

HE PLAYED SAPE

There is a man in our town (His name my memory slips) Who kissed ten thousand microbes Off his sweetheart's ruby lips.

Menu Hints

Recipes for New and Novel Dishes: Household Ideas and Suggestions.

By Betty Barclay

ECONOMICAL DESSERTS Here are two recipes for delightful dishes that may be made quickly and at slight cost, from ingredients that should be on hand always:

COCONUT APPLES

1 cup sugar 1 cup hot water 3 tablespoons raisins, chopped 3 tablespoons nut meats, broken 3 tablespoons dates, chopped 4 pared and cored apples 1/2 cup coconut, southern style Combine sugar and water in casserole and heat in hot oven (450 degrees F.) until sugar is dissolved, stirring occasionally. Combine raisins, dates and nuts and fill apple centres with mixture. Brush apples with melted butter. Place in casserole, cover closely, and bake 15 minutes. Reduce heat to moderate (350 degrees F.) uncover and bake 45 minutes longer, basting apples occasionally with syrup. Sprinkle tops of apples with coconut and continue baking until coconut browns. Serve hot with cream. Serves 4.

SNOWFLAKE PUDDING

3 egg yolks, slightly beaten Dash of salt 1-3 cup sugar, scalded 1 envelope gelatin (1 tablespoon) 1 can (1 1/2 cups) coconut, southern style 1 teaspoon vanilla 3 egg whites, stiffly beaten 1 1/2 cups fruit, (canned grated pineapple, berries or any fruit in season) Combine egg yolks, salt, and sugar. Add a small amount of milk, stirring vigorously. Retain to double boiler and cook until slightly thickened, stirring constantly. Pour a small amount of hot water over gelatin, stir until dissolved, and add to remainder of mixture. Cool. Fold in 2-3 cup coconut, flavoring, and egg whites. Pour over fruit. Sprinkle with remaining coconut. Chill until firm. Serves 8.

CARAMEL PUDDING

1 junket tablet 1 tablespoon cold water 1 pint milk 1/2 cup sugar 1/2 cup boiling water 1/2 teaspoon vanilla Put junket tablet in cold water, crushing with spoon to be sure it all dissolves. Put sugar in a small saucepan and heat, stirring constantly, until melted and golden brown. Add water and dissolved sugar in it. Add milk to caramel syrup and warm until lukewarm—NOT HOT. Remove from stove. Add dissolved junket tablet and vanilla and turn at once into individual dessert glasses. Let stand in warm room until firm—about 10 minutes. Then chill. A topping of whipped cream and nuts may be added if desired.

BOILED SALAD DRESSING

1/2 tablespoon salt 1 teaspoon mustard 1 1/2 tablespoons sugar Few grains cayenne 1 tablespoon flour 2 egg yolks 1 1/2 tablespoons butter or oil 1/2 cup milk (sweet or sour) 1/2 cup lemon juice Mix and sift dry ingredients; add egg yolks, slightly beaten, and milk. Cook over boiling water, stirring until thick. Add butter and lemon juice; strain, and cool.

ORANGE TAPIOCA PUDDING

1/2 cup quick cooking tapioca 2 cups milk 2 cups sugar 1/2 teaspoon salt 3 oranges 2 tablespoons sugar Put milk and tapioca in double boiler; cook fifteen minutes; then add eggs, beaten with salt and one-half cup sugar. Pare oranges; remove sections from membrane; put in bottom of baking-dish; pour tapioca mixture over oranges, and bake in moderate oven until custard is firm.

EATING FOR EFFICIENCY

Eat the proper foods, slowly and carefully, and you will avoid many ills that mankind is heir to, for the man who said that more people died from over-eating than from starvation was absolutely correct. This does not mean that you must be a fastidist and immediately drop meat, fish, eggs and bread from your diet. These are acid-producing foods, but they are healthful foods and should be continued. Reduce the portions, however, and substitute large quantities of green vegetables, milk and fresh fruit—practically all of which will be found listed among the "alkalines." Even oranges and lemons, so often thought of as acid, are decidedly alkaline in their ultimate reaction, and are now given freely as preventatives or cures for acidosis.

Est your breakfast orange, drink lemonade, eat plenty of salads and fruit cups, drink milk, and get up from the table before you feel overloaded. Do these things and you will soon begin to feel the benefit of sane dieting.

THE OLD MAN OF THE BIG CLOCKTOWER



OUT AT THE OLD SUGAR BUSH

There's a smell of maple sugar, An entrancing steam of sap, 'Tis as yet, the world old water Holds his big snow banks on his lap. And the wind strikes thru and thru us, As it slips us in the face; But we can bear the challenge With a good and silent grace. We can say bear the burden Of things we do not want, Since sugaring is coming— A fact we'll never want.

THE OLD SUGAR BUSH

For over a hundred years there has never a spring passed in this community when residents here have failed to engage in the annual employment of making maple sugar and maple syrup. Year after year, as the warm sunshine of March and the balmy breezes of spring have come, the work of making maple products on the farms where maple groves prevail has been engaged in.

