#### Cake Makes Long Trip From Calgary

The Khyber Pass is a long stretch from our Alberta prairie September 1, 1959, we had packed up a Christmas parcel for my daughter and family, at that time living in Pakistan. The most important item it contained was a Christmas cake. The best gredients that could be found went into that cake. There was first - grade creamery butter ere were fresh eggs, big seeded raisins, and nuts, also candied cherries and pineapple slices. I recipe found tried and true by several generations, and baked by me with special care.

Also included in the parcel were small gifts for the family, toys for the two children, and dainty woolies. The winter there though short can be very chilly in a house built of cement. On account of the shortage of fuel in Pakistan, many people don't They sit out in the sun as much as possible, put on more and more clothes, and go earlier bed, until the cold weather

parcel, checked weight, labels, and the customs declarations. He went off with it to the new suburban post office just opened near his home. The girl in charge asked if he wished the parcel sent via Montreal and across the Atlantic, or via Vancouver by the Pacific route. Charlie said he would leave it to the post office to decide which would be best. The clerk recommended Vancouver and the Orient. But it really should have gone via Montreal and Southampton, because from Southampwent every month a boat to the port of Karachi; thence there was a train for the thousandmile trip north to Peshawar. By this route the parcel would probably have arrived for Christmas. writes Mary Vandermark in the Christian Science Monitor.

Christmas came and went, but no parcel with toys, woolies, or Christmas cake. Living off the land in Peshawar can be a bit monotonous, where all imported commodities, including food, stand high up on the luxury list. Even a package of Jell-o costs 75 cents to \$1.00 when available Only the baby gets imported British milk, and sunlight soap for her bath. Moreover, the locally made toys soon fall to knitted up and washed, stretches out of all size and shape.

Oh, what a thrill it was when the parcel from Canada did arrive, even though three months except for the cake, alas! After the long trip across the Pacific. past Tokyo, through the South China Sea, Indian Ocean, and Arabian Sea to Karachi, the parcel went on the long, slow train journey north to the Khyber. By March 25, the cake was reduced

But Abdul, the cook, was a treasure. He was not dismayed. "No waste, Mem Sahib," he said brightly to his mistress. "A pudding! I will show you a fine Christmas pudding! The crumbs are not spoilt or moldy—you will see, Mem Sahib! A little flour, a little sugar, an egg, milk -I mix the crumbs into the batter and steam the pudding for

Abdul was right. The raisins plumped out, the cherries showed up pink, the flavor was excellent. Mary Brooks and her husband, next door neighbors, whose cook, Ghulam, was brother to Abdul (partners in borrowing silverware), came over

There was a log fire on the hearth; Christmas decorations out of the parcel; and party hats and crackers and daintily wrapped gifts appeared. Even a package of chocolatecovered mints was edible, and the children wore their pink and

olue fancy sweaters. Abdul was beaming as he not only cooked, but deftly waited at able, quiet and dignified in clean whites and a red fez, bare feet on the rush-covered floor. It was a second and totally unfor them all. "The proof of the pudding is in the eating," said Irish Mary Brooks.

PERSONAL DEBT MOUNTS

Personal debt in the United States is one of the fastest growing parts of the nation's debt structure. Family mortgage debt and consumer credit combined added to more than \$176,000,-000,000 at the end of 1959, two fifths greater than in 1955 and two and three-quarters times the figure for 1950.

Pencil for Butchers Now there is a specially - designed lead pencil manufactured for bushers. The pencil is knur-

slip from greasy Phone 587-2214



GO NORTH, YOUNG MAN, GO NORTH ! To combat the Arctic cold a man must consume 4500 calories a day as compared to a normal diet of 2200 calories in more temperate climes. Food is provided in ample quantity and great variety to the 1500 Canadian and American civilians who man the Distant Early Warning (DEW) line north of the Arctic Circle. Two thirds of the line, which stretches 3,000 miles from Alaska to Baffin Island, is in Canadian territory. Nearly 1,000 Canadians including 100 Eskimos are employed by the company in the Canadian Sector. —Federal Electric Photo

