Help The + Red Cross

"SALADA" TEA

Cooking Terms That Every Woman Ought To Know

You have puzzled sometimes over terms you see in cookery recipes. Here's a chance to catch upon your puzzles.

Bake—To cook by dry heat, usually in an oven but occasionally in special utensils on top of the range. When applied to meat cookery, it is called roasting.

Barbecue—To roast meat over coals, in an oven or broiler, often basting with highly seasoned sauce.

Baste—To moisten food during cooking to add flavor and to prevent drying. Melted fat, meat drippings, water and fruit juices are used most frequently as the basting.

Blanch—To pour boiling water over a food to loosen skin, to remove color, or to set color. Many vegetables and fruits are blanched during the canning and freezing preparation. Rice and macaroni are often blanched to remove excess starch and stacey film.

Braise—To brown meat in small amount of hot fat, then adding a small amount of liquid and simmering slowly in a tightly covered utensil. Meat, stock, water, milk, cream, or vegetable juice are usually the liquids used.

Broil—To cook by direct heat. This may be done by placing food under or over the heat.

Candying—To cook in sugar or syrup.

Caramelize—To melt sugar or food containing a high percentage of sugar, slowly over low heat until it becomes brown in color. The darker the color, the stronger the flavor.

Cut—To separate food in pieces with knife or scissors. Also combine shortening with dry ingredients by using two knives or a pastry blender.

Dash—To season food, usually eggs, with pepper and hot condiments or sauces.

Dredge—To dip food into flour, crumbs or similar substances to cover or coat it.

Fold—To combine ingredients with a spoon or whip in a U-shaped motion—down, across, up and over. It usually is used in adding beaten egg whites or whipped cream to a mixture. It is much slower and gentler motion than stirring.

Fricassee—To cook by browning food in a small amount of fat, then adding liquid to simmer. It is most frequently used for fowl and veal.

Glaze—To coat a food with sugar syrup that has been cooked to the "crack" stage. Also coating rolls or pastries with icings or other mixtures.

Julienne—The term applied to food cut in match-like strips.

Knead—To work dough with the hands by pressing forward with the palms, turning or folding a small amount with each push.

Lard—To insert small bits of fat in gashes made in meat or to place them on top of uncooked lean meat or fish to add flavor and prevent drying.

Marinate—To place a food in a liquid—usually French dressing, lemon juice or a mixture of oil and vinegar—for a short period of time to soften the food or add to the flavor.

Pan-broil—To cook food uncovered in a hot skillet. The fat is removed as it accumulates and liquid is never added. The pan is usually greased at the beginning of the process.

Parboiling—Partially cooking food by boiling, after which the cooking is completed by some other method.

Plank—To cook and serve on a board—usually with an elaborate garnish of vegetables.

Puree—Food cooked to a pulp and rubbed through a sieve; also, a soup thickened with this.

Saute—To cook in a small amount of fat.

Scald—To heat liquid, usually milk, to just under the boiling point.

Scallop—To bake a food, usually in a casserole, with sauce or other liquid. Crumbs often are sprinkled over the top of the dish. Escalloped has the same meaning.

Simmer—To cook food slowly so liquid remains just below boiling point.

Skewer—To fasten a food with wood or metal pins to hold its shape in cooking.

Steam—To cook by steam in a pressure cooker, deep-well cooker, double boiler or a steamer made by fitting a rack in a kettle fitted with a tight cover. A small amount of boiling water being added during the steaming process if necessary.

Modern Etiquette

by Roberta Lee

Q. At a church wedding, on which side of the main aisle should pews be reserved for the bride's family and the bridegroom's family?

A. **The left side for the bride's family, and the right side for the bridegroom's.**

Q. What is the limit in knives and forks when a table is correctly set?

A. **Two knives (sometimes three), and not more than three forks.**

Q. Does the man or the woman make the first offer to shake hands when being introduced?

A. **The woman, always. However, she should show no sign of hesitation should the man offer his hand first.**

Q. What is the order of recession at the conclusion of a church wedding ceremony?

A. **Just the reverse of the entrance. The bride and bridegroom should lead, followed by the bridesmaids and ushers.**

Q. How should guests be seated at a luncheon table when there are no place cards?

A. **The hostess may designate their places as they approach the table.**

Q. How soon after the announcement of an engagement should a young man's parents call on the bride-to-be?

A. **Within a day or two, if possible.**

Q. When rising from the table, should one push his chair up to the table?

A. **Yes, slightly, to keep it out of the way of other persons. He should not leave it back two feet from the table, nor should he place it back meticulously.**

Q. When a man is writing a letter to a woman with whom he is but slightly acquainted, should he close the letter with "Sincerely yours"?

