TABLE TALKS

by Jane Andrews

If there is any more delightful vegetable-garden scene than a lot of plump tomatoes turning red on the vines—well I, for one, have yet to see it. And to think of great-gran-ma and great gran-pop believing that those "love apples" were poisonous, and growing them simply as curiosities! What they missed!

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So here are a few delicious recipes that help you make the very most of those luscious, garden-fresh tomatoes—although if your folks are like mine, they don't want me to bother with "fancy fixin's" so far as tomatoes are concerned. Just the way they come out of the garden is good enough for them. However, tastes differ, and I think you'll find these recipes worth not only trying, but clipping for future reference.

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DELICIOUS TOMATO MOLD
Serves 6 to 8

Combine:
- 3½ cups tomato juice
- 1 bay leaf
- 1 stalk celery
- ½ cup sliced onion
- 1 teaspoon salt
- ⅛ teaspoon pepper

Summer 5 minutes. Strain.
Soften:
- 2 tablespoons gelatine in
- ¾ cup water

Add:
- 2 tablespoons lemon juice, gelatine to tomato mixture

Pour about ⅓ of this mixture into an oiled 5 x 9-inch pan.
Chill until set.
Combine:
- 2 cups shredded cabbage
- ¾ cup chopped green pepper
- 1 cup flaked tuna or other fish
- 2 hard-cooked eggs, sliced

Arrange on top of gelatine layer.
Pour on about half of remaining tomato juice. Chill until set.
Add rest of tomato juice. Chill again.

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TOMATO MEXICANA
Serves 8

Combine:
- 4 medium tomatoes, cut up
- 1⅓ cups chopped green pepper
- ⅓ cup minced onion
- 1 small clove garlic, minced
- 1 teaspoon salt

Fry crisp
- 5 slices bacon.

Drain and chop.
Add the diced vegetables and bacon to
- 6 cups shredded greens

Add Bacon Dressing, made as follows:

Combine:
- 6 tablespoons bacon drippings
- 1 teaspoon chili powder
- ½ cup vinegar

Heat to simmering; pour over vegetables.

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TOMATO SANDWICH SALAD
Serves 6

Cut
- 6 medium tomatoes in half

Scoop out bottom halves of tomatoes slightly.
Combine:
- 2 three-ounce packages cream cheese
- ⅔ cup chopped cucumber
- 2 tablespoons sliced radishes
- ¼ cup diced celery
- 4 teaspoons chopped chives
- 4 teaspoons pimiento
- ½ teaspoon salt
- Dash of cayenne pepper

Spread on bottom half of each tomato.
Add tomato tops. Garnish with parsley.

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CHICKEN IN TOMATO CUPS
Serves 6

Cut tops from
- 6 tomatoes

Scoop out pulp; chop and save.
Sauté
- 3 tablespoons chopped onion in
- 3 tablespoons butter

Combine with
- 1 cup drained tomato pulp
- 1 cup diced cooked chicken
- ½ cup cooked corn, drained
- ½ cup dry bread crumbs
- 1 tablespoon minced parsley
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1 well-beaten egg

Fill tomatoes with stuffing
Dot tops with butter.
Bake at 350 degrees for 25-30 minutes.

* * *

TOMATO DAGWOOD
Serves 6

Toast
- 6 slices of bread on one side

Spread untoasted sides with
- 4 tablespoons mayonnaise

Place large slice of tomato on each.
Sprinkle with ½ teaspoon salt.
Combine:
- 1 tablespoon chopped pickle
- 2 tablespoons diced celery
- 2 tablespoons green pepper

Sprinkle over sandwich.
Top with
- ¾ cup grated Canadian cheese

Broil 3 minutes or until cheese melts.

When Stanley Found David Livingstone

The meeting of Stanley and Livingstone at Ujiji was as unlikely an occurrence as could have happened, and, along with many of the earlier events in Livingstone's life, serves to show how wonderfully an Unseen Hand shaped an guarded his path. Neither Stanley nor the gentleman who sent him had any personal interest in Livingstone. Mr. Bennett admitted frankly that he was moved neither by friendship nor philanthropy, but by regard to his business and interest as a journalist

These were the very unromantic notions, with an under-current probably of better quality, that were passing through his mind at Paris, on the 16th of October 1869, when he sent a telegram to Madrid summoning Henry M. Stanley, one of the "own correspondents" of his paper, to "come to Paris on important business."

It is very mysterious that he was not to go straight to Africa—he was to visit Constantinople, Palestine, and Egypt first. Then, from India, he was to go to Zanzibar; get into the interior, and find him if alive; obtain all possible news of his discoveries.

It was not until January 1871 that Stanley reached Zanzibar. To organize an expedition into the interior was no easy task for one who had never before set foot in Africa. To lay al his plans without divulging his object would, perhaps, have been more difficult if it had ever entered into any man's head to connect the **New York Herald** with a search for Livingstone. But indomitable vigour and perseverance succeeded, and by the end of February and beginning of March, one hundred and ninety-two persons in all had started in five caravans at short intervals from Bagomoio for Lake Tanganyika, two white men being of the party besides Stanley, with horses, donkeys, bales, boats, boxes, rifles, etc., to an amount that made the leader of the expedition ask himself how such an enormous weight of material could ever be carried into the heart of Africa.

