The GREEN THUMB

by Gordon Smith

These Will Add Interest

It is not advisable to plant the whole garden with new things or novelties, but certainly the systematic introduction of two or three each year will provide new interest and very often the discovery of a valuable and permanent addition.

It should be remembered that the work of plant improvement has never stopped. Old favorites among the flowers and vegetables have been wonderfully improved in color or quality and what is of great importance to Canada there are far hardier sorts today than were in existence a few years ago.

As a result of this new hardiness it is now possible to grow such tender things as garden corn, melons, tomatoes, cucumbers, etc., in areas where the old strains would not have had a chance. And the same applies to many formerly tender flowers.

Then there are brand-new discoveries, too, at least brand-new to the average gardener. A great many people have never tried things like borecole, Brussel's sprouts, Chinese cabbage, endive, watermelons, or even Swiss chard, peppers or eggplants.

Few of us have ever tried to grow any of the herbs like dill or sage, or things like garlic, horse-radish or leeks. Practically all of these are hardy and easily produced.

By selecting new, hardy varieties, or in some cases getting started plants or forcing along under paper caps and with a little quick-acting fertilizer, these things can be grown safely in a great many parts of Canada. And the list of new or improved flowers is almost endless, as any good seed catalogue will reveal.

Tender Plants

It will now be time to start planting those flowers and vegetables which cannot stand any frost. Dahlias, gladioli, petunias and other soft-stemmed started flowers are in this category, and also tomatoes, peppers, eggplants, cukes, squash, melons and pumpkins. Some of these, it is true, will survive a light frost but usually the damage sets them back so that they will never really catch up. With the seeds and bulbs, of course, one can plant a week or ten days before the last light frost because the plants will not be exposed above ground. There is not much advantage in early planting because none of these tender things really start to grow until both soil and air are warm.

Cucumbers, melons, squash, etc., are usually grown in hills. These are beds a foot or so in diameter and about two to three feet apart. They are heaped up a few inches above the surrounding earth. This allows them to drain well and also to absorb more sun, which they love. Hills are made by scraping out about six inches of the surface soil, filling with rotted manure or some similar rich mixture, then topping off with an inch or so of fine, light soil in which the seeds are planted.

Guards' Gal — Anya Nord, 21, should be about the safest girl on the sands at Hampton Beach. She was chosen queen of the beach lifeguards, and it's a safe bet they'll look after her.

HEALTH HINT—Beware of flies—they are filthy and germ-laden. All foods should be protected from these winged pests whose chief object for existence appears to be the spread of disease.

Santa's Resting Nicely—Santa Claus, in the person of James Yellig of Santa Claus, Ind., got letters from worried boys and girls all over the country when they heard he was laid up with a leg injury. Yellig, who has portrayed jolly St. Nick for years in his home town, wants to assure all the youngsters he'll be back in action come next Yuletide.

She's "World's Most Perfect Mother"

Officials at a hospital in Perth, Western Australia, believe they have discovered the world's most perfect mother—Mrs. S. Cook, who, it is reported, is able to have babies effortlessly.

Forty-year-old Mrs. Cook has had nine children—eight sons and a daughter. It is said that they all arrived so effortlessly that only once had this remarkable mother been in bed for the new arrival. That was when her daughter was born in the hospital, but only after the hospital authorities had managed to persuade her to take a bed there.

Her eight sons were all born while she was doing her ordinary household duties. Two came when she was actually alone in the house. They weighed 10lb. and 8lb.

All Mrs. Cook's children were born within days of the expected times and all have been reared without a bottle. She feeds all of them herself until they are ten months old. This is astonishing enough, but it is the healthy, cheerful mother herself who really astonishes the hospital officials.

They are convinced that a careful and systematical study of Mrs. Cook would greatly help in making childbirth easier and happier.

When a London midwife with twenty years' experience was asked to comment, she said: "This mother's record of quick and easy birth is certainly remarkable and probably unique. Her case should greatly encourage specialists who are now campaigning for more prenatal relaxation and exercises to ensure easier childbirth. But it will probably be a long time before it will be possible to achieve, without drugs, childbirth with such a minimum of discomfort."

