

A LITTLE WORD

A little word in kindness spoken. A motion of a tear. Has often healed the heart that's broken, And made a friend sincere.

Menu Hints

Recipes for New and Novel Dishes; Household Ideas and Suggestions

(By Betty Barclay)

MACAROONS ARE DELICIOUS. Macaroons, those tasty little bites that so please you outside, may be made quite easily in your own home.

PARTY MACAROONS

- 2 egg whites
1 cupful sugar
1/2 teaspoonful almond extract
1 cupful coconut
1 cupful rice flakes
1/2 cupful nut meats (chopped)
Pinch of salt

Beat the egg whites until stiff, add the sugar gradually, then add the almond extract, coconut, rice flakes, salt and nut meats. Drop by spoonfuls on a buttered pan and bake in a moderate oven ten minutes, or until the macaroons are a delicate brown.

FRESH STRAWBERRY ICE CREAM

- 1 junket tablet
1 tablespoon cold water
1 pint milk
2 tablespoons lemon juice
1 cup sugar
1/2 pint cream
2 cups strawberry puree

Dissolve junket tablet in cold water. Add sugar to milk and warm until lukewarm—NOT HOT. Remove from stove. Add dissolved junket tablet; pour into freezer can. Let stand until firm, pack in ice and salt, and freeze to a mush. Add cream, whipped, strawberry puree and lemon juice. Prepare puree by crushing about one quart of strawberries and rubbing through sieve—adding sugar if necessary. Finish freezing. Recipe makes 10 to 12 servings.

TRY THESE FROSTINGS

Here are two frostings that are ideal for picnic cakes, or cakes that are served to guests on the porch or lawn in hot weather.

HAWAIIAN FROSTING

- 2 cups sugar
1/2 teaspoon light corn syrup
1/2 cup water
1 egg white, stiffly beaten
1 cup raisins, chopped
1/2 cup coconut, southern-style, chopped
1 tablespoon lemon juice

Combine sugar, corn syrup and water. Boil until a small amount of syrup forms a soft ball in cold water, or spins a long thread (240 degrees F.). Pour syrup slowly over egg whites, beating constantly. Add raisins, coconut, and lemon juice. Continue beating until thick enough to spread on cake. Makes enough frosting to cover tops of two 9-inch loaves.

COCONUT SEA FOAM FROSTING

- 1 cup brown sugar
1/2 boiling water
1 egg white, stiffly beaten
1/2 teaspoon vanilla
1/2 cup coconut, southern style

Combine sugar and water. Place over low flame and stir constantly until sugar is dissolved and mixture boils. Continue cooking until a small amount of syrup forms a soft ball in cold water, or spins a long thread when dropped from tip of spoon (240 degrees F.). Pour syrup in fine stream over egg white, beating constantly. Add vanilla. Continue beating until stiff enough to spread on cake. Spread on cake and sprinkle thickly with coconut while frosting is still soft. Makes enough frosting to cover top and sides of 8x8 inch cake.

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NATURE'S USE OF WATER

Probably the most important single factor in plant life is water. One of the marvels of the universe is nature's use of this element as the principal medium in the growth and development and transportation of consistant, chemical elements from the soil and from the air for transportation into plant structure, and in this work a lot of water is used. Seven years' study carried out by experts of the Dominion Experimental Farms at Swift Current Station show, for instance, that in the production of wheat from 1,000 to 1,974 pounds of water have actually been used in the production of one pound of grain. To put it another way, for each bushel of grain produced 40 to 50 tons of water are used.

Another Short Story CARL'S JOB AND MINE

M. B. HUBER

MY FIRST school was in a sparsely settled farming district in North-West Ontario, and the hardest problem before me was how to handle Carl Leslie, the biggest boy, whose sole object in coming to school seemed to be to hinder and annoy me.

One November-morning, as I trudged through the snow to the little log school-house, Carl's round face, with its derisive grin and triumphant joy in his discomfiture, seemed to float mockingly in the air before me, and my heart felt leaden like the dull grey clouds which hung over the landscape, veiling every thing of sun.

That day Carl was unusually trying, and my harassed nerves almost gave way. He was much too big to strap, being at least a head taller than myself, and kindness affected him not at all. I was on the verge of getting rid of him by expelling him from the school, when an idea occurred to me that made me decide to give him one more chance.

It was Carl's job to bring in wood, and look after the box stove, that stood in the centre of the school room, also to sweep and dust the room, and shovel the snow. For performing these duties, the school-board paid him a small sum each month. It was only a few dollars, but the Leslies, I knew, were desperately poor, being unable to afford even the scant comforts which it was possible to secure in that isolated region.

That afternoon, when closing time came, and the last little muffled figure had left the school, I went over to the corner where Carl had started to sweep, and took the broom away from him. "Never mind doing any more chores around the school, Carl," I said. "After this I will do them myself."