They marched slowly, with various adventures and difficulties, until, by Mr. Stanley's reckoning on the 10th of November but by Livingstone's earlier), the were close on Ujiji. Their approach created an extraordinary excitement. First one voice saluted them in English, then another; these were the salutations of Livingstone's servants, Susi and Chuma. By and by the Doctor himself appeared. "As I advanced slowly towards him," says Mr. Stanley, "I noticed he was pale, looked wearied, had a grey beard, wore a bluish cap with a faded gold band round it, had on a red-sleeved waistcoat and a pair of grey tweed trousers, I would have run to him, only I was a coward in the presence of such a mob—would have embraced him, only he, being an Englishman, I did not know how he would receive me; so I did what cowardice and false pride suggested was the best thing—walked deliberately to him, took off my hat and said, 'Dr. Livinstone, I presume?' 'Yes, said he, with a kind smile, lifting his cap slightly. I replace my hat on my head, and he puts on his cap, and we both grasp hands, and I then say aloud—I thank God, Doctor, I have been permitted to see you.' He answered, 'I feel thankful that I am here to welcome you.'" —From "The Personal Life of David Livingston," by William Garden Blaikie.

Ticklish Topper — A riot of multicolored velvet ribbons stream from Mago Hayes' "Toss up," an amusing little cap from the designer's fall collection. The flirtatious headgear, which may tickle the nape of milady's neck, falls just long enough to cover a close-cropped haird-do.

Whoa, Nellies!—Maybe it has got eight legs, but a prettier filly hasn't been seen in ages. Part of a scheme to publicize the Sonoma County Fair, the only identifiable young ladies are Nancy Cuneo, left, and Phyllis Fowlie.

The GREEN THUMB

by Gordon Smith

Few flowers are more beautiful or more admired than the stately delphinium. Yet there are many who believe that delphiniums are hard to grow.

Ths is not the case provided the garden does not lie too far south. This perennial does not thrive in high temperature, and in soil that becomes too warm; and although delphinium are grown as far south as Virginia, down there they are treated more as annuals. But in gardens in the general latitude of New York City—or farther north—with proper care they really thrive.

Seed should be obtained from a reliable source. While there are many strains of hybrid delphinium on the market, one of the most satisfactory—especially here in the East—is the Pacific Giant. Although delphinium can be sown in spring, August is the preferred time. Fresh seed from the current summer's crop is available then and gives a much higher percentage of germination.

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If a coldframe is available it is necessary only to make certain that the soil is finely worked and contains some humus and sand. Seed is sown sparingly in drills, six inches apart, and is covered lightly with about an eighth of an inch of fine soil. The seedbed is then sprinkled with water and the coldframe shaded with burlap or slats. If the bed is not allowed to dry out, seedlings should appear in ten to fourteen days. These are thinned to three or four inches. When the weather is particularly warm, the slats are left on to provide some shade.

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If the gardener does not have a coldframe, the seedbed is made in the garden and the same procedure followed. The location should not be hot and dry. The young plants will need little attention until next spring, except for a mulch of salt hay or straw after the ground has frozen. The seedlings will lose most of their foliage, if not all, during the winter but this is quite normal.

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The following April or early May the young plants are ready to be moved to the nursery bed or to their permanent places in the garden. Some of them will flower during the late summer or fall but it will take another year for them to come into their own.

On the other hand it is possible to bring the August seedlings into bloom the following June—if a coldframe is used. The secret is not to let the plants become dormant their first winter. With the arrival of cold weather the frame is covered with glass and opened for ventilation only on warm days.

If the frame is not blanketed with snow during the coldest days from December to February, it is covered with hay or straw. The sides should be banked with dirt, too.

* * *

In late February or early March (depending somewhat on the weather) the insulating cover is removed and the glass opened again on warm days. By mid-April, the plants should be well developed. They can be moved to the border, where they should produce spikes of bloom from five to six feet tall.

* * *

However, before the seedlings reach the transplanting stage, their permanent sites should be made ready. Delphiniums are not too fussy about the type of soil, as long as it is well prepared and has good drainage. Soil is dug to a depth of at least eighteen inches and a liberal amount of humus (well-rotted manure or compost) is incorporated plus an ample dressing of bonemeal. By the time the plants are moved the soil should be settled and firm.

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Young plants are placed eighteen to twenty-four inches apart in the border and are usually more effective if planted in groups of not less than three. For exhibition bloom, spacing should be at least three feet; growing in straight rows assures greater success.

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When shifting delphinium, care should be taken to move them with as much earth as possible around the roots. If they are not disturbed in the process, the plants will suffer almost no setback, and start to thrive immediately in their new location. They are set in their holes with the crown at ground level and then firmed gently into the soil with the feet.

