'Daring Young Man . . .'—Gregg Hofmeister, age 2, has become an expert gymnast by working out in his dad's physical culture studio since he was 8 months old. Above, left, Gregg limbers up by doing a hand-stand on the back of a chair. Next, he balances himself straight out from dad's hands. There are three other youngsters in the Fred Hofmeister family, all expert acrobats.

TABLE TALKS

by Jane Andrews.

According to somebody who has made a study of such things, there are—growing in every part of the Old and New World—more than fifty members of the cabbage family. They are of different shapes, colors, and there is a wide variety of flavours.

Yet they all have this in common—moderate cost, ease of preparation, and good eating.

So here are a few hints regarding cabbage preparation and cookery, also a couple of recipes you might like to try.

Since cabbage is a strong-flavored vegetable, allow to stand with whole head down in slightly salted cold water for about 30 minutes before cooking.

To cook, remove outer leaves if necessary, then quarter, lice, shred, or chop the cabbage according to your own preference and variety used. Add a small amount of water and ½ teaspoon salt; cover and simmer until tender (8 to 18 minutes depending on kind of cabbage and size of pieces). Drain, if necessary, blend with butter or bacon fat, and season to taste with salt and pepper.

One foolproof way to keep your cabbage cooking a secret and avoid the usual kitchen smells, is to place 2 or 3 slices of stale bread on top of cabbage before the cover lid goes on.

Cabbage Goulash

1 medium head green or white cabbage
4 or 5 tomatoes or 1½ cups canned
2 green peppers
½ cup kernel corn, cooked fresh or canned
2 tablespoons fat or butter
1 teaspoon chopped caraway seeds
1 bay leaf
Salt and paprika to taste
2 tablespoons sour cream, if desired

METHOD: Cut cabbage into coarse pieces; dip tomatoes and peppers into boiling water; peel tomatoes and quarter, remove seeds of peppers and cut into thin strips lengthwise; drain canned corn.

Heat fat in saucepan, add vegetables and caraway; cover and simmer over low flame for 15 minutes. Add bay leaf, season with salt and paprika, and simmer for another 10 minutes; remove bay leaf. Add cream, if desired, and let come to quick boil once. Serves 4 to 5.

Stuffed Cabbage Rolls

8 to 10 large outer leaves of cabbage, green or white
½ pound mushrooms
1 small onion
3 tablespoons fat
1 egg yolk
½ cup oatmeal
1 tablespoon sour cream or evaporated milk soured with lemon juice
Salt, red pepper, marjoram or sage to taste

METHOD: Cover cabbage with boiling salted water and let stand for 5 minutes rinse and drain. Slice mushrooms and chop onion. Pan mushrooms in hot fat, add onion and oatmeal and heat for 10 minutes. Add one tablespoon water if necessary. Cool slightly and stir in egg yolk and sour cream; season to taste. Using 2 cabbage leaves for each roll, place 1 to 1½ tablespoons stuffing in center of each, roll and fasten with toothpick, or tie with cord.

Place in well-greased baking dish, dot with fat, and add ½ cup water into bottom of pan. Bake, uncovered, in a moderate oven (350°) for 30 minutes. Serves 4 to 5.

* * *

I know a small boy who is continually saying, "Mom, let's pretend it's Easter so you'll have to make Hot Cross Buns". (I also know some grown-ups who are pretty fond of fresh buns, any time of the year, and with or without the cross.)

So here's a recipe which I feel sure YOUR folks will like as well as MINE do. And that's a whole lot.

Rich Cinnamon Buns

¼ cup butter or margarine
¼ cup brown sugar
¾ cup Crown Brand Corn Syrup
3 cups sifted all-purpose flour
4 teaspoons baking powder
1½ teaspoons salt
½ cup shortening
1 cup milk

METHOD: Place first three ingredients in a saucepan; bring to a boil over medium heat and boil 1 minute. Pour into 9-inch square cake pan. Mix and sift flour, baking powder, and salt; cut in shortening with pastry blender or two knives. Add milk to make soft dough. Turn out on floured board. roll into rectangle ¼ inch thick. Cut into 1-inch slices and place cut side up in syrup. Bake in moderate oven (370 deg. F.) 45 minutes. Let stand in pan about 2 minutes. Invert pan to remove buns. Makes 16 buns.

Raisin Nut Filling

Combine ¼ cup Crown Brand Corn syrup, 2 tablespoons melted butter or margarine; spread over surface of dough. Sprinkle with ¼ cup brown sugar, 2 teaspoons cinnamon, ½ cup raisins and ½ cup chopped nutmeats.

SALLY'S SALLIES

"No more spinach, Willie. Look what it has done to your father!"

Some Hints On Cooking Wild Game

How do you feel when your husband or the boys bring home a rabbit, several squirrels or a pheasant for you to cook? Do you think longingly of the pork roast that's in the icebox all ready to slip into the oven? Or do you feel that this is a chance to have a delicious and different kind of a meal for a change?

Perhaps if you insist that the men-folks clean and dress the game as well as kill it, you will enjoy the preparation and serving of this game to a greater degree writes Zoe Murphy in "Wallace's Former."