He stared at me, open-mouthed, then his face grew red, and he burst out angrily, "No, you don't. It's my work. See? And I'm going to do it." "I think the board will be quite willing to let me do it, if I want to," I said, sweetly. "You know how eager they are to save a dollar wherever they can, and, of course, I would not expect anything extra for doing it."

expansion of snow to the ruddy glow of the sunset sky. "My wrist is all better, Miss Clare," said Carl, wagging his hand up and down to prove the truth of his words. "You won't need to help me any more."

"All right," I replied. "But you aren't going to stop helping me, are you? I still need you."

"No, I won't stop," he said, smiling. "But I don't claim any credit for that. For I see now that when I help you I help myself most of all. That's the way it works out, isn't it?"

I agreed that Carl's philosophy was correct, and we locked up the school and started for our respective homes, turning from time to time to wave to each other as long as we were in sight.

Miller's Worm Powders are complete in themselves. They not only drive worms from the system, but repair the damage that worms cause and so invigorate the constitution that it speedily recovers from the disorders of the digestion that are the result of the work of these parasitic intruders.

Some people try so hard to go to sleep that they keep themselves awake. They feel the necessity of making the most of every minute in order to fit themselves for the work of another day, and they take the matter so seriously that moment by moment, they become more nervous and wakeful.

None of the National Parks in Eastern Canada is set in a more beautiful location than the Georgian Bay Islands Park. This park, which comprises thirty of the 30,000 islands in the Georgian Bay, is situated in an area where the natural beauty has remained untouched.

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CARING FOR SOME OF THE EARLY PRODUCTS

(When vegetables and fruits are in season and plentiful, it seems natural for the thrifty housewife to buy by some of the surplus in suitable form for use during the months when the fresh are not available.)

Their use in various forms adds much to the variety and healthfulness of family menus. Their acids, mineral matter and bulk balance a tendency towards an excess of fats and starch in the diet and do much to keep the body in good condition.

Use Fresh Fruits and Vegetables—To ensure a good quality of product, choose fresh fruits and vegetables. Choose each product when at the height of the season or when each crop is using and use new before using and use new before using.

The Pack—Corn, beans and spinach should be packed rather loosely. This allows the heat to penetrate the centre of the jar more quickly and to insure more even sterilization.

Any steamer which maintains a temperature equal to that of boiling water may be used successfully as a canner. Steam Pressure Cookers are built solidly and permit the use of steam under pressure which means the temperature is raised above the ordinary boiling point of water, and, consequently, the cooking period is shortened.

Over—An automatic heat control or a thermometer is necessary when canning in glass jars in an oven. Too much heat would result in breakage. Put jars on the rack of the oven. Oven canning is simple and easy; there is no steam and no hot water to handle.

Methods of Canning—(1) Cold Pack—By this method the uncooked food is put into the jar and covered with some boiling liquid such as syrup or water. The filled jars are then cooked. This method may be used for most fruits and all vegetables and meats.

Intermittent Cold Pack—This is a variation of the Cold Pack Method. The jars are filled and given three periods of cooking on three successive days, slightly loosening the top during the cooking. It is used for corn, peas, beans and greens, and makes for safety if the vegetables are not fresh.

BUT IT DID NOT GOOD

Geymour—When you discovered that there was no heat in the radiators did you call the janitor? Oswald—Yes, indeed—every name. I could think of.

Not to correct one's fault is to make new ones.—Confucius.

Cherries—Wash, stone and pack in jars and cover with boiling syrup; thick for sour cherries and medium for sweet. Cook 15 minutes in a water bath, of 30 minutes in oven at 275. Medium syrup is made with one cup of sugar to one cup of water. Thick syrup is made with one cup of sugar to 1/2 cup of water.

Rhubarb—Preserve Fruit equal weights of rhubarb and sugar in a granite kettle and allow to stand overnight. In the morning put on stove, bring to a boil slowly and cook until the rhubarb is tender. Put in containers and seal.

Rhubarb and Wild Strawberries—Use equal quantities of rhubarb and berries. Mix and allow 1/2 of a cup of sugar to 1 cup of fruit. Allow to stand overnight. Boil slowly half an hour. Seal in sterilized jars.

Black Currant Jam—Wash and prepare currants. Add water until it can be seen between the fruit. Bring to a boil and cook 5 minutes. Strain off the juice, measure it, and to each cup add 1 cup heated sugar. Boil 5 minutes. Add currants, boil 2 minutes, and pour into sterilized jars and seal.

Strawberry Jam—Wash and hull berries. To each pound of fruit, add 1/2 pound sugar. Let stand overnight. In the morning cook 30 minutes, or until the jelly test is observed. Pour into sterilized jars and when cool cover with paraffin.

Barber's Itch and Ringworm are relieved by the use of Douglas' Egyptian Liniment; quick, certain results. Relieves the most obstinate cases.

AVERAGE IS HIGHER. An increase of 17 eggs per hen in the average production of farm flocks throughout Canada is indicated in a report just issued by the Dominion Bureau of Statistics.

Whether you're planning a touring trip, going camping or fishing, or just on a picnic... you'll need "good eats" and good light. The Coleman Sport-Lite Lantern and Camp Stove will deliver "right now" anywhere and any time!

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