# TABLE TALKS Jane Andrews.

In the culinary world there are few creations as zealously enjoyed by gourmets as that renowned fish "soup-stew" known as Bouillabaisse, Epicures will travel out of their way to Mediterranean towns such as Mar-seille and Saint Tropez to partake of it. There its preparation and serving are almost a ritual. So special a dish is it, that some establishments refuse to serve it if certain varieties of fish

haven't been "biting" properly. The continental Bouillabaisse features a mixture of many fish varieties native to the Mediterranean, slowly and lovingly simmered with vegetables and mingled flavors have mellowed to a succulent blend the brew is served to its appreciative audience. Some prefer the broth served separately as a soup, followed by the "main course" of fish and vegetables, other demand the melange all at once

#### crisp French bread or croutons BOUILLABAISSE OF COD A LA MARSEILLAISE

1 cup julienne strips of raw 1 cup julienne of onion

1 cup julienne of celery l cup julienne of leeks 1 cup julienne of fennel or

1 teaspoon saffron or more ½ cup olive oil 3 28-ounce cans tomatoe or 2 quarts of fish stock heated

teaspoon salt 2 pounds fresh or frozen cod 4 ounces vermicelli or thin

2 tablespoons chopped parsley Hot sautéed croutons or French bread In large pan with lid, gently

simmer vegetables in oil until soft. Sprinkle with saffron; add salt and pepper. Add boiling liquid; cover and simmer abou 30 minutes. Add cod and vermicelli, boil gently until fish will just flake when tested with a fork — about ten minutes for fresh fish, a little longer for frozen. Correct seasoning. Add parsley.

This hearty soup can be served in two ways. Chunks of hot French bread are placed in large soup plates or bowls and the liquid and fish mixture poured over, to be eaten as an almost complete meal-in-a-dish. The alternative serving manner, in the manner of Marseille, is to pour the liquid over crisp croutons in bowls, to be eaten as soup, fol lowed by the fish as main

Makes about 6 servings.

SEASON WITH SESAME Sesame seeds are one of the better known herbs, perhaps beof the famous story "Ali Baba and the Forty was "open sesame." And it is in teresting to note that they were listed in the Assyrian account of creation, believed to be the old-

The seeds are tiny, but sweet, and toasting gives them a decidedly nutty flavor with overtones of almond. For this reason they have long been a popular flavor ingredient of cookies, cakes, rolls and bread. In today's resurface of the dough and toast as they bake, forming a delicious golden, crunchy crust. Serve them with soup or salad, along

with lots of butter or margar-

ment to a spaghetti or ravioli

dinner too. SESAME BREAD STICKS Yield - 3 dozen sticks 3/3 cup milk 11/2 teaspoons salt

milk mixture and 1½ cups of the flour. Beat until smooth and elastic. Work in sufficient additional flour to make a soft dough

about 1½ cups more. Turn
out dough onto lightly-floured
board or canvas and knead until smooth and elastic. Place in greased bowl. Grease top. Cover osely with waxed paper. Chill

Turn out on lightly-floured board or canvas and knead until smooth. Divide dough in to 3 equal portions. Shape each portion into a ball. Cover with a towel and let rest 10 minutes. Shape each ball of dough into a 12-inch roll and cut into small piece of dough into a pen-cil-like strip about 12 inches long. Slightly beat the egg white and 1 tablespoon of water together. Brush strips of dough with egg white mixture, then sprinkle with sesame seeds. Arrange, well apart, on greased towels. Let rise in a warm place, free from draft, until doubled in bulk — about 40 minutes. Bake in a hot oven (400 degrees F.) 12 to 15 minutes.

yeast along with the lukewarm milk mixture and 112 cups of

#### War's Not Over For These Men

Danger left over from the last war to-day still threatens the men of Trinity House, whose job is to overhaul marker buoys, radio beacons and other "mile stones of the sea" placed at strategic points in estuaries and outside ports.

Their moorings can act as snares for floating sea mines which become terrible booby traps. Men carping out repairs may have no arning of their presence until too late. A Trinity House officer recalls

two occasions when, working from a lighthouse tender, beside a buoy, he hauled up a live mine on the cables. "Each time my hair stood to attention," he says. Trinity House has lost two tenders, a steamer and lightship as a result of similar incidents.

