

Supreme in Quality

"SALADA" TEA



CHAPTER 23

Nothing To Be Said

"I've been hearing about Miss Betty Overstreet ever since I came into the country," Anne said, and smiled as she shook hands.

"Miss Eliot," meet Mr. Lamprey, Betty said. "He's from the East too, or was before we made a cowman of him."

Lamprey made as if to offer his hand, then drew it back. Anne was looking at him with cool contempt in her eyes.

"I've met Mr. Lamprey," she said quietly.

The man had been taken back, but he managed to say, "Why, yes, Anne and I are old friends. We came from the same town. We—in fact—"

"I didn't know that," Betty said. "How nice for you to meet out here."

"Yes. Isn't it?" Lamprey fumbled for words. He could not take his eyes from Anne. He had forgotten how lovely were the planes of her face. Time had dimmed for him the memory of her slender poised grace, the vividness of her personality. Old curses himself silently for a fool. Her blue eyes had once been soft and tender for him. He had known her shy surrender as he kissed her and he had lunged away wantonly the largesse of her gift. "I heard you had come. Phil told me. I've been meaning to come and see you."

"Why?" asked Anne, the stinging lash of a whip in her cool voice.

It surprised her that she felt no emotion at this meeting. There had been a time when the sight of him sent excitement strumming through her blood. Now he was a stranger, of less interest to her than Bill Overstreet whom she had known not ten minutes.

"There are some things I want to explain," he stammered. "No," she told him with sharp finality. "The facts explain themselves. There is nothing more to be said."

"I—kinda quit writing because I got hurt and was sick."

She let her gaze rest on the man, steadily, and he knew she was telling him without words that he was a liar and a clumsy one.

"I had bad luck," he blundered on. "Wasn't doing well—lost money."

Anne's Husband

"Indeed!" Her voice was as cold as the splash of icy water. She turned from him, to speak with Betty. "I thought if I was editing the 'Sentinel' I ought to drive around and meet some of the people. Rufus offered to bring me, so here I am."

"You'll stay tonight of course," Betty said.



"Too much coffee and tea gave Mrs. Brown the best case of caffeine-nerve I ever saw. Poor sinner for weeks—her temper flared like a skyrocket. I was proud of the way she made life miserable for everybody till some meddler got her to switch to Postum. Naturally that was the end of the end of me."

T. N. Coffee Nerves

If you are troubled with sleeplessness, have headaches, and upset nerves, you may be one of the many people who should never drink coffee or tea. Don't be a victim of caffeine-nerve! Postum contains no caffeine—it is delicious and costs less per cup. Made instantly in the cup with no waste. Order Postum today.



Teach Youth More Politics

School Teachers Should Encourage Pupils in Study of Democracy

Need of developing in the secondary school students of Canada a greater interest in civic provincial and dominion politics was advocated last week at a meeting of the Ontario Secondary School Teachers' Federation committee on the teaching of democratic citizenship.

Holding up the eight-point program agreed upon by Prime Minister Churchill and President Roosevelt as "a definite statement on the democratic faith," Mrs. H. P. Plumtree of Toronto said:

"Every teacher—either in a school or out—now has a plan for action, a faith to fight for. The first teaching of democracy must be an understanding of a faith to fight for. The best way to learn democracy is to live it and live it in the classroom as well as in the home."

Mrs. Plumtree urged more study of civic politics in secondary schools saying: "The newspapers give you the news and I think one part of a teacher's duties should be to teach the use of the newspapers as a source of current events."

Other speakers similarly stressed the need for encouraging a deeper interest in these subjects on the part of the youth of Canada, their experience in the classroom tending to convince them that many achieve the age of citizenship with but the haziest of ideas of the privileges and responsibilities of that citizenship.