A. **"Very truly yours" is preferable.**

Q. Should one offer a tip to a Pullman conductor?

A. **No; only to the porter.**

Q. Is it permissible to supply a word which seems to elude a friend who is speaking?

A. **While this is very often done, it still is considered ill-bred.**

4900
SIZES
2—10

A pair of pretties for your Glamour Child! One, in stripes, makes her the best dressed child in class; the other with eyelet bands is adorable for parties!

Pattern 4900 in sizes 2, 4, 6, 8, 10. Size 6 takes 2¾ yards 35-inch striped fabric.

This pattern, easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send TWENTY-FIVE CENTS (25c) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send your order to Box 1, 123 Eighteenth St., New Toronto, Ont.

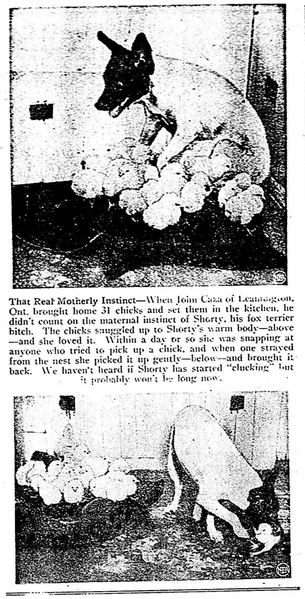
TINY FALCON ISLAND

Falcon Island — small uninhabited volcanic member of the Tonga group — has disappeared.

This advice was contained in a signal to the navy office at Wellington from the naval frigate Hawea.

The Hawea reported indications of underwater volcanic activity and a strong sulphurous smell when it reached the spot where the island used to be.

Falcon Island was formed up by a volcanic eruption in October, 1935.



That Real Motherly Instinct—When John Cann of Leamington, Ont. brought home 31 chicks and set them in the kitchen, he didn't count on the maternal instinct of Shorty, his fox terrier bitch. The chicks snuggled up to Shorty's warm body—above—and she loved it. Within a day or so she was snapping at anyone who tried to pick up a chick, and when one strayed from the nest she picked it up gently—below—and brought it back. We haven't heard if Shorty has started "chucking" but it probably won't be long now.

CHRONICLES OF GINGER FARM

by Gwendoline P. Clarke

Maybe there are happenings at Ginger Farm that I should be writing about, but I happened to notice the date just now and it put everything out of my head except my mother's birthday. It is strange how the passing of times eases the loss of those we loved. And yet hurt in our hearts that follows the time does no dim our memory. I can remember my mother just as well now as I could when I left England thirty years ago. I can recall, without effort, the way she looked; the things she said, and the marvellous way in which she, a widow, raised and looked after her four children. No one ever had a better mother than I had.

I was three and a half—the youngest—when my father died, but a baby brother was born three months later. Through no fault of my father's there was little left. He died in debt and his affairs was settled. There should have been save but misplaced confidence changed all that. My mother had learned dressmaking before she was married and now she turned to it again. There was no self-pity; no flinching at this task before her. She asked help from no one and absolutely refused to bring a charge against the man who "looked after" her affairs. She wouldn't do it because it would have hurt her sister. The man happened to be her brother-in-law.

Day after day, and often far into the night, her busy fingers cut, shaped and sewed. The noise of the sewing machine was the rhythm that set the pace of our lives. And mother was an artist in her work . . . the inside of a garment must be as neat and attractive as the outside

During the next few years many things happened. My baby brother died; my second brother, through the influence of friends, went to Boarding school and completed his education by winning one scholarship after another. My sister went to an aunt's boarding-school, and my eldest brother, at thirteen, went out and got himself a job, as an office boy. He got four shillings a week, two of which he gave to my mother. From that time onward he became self-supporting. He has gone a long way since those office-boy days. As for me, I spent most of my time running up more doctor bills for my mother to pay.

I remember one time when I was very ill mother brought her sewing machine upstairs to the room where I had spent many weeks in bed. It was her solution to looking after me and working at the same time. She was making, at the time, a red cashmere dress for a little girl about my own age. I thought it was a lovely dress and I asked her if I could have one just like it when I got better. She promised me that I should. And then I saw that mother was crying—a most unusual thing for her to do. I felt so guilty because I thought she was crying wondering how she was going to afford to buy me a dress. It wasn't that at all—mother didn't expect I would ever wear a little red dress or any dress for that matter, as the doctor had said that I couldn't get better. Maybe that is where I developed an unexpected stubborn streak, because I did get better—and wear made me a little red dress.

