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Gardens

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CLEAN THE AIR

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Woman's World

By Mair M. Morgan

CHILDREN'S HEALTH DESSERTS

Some children will not drink milk. Why not feed this healthful food to them through the medium of delicious desserts—something all children crave?

Chocolate Marshmallow Surprise

1 package chocolate Junket powder
1 pint milk
1 cup confectioners' sugar
¼ pound marshmallows
¼ cup boiling water

Prepare chocolate Junket according to directions on package. Chill in refrigerator. Cut marshmallows in pieces and melt in double boiler. Dissolve sugar in boiling water, add to marshmallows, and stir until thoroughly blended. Turn into a bowl and cool. Just before serving, put topping on cold raspberry Junket.

Lemon Junket with Baked Apples

1 Junket tablet
1 tablespoon cold water
1 pint milk
3 tablespoons sugar
6 apples
Maraschino cherries
1 teaspoon lemon flavoring
1 cup sugar
1-3 cup water
½ teaspoon red food color
Cinnamon, if desired

Make a syrup of 1 cup sugar, 1-3 cup water, cinnamon, and red food color by boiling 5 minutes. Put the apples, which have been peeled and cored, in a pan and pour the syrup over them. Bake until tender, basting frequently. Place apples in individual dishes, filling center of each apple with syrup. When cooled and syrup has jellied chill in refrigerator. Dissolve Junket tablet in 1 tablespoon cold water. Add 3 tablespoons sugar and lemon flavoring to milk, and warm to lukewarm—not hot. Add dissolved Junket tablet, stir a few seconds, and pour over apples. Let stand until firm, then chill in refrigerator. Place cherry on top of apple when ready to serve.

MARIE EST MALADE

For a long time we have been accustomed to having toast and orange marmalade served to those recovering from a fit of illness. Somehow or other the marmalade seems to touch that proverbial spot so that even if it were not a healthful balancing tasty, it would still be a favorite with convalescents.

Probably few of us realize where the word "marmalade" originated. According to the Pathfinder Magazine "Mary, Queen of Scots, brought over from France the preserves she loved so well. Mary loved it to such an extent that every time she was ill she would call for it until it became known as 'Marie est malade' by her French court, and through the years it has degenerated into 'marmalade'."

ECONOMY MEAT DISHES

High-priced cuts of meat are delicious, but those of us who have to watch the pennies these days may, with a little care, prepare wonderful meat dishes from the cheaper cuts. A dash of sugar in meat dishes, brings out the flavor and furnishes the body with some quick-energy fuel—just what we need on cold days.

Connecticut Stew

1¼ pounds fresh, lean pork
3 pounds fresh, lean pork
3 cups diced parsnip
1 tablespoon finely chopped parsley
1 cup sliced onion
2 tablespoons flour
1 teaspoon sugar
Salt and pepper

Cut the pork into small pieces. Brown in a frying pan. Add the water and simmer until the meat is nearly tender. Add the vegetables and seasonings, cook for fteen or twenty minutes. Mix the flour with a small quantity of cold water. Add to the meat and vegetables. Cook until thickened. Sprinkle parsley on top of stew before sending to the table.

Stuffed Flank Steak .. ...

Have a flank steak trimmed and scored; that is, cut all over the surface in criss-cross lines. Mix together one cup bread crumbs; one small onion, chopped; one-half cup grated raw carrot; one-half cup finely diced celery; one tablespoon minced parsley; one teaspoon sugar; salt and pepper to taste, and one-third cup hot water or enough to moisten. Spread this mixture over the flank steak. Roll up as tightly as possible. Tie firmly and sprinkle with flour, pepper and salt. Brown quickly in hot fat. Then place in a covered pan and bake in a moderate oven for one and one-half hours. Baste two or three times during the cooking with two tablespoons butter melted in one-thid cup boiling water. When done, remove the strings. Serve with brown gravy made from the fat in the pan.

FRUIT PUNCH FOR A CROWD

(Makes about 4 gallons—60 large glasses, 120 small)

2 quarts sugar
1 quart water
2 quarts tea infusion
1 quart lemon juice
1 quart orange juice
1 quart grape juice
1 quart grated pineapple
2¼ gallons iced water
1 cup strawberry slices
2 cups fancy orange slices

Make syrup of sugar and 1 quart water. Make tea infusion by pouring 2 quarts (8 cups) boiling water over 5 tablespoons tea. Cool. Combine syrup, tea, fruit juices and water. Add strawberry slices and orange slices, which may be cut in fancy shapes or simply halved or quartered.

Punch may be strained before adding strawberry and orange slices but this will lessen quantity made. Less water may be used and punch poured over block of ice in punch bowl. When strawberries are out of season the strawberry slices may be replaced by another cup of orange slices. Recipe may be halved or quartered to serve a smaller group.

FOR SHARPENED WINTER APPETITES

With cold weather at hand to sharpen appetites, this is the season of the year when all the family will give a rousing welcome to the appearance of the muffins, waffles and griddle cakes on the breakfast menu.