Wild game not only has a food value that is equal to domestic animals, but the flavor is unusual and exciting. You know, of course, that game should be drawn and cleaned as soon as possible after it is shot. Game should be kept at a cool temperature—32 to 45 degrees until it is to be cooked. All game is better if allowed to hang for a couple of days to season.

If your hubsand brings home a pheasant as soon as the season opens, how are you going to cook it? Young birds can be cooked successfully by any recipe that is good for chicken.

But if there is any doubt in your mind about the age of the bird, why not try baking it? Here is a recipe that brings out the best flavor in any pheasant.

Baked Pheasant

Clean and cut up the bird for frying. Wipe thoroughly, dip in flour, and brown in butter in a frying pan. Place in a roaster and sprinkle well with salt and pepper.

Put enough sweet or sour cream in the pan to make a depth of one inch. Add one-eighth pound of butter for each bird. Cover and bake at 300 degrees for about two hours. Make a gravy in the drippings and cover the bird before serving.

If you like your pheasants roasted, you will find it's a good idea to add extra fat in the form of bacon, salt pork or fresh sidemeat. To keep the breast from drying out, you can roast the birds with the breast-side down. Be sure to baste often.

Roast Pheasant

Place a cleaned pheasant in a roasting pan and pour one quart of boiling water over it and into the cavity. Place a cup of chopped celery and one chopped onion in the bird. Or you can use a favorite dressing if you like.

Rub generously with salt and pepper. Lay four strips of bacon or salt pork over the breast and roast the bird in a 350-degree oven for two hours or until it's tender. Baste often.

Broiled Squirrel

Place a cleaned pheasant in a roasting pan and pour one quart of boiling water over it and into the cavity. Place a cup of chopped celery and one chopped onion in the bird. Or you can use a favorite dressing if you like.

Rub generously with salt and pepper. Lay four strips of bacon or salt pork over the breast and roast the bird in a 350-degree oven for two hours or until it's tender. Baste often.

Broiled Squirrel

If the boys don't bring home pheasants, they are pretty sure to present you with some rabbits or squirrels before the season is over. Squirrels are among the finest and most tender of all small game animals. They also have a mild game flavor.

Broiled squirrel is particularly delicious. It's best to split the carcass in half, brush the pieces with butter, and season with salt and pepper.

Broil at moderate heat in a broiler. Brown both sides and baste frequently with drippings for one-half to one hour. Meat should be well done. Remove to a heated platter, season again with butter and serve at once.

Smothered Rabbit or Squirrel

Have at hand two rabbits or squirrels, one teaspoon salt, one-eighth teaspoon pepper, a dash of paprika, one-half cup flour, one-fourth cup drippings, one-half cup sliced onion, one sprig parsley and one cup light cream.

Cut the rabbits or squirrels in pieces for serving. Dredge in seasoned flour and brown in the drippings in the dutch oven. Scatter the onion and minced parsley over the pieces and add the cream. Cover tightly and simmer over low heat for one and one-half hours, or until the meat is tender. Remove the pieces to a heated platter, pour gravy over meat and sprinkle lightly with paprika.

Rabbit Pie

Cut a rabbit into serving pieces and soak in equal parts of vinegar and water for twelve hours before cooking. Sprinkle with salt and pepper, and dredge with flour. Sear quickly in a frying-pan.

Add water to cover and simmer slowly in a covered pot for one and one-half hours. Add two onions, two carrots and two or three potatoes, all cut into pieces. Cook until the vegetables are done.

Thicken the stew with flour. Put in a greased baking dish and cover top with pie crust or biscuit dough. Return to oven and bake until the dough is done.

Roast Wild Duck

Perhaps no other game meat is more tempting than roast wild duck. First, clean and wipe the ducks dry. Sprinkle generously with flour, salt and pepper. Place a whole peeled onion inside each duck and put them in a self-basting roaster. With toothpicks, fasten two or three strips of bacon across each bird.

Or you can stuff ducks with a wild-rice dressing, made by boiling wild rice and seasoning it with salt and pepper and chopped onion, or any other favorite dressing.

Cover the bottom of the roaster with water. Cover the ducks tightly and roast at 350 degrees for one and one-half to two hours, depending on the size of the ducks. Remove the cover of the roaster the last 15 minutes, so the birds can brown.

The SUNDAY SCHOOL LESSON

By Rev. R. Barclay Warren

"Jeremiah, A Spokesman of God"

Jer. 1.9-10, 18-19; 22-1-3, 13-14; 37:15-17

Golden Text: "Woe unto him that buildeth his house by unrighteousness, and his chambers by wrong; that useth his neighbor's service without wages, and giveth him not for his work" Jer. 22:13.

Jeremiah has been called "the weeping prophet." Supporting this view are his own words, "Oh that my head were waters, and mine eyes a fountain of tears, that I might weep day and night for the slain of the daughter of my people." Jer. 9:1. But do not think of his tears as the sign of weakness. They were the expression of his great love and compassion as were the tears of Jesus over Jerusalem. Luke 19:41.