REFUGEE ROMANCE

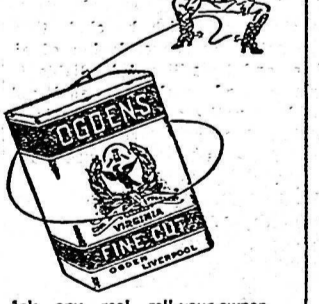


Pamela Glover, 2 years, and Frank Baldwin, 18 months, apparently are thataway. They are evacuated London youngsters now staying at Long Barn, the 15th century estate where Charles Lindbergh and his family once lived in England.

The Foolish People

A friend, says the St. Marys Journal-Argus remarked to us recently that he had not missed a day from his work in fifteen years, and had not taken a holiday in all that time. Apparently he thought it was something to blow about, the inference being that he had wasted no time, and was therefore so much ahead of the game. This man has an indoor occupation and appears to be in fair health. But we would not be surprised to learn one of these days that he has had to go to the hospital for a few months, or perhaps to quit his business. From our personal observation, people who have to forgo a yearly period of relaxation, perhaps out of sheer necessity, pay dearly for it in the end.

Roll 'em with Ogden's!



Ask any real roll-your-own about Ogden's. He'll tell you he has been smoking it for twenty years or more. Why? Because it's not just another tobacco—it's Ogden's. And Ogden's has a taste all its own, a taste which comes from its distinctive blend of choice ripe tobaccos. Take a tip from old timers and roll 'em with Ogden's.

Only the best cigarette papers—"Vogue" or "Character"—are good enough for Ogden's.

OGDEN'S
FINE CUT
CIGARETTE TOBACCO
Pipe Smokers!
Ask for Ogden's Cut Plug.

ISSUE 40-'41

TABLE TALKS

By SADIE B. CHAMBERS

The Humble Little Pepper

Have you tried the pepper as a vegetable or salad variation? Here are a number of dishes for filling plump pepper cases for light supper or luncheon dishes.

Liver Stuffed Peppers
2 cups ground cooked liver
2 1/2 cups soft breadcrumbs
1 tablespoon fat
1/2 cup milk or stock
1 cup cooked corn
3 tablespoons chopped onion
2 teaspoons salt
1/2 teaspoon pepper
6 green peppers

Cut a slice from the top of peppers and remove the seeds. Parboil 5 minutes. Mix the liver, crumbs, corn, onion, melted fat, seasonings and milk or stock together. Fill pepper shells with the mixture and cover the top with crumbs that have been toasted in butter.

Place in a baking dish and bake for about 30 min. in a moderate oven until peppers are tender and crumbs brown.

Stuffed Pepper Salad
3 medium sized green peppers
1 small package white cream cheese
1/2 cup grated Canadian cheese
Salt
1/2 cup chopped pimento
Thin cream
Paprika
Lettuce
Mayonnaise

Remove the tops from the peppers, scoop out the seeds and parboil 5 min. in boiling salted water. Drain and chill. Mix cream cheese, Canadian cheese and pimento and moisten with cream. Season with salt and paprika. Stuff the peppers with the mixture and chill. Slice and serve on lettuce leaves, using mayonnaise or cooked dressing.

Savory Stuffed Peppers
3 tablespoons shortening
2 tablespoons finely chopped onion
1 1/2 cups left over meat (veal, chicken, ham, etc.)
1 cup boiled rice
1/2 cup stewed tomato
6 green peppers
1/2 cup fine bread crumbs
1/2 teaspoon salt
1 tablespoon melted butter.

Remove the stems, seeds and membrane from medium sized well shaped peppers. Cover with hot water and simmer for ten minutes. Drain and cool. Melt the butter and shortening in pan and saute onion in it. Remove from the heat and combine with rice, meat and stewed tomato. Sprinkle salt in the peppers and then stuff with the rice mixture. Sprinkle top with bread crumbs tossed in butter. Place in baking pan, adding a small amount of water. Bake ten or 15 minutes in a hot oven.

