### SUNDAY SCHOOL LESSON

LESSON 29 CAIN AND ABEL: A CONTRAST Genesis 4 PRINTED TEXT

Genesis 4:1-15 GOLDEN TEXT. - By faith Abel offered unto God a more excellent sacrifice than Cain, through which he had witness borne to him that he was right cous. Hebrews 11:4.
THE LESSON IN ITS SETTING

Time.-We do not know whe these events took place, but at least it would be 125 years after

Place -- We do not know where these events took place, though, of course, it was somewhere in the Mesopotamini liation began. Cain and Abel

1. "And the man knew Eve Ms wife; and she conceived, and bare Cain, and said, I have gotten a man with the help of Jehovah. 2(a). And again she bare his brother Abel. 2(b). And Abel was a keeper of sheep, but Cain was a tiller of the ground." The one brother chooses the more peaceful and emotional, the other the more active, occupation. The pastoral life seems always to have been held in higher esteem than the agricultural among the Hebrews. But the agricultural succeeds the pastoral in the order of vilization.
Two Offerings

3. "And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto Jehovah. 4. And Abel, he also brought of the firstlings of his flock and of the fat thereof. And Jehovah had respect unto Abel and to his of-fering: 5. but unto Cain and to his offering he had not respect." The key for unlocking the meaning of this entire passage is found in Hebrews 11:4, where we are told that, 'Abel offered into God a more excellent sacrifice than Cain, through which he had witness borne to him that he was righteous, God bearing witness in respect of his gifts; and through it he being dead yet speaketh.' What seems to be implied is that Cain's offering was embodied a sense of sin, an act of contrition, a plea for pardon.

Cain's Anger 5(b). "And Cain was very wroth, and his countenance fell. We have here no spirit of enquiry, no self-examination, no prayer to God for light or pardon, clearly showing that Cain was far from a right state of mind.
6. "And Jehovah said unto

Cain. Why art thou wroth? and why is thy countenance fallen?
7. If thou doest well, shall it not be lifted up? and if thou doest not well, sin coucheth at the door; and unto thee shall be its desire; but do thou rule over it." This dread warning to Cain, expressed in the mildest and plainest terms, is a standing lesson written for the learning of all mankind. Let him who is in the wrong retract at once, and return to God with own guilt, and unreserved submission to the mercy of his Maker; for to him who perseveres in sin there can be no hops or

The First Murder 8. "And Cain told Abel. And it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him." One of the striking features of this incident is the rapidity with which small sins generate great ones. When Cain went in the joy of harvest and offered his first fruits no thought could be further from his mind than murder. It may have come as suddenly on himself as on the unsuspecting Abel, but the germ was in him. Familiarity with evid ught ripens us for evil action; and a moment of passion, ar hour's loss of self-control, a tempting occasion may hurry into irremediable evil.

The Divine Interrogation 9(a). "And Jehovah said unto Cain, where is Abel thy brother?" Here is a question fitted to go straight to the murderer's conscience. Some of us go so far as to have silenced the voice within but, for the most part, it speaks nediately after we have gratified our inclinations wrongly.

9(b). "And he said, I know not: am I my brother's keeper? And he said, what hast thou done the voice of thy brother's blood crieth unto me from the ground.' The cry was a demand for the punishment of the murderer.

The Divine Condemnation 11. "And now cursed art thou from the ground which hath opened its mouth to receive-thy brother's blood from thy hand 12. When thou tillest the ground it shall not henceforth yield unto thee its strength; a fugitive and earth." Cain had polluted man's

### **ACTION ALOFT**



Hurtling high above sand dune, U. S. Coast Guardsman, bayonet bared, stages bit of realistic action against imaginary foe. (Official U. S. Coast Guard photo.)

tilled the soil, it would resist hin. as an enemy, by refusing 'to yield unto him her strength;' for the future his struggle with the con-ditions of life will be still harder.

