

SOMEBODY ELSE

There's always somebody else, my dear, who grieves when a child is sad; Somebody watches the smiles or tears Of each little lass or lad; If your forehead frowns but a little while, Somebody else is sad, And whenever your sunny face smiles Somebody else is glad! —Hannah G. Fernald.

Menu Hints

Recipes for New and Novel Dishes; Household Hints and Suggestions

By Betty Barclay

REAL MEN'S DISHES

These must be real dishes. Anyway, they appear in the list of recipes of foods eaten by Paul Whiteman, King of Jazz, who recently reduced from 303 pounds to a modest 190. These particular dishes are not reducing dishes—but the tasty, nourishing exceptions that made Paul's diet a pleasant one.

PUFFED PUDDING

1/2 cup butter, 4 tablespoons flour, 2 cups sugar, 4 tablespoons grape-nuts, 4 egg yolks, well beaten, 2 cups milk, Juice and grated rind 2 lemons, 4 egg whites, stiffly beaten. Cream butter and sugar thoroughly, add egg yolks, flour, grape-nuts, milk, lemon juice, and rind. Fold in egg whites. Pour into greased baking dish placed in pan of hot water. Bake in moderate oven (375 degrees F.) 50 to 60 minutes. When done pudding will have crust on top, jelly below. Serve hot or cold with plain or whipped cream.

CHOCOLATE JUNKET WITH BANANA WHIP

1 package powder for chocolate junket, 1 pint milk, 3 bananas, 1 egg white, 1/2 cup sugar, 1 teaspoon lemon juice. Slice 2 bananas into dessert glasses. Warm the milk until lukewarm—not hot, and dissolve the powder for chocolate junket in it. Pour the junket over the bananas. Let stand in warm room until set. Chill in refrigerator. When ready to serve mash the remaining banana, add egg white, sugar and lemon juice, beating until thick. Add as topping to the junket.

HEMPING COOKY TINS

A well stocked cooky tin is a real household ally. Cookies to serve with a hurry-up dessert of canned or fresh fruit... cookies for guests who drop in for tea... cookies for evening refreshments. In short, cooky-time is all the time.

COOIROONS

1 cup sugar, 1/2 teaspoon salt, 2 egg whites, stiffly beaten, 1 can shredded coconut, moist, 1/2 teaspoon almond extract. Fold sugar and salt gradually into egg whites. Fold corn flakes and coconut gradually into mixture. Add almond extract. Drop from teaspoon on greased baking sheet. Bake in moderate oven (350 degrees F.) 10 to 12 minutes. Makes 3 dozen cooiroons.

CULINARY MAGIC

A couple of lemons... some oranges. With these in the larder what are you going to do about dessert unless you make a trip to the store when up to your eyes in work? Well, you would be surprised. Here are two choices and both of them delicious:

CELESTINE LEMON TAPIOCA

1/2 cup quick-cooking tapioca, 1/2 teaspoon salt, 1 quart boiling water, 1 cup sugar, 1/2 cup orange juice (2 lemons), Grated rind 1 lemon, 1 cup cream, whipped. Add tapioca and salt to water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar, lemon juice, and lemon rind. Cool. Fold in whipped cream. Chill until thickened. Pile lightly in sherbet glasses. Garnish with raspberries. Serves 8.

CHANTILLY ORANGE DESSERT

4 tablespoons quick-cooking tapioca, 1/2 teaspoon salt, 1 1/2 cups boiling water, 1/2 cup sugar, 1 cup orange juice, Grated rind 1/2 orange, 1/2 cup cream, whipped. Add tapioca and salt to water and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar, orange juice, and orange rind. Cool. Fold in whipped cream. Chill until thickened. Pile lightly in sherbet glasses. Just before serving, garnish with very fine 1/4 inch shreds of orange rind, free from all white membrane. Serves 6.

Help for Asthma. Neglect gives asthma a great advantage. The trouble, once it has secured a foothold, fastens its grip on the bronchial passages tenaciously. Dr. J. D. Kellogg's Asthma Remedy is daily benefiting cases of asthma of long standing. Years of suffering, however, might have been prevented had the remedy been used when the asthma was in its first stages. Do not neglect asthma, but use this preparation at once.