As each succeeding generation has come to the homes and the farms, the waning enthusiasm of the older folk for sugar making has reacted in the young people, and the work has proceeded with renewed vigor. As a result the volume of syrup and sugar produced has been maintained from year to year, in fact, with improved methods and apparatus, it has greatly increased.

The clear, sunny days of March bring the first crop of the new year—the harvest of maple sap and its delectable products. In by-gone days of my early boyhood "maple sugar making" on the farms was a sort of picturesque adventure. Supplying the domestic needs of the homes of a few friends was the main incentive and the question of an outside market scarcely with consideration.

But who didn't enjoy a visit to the sugar camp? Say, who doesn't enjoy it to-day? I've visited a good many sugar camps during the past sixty-five years, and there has always been pleasure in the visit and generous good-natured welcome from the friends who were handily operating the sugar making. On one of my visits to a sugar bush, within a mile from Acton, I once was accompanied by a friend who had just come to Canada from England. He had tasted maple syrup and enjoyed it greatly, and when told that it was produced from the Canadian maple trees, whose stately form he had already learned to admire, he was anxious to witness the methods employed.

FEED DAIRY CATTLE BARLEY

Barley should be regarded as practically the equal of corn with all classes of livestock, and this is particularly true as applied to the feeding of dairy cattle. In total digestible nutrients it is practically the equal of wheat and within five per cent. of the value of corn.

Annual husbandry experts of the Federal Department of Agriculture state that there is nothing in its composition to preclude the use of barley as a feed for dairy cattle, although heretofore it has not been generally used for this purpose.

In any dairy ration it is well to have some ingredient that will serve to maintain and even build up the body of the animal, otherwise, much flesh is lost to the ultimate detriment of the animal's milk producing ability. Barley fills this want admirably, and this factor has been realized by the Dames, who regard ground barley and oats as a very good concentrate for dairy cows.

When using barley, however, care must be taken to balance the carbohydrates and fat of the barley with protein from other sources. In districts where legume hay, more particularly alfalfa, can be grown, these should be made to supply the additional protein. Where legume hays cannot be grown to advantage, oil-cake meal, cottonseed meal, gluten feed, etc., should be used to balance the ration.

Generally speaking barley should form not more than twenty-five to thirty-three per cent. of the grain ration for dairy cows. In alfalfa growing districts, however, the grain ration for dairy cows can be composed almost entirely of home grown oats and barley, and since barley is the heaviest yielding crop it might very well form the bulk of the grain crop in such districts.—Issued by Information Service, Publications Branch, Department of Agriculture, Ottawa, Ontario.

FROM OUR CORRESPONDENT

Queer things sometimes get into print because human beings all make mistakes. Now and then a newspaper reporter writes copy carelessly, etc. Here are a few of "best bets" in such errors: "Touches live wife, man hurled 35 feet."

HIS OLD STUFF

A certain salesman was proposing to his best girl. "And, sweetheart," he finished, "I'll lay my whole fortune at your feet."

A CONTRIBUTION FROM BEES

The busy little bee in his humble and humming way is contributing his bit to the productive wealth of Canada. Beekeeping has been advancing with great rapidity in the Dominion and honey production has become an industry of no mean importance. It is only within recent years, however, that it has developed from being more or less of a hobby into a profitable adjunct to other lines of agricultural endeavor and in many cases the chief source of revenue.