Spaghetti-Filled Pepper Cases
6 large green peppers
1 medium sized can cooked spaghetti
Salt
Buttered crumbs.

Wash peppers, cut off the tops and remove the seeds. Place the peppers in boiling water. Turn off the heat allowing them to remain in the water for about 5 min. Drain, cool and fill with spaghetti. Dust lightly with salt and cover with breadcrumbs. Place in a casserole, adding a small amount of water. Bake until the peppers are tender and the crumbs on top a golden brown.

Miss Chambers welcomes personal letters from interested readers. She is pleased to receive suggestions on topics for her column, and is even ready to listen to your "pet peeves." Requests for recipes or special menus are in order. Address your letters to Miss Sadie B. Chambers, 72 West Adelaide Street, Toronto. Send stamped, self-addressed envelope if you wish a reply.

Advice to Those About to Spend

Finance Minister Ilsley in a recent interview said his message for the Canadian people is "spend less—less on everything." Mr. Ilsley's advice to those about to spend money is simple and all-embracing: "Don't."

The Government doesn't want people to spend a single nickel unless it's inevitable, he added. The Government wants to siphon all those nickels and dimes and dollars into war savings.

"It isn't that we want the money just as money. The civilian standard of living has got to be reduced in every possible way; it has got to be brought down to a reasonable minimum standard, and kept there, so that we can turn over an increasing amount of our productive capacity to war goods."

Shouldn't Send Perishable Gifts

Trout, Eggs and Cut Flowers Spoil Before Reaching Troops

"People in Canada are still sending things which have been forbidden or are perishable," the Post Office Department has announced.

One Canadian recently addressed a bouquet of cut flowers to a major overseas, but the bouquet was broken when it reached Ottawa and the flowers were ruined. Another parcel had fresh eggs in it. Still another parcel was filled with trout.



From Jan. 1 to Aug. 31, 4,012 parcels arrived at the base post office in Canada—still 4,000 miles from their destination—too badly damaged to be shipped on.

"We were able to salvage 3,455, repaired them and deliver them," one spokesman said, "but the other 524 were beyond repair and the families or senders had to be notified."

Most irritating problem still is the incorrectly addressed parcel or letter. In June, 1941, more than 18,000 letters arrived at the base post office in Britain incorrectly addressed. Five postal corps soldiers worked full time tracing down the correct recipient.

The Post Office Department gave Canadians early warning that they'd better begin thinking about those Christmas parcels for the boys overseas.

"Maybe it seems early to worry about that," they said, "but the volume of mail is expected to be more than twice as great as last year because of the increased number of troops in the United Kingdom."

"Nov. 10 is the deadline if you want to be sure the parcels are going to arrive in time."

New Home For All The Dionnes

Guardians Will Retain Right To Direct Quintuplets' Fortune

The Dionne quintuplets will be restored to the bosoms of their family by an order-in-council to be passed by the Hepburn government, it was learned in authoritative sources at Queen's Park.

The new order will provide that the board of guardians will relinquish control of the life and daily routine of the girls to the parents but will retain direction of their fortune now said to be more than \$1,000,000.

The guardians will also retain the right to limit the movements of the quintuplets, it is understood, in order that their entry to the United States where legal prosecutions may await them may be barred. The legal tangles are said to be the result of contracts signed by the parents before the government stepped in.

It is also expected that early arrangements will be made for erection of a new Dionne home to house the entire family. It is not yet known to what extent Dr. A. R. Dufosse's supervision of the children's health will be continued.

No Short Cut To Nutrition

There is no short cut to good nutrition. Well balanced meals are necessary. Be sure to include plenty of the protective foods.

An excellent rule is: Every day—1 pint of milk for each adult; 1 1/2 pints to 1 quart for each child, or the equivalent in buttermilk or evaporated milk.

1 serving potatoes (preferably with skins).
1 serving green vegetables or tomato juice.
1 serving other vegetables.
2 servings fruit or fruit juice.
1 serving whole grain cereal.
1 serving meat or fish.
1 egg or at least 3 or 4 per week.