THE OLD MAN OF THE BIG CLOCK TOWER



This is going to be the smallest article I've ever written for my column. It isn't going to be a column this week. I've been busy helping MARY get things ready for the Christmas baking and some other things, too, and I've asked the editor of THE FREE PRESS if it wouldn't be all right for me to write my article for next week instead of this week. There's another reason, too. I would like to have my column in that Christmas issue of THE FREE PRESS that has been mentioned, and if I continue on the regular week I'll just miss it. That's all. I'll be with you next week, I hope.

The Old Man

Why suffer needlessly? Douglas' Egyptian Liniment brings quick, sure relief to scalded feet, soft corns and warts. Relieves inflammation. Removes proud flesh.

STAMP COLLECTORS ARE INTERESTED

Philatelists or stamp collectors are awaiting with interest the inauguration of two extensions to be made by the Canadian Post Office Department of its air mail service along the Mackenzie River in the Northwest Territories. One extension will be to Camshell River, about 35 miles from Cameron Bay, the principal settlement on Great Bear Lake. The other will be to Coppermine on the shore of the Arctic Ocean, 200 miles north of Cameron Bay, or about latitude 63. It is expected that the new service to Camshell River will be inaugurated about November 29 and to Coppermine about January 15 next.

Stamp collectors are always interested in what are termed first flight cachets, a special cover bearing an impression to commemorate the inauguration of the first mail despatched over the new route. To these cachets are affixed the air mail stamps. The practice among stamp collectors is to despatch a self-addressed envelope by the air mail. The Post Office Department carries this to Camshell River or Coppermine, as the case may be, and from there returns the envelope, with stamp properly cancelled, to the addressee.

It is estimated that when the two mail service extensions begin several thousand stamp collectors will buy the commemorative cachets. This will mean plenty of work for the postmasters at the remote offices at Camshell River and Coppermine for they will have to cancel the stamps on the stamped addressed envelopes which the collectors will enclose in the first flight cachets.

All the principal points in the Northwest Territories now have a regular air mail service summer and winter. Prior to November, 1929, when the air mail service was introduced to remote points in the Far North, such points had little contact with the outside world during the long winter months. Residents in the Northwest Territories are now fairly well contacted with the rest of the world for in addition to receiving mail regularly many of them have radio receiving sets, and reception is exceptionally good in the North. Not only are programmes from the powerful stations in Canada and the United States received, but others from the British Isles and European countries are often heard.

THE REASON

Gentleman (who is visiting, to little boy of the house): And why won't you let me take you on the river in a nice boat?

Little Boy: Oh, please, Mr. Tubbs, because I heard pa tell me that you could hardly keep your head above water; and—and—I can't swim.

DOMINION EXPERIMENTAL FARMS Weekly News Letter

Winter Housing of Sheep. Sheep do not require expensive and warm buildings. They do, however, appreciate a dry, roomy shed well protected against winds, well ventilated and free from draught. Do not crowd them in one pen. Twenty to twenty-five ewes do best together. Furthermore, a sheep requires from twelve to fifteen square feet of floor space and one foot of feeding space. Doors should be of good width to allow free access to and from the pens. Narrow doors are often the cause of abortion. Pregnant ewes need a yard exercise in. Force them to walk by feeding hay outside in good weather. Home Grown Grains for the Laying Flock. The following ration for laying pullets composed mostly of home grown grains is recommended by the Poultry Division of the Dominion Experimental Farms: Mash—2 parts of ground wheat, 1 part of ground oats, 1 part ground barley or corn, half part of ground beef and fish scrap, 2 per cent. bone meal, 2 per cent. cod liver oil, and 1 per cent. salt; scratch grain—3 parts of wheat, 1 part oats, 1 part corn or buckwheat, 1 part barley. This ration may be varied according to what grains the farmer has available.

Take Care of the Manure. Experiments at the Central Experimental Farm have shown that, based on the value of crop increases, manure may have a value of over \$1.50 per ton. Manure that contains no weed seeds should be applied to the soil immediately in order to prevent loss. If weed seeds are present, store it for several months in a compact pile on a water-tight floor with low side walls, to prevent leaching.

A Good Soy Bean Variety. During the last five years the Mandarin variety of soy beans has never failed to mature its seed crop on the Central Experimental Farm at Ottawa. It is the earliest available yellow seeded variety and matures on the average in 120 days. Five years ago 20 bushels per acre was a good average yield, but during the last two seasons the yield of a selected strain has been well over 30 bushels. This is an excellent showing considering the severe periods of heat and drought during the past season and it indicates also the possibilities for improvement in this crop.