Mother did her best to keep us all in the straight and narrow path. When I was in my teens ten o'clock was the latest I could be out, and then only if she knew where I was going and with whom. One time it was eleven o'clock and we found mother pacing the terrace outside our house.

Mother was never really cross but she often got very annoyed with me because she said I didn't talk to her enough. I always had my nose in a book and I was frightfully untidy!

It was a happy time for us when we were all self-supporting and mother could give up her dressmaking. We wanted her to live with one or the other of us—but no, mother said there was going to be a home for her children to come to as long as she was living. And there was; mother died as she had lived—in her own little home.

And so, there is no sorrow in my heart this day as I remember my mother—only great love and gratitude to a kindly fate that gave me that most priceless gift—a good and courageous mother.

DARK LAMP SHADES

If you have dark lamp shades in your house which make reading difficult, try lining them with a piece of white paper or a coat of white paint. It may double, or even treble the light given off.

ISSUE 13 — 1949

STOP SCRATCHING
Relieve Itch in a Jiffy
Cuticura Holiday does to eczema, pimples, athlete's foot and other itch troubles what Aspirin does to headaches. Stops itching, relieves irritation and soothes skin. Cuticura Ointment or soap, 25c everywhere. Cuticura Laboratories, Montreal. Cuticura Holiday Kit, Soap and Ointment (enough for 3 months treatment) 75c. Postpaid anywhere in U.S.A. Postage extra.

TABLE TALKS

by Jane Andrews

I've heard several women who live in small towns complain because they find it almost impossible to get real rye bread—the kind that the big commercial bakeries don't make, but which you can find in most big city delicatessen stores.

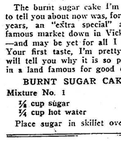
On the chance that some of the readers of this column feel the same way here's a recipe for the real thing. Probably the quantities given in the recipe will be too big for most of you—especially for a first trial, but they can easily be cut down proportionately.

SWEDISH RYE BREAD

1 quart buttermilk or sour milk
1 teaspoon soda
1 pint water
2 tablespoons shortening
½ cup sugar
2 tablespoons salt
½ cup medium dark molasses
6 and ½ cups rye flour
7½ cups white flour
2 cakes compressed yeast dissolved in ½ cup warm water with 1 teaspoon sugar.

Method. Put water, shortening, sugar, salt and molasses into a saucepan and heat until all is melted. Put buttermilk into large breadmixing bowl. Add soda, then add the hot liquid mixture. Mix well, add rye flour, then add yeast (which has been dissolved). Add the white flour.

Knead in with the hands until thoroughly blended. Let rise until double in bulk (about two hours). Turn onto floured board, knead, shape into loaves, using enough flour to keep from sticking. Put into greased loaf tins and let rise until double (about one hour). Bake in a medium hot oven for 50 to 60 minutes. Grand, either "as is" or toasted.



The burnt sugar cake I'm going to tell you about now was, for many years, an "extra special" at a famous market down in Vicksburg—and may be yet for all I know. Your first taste, I'm pretty sure, will tell you why it is so popular in a land famous for good eating.

BURNT SUGAR CAKE

Mixture No. 1

½ cup sugar
¼ cup hot water

Place sugar in skillet over low heat and stir constantly until it is melted and dark in color. Add hot water gradually, stirring until sugar is dissolved. Cool.

Mixture No. 2

½ cup fat or shortening
1½ cups sugar
3 eggs
3 teaspoons baking powder
3 cups flour
½ teaspoon salt
1 cup water
1 teaspoon vanilla extract
Caramelized syrup (Mixture 1)

Method. Cream shortening. Add sugar gradually, creaming until light and fluffy. Add well beaten egg yolks. Mix thoroughly. Sift flour, baking powder and salt together. Add alternately with water to first mixture. Add vanilla and syrup. Mix to a smooth batter. Fold in stiffly beaten egg whites. Pour into greased, paper lined pans. Bake 30 minutes in moderate oven (375F).

Some hints on fudge making may not come amiss, especially with the younger generation, and more especially because these following hints will produce fine fudge far more quickly than other methods. You can hurry fudge in these ways;

1. Put in 2 tablespoons of corn starch to each 3 cups of sugar.
2. Pour it out on a LARGE, well greased platter for quick cooling.
3. Put the platter on a cake rack so air can circulate around it.
4. Place lumps of butter ON the platter instead of IN the fudge. You beat it when the platter is cool enough to hold comfortably in your hand. And if you use half brown sugar it will keep the fudge from getting grainy because of the fast handling.