Soap and Water Brighten Hearth

You can improve the looks of a shabby brick hearth by giving it a good scrubbing with a stiff brush and hot, soapy water. Rinse with clear hot water and wipe as dry as possible. The next day cover with a coat of boiled linseed oil. This gives a protective covering, making cleaning easier.

LAURA WHEELER OFFERS COMPLETE BABY SET IN EASY KNITTING



BABY ACCESSORIES PATTERN 2942

Any part of this set easily knitted in Shetland Floss makes an acceptable gift for that new baby. And how welcome it would be as a donation for War Relief. Pattern 2942 contains directions for cap, jacket, booties and coverlet; illustrations of them and stitches; materials required.

Send twenty cents in coins (stamps cannot be accepted) for this pattern to Wilson Needlecraft Dept., Room 421, 73 Adelaide St. West, Toronto. Write plainly pattern number, your name and address.

Lord Beaverbrook Praises Churchill

I interviewed Lord Beaverbrook in his private study... I was delighted to meet informally the man who, more than anyone else, is responsible for saving Britain during the days and nights of the battle of Britain.

I naturally wanted Beaverbrook to talk about himself and the important work he is doing but he insisted upon speaking about his chief and great friend, Winston Churchill.

"I first met him 30 years ago. He asked me to dine with him and I was fascinated by his company and by the glittering circumstances. I hardly said a word. But I took precautions to be invited again. In the lobby of the House of Commons that same night I told his close friend, F. E. Smith: 'I would give five pounds a night to dine with that man.'"

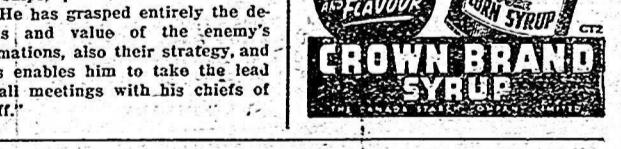
"Mr. Churchill has never turned his back on a friend, never shown rancor, never neglected his family life. He always remembered his duty to the crown and the royal family. He has never neglected the interests and concerns of the working people."

"Twice he has moved multitudes to a turning point in history... the first time when France fell and the second when Russia arose. I saw him prepare both speeches and he showed no consciousness of his grandeur."

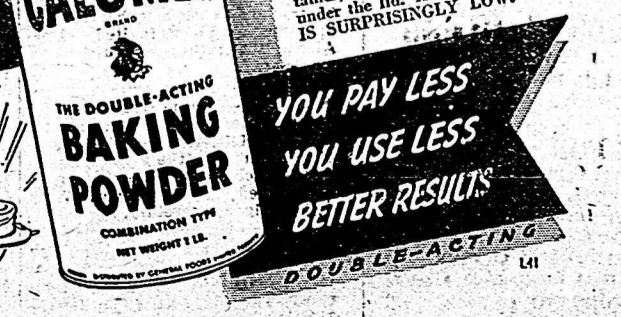
"But the most moving speech I ever heard was the appeal he made in the prefecture at Tours when he addressed a committee of the French Cabinet three days before the final collapse of France. For that speech there was no preparation and in its course there was no restraint and no limit to the splendor of his eloquence."

"Winston Churchill is the hardest working man I have ever known. He never thinks on any subject or talks on any issue save the war. So complete is he that master of his subject, so vast is his understanding of all the implements of modern war that he can discuss equally the details of ships, planes and tanks."

"He has grasped entirely the details and value of the enemy's formations, also their strategy, and this enables him to take the lead at all meetings with his chiefs of staff."



• Calumet's double-action means better results and economy. Double better results—during mixing and in leavening—permits you to use less the oven—assures better results. Easy-opening, won't-spill container, with handy measuring device under the lid. AND THE PRICE IS SURPRISINGLY LOW.



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