#### Folding Doors Gaining Favour

The long-unappreciated fold-ing door appears to be coming into its own.

Almost every new house in the contemporary pattern has one or two of them fitted in as a closet door or in a bedroom. One reason for them is econo easily as hanging draperies. And they give a touch of modernity to the newest ranch house and split levels. They hardly tie in with the colonial, however, alsome locations where the mo-dern does not clash severely

with the traditional.

Folding doors now come in a wide range of sizes and colours. They are definite space savers, since they do not require room into which to swing. Coat cloexcellent places for folding doors. This aspect contributes to the usable space in small bed-How often have you wished

that you could use that wall space for a chair or a bureau where a door swings out into the room and back against the wall? A folding door is the an-Vinyl-coated fabric doors not only save space but they are fingerprint proof. They can be

hazard for children's fingers getting pinched. A folding door can be installed in a matter of minutes. All it requires is snapping a tension bar in place, or screwing the bar to the top of the doorway and

then suspending the door from the bar. True, some people do not like folding doors. Like the reaction to most things new, homeowncated to the advantages of this type of door. - From the Chris-

No man goes before his time - unless the boss leaves early.

### the 1 teaspoon sugar. Sprinkle with yeast. Let stand 10 minutes, then stir well. Beat egg Yul Brynner Makes Moving Report

1 tablespoon granulated

sugar
3 tablespoons shortening
1/2 cup lukewarm water

1 teaspoon granulated suga

1 envelope active dry yeast

3 cups (about) once-sifted

Scald milk; stir in salt,

tablespoon sugar and shortening.

Meantime, measure lukewarm

water into a large bowl; stir in

unattended, to a baby.

flooded into Hong Kong.

"It is hard for me

ite in the works.

although there is nothing defin-

not the typical American boy.

happen to live in Outer Mon-

- she says

all-purpose flour

1 tablespoon water Sesame seeds

Cool to lukewarm.

By DICK KLEINER

New York — While some Hol-New York — While some Hol-always hiding. He could not lywood stars act out stories of man's humanity toward man, Yul Brynner has been living one. He is devoting one year of his life - with no times out for wallet-fattening guest appearances — to the problem of refugees

In Jerusalem, where Arab refugees have a camp, Brynner and still in camps in Europe, the Middle East and Asia. He has

On Leftovers Of War

a title (special consultant to the U.N. High Commissioner for Refugees) but draws no salary. His main job is to focus public attention everywhere on the plight of the more than 7,000, tresses against one wall. Lying 000 persons, still technically on the topmost mattress was a homeless, who were uprooted by war. Brynner's primary interest is the hundreds of thousands of

and are growing up knowing only the life "I saw children in an Austrian camp," Brynner says, his eyes mirroring the emotion they have seen, "who are developing their own language. The camp houses so many people who speak different languages that the chil-

children who have been born

dren have a language all their The children know only camp life. To them, Brynner says. it is the normal way of life. Some adjust to it, others come to realize it is abnormal and deveop varying neuroses.

"But most of them," Brynner says, "don't think about it. I was with a family when it was leaving for a nev in Canada. asked, 'Do they have good comps in Can-ada?'" Brynner brings to his work great compassion and the ability to get things done. One of his

major accomplishments has been a short movie, which was shown on CBS Reports on Dec. 10, under the title of "Rescue." Brynner got all the cameramen, editors and technical people to contribute their services

"All I need," he says, "is 15 minutes with anybody and ['ll have them so worked up they'll

do anything I want." Brynner, a skilled amateur photographer, has also written book, "Bring Forth the Children," about the refugees and their camp life.

"It had to be a book of pictures," he said, "because I can-rot write. But I can take pic-Brynner did not take his wife

with him as he toured the world's refugee camps. There was a good reason for this. "I've seen such sights," he says, "that I wouldn't take Doris. know she couldn't stand it It would be too upsetting, both emotionally and physically. "It is mostly the children that



In Jerusalem, he had to gain their confidence.