DOUBLE SHELLCRAFT KIT
Here's a bargain other—you life for the price of one. Make a pair of earrings, or get enough for six fascinating bracelets. Novelty jewelry kit No. 18 contains 2 large clams, 2 small clams, pair ear screws, celery clam platter, coconut, seed clam and mussel shell, 2 pearl beads, 2 ear wire clasps, bracelet and earring clasp, ear wire, bracelet and earring chain. This is amazing value! Ear lobes pierced free. Only $1.00 for two kits, sent to you postpaid. Make your money count. Send Lovell Craft Supplies Ltd.; Montreal: 38 Water St., Saint John, N.B.; 543 Yonge St., Toronto; 425 Cathcart Street, Montreal.

DOES INDIGESTION WALLOP YOU BELOW THE BELT?
Help Your Forgotten "28" For The Kind Of Relief That Helps Make You Raire To Go
More than half of your digestion is done below the belt—in your 28 feet of bowels. So when indigestion strikes, try something that helps digestion in the stomach AND bowels, too.
Milk of Magnesia tablets are a mild laxative and help to digest what you have eaten in Nature's own way.
Then mind little pills. The kind of relief that makes you feel better from your head to your toes. Ask for Carter's Little Liver Pills from your druggist—50c

Tasty Lamb Dumplings
cost so little made with MAGIC
Cut 2 lbs. lamb into 1" pieces; brown well in hot drippings; pour over mixture: Add 4 c. boiling water, 2 onion tops, 2 spring parsley, 1 bay leaf, 1 tsp. salt, ½ tsp. pepper. Cover and simmer 1 hr. Add 1 tsp. c. diced carrots, 6 peeled small onions. Simmer until meat and vegetables are tender, about 1 hr. Combine 1 c. the melted butter and 2 tbs. flour and stir in a little hot gravy; stir into stew; stir and cook until thickened.
DUMPLINGS: Mix and sift into bowl 1½ c. once-sifted pastry flour (or 1¼ c. once-sifted hard wheat flour), 3 tsp. Magic Baking Powder, ½ tsp. salt. Cut in fat; 1½ tbs. shortening. Make a well in center, pour in ¾ c. cold water or milk and mix lightly with a fork. Drop by small spoonfuls over hot stew. Simmer, without lifting the cover, for 15 minutes.
MAGIC BAKING POWDER

"HERE'S YOUR LAST CHANCE to enter the $10,000 CROWN BRAND CONTEST!"
Contest Closes April 15! Be sure you try for the Grand Prize now! - before it's too late!
It's easy . . . here's how you enter -
463 PRIZES
1. Simply print your name and address on any plain sheet of paper.
2. Mail this, together with a label from a 5 lb. tin of Crown Brand Corn Syrup* (or reasonable facsimile) to:— THE CROWN BRAND CONTEST, Station "H", Montreal, Que.
3. Be certain your entry has sufficient postage.
That is all you do to enter the Crown Brand Contest. Now, here's what happens:-
. . . 154 entries will be drawn from the mail received during this last prize-winning period. These 154 persons will then be asked to mail a letter giving three reasons why they like Crown Brand Corn Syrup.
. . . Then, based on the merit of the replies, the 154 prizes will be awarded as follows:
PRIZE: $100.00 2nd PRIZE: $50.00 152 PRIZES OF $10.00 EACH
And now look what happens!
THE JUDGES WILL DETERMINE WHICH OF THE THREE FIRST PRIZE LETTERS RECEIVED DURING THE THREE PRIZE-WINNING PERIODS IS, IN THEIR OPINION, THE BEST. THE WRITER OF THIS BEST LETTER WILL THEN BE AWARDED THE . . .
GRAND PRIZE: $5,000
If no label, top or carton is enclosed the Grand Prize will be $1,000. The Crown Brand Contest is open to all Canadians except employees and their families of The Canada Starch Company and its advertising agency. Judges' decisions will be final. All entries become the property of The Canada Starch Company.
Prize winners will be notified by mail within 30 days after close of the contest. A complete list of prize winners will be available upon request at the close of the contest.
IT'S THE CONTEST FOR EVERYBODY BECAUSE IT'S EASY AND EVERY MEMBER OF THE FAMILY CAN WIN! WRITE NOW — AND WRITE OFTEN!
If you did not enter the first two Prize-winning periods (Jan. 15-Feb. 15; Feb. 16-March 15), there is still time for you to enter this last prize-winning period (March 16-April 15). And if you entered the first two parts of the contest make sure also to enter this remaining one — the more entries you submit, the more chances you have.
THE CANADA STARCH COMPANY LIMITED
MONTREAL TORONTO
* or 2 labels or cartons or a label and a carton from any of the following products:
2 Trays from Crown Brand
Two lb. Cane Top Tin or label from 5 lb. Tin
2 Trays from Karo
Two lb. Cane Top Tin or label from 5 lb. Tin
2 Trays from Lily White
Two lb. Cane Top Tin or label from 5 lb. Tin
2 labels from Benson's Corn Starch
2 labels from Canada Corn Starch
2 Silver Gloss Cartons
2 Limit Cartons