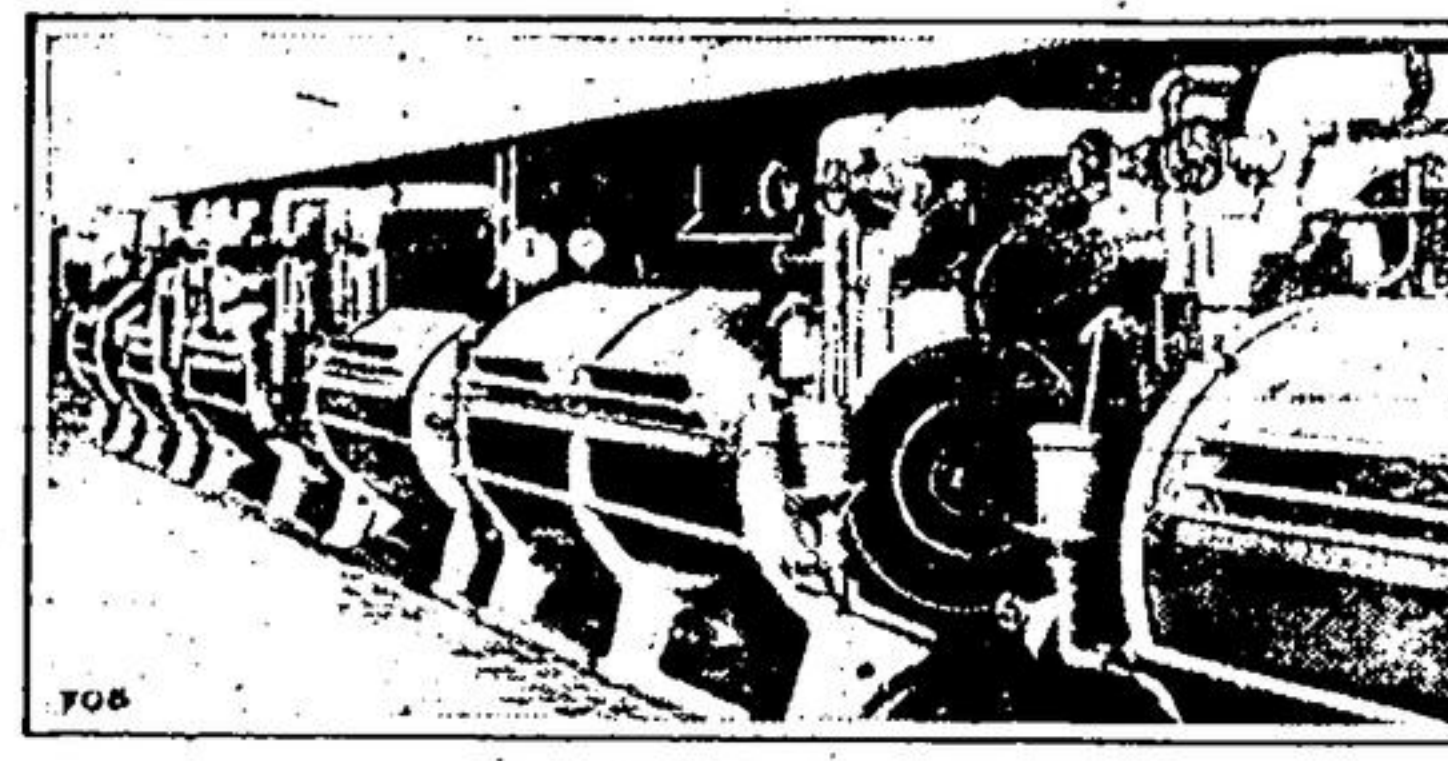
Prior to 1921 Ontario and Quebec were the only provinces producing a surplus of honey. This surplus found a ready market in the other parts of the Dominion, especially in Western Canada. At that time honey was produced on a comparatively small scale in the Maritime Provinces, in Manitoba, and in British Columbia, while in Saskatchewan and Alberta apiculture were few and far between. To-day the situation has greatly changed. Not only has production increased in the older provinces, but it has also made phenomenal gains in the Prairie Provinces, so much so that Manitoba now gives indications of becoming the leading producer of honey for the Manitoba crop during the 1930 season was estimated to be 10,110,128 pounds.

An indication of the growth of beekeeping in Canada is amply given by the following figures of honey production in 1929 compared with those for 1920:—In 1929 the total production was 13,769,649 pounds; in 1930 it had increased to 31,169,635 pounds. The most remarkable growth was in Manitoba, where the production rose from 3,522,512 pounds in 1929, to 10,110,128 in 1930. In Alberta the production jumped from 215,000 pounds to 1,576,000 pounds; in Saskatchewan from 170,397 to 605,551 and in Ontario from 5,000,000 to 12,000,000 pounds. Each of the other provinces scored an advance, but not so marked as that for the provinces mentioned.

Tells Dyspeptics What to Eat

Dietetic diets are often unnecessary in stomach trouble. While some foods do produce excessive acidity and many stomachs do generate "too much acid" eating gas, sourness, flatulence and after-eating pains, the trouble may be safely and quickly corrected by the use of a good alkaline. Bismarck-Magnesia powder or tablets—is ideal for this purpose. Just a little after meals neutralizes all the excess acid, prevents souring, breaks up gas and ends indigestion. Works its good in longer upon stomach and digestion is easy and painless. It will do this for you or your money back. Druggists everywhere sell Bismarck-Magnesia with this guarantee.

33,117,314 PIECES IS LONG LAUNDRY LIST



Can you imagine a bewildered Chinaman trying to total a laundry list of 33,117,314 pieces? But there is one like that. It is the total washing done by aiders.

Every piece of laundry handled becomes a laundry-piece each time it appears in the wash. This is a single table-napkin may be a laundry-piece over and over again, according to the supply of linen needed and available. The picture shows a battery of washing machines in the laundry of the Royal York Hotel, Toronto, the largest hotel in the British Empire. Similar equipment in the great chain of Canadian Pacific Railway hotels throughout Canada handles the great laundry list in various centres, with the assistance, in certain districts, of laundries outside the company's service. But the standard maintained is the same everywhere, immaculate cleanliness being the motto from coast to coast, both ashore and afloat.

"Sport-lovers" Whether looking on or playing in a hard contest a cup of good tea after is great.

RED ROSE TEA "is GOOD tea"

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