"It's mostly the children that reach you,"

#### That Busy Bee Guards Its Secret

If bees would fly out into the fields and eat from hunger, in-stead of merely collecting food and carrying it back to the hive, Dr. Lonnie Standifer's task would be simple.

For four years Dr. Sta has been seeking a substitute for natural pollen which would nourish bees through the winter But they had neither the scienwith which the problem is being attacked at the Southwestern Bee Culture Laboratory, a Unit-ed States Department of Agrilture center on the University of Arizona campus.

After testing 700 possible pollen substitutes with slight suc-. cess, Dr. Standifer has shifted his approach to an angle which has apparently not occurred to other researchers. He is tearing pollen proteins apart into their constitutent amino acids, and trying to duplicate them with aminos from other sources.

Why should apiarists be interested in artificial pollen? The answer is easy for anyone who knows even a little about bees. He knows that the workers can usually store enough honey to last a large colony through the cold season. If they don't the beekeeper can supply sugar water or some other acceptable sweet. But pollen is just as essential as sugar in a bee's

stored in quantities sufficient for a long, hard winter. Even in mild climates a colony is likely to emerge into dition. The first few weeks of warm weather must be spent in rebuilding its numbers.

If a colony could end the winter with a full complement of worker bees. They could start immediately to gather honey and the apiarist could begin his hive robbing sooner.

Furthermore, if he could set out something that would suit them as well as pollen from soms, more workers could concentrate on collecting the nectar that becomes honey when processed in some mysterious apian way.

Not long after he was graduated from Prairie View A&M College in Texas, Dr. Standifer became a member of the Bea Culture Laboratory staff and was assigned to nutrition and pollen studies. When he mulled over how he might test artificial



THE BOMB - This is a recently released photo of the atomic omb of the type which obliterated Hiroshima in World War II. It is 28 inches in diameter, 120 inches long, 9,000 pounds.

PUZZLE

lege about the domestic bee. He could not simply set one of his synthetics near a hive and observe how well the bees seemed to like it. The chances were that they wouldn't touch it if any real pollen were at hand.

A bee's habits are different from those of almost any other insect or animal. Nearly all others eat where they find food. Some that store provender, like the squirrel, will satisfy their hunger on the spot before starting the day's collecting. Only when outside food is scarce will they feed inside their nests or caves, writes Ernest Douglas in the Christian Science Monitor. But a bee never consumes a

morsel outside the hive. It collects from instinct alone, and usually only what its instinct But if no nectar or pollen is available, it may collect some thing as useless as coal dust or an experimental pollen sub--stitute.

With help from Dr. A. R. Kemmerer and Dr. William Mc Caughey of the University of Arizona human nutrition department, Dr. Standifer devised his own system for testing his substitutes. He began confining young bees, captured just after hatching and before they ingested any food, in special small

"Controls" were fed natura pollen. Other caged lots of 75 were fed various substances that might do in place of pollen. Effectiveness of the substitutes was gauged by longevity of the bees and development of the pharyngeal gland, usually called the food gland. Unless a bee is well nourished, that organ in its mature peach tree may harbour head does not grow. more than five million European red mites at one time. His state-

This method was slow and tedious and of the 700 substances tried not one proved fully satisfactory. The best is egg albumen reduced to a powder; skimmed-milk powder, seman works. same seed meal, and soy flour are almost as good. Dr. Standifer, however, is not willing to trees in Canada. recommend any of these.

Again, after conferences with Dr. Kemmerer and Dr. Mc-Caughey, the decision was made to shift this line of research mainly to chemistry. Pollen is useful to the bee

because of its protein. Every proteins made up of 21 or 22 different amino acids, and in no two proteins are these acids put together in the same pat-

ing proteins from pollens known to be favourités with bees, and separating them into their animo components. One of these days he hopes to build a com-pound which will duplicate a pollen protein. he may be far from the goal. There may be some unidentifi-

able "growth factor" in pollen that is indispensable to bees. Dr. Kemmerer, incidentally, believes that there is some un-known factor in honey that is highly favourable to people. Dr. Standifer hopes to solve other bee-nutrition mysteries as ins?" he asks. "We have no evidence of it. Do they need fats? We simply don't know. What are their mineral needs and do they get them from wa-

we'll find out somewhere along the road to a substitute pollen. Q. What should a man do when passing a woman in the narrow corridor of a train, so that he may avoid jostling her too much? A. He can step into an empty compartment, if there is one otherwise, just flatten himself as

much as possible, face inward, against either wall. 11. Natives of a
W. African
tribe
16. Vehicle on CROSSWORD Tunners