* * *

Young plants of named varieties are available from most leading delphinium growers either in spring or fall. However, for the price of two or three plants the gardener can obtain a packet of about 200 seeds which will produce a wide range of colors. Of course, when the plants are well established they can be greatly increased by division or cuttings.

How Union Nonsense Wrecked A Plant

One of the most shocking cases of irresponsible, short-sighted and stupid union leadership is the strike of 50 office workers at CIL's Windsor plant.

The plant produces chlorine, caustic soda, ammonia and salt. The operation is a continuous process. Shut down for more than six hours, the 3,300 cells in the system deteriorate and can no longer be trusted to operate safely.

Unions controlling transport in and out of the plant agreed to respect the office workers' picket lines.

Because of the dangerous nature of the operation, the continuous process had to be stopped. Now —regardless of how soon the union settles—it will cost $250,000 to $400,000 to rebuild the plant and it will be about two years before production can get back to normal.

All those facts about the gravity of a stoppage were clearly put to the union leadership.

And what was the cause of this deliberate sabotage?

Nothing but this minor and silly demand:

The office workers' boss demanded that pay increases be made on the basis of seniority, not of merit.

What but a weak or upset mentality would want to substitute seniority for merit as the basis of reward? Who with any sense of personal dignity would want to work in a place where merit was unrewarded and where age and mediocrity took control? CIL is to be commended for its courage in defending the rights of its employees and for refusing to co-operate in a plot to shackle and degrade them.

—From The Financial Post.

There are still lots of good people in the world. You can see them envying those who are not good.

SALLY'S SALLIES

"Benny always buys two pairs of trousers with his suits."

RIVERSIDE HIGH SCHOOL

Requires girls' physical education teacher for September. Write stating qualifications, etc., to A. Colebourne, Secretary-Treasurer, 1401 Ontario Street, Riverside.

ANNE HIRST
Your Family Counselor

"Dear Anne Hirst: I am a woman in the early 30's with two lovely children. For four years I've been engaged to a man who has two youngsters too. I've taken care of them in my own home for the past three years and I have loved them like my own.

"He seems not as much in love as he was. He takes me to a movie only every two weeks—and always to a western, which I hate. He says he can't afford to take me out oftener. Yet when he wants to go alone he finds a way.

"Sometimes he gets mad and walks out—and I don't know why. And lately he does not say a word about our getting married.

"I have given up all my friends except one, because he didn't like them. I object to some of the friends he brings around, but always defends them.

"This one women friend I have left is older than myself. She says he is making a fool out of me . . . I don't no what to do!

ANXIOUS"

TOO GOOD TO HIM

Like many another woman in love, you have been too indulgent to this man.

You have opened your home to his children, and he practically makes your house his headquarters. He brings his friends there —friends whom you cannot admire—and expects you to welcome them as though you were his wife.

Besides this he is thoroughly selfish. Instead of taking you places you enjoy he seeks his own pleasures without a thought of your boredom. He is already behaving like a married man who is tired of his wife.

He must have some good traits or you would never have fallen in love with him. But those traits have not worn well. Now, after four years of hoping for marriage, you can see him (if you will) as he is—a man who takes advantage of your big heart and generous spirit—and gives you not the slightest gratitude.

How can you still want to marry him?

However, a woman's heart is unpredictable. If you really love him in spite of his wretched egotism and his demanding nature, then put him to the test.

It will go against the grain of a sensitive woman like you, but the only way to bring him to terms is to tell him that, if he is not more considerate and appreciative, you are, literally, through.

You will keep the children until he can make other arrangements for them, but only until then. And when he comes to your home it must be understood that he comes only to see them. A woman who is taken advantage of must assert her rights.

If the man you have loved does not measure up, you must take the reins in your own hands. This is hard to do, but if you write Anne Hirst, she will help you through.

Address her at:
BOX 1, 123 Eighteenth Street, New Toronto, Ont.

HOW CAN I?

By Anne Ashley

Q. How can I make brooms and mops last longer?

A. Don't let the brooms, brushes, and mops stand on their straws, bristles, and strings. Bore a hole through the handle of each, near the far end, and insert the ends of a wire in each end of this hole, forming a loop for hanging.

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Q. How can I treat scars that have resulted from pimples?

A. These scars usually will disappear very soon if they are bathed with a solution of boracic acid, followed by an application of zinc ointment.

* * *

Q. How can I prevent deposit from gathering on the inside of the tea kettle?

A. Boil two or three clam shells in the kettle occasionally.

* * *

Q. How can I remedy a tight shoe that binds at the toe?

A. Wring a cloth out of hot water, fold it and lay it across the toe, while the shoe is on the foot. This will cause the leather to expand and conform to the shape of the foot.

* * *

Q. How can I freshen stale pretzels?

A. Pretzels often lose their crispness even when they are kept in a tin container. To bring back their original crispness, put them in a moderate oven until they are heated thoroughly.

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