That Jeremiah was strong and fearless is evidenced by such statements as contained in the memory verse and "Execute ye judgment and righteousness, and deliver the spoiled out of the hand of the oppressor; and do no wrong, do no violence to the stranger, the fatherless, nor the widow, neither shed innocent blood in this place."

Jeremiah had the unpleasant task of predicting the doom of Jerusalem. He was suspected as a traitor and thrust into prison. But such harsh treatment did not deter him from being a faithful spokesman of God. When brought before the King, he said, "Thou shalt be delivered into the hand of the King of Babylon."

O for more of the spirit of Jeremiah in the ministry of today; men who are no mere time-servers, but who carry the people on their heart; men who do not seek popularity, but who seek God and His message and then faithfully deliver it to the people.

Important Guests At Royal Winter Fair

Toronto — Field Marshall Lord Wavell has accepted an invitation from John McKee, President of the Royal Agricultural Winter Fair and will visit the Toronto fair on November 22.

Lord Wavell, who became Viceroy of India after leading the British Army in North Africa, will attend a reunion in Montreal of the Royal Highland Regiment (Black Watch). While he is at the Royal the Field Marshall will be provided with a guard of honor from Toronto's 48th Highlanders. The guard will parade in prewar white shell jackets and the pipe band in full dress.

Other important guests of the Royal will be His Excellency, the Governor-General, who will attend on Monday, November 21st, and the Lieutenant-Governor of Ontario, the Hon. Ray Lawson on November 16th.

How I Subdued Wild Fiery Itch—

Dr. Dennis' amazingly fast relief—D. D. D. Prescription—did the trick. World popular, this pure, cooling, liquid medication speedily eases and comforts from cruel itching caused by eczema, pimples, rashes, athlete's foot and other itch troubles. Trial bottle, 35¢. First application checks even the most intense itch or money back. Ask druggist for D. D. D. Prescription (ordinary or extra strength) now.

WAKE UP YOUR LIVER BILE—

Without Calomel—And You'll Jump Out of Bed in the Morning Rarin' to Go

The liver should pour out about 2 pints of bile juice into your digestive tract every day. If this bile is not flowing freely, your food may not digest. It may just decay in the digestive tract. Then gas bloats up your stomach. You get constipated. You feel sour, sunk and the world looks punk.

It takes those mild, gentle Carter's Little Liver Pills to get these 2 pints of bile flowing freely to make you feel "up and up." Get a package today. Effective in making bile flow freely. Ask for Carter's Little Liver Pills, 35¢ at any drugstore.

RICH, SPICY **CINNAMON BUNS**

Recipe

Measure into large bowl, 1 c. lukewarm water, 2 tsps. granulated sugar; stir until sugar is dissolved. Sprinkle with 2 envelopes Fleischmann's Royal Fast Rising Dry Yeast. Let stand 10 min., THEN stir well. Scald 1 c. milk and stir in ½ c. granulated sugar, 1¼ tsps. salt, 6 tbs. shortening; cool to lukewarm. Add to yeast mixture and stir in 2 well-beaten eggs. Stir in 3 c. once-sifted bread flour; beat until smooth. Work in 3 c. more once-sifted bread flour. Knead until smooth and elastic; place in greased bowl and brush top with melted butter or shortening. Cover and set in warm place, free from draught. Let rise until doubled in bulk. While dough is rising, combine 1½ c. brown sugar (lightly pressed down), 3 tsps. ground cinnamon, 1 c. washed and dried seedless raisins. Punch down dough and divide into 2 equal portions; form into smooth balls. Roll each piece into an oblong ¼" thick and 16" long; loosen dough. Brush with melted butter or margarine. Sprinkle with raisin mixture. Beginning at a long edge, roll up each piece loosely, like a jelly roll. Cut into 1" slices. Place just touching each other, a cut-side up, in greased 7" round layer-cake pans (or other shallow pans). Grease tops. Cover and let rise until doubled in bulk. Bake in moderate oven, 350°, 20-25 minutes. Serve hot, or reheated.

NEW FAST-ACTING DRY YEAST NEEDS NO REFRIGERATION!

Stays fresh and full-strength on your pantry shelf for weeks! Here's all you do:

1. In a small amount (usually specified) of lukewarm water, dissolve thoroughly 1 teaspoon sugar for each envelope of yeast.
2. Sprinkle with dry yeast. Let stand 10 minutes.
3. THEN stir well. (The water used with the yeast counts as part of the total liquid called for in your recipe.)

Get a month's supply!

It's so different today

In European Courts long ago it was considered a supreme honour to be allowed to watch the King eat his breakfast. But no king ever enjoyed a more wholesome, delicious, satisfying dish than the wonderful TWO-GRAIN cereal, POST'S GRAPE-NUTS FLAKES—made from sun-ripened wheat and malted barley.

Here's a *royal* breakfast . . . crisp, sweet-tasting, honey-golden flakes with the distinctive GRAPE-NUTS flavor. *Extra* good for young and old because they provide nourishment everybody needs—useful quantities of carbohydrates, protein, minerals and other food essentials. Get POST'S GRAPE-NUTS FLAKES at your grocer's *today*.

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