The Merciful Protection 13. "And Cain said unto Je hovah. My punishment is greater than I can bear. 14. Behold, thou hast driven me out this day from the face of the ground; and Iron
Thy face shall I be hid; and I
shall be a fugitive and a wanderer in the earth; and it will come to pass, that whosoever findeth me will slay me. 15. And Jehovah said unto him, Therefore whosoever slaveth Cain, vengeand whosoever stayeth Cain, vengeants shall be taken on him sevenfold. And Jehovah appointed a sign for Cain, lest any finding him should smite him." Anyone who killed Cain would be visited more severely than Cain as being guilty not alone of homicide, but of transgressing the divine commandment which said that Cain was to

#### Junior's Hobby Pays Dividends

That litter of balsa shaving

and tissue paper with which Junior has cluttered his bedroom over the years, those gashes he has put in the top of his work table with discarded razor blades have turned out to be highly praise worthy manifestations. American youth's pre-occupation with model aircraft now permits it to make teen-age contribution to the raining of our armed forces. Here n Detroit-and the program eing conducted on a nationwide scale—youngsters have contributed to the Navy 1,000 precisely scaled model planes highly able in training men to identify ranges.

Peace is a matter of people and how they live rather than of pacts and how they are written.

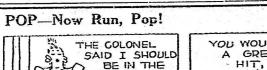
By William

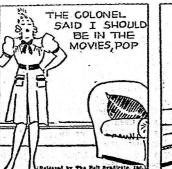


ANSWER: With modern refrigeration, oysters are edible every month of the year, but they are not at their best in quality and flavor during the spawning season, which comes in the months spelled without the letter "r."

NEXT: Snakes that still show signs of legs.

### EAT OYSTERS!











The Germans have massacred et least 1,000,000 Jews in Europe since the war began, spokesmen for the World Jewish Congress said recently.

Germans Plan To

Exterminate Jews

The persecution has been parthe persecution has been par-ticularly severe in the conquered countries of East Europe, the spokesmen added. Poland, Lat-via, Lithuania and Rumania have suffered greatly.

They said that probably 700,000 Jews had been killed in Lith-

uania and Poland, 125,000 in Rumania, 200,000 in Russia and 100,000 in the rest of Europe. These victims were selected from Europe's pre-war Jewish popula-tion of 6,000,000 to 7,000,000. The slaughter is part of the Nazis' proclaimed policy that "physical extermination of the Jew must from now on be the aim of Germany and her allies", the spokesmen said.

#### Norse In Red Army

Nearly 500 Norwegian volum teers, who escaped through Fin-land and over the sea to Russia, are fighting with Soviet army on the Arctic front, the BBC quoted the Norwegian Telegraph Agency as saying recently.

#### Scouting

Wolf Cubs of the 1st Harling-ton (Middlesex) Wolf Cub pack gathered in nearly \$250 for the local Warship Week by showing in the foyer of a movie theatre miniature model representatio of a Nazi attack on a convoy. The scene included a submarine hal submerged, a destroyer in the act of dropping a depth charge and a German plane crashing into the sea. Every detail was complete to rung ladders for the ship bridges and the lifeboat equip-

A tribute to the practical value of Boy Scout training paid by Col. R. G. Whitelaw, Director of Military Training, included th statement that among boys com ing up for military training, those who have been Boy Scouts stand out. Wrote Col. Whitelaw in recent letter to Mr. John A. Stiles Executive Chief Commissioner o the Boy Scouts Association, "The development of character, cour-age and sense of responsibility produced through your lectures and practical application of wood-craft, camping, swimming, navi-gation and handicrafts of various sorts, all add up to a total which makes the Boy Scout stand out far ahead of the average boy who has not had the advantage of this training."

Splendid service was given by the Boy Scouts of Norwich, Eng-land, during and following the ferocious raids of the Nazis on that ancient city. The boys' fearless carrying-on in spite of dive bombing and fires won un-stinted admiration. They ran messages, fought incendiary bombs, rendered first aid, and assisted in countless other ways After the blitz, they distributed special notices to the population guided people to rest centres, re-united families, and for inquiring soldiers and sailors secured infor

areas.