ANNE HIRST

Your Family Counselor

"DEAR ANNE HIRST: You have helped so many people, please tell me what to do! I am 20, married to a man 15 years older. We have a little boy two years old. My husband is very good to me. He buys me almost anything I want, though he does throw it up to me the next day. He wants to sit home night after night, and he never takes me anywhere but to a show and home again.

"Seven weeks ago, my girl friend and I went out dancing. I met a boy of 24, and we both fell in love. We have been seeing each other four or five times a week, and every time we meet our love grows stronger. I can't sleep without seeing him in my dreams, and I can't eat without seeing him across the table. We want the same things in life. Please help me!

AN UNHAPPY PERSON.

PASSION vs. LOYALTY

YOU MUST INDEED be an unhappy person. You are deceiving a husband who trusts you. You are betraying the sanctity of marriage—how can any girl with a conscience expect to be happy? And that conscience will continue to make you miserable until you put an end to this folly.

You say you and this boy want the same things in life. What are they? Possession of each other first, I expect, and a life ended up of dancing and good times. You cannot love anyone you have known for such a short time; you are only "in love," which is a very different state. No nice young man can respect a girl who double-crosses her husband, and you, in your right mind, would not trust a boy who sees a married woman regularly.

You were wrong, in the first place, to go to a public dance hall with another girl; such an act invites pick-ups. Nice girls don't dance with boys they don't know. Of course this boy flattered you properly; and when he saw you felt for it, he pursued his course to its present wicked stage. You, being a married woman and a mother, are as much to blame, if not more. Now you see where your weakness has led you.

You are married to a man of quiet tastes. He married you because he 'loved you, because he wanted a home to relax in, a family to enjoy. What has he done? A wife who steps out on him, who violates his faith in her.

You are going to be found out, of course. Then what? How can you defend your conduct? I'm afraid trouble, and grave trouble, is just around the corner.

Your husband is good to you. If he mentions his gifts, perhaps it is because you have not shown you appreciate his generosity or because you immediately asked for something else. You complain that he takes you to a show "and home." You want a night club or a few hours of dancing. I expect. Well, he is tired, and that is not his idea of relaxation. If you could know about other wives who never go out anywhere for months at a time, you might know how lucky you are.

I cannot help you unless you help yourself, too.

Do not see this boy again, under any circumstances. Use your excess energy to study your husband, and make up to him for this deceit you have practiced. Remember you are a mother, too—don't you realize that responsibility either? You cannot be a good mother if you stoop to such things; you cannot guide your child properly if you yield to temptation yourself.

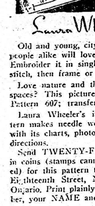
You have everything to make a good marriage. Bring your heart back home where it belongs, and so wipe out the stain of these escapades.

The road to temptation is smooth and tempting. But it ends in tragedy if one follows it. If you are tempted, ask Anne Hirst's opinion first. Write her at Box 1, 123 Eighteenth St., New Toronto, Ontario.

Festival of Britain

Vernon Bartlett, Independent Member of Parliament for Bridgewater in Somerset, journalist, writer, spoke recently about the great Festival of Britain that is to be held in London in 1951, a Festival in which it is hoped that thousands upon thousands of foreigners will come.