However, the education of mothers is continually progresisng and there is no doubt that great steps forward have been taken in recent years. Childbirth today is certainly much easier for the mother than it was in our parents' time."

Baton Beauty — "America's most beautiful baton twirler" is the title won by Rachel Ikard, 17, among 600 entrants in a contest conducted by a school magazine. Besides strutting as drum major, Rachel plays the drum, dances and sings. She's a June high school grad.

HEALTH HINT — Canada's Food Rules suggest we should include in our daily diet at least one serving of potatoes; and at least two servings of other vegetables, preferably leafy, green or yellow and frequently raw.

This is a woman's world. When a man is born people ask: "How is the mother?" When he marries they excraim: "What a lovely bride." When he dies they inquire: "How much did he leave her?"

READ THIS AND SAVE TIME

If two American psychologists get their way, students in our schools and colleges will be reading both from left to right and from right to left. This is the way these two psychologists want us to read. They say it saves the time taken for the eye to switch back to the left to begin each new line.

Read the next line of type from reach you when and ,left to right the other end of this line, begin ,on so and ,left the at next alternating with each line. Is it Buswell Doctor ?read to easier and Professor W. B. Clark, Chicago of psychologists research and Los Angeles, discovered by machine eye-testing an of means that there is much less danger of than reading zig-zag in eyestrain in the ordinary way of starting at do What .line each for left the you think?

ROLL YOUR OWN BETTER CIGARETTES WITH

DAILY MAIL

CIGARETTE TOBACCO

TABLE TALKS

by Jane Andrews

In a recent issue of the Saturday Evening Post, a very well-known short-story writer tells of how he and his wife took off considerable excess poundage, and still didn't have to starve or cut down on their eating. The only difference was that they ate MORE of the things they liked that aren't fattening, which didn't leave room for the foods that are.

I don't happen to have the article handy now, but I remember that one food they ate was Cottage Cheese; and as I have had several requests lately for a good method of making this fine food, seems as good a time as any to pass it along.

According to the experts, every adult should drink—or eat—twenty-five quarts of milk a month, and children a quart a day. Cottage cheese is just on way of using your quota—or, for those who have surplus milk around at various times, of making good use of that surplus.

Many women can make good cottage cheese without a thermometer. However, it's easier to get uniformly good results if you have one. These thermometers are inexpensive, and last a lifetime.

COTTAGE CHEESE

Warm four quarts of fresh raw milk (whole or skimmed) to 75 degrees. That's warm-room temperature. You can set the kettle in a pan of warm water to warm the milk. Stir it constantly until the thermometer reads 75 degrees.

Let it stand at this temperature until it has clabbered. It will take from 24 to 30 hours. At this time, a jelly-like curd will form. It should separate into chunks when it is cut with a knife.

Add an equal amount of water which has been heated to 150 degrees. Stir to mix thoroughly, and let the curd stand for one and one-half hours at a warm-room temperature. This cooks the curd.

Drain the curd through a cloth bag or a cloth-lined strainer. Wash the curd, if you wish, by mixing it with twice its measure of cold water. Drain it through cheesecloth or a fine wire sieve.

Add salt to taste and sufficient cream to give the desired thickness.

To make cottage cheese from pasteurized milk, add one tablespoon of cultured buttermilk. Mix well and proceed as above.

* * *

Having made your cheese, you'll probably want to try Cottage Cheese Cake. It's quite easy to make, and really delicious. The quantities I give here can easily be doubled, if you think your folks will want extra helpings—which they probably will.

COTTAGE CHEESE CAKE

- 1 cup cottage cheese
- 2 tablespoons flour
- 2 tablespoons sugar
- Pinch of Salt
- Dash of nutmeg
- ¼ teaspoon vanilla
- ⅛ teaspoon grated lemon rind
- 1½ tablespoons lemon juice
- 1 whole egg, beaten
- ⅓ cup light cream
- 2 tablespoons sugar

Method: Use a baking pan or dish about six inches long and three inches deep. Line the pan with the crust (recipe follows), patting it to an even thickness. Bake the crust in a moderate oven for 15 minutes until it is a golden brown.