They salvaged and removed the furniture by vans and Scout trek carts, helped at emergency food centres, and prepared meals over fires in open spaces. They assisted with feeding arrangements for police, firemen and rescue workers from outside places, and guided the helpers to desired after hundreds of injured dogs and cats. Incidentally several of the Scout troops lost their own meeting places and all their scouting equipment. One troop lost out-of-town headquarters, a building of concrete and wood built entirely by the boys over a period of several years. Facing the heap of rubble, one of the Scouts in quired of his district commission-er, "When do we start rebuilding Skipper?"

ranks immediately after the Roya peers as the first peer of the

### RADIO REPORTER

Mary Shipp, tall, willowy blonde who plays the role of philandering Henry's most constant sweetheart on "The Aldrich Family" did a switch on the old story of a girl seeking a career in Hollywood. She is a native of the cinema city, but recently deserted her home for New York, and is now home for New York, and is now one of the busiest actresses along radio row. Mary was graduated from Los Angeles City College where she majored in dramatics and stepped from the classroom to the network broadcasting studios. During the last year she played leads opposite such exacting stars as Orson Welles, Charles Boyer, Ephert Young and others. Bover, Robert Young and others In New York, Miss Shipp won over stiff competition for the role of Kathleen Anderson on "The Aldrich Family" and performed so well that author Clifford Gold smith decided to make Kathleen a more frequent visitor in the . . . .

It may be vacation time for some folks, but it's just double duty time for Meredith Wilson. Not that he doesn't like it, for the tireless NBC West Coast conductor and composer has always had a busy schedule. Taking over, with his orchestra, the important "Fibber McGee and Molly" spot for 13 weeks with the "America Sings" show, is just one item on the Wilson agenda. He also con-tinues as musical director of Fanny Brice — Frank Morgan show. And to add to all this,

1 Pictured prima donn

21 Inducements

25 Spore mas

26 Average (abbr.). 27 Before.

23 Grief.

during his spare time, Meredith Wilson pens hit parade songs in the popular vein, and semi-clas-sies in the militant war-time vein of today. His most recent success is "Song of Steel," a great and mighty melody dedicated to the men in the war factories the countries of the steel of the men in the war factories the foundations of the steel of try over. Hear it sung by Thomas.
L. Thomas, famous Welsh baritone, from CKOC in Hamilton some afternoon during the 3.39 Concert Hall Show!

Notes from Here and There-In the cast of "Those Wa-

Love," summer replacement for Eddie Cantor, are Francis X. Bushman, matinee idol of silent film days, and Richard Cromwell, also of the cinema city! Victor Borge, Danish comic, has a new contract on the Bing Crosby show!

Dinah Shore, the south's great song-bird, is sending free plat-ters of her "I can't give you anything but love" to service camps around the globe.

When the Al Pearce show vacationed on July 2nd, Tommy Dorsey took over Gail Laughton, wing harpist on the show! Lend an ear this Sunday Academy Award — CKOC, 6.15 p.m.! Light, amusing — excel-lent summer dramatic fare!

The Moscow radio reported 259

51 Obese. 52 Form of "a."

56 Before Christ

(abbr.).

### OUR RADIO LOG

TORONTO STATIONS	CKAC Montreal 730k  SHORT WAYE	
GERB 960k, CBL 740k		
CKCL SSOk. CBY 1010k		
U.S. NETWORKS	CKCG Ottawa 1310k GSD England 11.75m	
WEAP N.B.C. Red 680%		
WJZ N.B.C. Blue 770k		
WARC (C.B.S.) 880k		
WOR (M.B.3.) 710k	CKLW Windsor 800k GSP England 13.31m	
CANADIAN STATIONS	CKNX Wingham 1230k G5V England 17.81m	
CPAR A CA 1400k	U.S. STATIVAS   PAR SERIE MADE	
CUAC Hamilton 1150k	WEBR Buffalo 1340k E4Q Spain 9.96m	
CUMI . Hemilian 908k	I WHAM Hochester Howe   RAW   Hussia . Boom	
Carp C. Cath. 1250k	WIW Clackensti :002   RNE Russia 1200m	
CECE Wantreal 600k	WGY Schenectedy NIOK RVS6 Russia 13.18	
CFCH North Bay 1289k	KDKA Pittaburah IUSUK   works Sahanasiada	
CFCO Chatham 638k	WRRM Chicago 780k	
CEPI. London 1570k	WBEN Buffalo 936k	
CUOS Stratford 1240k	WGB Buttalo 550k WCAB PAIR.	
OFRO Kingston 1400k	MRBA Battale 1253K ANOT DAGIOR 1972	
CJIC Sault Ste. M. 1490k	WJR Detroit 760k WCBI N. Tork 11.83m	
ORIGINATED AND THE		
		-

### NOTED SINGER

19 Company (abbr.). Answer to Previous Puzzle HORIZONTAL 20 She is a ---MHOL 13 By way of. 14 Hauled. 15 Baking dish. 16 Imitation gem. opera lovers. 22 Leverage. 24 Verbal. 26 Dyeing appa-13 Five plus five. ratus. 28 Kind of cheese O To affirm. 32 Rages. closed. 5 Cry of inquiry 42 Data. neat. 2.Cry of sorrow.