There is plenty for visitors to see in Britain, Festival or no Festival, and Bartlett said: "When foreigners come to London I like to show them two things about which they read nothing in the guide books. I take them to the Dole of York's steps at about one o'clock to let them see the real rulers of Britain — all the senior Civil Servants, dressed in black jackets and pin-stripe trousers and carrying their neatly rolled umbrellas, on their way from their Government departments in Whitehall to lunch at their clubs in Pall Mall. Then I show them, on the South Bank of the river, just near the County Hall from which London is governed, an immense grey mound, perhaps one hundred and fifty feet long and sixty feet high. It's one of the dumps to which rubble is brought from the blitzed homes of London. The pile changes in size and shape, because some rubbish is taken away by sea and there's still plenty more to take its place. But in the process of preparing the ground for this exhibition a new wall is to be built which will narrow the river by about one hundred feet. This reclaimed land will be filled in, and will ultimately give Londoners more than four acres of new gardens along the South Bank.



607

Laura Wheeler

Old and young, city and country people alike will love this picture! Embroider it in single and outline stitch, then frame or line it.

Love nature and the great open spaces? This picture is for you! Pattern 607; transfer 15½x19 in.

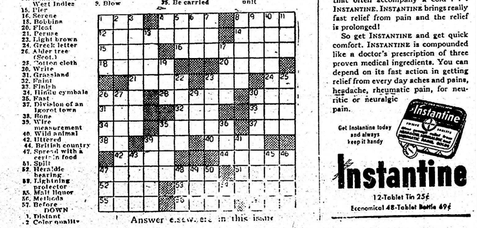
Laura Wheeler's improved pattern makes needle work so simple with its charts, photos and concise directions.

Send TWENTY-FIVE CENTS in coins (stamps cannot be accepted) for this pattern to Box 1, 123 Eighteenth Street, New Toronto, Ontario. Print plainly pattern number, your NAME and ADDRESS.

CROSSWORD PUZZLE

ACROSS
1. Controlled
4. Wingless
7. Marine fish
12. Flowering tree
13. Island of the West Indies
15. Dye
16. Serene
18. Pertaining to Phoebe
21. Persons
23. Light brown
24. Greek letter
26. A bar tree (Scot.)
27. Coarse cloth
28. Write
31. Grassland
32. Fabric
37. Finish
39. Hindu cymbals
40. Foot
41. Portion of an irrigated town
43. Hone
45. Wrong
47. Announcement
48. Ancient
49. Hitler's dog
44. British country
50. Provided with a cover in food
51. Spill
52. Hectate
53. Ancient
54. Lightning protector
55. Mail theme
56. Methods
57. Defeat

DOWN
1. Distant
2. Color-quality
2. Outer
3. Indian mulberry
4. Cut
5. Organization
6. Turmeric
7. Ale
8. Blow
14. Bridge support
31. Man's nickname
33. Bishop's headdress
34. Condensed moisture
35. Bishop's diocese
36. Organs of hearing
38. Acrylic tree
42. Constantly
46. Dry
47. Strip of bakeout
48. Ancient
49. Age
50. Thirsty
54. Electrical unit



Answer elsewhere in this issue

The Sunday School Lesson

By Reverend Barclay Warren

Turning Toward The Cross

Mar 8:27-34; Luke 9:28-35.

Golden Text: Whosoever will come after me, let him deny himself, and take up his cross, and follow me. Mark 8:34.

Jesus had entered upon the third and final year of his ministry. The popular acclaim accorded him in the second year was beginning to wane. Jesus knew that the strengthening opposition would culminate in his being crucified. He must prepare the disciples for the shock.

First he elicited from Peter the great confession, "Thou art the Christ." Then the disciples had grasped that truth he began to teach them of his death and resurrection. Peter would have none of it but Jesus sternly rebuked him saying, "Get the behind me, Satan; for thou savourest not the things that be of God, but the things that be of men." Jesus not only bravely faced the cross himself but said, whoever would follow after me, let him deny himself, and take up his cross, and follow me." The natural man revolts from the cross but he who has been changed or reborn through faith in the Christ of the cross finds himself challenged by the example of Christ. By God's grace he, too, would bear his cross.

About eight days later Peter, James and John saw Jesus transfigured as he conversed with Moses and Elijah. This glorious scene and the voice from heaven strengthened the disciples in the belief that Jesus was the Son of God. This deepened the meaning of the cross. The Son of God would allow himself to be put to death by cruel men. But in his death and resurrection he would open the way to eternal life and to heaven. Well might we sing: "When I survey the wonderous cross on which the Prince of Glory died, My richest gain I count but loss. And pour contempt on all my pride.

How To Figure Rope Strength

How many farmers know how to figure the "working strength" of rope? Probably few know how to figure the "breaking" or tensile strength of rope.

The breaking strength of rope averages about 25 times its "safe" or working strength. This is the "factor of safety" employed by engineers, which is as low as two for some things and is 25 for common rope.