Below is a convenient "three-in-one (for bran, muffins, waffles and griddle cakes) recipe that will be as welcome to the busy housewife as the results of her efforts will be to father and the children. Since the recipe calls for bran, there will be the satisfaction of knowing that it will provide a real contribution to the health of the family, for the bran provides the "bulk" every normal person needs to keep his system in good working order.

Three-In-One Recipe

1¾ cups all-bran
1 2-3 cups sour milk
½ cup sugar
3 eggs (beaten well)
2 cups flour
2 teaspoons baking powder
1 teaspoon soda
1 teaspoon salt

Put all-bran to soak in the sour milk. Cream the shortening and sugar. Add eggs, sour milk and all-bran and mix thoroughly. Sift flour with baking powder, soda and salt and add to first mixture—stirring only until flour disappears. Bake in greased muffin tins in a moderate oven (425 degrees F.) for 20 to 25 minutes or in a hot waffle iron. Some of the mixture may be thinned with water or milk and used for griddle cakes. Provides 16 small muffins, 3 waffles or 8 griddle cakes.

DINNER DESSERTS

The housewife who has planned to serve apple sauce or canned fruit for dessert on the day when her husband brings home an important business acquaintance on short notice can produce an interesting and unusual substitute in a few moments. By combining the sauce or canned fruit with sweetened condensed milk she can make a really distinctive dessert that will lift the simple home dinner into the realm of meals to be remembered.

Suppose she has chosen canned apricots. Here's her solution:

Apricot Cream

¼ cup apricot juice
1¼ cups aprioct pulp
3 tablespoons lemon juice
1 1-3 cups (1 can) sweetened condensed milk
Lady fingers, if desired

Force apriocots through a coarse strainer. Add lemon juice to sweetend condensed milk. Stir until mixture thickens. Add aprioct juice and pulp, mixing thoroughly. Pour into sherbet glasses and place in refrigerator to chill. Sherbet glasses may be lined with lady fingers if desired. Serves six. Dried apricots may be used in this dessert. They should be soaked and cooked in the usual way, but no sugar should be used.

Here's the apple sauce dessert:

Apple Sauce Whip

1 can apple sauce (2 cups)
Juice of ½ lemon
¾ cup sweetened condensed milk
Nutmeg (optional)

Add the juice of half a lemon to the apple sauce. Add mixture to sweetened condensed milk and blend thoroughly. Nutmeg may be added if desired. Chill thoroughly before serving. Serves six.

KITCHEN KINKS

Taken in a glassful of water before breakfast, the juice of a lemon will help to purify the blood and cleanse the system.

A sponge can be cleaned by washing it in warm water to which lemon juice has been added.

New cake and meat tins will not rust or burn if, before they are used, they are rubbed over with lard and then left in a rather warm oven for some time. See that corners and crevices are well coated with the lard. Afterwards wipe off the grease and wash in the ordinary way.

A sense of humor is that which makes you laugh at something that happens to somebody which would make you angry if it happened to you.

Inspired Work

Melville Jack (left) younger brother of Richard Jack, R.A., famous painter of British nobility and eminent Canadians; and David Miller put finishing touches to Dionne crucifix sculptured to interpret birth of quintuplets as Divine challenge to birth control exponents. The crucifix is to be erected at the birthplace of the Dionnes.

Diet Fad Creates Potato Surplus

Says the Toronto Mail and Empire: "Statistics show that there has been a decline per capita in the consumption of potatoes in this country. This has helped to lower the market price, as it has in part caused Canada to have a large surplus of tubers —about 7,000,000 bushels to be exact. One farmer stated recently that he had sold two truck loads of Grade 1 potatoes at his farm for 16 cents per bag to Toronto dealers. The matter has been referred to the National Research Council, under whose auspices a conference of agricultural experts, chemists and marketing authorities was convened. A committee will be named to canvass the situation and suggest means of remedying the condition obtaining to which undoubtedly the unemployment situation as well as dieting on the part of thousands of people, has contributed. As a large list of foodstuffs, including confectioners' glucose, grape sugar, syrup and starch can be made from the wholesome tuber, Canadians may confidently expect from the committee which will operate under the aegis of the Research Council, some practicable suggestions by which the excess potato supply may be used up."

Stars in Hair

Duchess of Kent Favors These Ornaments For Eveinng Wear

The fact that the Duchess of Kent wears a little star of brilliants in her hair in the evening will doubtless mean that brilliant stars in the hair will be popular this winter. (Has it occurred to you that with the coming of the Duchess as the newest bride to Court we are going to have a leader of feminine fashions in the Royal family in the same way as the Prince of Wales is arbiter and leader of men's fashion? What the Prince wears on the golf links today men all over Britain are wearing to-morrow, and what the Princess wears today society women will surely be wearing tomorrow).