29 Lixivium. 7 Blood-sucking window. 33 Above. 55 Young of 34 Blaze of fire. 57 Her native 9 Paid publicity, 50 Stir. 38 Noun ending. 1and. 9 Paid publicity 39 Pound (abbr.) 58 She is a noted 10 To endure. 11 Plants. 52 Form of "a 12 Black bird. 53 Southwest 41 Portico. 43 Exfent of Wagnerian --- star. 16 She has a rich 46 Musical note.

47 Preposition. 49 Musical com-(abbr.).

The Archbishop of Canterbury

#### SUMMER DAYS ARE PICNIC DAYS By BARBARA B. BROOKS

With the open road calling to hikers and cyclists, meandering meals are the order of the day, and that means picnics.

The soldier home on furlough will enjoy a picnic—home-packed style, as a change from camp rations.

Picnic lunches fall into two groups, the kind that is cooked on the spot over an open fire, and the kind that's packaged at home all ready to eat. For the packed lunch, sandwiches are the primary consideration. But for health's and variety's sake that's just the beginning.

consideration. But for hearins and criticy of pist such occasions.

Home-canned tomato juice is wonderful for just such occasions.

Devided eggs also perk up the shocbox lunch. For dessert, nothing hits the spot quite as well as fresh fruit — juicy oranges; ripe cherries; sweet, juice-filled pears and apples. There must be a home-made cookie or two to go with ir, too—for nibbling along the way.

Everyone adores the crisp, crunchy cereal kind, especially when it is rich with peanut butter, as in this new recipe for peanut butter

is rich with peanut butter, as in this new recipe for peanut butter, squares.

Sandwich fillings are seldom made from written recipes. They are a blend of the cook's ingenuity and whatever her refrigerator holds. If roast beef was the piece de resistance the night before, take the left-over beef, chop it fine, season it with Worcestershire sauce and a dash of horse-radish, and spread between two pieces of bread. Do the same with tongue.

Lamb, on the other hand, calls for less spicy treatment. Merely slice it, chop some of the mint that went with it the day before, and add a thinly sliced piece of onion and a sprig of water cress. Should there be pork in the icebox, spread chopped sweet pickle over it, and add salad dressing and lettuce.

A change in bread does magic tricks with sandwiches, too. If the bread is homemade, butter alone is almost enough filling. Here is a recipe for an unusual tea bread made with corn flakes. Spread with cream cheese, it makes a super, super sandwich:

Corn Flake Tea Bread

with cream cheese, it makes a super, super Sandwith.

Corn Flake Tea Bread

cups corn flakes

tablespoon sugar

teaspoon salt

teaspoon sugar

Peanut Butter

2 cup butter

2 cup butter

3 cup peanut butter

4 cup peanut butter

5 package oven-popped rice

6 cereal (5½ oz.)

Cook butter and marshmallows in double boiler. Add peanut

butter; beat thoroughly to blend. Put oven-popped rice cereal in

large buttered bowl and pour en marshmallow mixture, stirring

briskly. Press into shallow buttered pans. Cut into squares when

Yield: 32 squares (2-8 x S-inch pans).

The weeks sped by. The news of the Horace, a stomping was heard above. Hurrying to the door, from the Continent was distinctly disturbing, but most Kentish Englishmen, of upper, lower and middle class alike, regarded it not too pessimistically, as a storm signal that would in due season give way to clearing skies. Certainly there could not be another war so soon after 1918 - not really another major conflict. And yet the element of doubt was constantly mounting. The crisis seemed close.