Some Points on Honey. Honey varies in color from water white to almost black. The color has little or no effect on its quality as a food or as a sweetener. It does appear, however, to be associated with flavor, for generally speaking, the darker the color of the honey the stronger is its flavor. All Canadian honeys granulate or crystallize sooner or later, but the granulation is not caused by adding sugar to the honey as many people seem to think. Granulated honey can be brought back to the liquid state by setting the container in a bowl of hot water for a short time. The water should not be heated higher than 150 to 160 degrees Fahrenheit.

For Sprains and Bruises—There is nothing better for sprains and contusions than Dr. Thomas' Electric Oil. It will reduce the swelling that follows a sprain, will cool the inflamed flesh and draw the pain. It will take the ache out of a bruise by counteracting the inflammation. A trial will convince any who doubt its power.

ONE FOR TEMPERANCE

"Do you take any periodicals?" asked the new minister, on his first round of visits. "Well, I don't myself," replied the woman, "but my husband takes 'em frequent. I do wish you could get him to sign the pledge."

CATARRAL DEAFNESS MAY BE OVERCOME

If you have Catarrhal Deafness or head and ear noises or are growing hard of hearing go to your druggist and get 1 ounce of Parmitin (double strength), and add to it 1/2 pint of hot water and a little granulated sugar. Take 1 tablespoonful four times a day. This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucous strings dropping into the throat. It is easy to prepare, costs little and is pleasant to take. Anyone who has catarrhal deafness, or head noises should give this prescription a trial.

Life's Changing Outlook

Have you ever thought how insecure are the hopes and plans of the poor, who depend upon their daily earnings, and life's outlook so greatly changed when sickness comes? They bear a double cross, for in addition to their suffering, they are in a state of poverty. There is one disease most dreaded by this class. There is no hope, which, fostered by their mode of life, draws upon them. Neglecting food, fresh air, rest, the only known cure, is beyond their means. What then is to be done? There is no alternative. They must be helped. The Toronto Hospital for Consumptives with their vice now that very few patients who can pay anything towards their keep. There is NOT ONE for whom the whole cost of maintenance is received. For the difference, amounting to many thousands of dollars in the year, these institutions must be paid to and other warm hearted friends. Will you please send what you can to George A. S. Treasurer, 311 College Street, Toronto 2.

THE BOOT WEAKNESS

Sometimes when you look at your shortcomings, the task of correcting them seems impossibly difficult. So perhaps it would be if every fault were independent and had to be attacked separately. It often happens, however, that there is a root weakness from which many spring. Take self-indulgence, for instance. The girl who cannot pass a candy store without buying chocolates, who upsets her digestion by indulging in ice cream in season and out of season, who defies the doctor's orders in regard to letting coffee alone, who never can lay aside an interesting book when bedtime arrives, is likely to be so irritable and bad-tempered that her friends hardly know how to put up with her. She shrinks her duties because she feels tired and out of sorts. She does not get on well in school or in business.

By the exercise of a little self-restraint, however, her health will improve and consequently her temper. She will no longer be unable to get along with her associates. She will no longer feel like shirking her duties. A perplexing tangle will be straightened out as soon as she learns to say no to herself. If any of you young people study the faults you would like to correct in your own character, you will find that there is a curious relationship among them. By eradicating the root weakness, you will get rid of many.

REAL OBLIGING

Man: "You're an honest boy, but the money I lost was a ten-dollar note." Boy: "Yes, I know; I had it changed so you could give me a reward."



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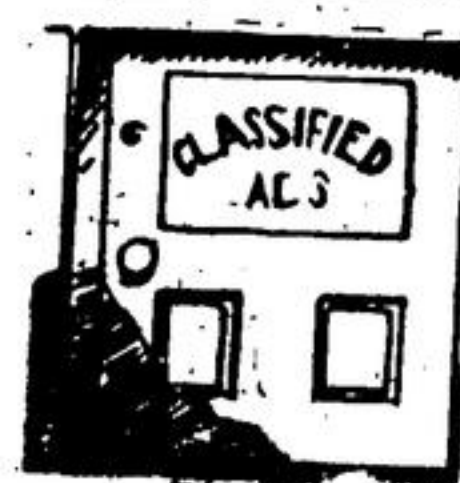
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