Here is the safe, or working strength, formula for rope:

Square the diameter of the rope in inches and multiply by 200. For a ½-inch rope, this would be ½x½x200, or 50 pounds. For a 1-inch rope, 1x1x200, or 200 pounds.

The breaking strength of the ½-inch rope would be 25x50, or about 1,250 pounds. The breaking strength of the 1-inch rope would be 200x25, or 4,000 pounds.

This formula applies to cotton, manila or hemp ropes.

As the Girls Go—2000 A. D.

How Girls Will Look In 2000 A.D.—Maybe—Guitar-strumming French Amazons parade through the Place Massena during the famous Carnival of Nice. This was a good time in Southern France and costume designers, called upon for a peek at the year 2000, treated merrymakers to weird views of the future

How Can I?

by Anne Ashley

Q. What are the best kinds of brushes to use for shellac and lacquer?

A. When applying shellac, one should choose a bristle brush; for japan colors, a squirrel hair or camel's hair brush will produce the smoothest surface. For lacquer, flowing brushes made of exhair, fitch or badger prove most effective. When using paint or varnish, so's fat brushes of Chinese bristles, fitch or badger are best. Keep a varnish brush for varnish only.

Q. How can I rift soft, fresh bread into very thin slices, and without the least difficulty?

A. This can be done if the bread is placed in the refrigerator and thoroughly chilled before cutting.

Q. How can I soften dried glue?

A. Add a few drops of glycerine to the dried glue, and it will be usable again.

Q. How can I avoid having spots of paint on metal handles and hinges when painting around them?

A. When painting anything that has many handles and hinges of metal, coat the surface of the metal with Vaseline, jelly before starting to paint. In this way, all spots of paint that may be splashed on them will come off with one rubbing of a dry cloth.

Q. How can I make a substitute shoe polish, for use on patent leather?

A. The majority of furniture polishes can be used for cleaning patent leather shoes.

Q. How can I easily measure medicine by drops?

A. If it is to be measured by drops from a bottle, try dipping the finger in water and moistening the rim of the bottle in one place. Use this place from which to drop the contents. The drops will come out quite evenly.

Q. How can I remove scorch stains?

A. By rubbing at once with dry starch and then sponging off. If necessary, repeat until the stain disappears.

Starting Soon...
A Thrilling New Serial
WEST Of The SUN
by JOSEPH LEWIS CHADWICK
The West was young, it was wild, it was lawless, violent, hard. In the eighties it was no place for a young eastern girl—but Virginia Ames could see no alternative. Her fiance Phil Lawrence had written her; his letter had been strange, cryptic, urgent. By rail and stage and horseback she crossed the raw frontier . . . meeting soldiers, Apaches, gamblers, the riff-raff of the West. And finding at the end of the long trail a love that was older than she knew.
LOOK FOR THE FIRST INSTALMENT COMING SOON
You Won't Want To Miss A Single Chapter

ACHES AND PAINS OF COLDS
HERE'S QUICK COMFORT!
And the RELIEF IS LASTING
There's one thing for the headache . . . the muscular aches and pains that often accompany a cold . . . Instantine. Instantine brings really fast relief from pain and the relief is prolonged!
So get Instantine and get quick comfort. Instantine is compounded like a doctor's prescription of three proven medical ingredients. You can depend on its fast action in getting relief from every day aches and pains, headache, rheumatic pain, for neuritic or neuralgic pain.
Get Instantine today and always keep it handy
Instantine
12-Tablet Tin 25¢
Economical 48-Tablet Bottle 49¢

Helpful

The motorist was lost. Suddenly he saw an old man approaching.

"Hi!" he shouted, "do you know the way to Widdlecombe?"

The old man shook his head.

"No, danged if I do," he said.

The motorist drove on slowly, and when he had gone about half a mile he heard shouts behind him. He stopped and looked round. The old man had been joined by another and they were waving him back. Slowly and painfully he backed his car down the narrow road.

"Well?" he said.

"This is my mate George," said the old man. "E don't know, neither."

RHEUMATIC PAINS, STIFFNESS
Don't suffer the stabbing torture of rheumatic pains another day. Use Buckley's Stainless White Rub. Its 7 medicated oils soak rheumatic pains . . . bring amazing relief or double your money back. 50c and 60c.

By Arthur Pointer
YOU ARE LISTENING TO THE MIDNIGHT MURDER PROGRAM OVER STATION ZEEF.....

Other Papers Make Mistakes Too!