"Oh, I'm sorry," he said. "There's so much I wanted to talk to you "You don't dance?" asked

about this afternoon-At that very moment, a waiter approached with a folded bit of

CHAMPION PLOWMEN TAKE TRIP BY PLANE

The Salada Tea Company's Championship class at the International Plowing Match held near Peterborough last Fall brought together top rank horse plowmen from all parts of the Province. Elmer Armstrong of St. Pauls (right), Gold Medallist, and Marshall Deans, Paris (left), Silver Medallist, accompanied by W. C. Barrie of Galt, are seen ready to board a plane commencing the valuable trip that was offered as first and second prizes. Time being an important factor to agriculturists, they elected to travel by air and within nine days they visited such points as Winnipeg, Portage La Prairie, Regina, Vancouver and Lethbridge. One of the highlights of their journey was the stop off at Portage La Prairie where they participated in the Manitoba Provincial Plowing Match, June 24th.

'At experimental stations they visited and at meetings they.

"I'm afraid that will be too late for me," rejoined Carol. "I'm going to Scotland tomorrow. I wanted to tell him I was sorry

Carol, eyes twinkling responsive-

"We give this phase a week or

HELP CANADA KEEP FIT

-I MUST KEEP FIT -TO DO MY BIT!

NABISCO SHREDDED WHEAT ..

MRS.

Adapted from the MGM Picture

by HALSEY RAINES

SYNOPSIS

kome after a London shopping sour during which she has extra-

vagantly bought a new hat, Mrs. Miniver tries to break the news to her husband. He makes it

much easier by confessing he has

just traded in the old car for a

new one. When Vin, the oldest of the three Miniver children, ar-

rives home from Oxford next day,

ho has become social-minded... Carol Beldon, granddaughter of

the aristocratic Lady Beldon, comes to ask that if possible the

family use their influence to with-draw a "Mrs. Miniver" rose en-

tered by a villager against her

grandmother in the coming flower show. Vin, charging a reversion

CHAPTER TWO

the Sailing Club dance that eve-

Coming back to her Kentish

NABISCO

SHREDDED WHEAT

Carol Beldon looked prettier than ever, in her latest frock, at Carol politely. "Well, yes, I do," said Vin wkwardly. "But I've rather awkwardly. "But I've rather given it up. I mean, frankly, is this a time for frivolity?" ning. When she passed by the table where Clem and Kay Miniver were sitting, she paused and "Is this a time to lose one's sense of humor?" rejoined Carol. Ten minutes later, the Minivers, "I was rather looking for your "His present principles forbid auch frivolity," said Clem. "Oh, that's too bad," said

Mabisco Shredded Wheat and milk every morning. It's made from 100% whole wheat, includ-

ing all the bran, minerals, and wheat germ. It's ready to eat, —ready to give you all the nour-ishment and food-energy of pure

whole wheat.
Eat Nabisco Shredded Wheat,

with milk, every morning. It will help keep you active and on the

job every day!
THE CANADIAN SHREDDED WHEAT
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Ninggra Falls, Canada

paper. Carol took it wonderingly, opened it and read: May I see you for a moment alone? I am wait-

ing on the old boat landing. Vin-

"A secret?" asked Mrs. Mini-

"I suppose it is," answered arol. "Will you please excuse

Vin was standing with folded

hands and solemn mien as Carol approached. "Miss Beldon," he began, "I don't want you to

think I'm going back on any-thing I said this afternoon, but

I did express myself a bit em

phatically. I hope you'll excuse

"There's really nothing to ex-

cuse," said Carol. "Everyone's entitled to his mode of expres-

anyway." The sound of dance

music swept down with the breeze,

I promised this tango."
Vin felt an odd clutching fear.

and she added: "I must get back

sion. Besides, I was in the

ver, as the girl glanced up smil-ingly.

cent Miniver.

Carol.

glancing casually across the dance floor, were astonished to see their sociological son dancing, quite ob-livious to everything, with Lady Beldon's granddaughter. When the couple parted, at the end of the evening, and Carol explained that she had to leave on a visit to Scotland the next morning, Vin asked permission to write. He couldn't himself analyze his inter-

est in this girl of aristocratic lineage, but he felt a sense of frustration at the news that she was going away.

