those who get careless, or who didn't know the set was "loaded."

Only mechanical source of danger is the picture tube. Handle only as a last resort, and then gently, one hand supporting the fragile neck, the other under the front face. Tapped or strained in the wrong place, you'll get an implosion. That's the opposite of explosion, but the face-full of flying glass will feel exactly the same.

Very simply, your set is divided into six sections: tuner; audio amplifier; video amplifier; sweep and synchronization; low voltage supply; high voltage supply. It's necessary to know which tubes are which in your set (A set has as many as 30 tubes!) A tube layout diagram is usually pasted inside of or written the manufacturer for one.

Symptoms & Cures

Here are a few common picture troubles, and possible cures ("Raster" is the normal pattern of the horizontal white lines on your screen, when tuned to an empty channel.)

No picture, no sound, no raster: audio amplifier; video amplifier; sweep and synchronization; low voltage supply; high voltage supply. Check tuner, or video amp.

No picture, sound OK, no raster: Check tubes in high voltage section, or horizontal sweep section; check picture tube.

Picture too short, or tall: Airtube adjust "height" and "vertical linearity" controls on chassis; check vertical sweep tubes.

Picture too wide, or narrow: Adjust rear chassis "width" controls; check horizontal sweep, or high voltage tubes.

Picture has white vertical line: Turn rear chassis "horizontal drive" control clockwise until line disappears.

Picture rolls vertically: Check vertical sweep tubes and their tubes in sync section. — From "Liberty."

WEDNESDAY SCHOOL LESSON

R. Barclay Warren, B.A., B.D.
Memory Selection: Ye have not chosen me, but I have chosen you, and ordained you, that ye shall go and bring forth fruit, and that your fruit should remain, John 15:16.

It is not enough to be sincere. Saul thought he was doing God. His final words were Saul thought he was doing God. Saul thought he was doing God. Saul thought he was doing God. Saul thought he was doing God.

Efficiency

"What do you do?" An efficiency expert asked a Queen's Park clerk.

"I loaf!" snapped the irritated clerk.

The efficiency man moved to another desk and repeated his question.

"Loaf!" said the second clerk getting into the spirit of the thing.

The efficiency expert opened his notebook and wrote, "Duplication of jobs."

Upsidedown to Prevent Peeking

AD SPAT CALS
AVE HERO OALS
LAMER COMMAND
CHILLI SLAMES
PES TMO ME US
PES PERMA NALIA
APES SUE TRIO
COMPENT ROW
ABAN DAP
DOLIVE LEWIE
BOARDER SION
UNTO SION DON
STEW TENT END

CROSSWORD PUZZLE

ACROSS: 1. Hindu nurse; 2. Hindu deity; 3. Hindu deity; 4. Hindu deity; 5. Hindu deity; 6. Hindu deity; 7. Hindu deity; 8. Hindu deity; 9. Hindu deity; 10. Hindu deity; 11. Hindu deity; 12. Hindu deity; 13. Hindu deity; 14. Hindu deity; 15. Hindu deity; 16. Hindu deity; 17. Hindu deity; 18. Hindu deity; 19. Hindu deity; 20. Hindu deity; 21. Hindu deity; 22. Hindu deity; 23. Hindu deity; 24. Hindu deity; 25. Hindu deity; 26. Hindu deity; 27. Hindu deity; 28. Hindu deity; 29. Hindu deity; 30. Hindu deity; 31. Hindu deity; 32. Hindu deity; 33. Hindu deity; 34. Hindu deity; 35. Hindu deity; 36. Hindu deity; 37. Hindu deity; 38. Hindu deity; 39. Hindu deity; 40. Hindu deity; 41. Hindu deity; 42. Hindu deity; 43. Hindu deity; 44. Hindu deity; 45. Hindu deity; 46. Hindu deity; 47. Hindu deity; 48. Hindu deity; 49. Hindu deity; 50. Hindu deity; 51. Hindu deity; 52. Hindu deity; 53. Hindu deity; 54. Hindu deity; 55. Hindu deity; 56. Hindu deity; 57. Hindu deity; 58. Hindu deity; 59. Hindu deity; 60. Hindu deity; 61. Hindu deity; 62. Hindu deity; 63. Hindu deity; 64. Hindu deity; 65. Hindu deity; 66. Hindu deity; 67. Hindu deity; 68. Hindu deity; 69. Hindu deity; 70. Hindu deity; 71. Hindu deity; 72. Hindu deity; 73. Hindu deity; 74. Hindu deity; 75. Hindu deity; 76. Hindu deity; 77. Hindu deity; 78. Hindu deity; 79. Hindu deity; 80. Hindu deity; 81. Hindu deity; 82. Hindu deity; 83. Hindu deity; 84. Hindu deity; 85. Hindu deity; 86. Hindu deity; 87. Hindu deity; 88. Hindu deity; 89. Hindu deity; 90. Hindu deity; 91. Hindu deity; 92. Hindu deity; 93. Hindu deity; 94. Hindu deity; 95. Hindu deity; 96. Hindu deity; 97. Hindu deity; 98. Hindu deity; 99. Hindu deity; 100. Hindu deity.

SEE YOU LATER

There's no guarantee that this is the 'gator the rock-and-roll addicts insist they'll see later. However, the alligator "that" is a definite beaax chaser. A girl with a live alligator for a pet is a definite beaax chaser. A girl with a live alligator for a pet is a definite beaax chaser. A girl with a live alligator for a pet is a definite beaax chaser.

GENUINE WINDOW SHOPPER — Jacqueline Hughes attends to wants of a genuine window shopper in London, England. Her bookstore has a window with removable panel.