Learning the Hard Way

Fully recovered from a fixed injury and shock caused by coming in contact with a live wife, Mr. E. Jeffers Mercy Hospital last Wednesday morning.

—Columbus (Georgia) Dispatch.

A Topsy-Terry World

Well-digger wanted. Must be willing to start at the bottom and work up.

—All-Pete Magazine.

Bovine Horn of Plenty

For sale: A full-blooded cow which gives 3 gallons of milk, 2 tons of hay, a lot of chickens, and a cookstove.

—Montesano (Washington) paper.

Sealing 'em Down

Flame Team of Truman Woes Crowd. Empire.

—Headline in Juneau (Alaska)

Assuming Obligations Early

Applicant: Yes on child, Lillian, who is 3 months old and owes 12 months' rent.

—The Decket.

Were the whole realm of nature mine, That were a present far too small; Love so amazing, so divine, Demands my soul, my life, my all."

—Isaac Watts.

Sweet Swedish Tea Ring
Recipe
Measure into large bowl, ½ c. lukewarm water, 1 tbs. granulated sugar; stir until sugar is dissolved. Sprinkle with 2 envelopes Fleischmann's Royal Yeast Dried Dry Yeast. Let stand 10 minutes. THEN stir well. Scald ½ c. milk and stir in ½ c. granulated sugar, 1½ 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; last well. Work in 3 c. more 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. Punch down dough and divide into 2 equal portions; form into smooth balls. Roll each piece into a 12" thick oblong; loosen dough. Cream ¼ c. butter or margarine and mix in 1 c. brown sugar (lightly pressed down), 2 tsps. cinnamon. Spread this mixture on dough and sprinkle with 1 c. raisins or currants. Beginning at a long edge, roll each piece up like a jelly roll; place each roll on a greased large baking sheet and shape into a ring, sealing ends together. Grease tops. Cut 12 slices almost through to center with scissors and turn each slice partly on its side. Cover and let rise until doubled in bulk. Brush with 1 egg yolk beaten with 2 tbs. milk. Bake in moderate oven, 350°, 25-30 min. If desired, spread tops with a plain icing. Serve hot, with butter.
FLEISCHMANN'S ROYAL FAST RISING DRY YEAST
ACTS FAST! STAYS FRESH!
NEW FAST-ACTING DRY YEAST NEEDS NO REFRIGERATION!
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.)
Stays fresh and full-strength in your pantry for weeks! Here's all you do:
Get a month's supply!

HELPFUL HINTS FOR BUSY HOUSEWIVES
Stale loaves may be made palatable by wrapping in a wet cloth for half a minute. Take the cloth off, then bake in a slow oven for half an hour.

SEQUIN JEWELRY CRAFT
If you can use a needle and thread, you can make attractive jewelry. We've assembled a kit with everything you need, including sequins, beads, pearls, jewelry findings, and illustrated instructions. Wear the latest thing in jewelry! Make matching necklace and earrings. Replace your stolen? Give handmade gifts your friends will treasure. Wire for 24 No. 3-B SEQUIN Kit, hand ready to your nearest store. Enclosed stock, 25c postpaid. Dealers: Write for Wholesale Price Lists. Lovell Craft Supplies Ltd.; Montreal: 38 Water St., Saint John, N.B.; 543 Yonge St., Toronto; 425 Cathcart Street, Montreal.

DOES YOUR BACK ACHE?
Sitting in a draft—working in a damp place—wet feet—there are dozens of things which may cause a backache! But there's one way thousands of Canadians have found to help relieve this condition—Dr. Chase's Kidney-Liver Pills. This effective remedy tones up both the kidneys and the liver—and brings welcome relief from aches in the small of the back caused by "cold" in the kidneys. So insist on this reliable remedy—proven by over half-a-century's use—Dr. Chase's Kidney-Liver Pills. At all drug counters.

It's so different today
Who would envy the early-Victorian housewife? Up with the lark to cook a heavy breakfast! Today's favorite breakfast dish is ready-to-eat, easy-to-digest Post's Grape-Nuts Flakes. Pour a bowlful with milk (add fruit if you wish) and presto! . . . there's a simply scrumptious start to the day.
Post's Grape-Nuts Flakes are made from TWO grains — wheat and barley — to give you the unbeatable Grape-Nuts flavor . . . in delicious, honey-golden flakes. They supply useful quantities of carbohydrates, proteins, phosphorus, iron and other food essentials to eat, cook or play. Try Post's Grape-Nuts Flakes tomorrow.
G5-145