Rushing to the cellar like an aler bird dog, he pounced on a chair and put his flashlight on a grating just below the ceiling. Then he pulled over a wooden case to cover it.
"There!" he cried. "That fixes

Sitting in the church pew next to his father and mother for morning services, Vin looked up in surprised elation as Carol came own the aisle with Lady Beldon, a trailing chauffeur carrying a hymn book, Bible and blanket. Vin hurried away from the "She wasn't to have returned

for another week," whispered Vin.
"Well, people like to be home in times like these," returned his During the singing of the open-ing hymn, the verger entered the chancel through a side door and

came over to whisper to the vicar. The conversation continued after the last bar of music had sounded.

"Will everyone please be scated?" He looked about and after only a brief hesitation continued: "It has just been announced over the air by the Prime Minister that our country is at war." There was scarcely any audi-

ble reaction from the congrega-tion. Clem put his hand on his wife's. Other couples engaged in similar gestures. Carol looked tenderly and meaningfully toward

"In the circumstances." went on the vicar, "I do not think you will want me to proceed with the service, as you will probably have other duties to perform. I will say merely this, that the prayer for peace still lives in our hearts, coupled now with the prayer for our beloved country. We in this village have not failed in the past. Our forefathers for a thousand years fought for the freedom that we now enjoy, and that we must now defend again. With God's help and their example, we shall

For Toby and Judy the news was mysteriously exciting rather than malevolent. They had heard all kinds of rumors about what might happen if war broke out; as Clem came up the path from the church, Toby seized his arm and asked: "Are we going to be Others within earshot, who had

mentally been voicing the same question, exchanged grave looks. Foley, the affectedly gruff, rather grouse-colored individual, who had been hurriedly appointed Air Warden for the distr himself sternly rebuffed in the first joust with Lady Beldon, who had little use for the maneuver-Ings of Downing Street. With the Minivers the situation was different, for Clem had immediately volunteered for river patrol duty, and co-operation need not be

Manitoba Provincial Plowing Match, June 24th.

At experimental stations they visited and at meetings they attended, they were afforded the opportunity of exchanging and studying new ideas, particularly labour-saving devices and other aids to greater efficiency on the farm. The trip was arranged by Mr. J. A. Carroll, Manager of the Ontario Plowmen's Association.

Plowing Matches which are conducted by local branches throughout the country, play an important part in the production of food for war, for they encourage the better plowing and cultivation of the land so essential for maximum production. The first drill was scheduled for that evening. As the family nad gathered in the cellar, after trying vainly to console Gladys for the call to duty of her fiance, Clem found Foley there. He was rigged up with tin hat and canvas haversack, and he complained that the house was showing a light.

it. It's those tiny cracks that can do the damage! One man lightin' a cigarette in the road stands out a beacon from five thousand feet up. One little crack o' light might lead the 'ole German Air Force straight to this house!"

scene of Mr. Foley's dress review to see if he could offer any help at the Beldon home. He felt a closer bond, with Carol, than ever before, although it had scarcely been delineated in actual words. When he had left her home, however, he had kissed her for the first time; and when he reached his own home he had arrived at a personal decision. His mother had

expected it might come, but at least not so suddenly.

"Kay darling," said her hus-band, after Vin had gone upstairs, "I know it's hard, but you wouldn't care to have a son who didn't want to fight for his coun-

Mrs. Miniver seemed dry-eyed, but she was holding a handker-chief to her lips. "His country!" she echoed. "What's Poland got to do with us?"

"You mean it doesn't matter how much other neonle suffer so

how much other people suffer so long as you don't?" interjected Clem.
"I didn't say that," returned his wife. "I'm all mixed up — thinking of Vin. But we didn't

want this, and perhaps they didn't want it either. There must be nds of German mothers who feel as I do, with sons just like Vin-" "Mothers, perhaps, feel that way," answered Clem, "but not many sons. The system doesn't allow for that." He took her

sense arguing about it. As far as Vin's concerned, he's settled the matter for himself." Mrs. Miniver put away her handkerchief in the pocket from which it had been extracted, and, looking up affectionately, gave her husband a little grateful kiss. (Continued Next Week)

arm. "Well, there's not much

TABLE TALKS By SADIE B. CHAMBERS

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Honey Recipes

I have many requests this week for recipes for honey as a substi-tute for sugar. And why not? Never in our lifetime have we ever heard such discussions on sugar rationing and now, that you will be trying to use them to th best advantage. Do not be discouraged nor anxious for with careful cooking and no waste I believe you will find little change. After all we have been promised