While the crust is baking, sieve the cottage cheese. Sift the dry ingredients together and mix with the cheese. Add the flavorings and the slightly beaten whole egg. Mix well. Stir in the cream.

Beat the egg whites until glossy but not stiff. Beat in the remaining sugar. Cut and fold this mixture into the first one.

Pour the combined mixtures into the baked crust and sprinkle the top with nutmeg. Place the baking dish in hot water and bake in a 350-degree oven until the filling is set, or for about one hour and 15 minutes.

Cool the cake thoroughly before serving.

CRUST FOR CHEESE CAKE

- ½ cup sifted flour
- ¼ teaspoon baking powder
- Dash of salt
- 2 tablespoons cane or beet sugar
- 2 tablespoons butter
- 1 egg yolk
- 2 tablespoons water

Method: Mix the dry ingredients and cut in the fat as for regular poultry. Beat the egg yolk and water together, and add them to the flour and fat. Mix well.

* * *

Most families—say the experts—don't eat nearly enough "greens" such as lettuce and so on. Maybe yours is such a family, although I sincerely hope not. However, I shouldn't have to make any apologies or explanations for passing along a recipe for anything so good as this.

DUTCH LETTUCE

- 1 head lettuce or equivalent in leaf lettuce
- 2 hard-boiled eggs
- ⅓ cup vinegar
- 2 small onions
- 1 tablespoon sugar
- 1 teaspoon salt
- ½ cup diced bacon

Method: Let the lettuce stand in cold water one hour or more, and then drain well. Cut the bacon into small pieces and fry until brown. Add the vinegar and sugar and the bacon fat. Heat well and pour over the lettuce. Then add the chopped eggs, salt and onion (cut fine). Mix well and serve.

Off To Explore The Southern Ocean

On her way to the southern seas, to carry out ocean research into currents, water masses, temperature variations, movements of sea-birds and sea animals, is the United Kingdom research ship Discovery II. The voyage will last nearly two years and, during that time, the 56 officers, crew and scientists on board will steam many thousands of miles in their quest to solve some of the remaining mysteries of the ocean.

The ship will work mainly in the Indian, Australian and Pacific sectors of the Southern Ocean between subtropical waters and the fringe of the pack-ice.

At regular intervals the ship will be stopped "on station," and by means of specially designed water sampling bottles, deep sea thermometers and fine meshed nets, the temperatures, density and chemical constituents of the water will be ascertained from the surface to the bottom, and the innumerable small forms of life examined from the surface to a depth of about 5,000 feet.

Direct observations will be made on the distribution and habits of whales, and on seals, fish and birds, according to opportunities. The "convergencies" — certain surface boundaries between important water masses—will receive attention, the seasonal distribution of pack-ice will be studied, and there may at a later stage be opportunities to examine and chart a little-known part of the Antaractic Coast.

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LEMON PIE

Made with CANADA CORN STARCH

LEMON MERINGUE PIE

6 Tablespoons Canada Corn Starch
¼ Teaspoon Salt
1 Cup Sugar
2 Cups Water
3 Egg Yolks
2 Tablespoons Butter
5 Tablespoons Lemon Juice
1½ Teaspoons Grated Lemon Rind
3 Egg Whites
6 Tablespoons Sugar
1 9-inch Baked Pie Shell

Mix *Canada Corn Starch*, salt and ½ cup of the sugar in top of double boiler. Gradually add water. Place over boiling water; cook, stirring constantly, until mixture thickens. Cover and cook 10 minutes, stirring occasionally. *Do not remove from heat.* Stir a small amount of hot mixture into egg yolks which have been mixed with the remaining ½ cup sugar. Immediately pour back into remaining hot mixture over boiling water; blend thoroughly. Cook 2 minutes longer, stirring constantly. Remove from heat; add butter, lemon juice and rind. Cool to room temperature without stirring.

Pour into baked pie shell. Beat egg whites until stiff but not dry; gradually beat in sugar. Spread meringue lightly on filling. Bake in moderate oven (325°F.) 15 to 20 minutes or until delicately browned.

FREE: Jane Ashley's Tested Recipes —Send postcard to Home Service Department CC21, The Canada Starch Company Limited, P.O. Box 120, Montreal.

CANADA CORN STARCH