Worn In The Hair

These hair stars worn just back from the temple, put in a tentative appearance some time back, but it has needed the approval of the Duchess of Kent to launch the idea seriously. Stars, asa matter of fact are in vogue. Midnight blue evening gowns are scattered as unevenly as the heavens with tiny silver stars, and one star-spangled dress at the Opera the other night was fastened down the front with round wooden buttons in the centre of each of which was a single silver star.

Many of the newest buttons are star-shaped and one big fur house is using enormous gold stars studs to fashion in place the fin-like revers of a black afternoon coat. Stil, with all this encouragement we hope none of us will go so far as a recent visitor to Paris who permitted her coiffeur to place a golden star on each of her eyelids.

Do Animals Think?

Rusticus in the Stratford Beacon-Herald.

—Do animals think? We are reminded of this question by the action of a sow pig that has found a way of getting out of the yard in which she is supposed to stay. There is a small gate in this yard, and in all probability it was at some time left open so that the sow could get out. Well, she was soon put back and the gate closed, but, having tasted freedom she was bound to go exploring again. She walks up to that gate. It is shut and a gentle push will not open it. She hooks her snout under the offending pece of steel and wire and lifts it right off the hinges. Once more the whole farm is hers to wander over as she pleases.

In the yard there is a giant oak tree and this year there was a good crop of acorns. These have long since fallen to the ground. In her wandering about the place the sow found the oak tree with the acorns under it She liked these nuts very for a day or two was qui to feed on acorns; and sl the shed, but the acorns large tree won't satisfy th of a fairly large sow for m She must have a new and supply of feed. The strong been useful in opening the gate. So perhaps the same trick would work on another.

In the shed there was a lkely looking door. We thought it was securely fastened, but a few good yanks from that pig's snout made the hooks give way. And on the inside she found a peck of rolled oats very much to her liking. Of course, a stronger hook was put on that door but there were other doors that must be tried. There is not a door about the barn that that sow has not tried to dislodge with her powerful snout.

Business Improves

Newfoundland Reports Favorable Trade Balance

St. John's Nfld. — Reporting a favorable trade balance and a general improvement in business, Newfoundland's commission government has released customs returns for the fiscal year ended June 30, 1934.

The returns showed that the island's total trade for the year amounted to $43,097,065 compared with $39,641,800 in the previous twelve months.

Imports were valued at $16,305,000 and exports at $26,791,503. Imports exceeded the previous year's by more than $1,000,000 and exports increased by more than $2,000,000.

Newfoundland was shown to be a good customer of Canada, having imported $6,500,000 worth of goods from the Dominion. Imports from United States amounted to more than $4,500-000 and from the United Kingdom $3,833,000.

The United Kingdom was Newfoundland's best customer, having accounted for $11,992,000 of the island's exports, of which paper represented approximately $7,000,000.

Exports to the United States totalled $5,194,000 of which pap- sented ... was ing n 000 c centra

New ... continued to be one of Newfoundland's greatest sources of wealth, production for the year having totalled $11,550,345. Fisheries were valued at $7,663,650 and minerals at $4,708,699.

Cargo of Mul

746 Potential Kick Shipped to India From U.S.A.

Saint John, N.B.—Destined British army service in India go of 746 kicks is at sea ab S.S. City of Auckland. These tential in the hind legs of 3 shipped by Frank F. Simp Omaha, Neb. Simpson said t leading shipper of mules in t ed States, since 1921 has bee contract to supply the Imper ernment with animals for Inc bile forces.

The veteran mule driver w ed from St. John with the sh said the hardy western mule dispensable for rigorous arm port work in the torrid region dia. Results of British atte breed the animals there had equal the United States pro strength and stamina. "It's matter of brood mares," Sim marked.

Plough Ocea

Device Cuts Furro Bottom for Laying Cable

Halfiax — It's hardly spr but just the same they've bee a bit of ploughing out there Atlantic. And it's not the pl of the waves that the poets write about either.

is through.

The planting has been going below the surface on the A rough bottom. Submarine what they've been planting— ing—100 miles to the south Ireland and already 20 mile have been laid down.

Personal Min

Nova Scotia Man Has Supply of Coal

Windsor, N.S.—A seam of located at Fall Brook, near which burns with a blue fla leaves only a small white ash been the source of Thomas mer's winter heat during th few years and he has express opinion that the vein might be working and would provide j many of the unemployed m this vicinity.

Swinamer is a working ma he said: "I took out lots of co burned it in the stove all but I don't have time to foo it. Two men with picks and can't do anything with a sea that."

Swinamer showed the sea William Deuchard, a Scotsma was a student of geology at a in Perthshire, and he said i his opinion that the coal could be profitably mined. Fr rock and the way in which is ed, Deuchard judged it was anthracite or possibly anthra the middle or lower carbon formation.

Poultry Grades

Most of the poultry being on the market this year graded in ...

... fat, and ... cu, distinguished by yellow Within these classes are the "Milk-fed A," Milk-fed B, "Selected C." Grading of the in this manner enables the holder to choose good dressed with great ease.

MUTT AND JEFF— By BUD FISHER