LORH SYR CANADA CORN STARCH CANADA STARCH COMPANY LIMITED

..are you a

Delightful desserts can still be

served to the family—rich, nourishing custards, and blanc manges

made easily and at little cost with

Use Crown Brand Syrup to save

sugar. It's delicious as a sauce

on desserts, on pancakes or with

cereals, and is a wonderful sweet-

ener for use in cooking and baking.

CROWN BRAND

Syrup

Canada Corn Starch:

## How to Conserve TEA AND COFFEE

Here is a grand mealtime beverage with a delicious, robust flavor all its own. Instantly made in the cup - VERY ECONOMICAL.

The housewives of Canada are the "Housoldiers"—the kitchens the "Home Front".

You can serve by practising economy in your kitchen.

CORN. STARCH

# POSTUM

sugar for canning.

Most of us eat far too many carbohydrates anyway. We are

told that, along with our neigh-

bers to the South of us, we are

"a starch poisoned race" and sugar being the other carbohy-

drate we may be able to say much about it too. Certainly

those who find they must have

sugar, and several lumps of it, in tea and coffee and heaps on

their cereals and "what not" are going to find they will feel much better in health and more able to

perform the many tasks for "King

and Country" which we are all going to be called upon to do. I hope you will find these re-cipes some help; they come from the Department of Agriculture

Honey Oatmeal Cookies with

1 cup fine oatmeal
1/2 teaspoon salt
1/2 teaspoon almond flavoring

Cream butter, honey and egg well. Add sifted dry ingredients

and flavoring. Chill, roll and cut with a cookie cutter. Bake in a

Date Filling

laboratory at Ottawa.

14 cup butter

1/2 cup honey

14 teaspoon soda

1 egg 1% cups flour

delicate brown.

eup dates

1/2 cup of water

spread easily.

1/2 cup honey

s teaspoon salt

bring to a boil.

teaspoon vanilla
tablespoons cornstarch

over hot water for 10 minutes

eggs tablespoons flour tablespoons honey

cup milk tablespoons water

1/2 teaspoon salt

orange

275 to 300°F.

Honey Orange Custard

Oven peach for 45 minutes at

tablespoon milk

114 cups milk

egg

4 oz. size makes 50 cups, 8 oz. size makes 100 cups.

There's a Reason 8 Makes 100 Cups

Instant

**POSTUM** 

cup graham flour 14 cup honey teaspoon salt

1/2 cup butter 5 teaspoons baking powder
Mix and sift dry ingredients;
add milk gradually, egg well beaten, honey and melted butter. Bake in a moderate oven in but-

tered gem pans for 25 minutes. Honey Orange and Carrot Marmalade Take six medium sized sweet

navel oranges (skins only) and put through a meat grinder using the fine knife. To this add an equal amount of carrot prepared in the same way. To each cup of the combined ingredients add two cups of water and soak over night. Simmer for two hours; remove from the stove and add the grated rind and juice of six lemons. Let stand overnight again and simmer until a good jelly test is obtained. To cup of the pulp mixture add 1 cup of honey and ½ cup of sugar. Boil to 222°F.; let cool slightly

and pour into sterilized jars.

All honey may be used instead of part sugar but makes a sweeter To make a jel

one tablespoon of liquid from the pulp mixture; let it cool; add one tablespoon of alcohol; mix and let stand for a few minutes. A thick jelly like substance will form if the mixture has had enough simmering.



ISSUE 29-'42

WIN & WAR

Buy

WAR SAVINGS STAMPS Combine honey and milk and Combine other ingredients and beat until smooth; add to the first mixture and cook Juice and grated rind of Beat egg yolks, add grated orange rind. Make a smooth paste of flour, water and honey. Combine with egg yolk egg mixture. Beat egg yolks stiff, add milk to yolk mixture and fold in whites.

hot oven 7 to 8 minutes until a cookies are cold, spread with date filling and put together. Simmer slowly until dates are tender and smooth enough to Honey Cream Pie Filling