Bobbin
20. Keeps from harm
1. Sound to attract attention
22. Delicate and lacy
23. Interlaced
25. Pushes forward
24. Animation
27. Insects 2. Present time 2 with the current 4. Prettier and daintier 5. Afresh 6. Cover 7. Behold 2. Titter 9. Reaches 2 across 2

1 2 3 4 5 6 7 8 9 10 11

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46 1140

Answer elsewhree on this page

34 35

19 20

to extermination. . . . to earth and into the soil fo plants with one generation

The area in which the chafe was found will be kept under close observation by the Niagara Falls staff in 1961 to check on



the effectiveness of the control

. . .

measures applied.

REPORT PEACEFUL REVOLT IN ETHIOPIA - The Ethiopian Foreign Ministry announced Dec. 14 in a radio broadcast that Crown Prince Asfa Wosen (right) had led a peaceful revolt against the government of his father, Emperor Haile Selassie (left), 69. The broadcast from Addis Ababa made no mention of the Emperor, who was paying a state visit to Brazil.

## THE FARM FRONT John Russell

Eradication of weeds by herbicides is a long term under-taking, tests at the Indian Head Experimental Farm have shown. Passers-by who saw W I. E. V. McCurdy, field husban-Putman counting the leaves on dry expert, says treatments with a peach tree at St. Catharines, Ont., thought he was paying the penalty for losing a bet. annually to two wheat crops But after counting 50,289 three-year rotation, have not leaves, Mr. Putman, an ecologist greatly reduced the numbers of with the Canada Department of weeds in treated as compared Agriculture, announced that a with untreated plots.

The treatment of summer fallow, he said, was expected ment was based on an estimate to reduce the number of culof 100 mites per leaf and was tural operations but proved of for the records of the entomololittle value because of the gical laboratory where Mr. Putgrowth of volunteer grain. An ester and an amine of The European red mite is one 2,4-D and an ester of MCP were of the most serious pests of fruit applied annually at two rates - a light rate against suscep-

tible weeds and a heavy rate

against those more difficult to

control. Each treated plot was

compared with an untreated

Weed counts taken in 1960 in-

dicate a noticeable reduction in the number of susceptible an-

nuals; such as stinkweed and

lamb's quarters, and some re-

duction in the number of Rus-

sian thistle, particularly in the

plots where the heavy rate was

The results indicate that dor

mant weed seeds plus the few

weeds that escape the herbicide

one. • • •

. . . A small penetration of Cana-'da's defences against invasion by foreign pests was achieved by the European chafer last sum-mer, in the Niagara district of Ontario, reports Dr. C. W. Far-

stad, Director of the Plant Protection Division. A counter-attack with soil treatments of dieldrin was the enemy has been checked. However, as the chafer is hard to keep an eye on, further re-

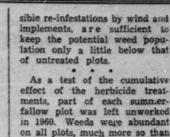
ports on this aspect are awaited. Evidence of the invasion was found when traps set in the Niagara Falls area for Japanese beetles were found to have caught not only the Japanese the European chafer. This insect is a pest of cereal and grass crops and has apparently be-come established in United States territory not too far from the Canadian border. It is not known how the chafer made its way across the border. It is er bee-nutrition mysteries as thought to have reached the goes along. "Do bees need United States from Europe about 20 years ago in earth

roots. \* \* \* Canadian examination of incoming vehicles carrying agriter, nectar, or polien? Maybe cultural products is regularly made to prevent the importation of insect pests, and fumigation is often required where there is ground for suspicion. The United States authorities have fought the chafer from one outbreak to another and their efforts have assisted in keeping it out of Canada to date.

clumps attached to nursery stock

When the insect was found in July of this year field men of the Plant Protection Division took up vigil under trees in the area to check the severity of the attack by observing the evening flights of the chafer. They concluded that the outbreak was confined to a small area. Twenty acres of turf adjoining Lower Arch Bridge at Niagara Falls were treated with 30 pounds of 10 per cent dieldren granules per acre, in an attempt

Delimiting areas of infestation is difficult, Dr. Farstad points out, in view of the nocturnal habits of the adults, coupled with the fact that little, if any feeding damage can be observed on foliage of trees or shrubs. Adults emerge in June and July and make short flights at dusk from the ground to the nearest trees, buildings or posts where they remain for the night and mate. At dawn they drop back the day. Eggs are laid in the the roots of a wide range of



on all plots, much more so than expected after almost 100 per cent control of susceptible weeds during the past 14 years. The treated plots had fewer weeds than the untreated ones:

however, it is evident that herbicide treatments will have to be continued for an indefinite **Ancient Persian** 

**Rug Patterns** Carpet-weaving, the craft for which the Persians are most re-nowned in the West, has been practiced in the province of Fars for at least a thousand years: an anonymous Persian geographer of the tenth century men-tions rugs as one of the stable is the Christ, the Son of God; ndustries of that district. What those ancient carpets were like we have no means of knowing, but in a land as conservative as Persia traditional designs persist unchanged through many generations and it may well be that the characteristic "Shiraz"

patterns of the present day go back to the dawn of history.

The term "Shiraz" is itself a misnomer, for whereas Shiraz is a very important emporium for pets, the city itself has no rug workshops; the wares trafficked in are produced in the scattered villages of Fars, and by the Qashqai and Khamseh tribesmen dwelling in their tents to the northwest and southeast of the city. The present level of output has been estimated at some 30,-000 pieces annually. These rugs, the largest tribal manufacturers of their kind, are woven on the ground-loom and seldom exceed a width of four feet, for a loombeam longer than five feet is too heavy and cumbersome to trans-



**FSUNDAY SCHOO** 

The Gospel of the Son of God John 1:1-14; 20:30-31.

This is the first of fourteen lessons from the Gospel as re-corded by John. It was written later than the Synoptic Gospels and records chiefly teachings and deeds of Jesus in Jerusalen

Matthew and Luke each tell of the birth of Jesus, showing Virgin Mary. Both Mary and Joseph were of the House of David. John shows that Jesus was God come in the flesh In fact, the great purpose of the Gospel is to emphasize the Deity of Jesus Christ. This is stated in the following passage, (John 20:31), which is our Memory Selection. "These are writte have life through His name."

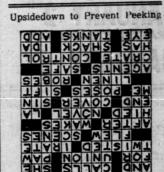
Here are some of the evi-Divine, as set forth in our lesson. In the beginning He was with God. He created all things. He was the Light that lighteth every man that cometh into the world. His power as Saviour is vividly expressed in the following: "As many as received Him, to them gave He power to be come the sons of God, even to them that believe on His name."
"Power to become." That is what we need. We make good resolutions but we can't keep them. "All have sinned and come short of the glory of God." We need a power bigger than ourselves. Sin shackles us. Here-in is the Gospel that Jesus will saved by our good works or our church membership. We become the sons of God when we com-Christ and trust Him to save us. We would do well to read

through the Gospel of John several times during this quarter.
Our lives will be greatly enriched as we view the ministry of Jesus through the eyes of John, the Apostle who was the closest to Him. John was one

of the three who were with Jesus on specially sacred occa-sions. Jesus committed Mary to

John's care while He was on

the cross. He was inspired God to write this Gospel.



treatments, togther with pos-



Cuba isn't the only place in Latin America where guns and brickbats have become the latest in men's fashion accessories. After tense hours when the fate of the Guatamalan government was threatened by rebels, loyal troops finally captured or drove into the hills a group of insurgents. Part of the captured booty included truckloads of rifles, ammuntion and other military gear (top photo). Meanwhile, in Venezuela, the liberal ammuntion and other military gear (top photo) and the liberal details of the captured booty included truckloads of rifles, ammuntion and other military gear (top photo). Meanwhile, in Venezuela, the liberal details are the liberal details of the liberal captured in the liberal near the city university (lower photo).

