

H. M. King George VI

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

SOMETHING DIFFERENT FOR CHRISTMAS DESSERT

By Betty Barclay

After a heavy Christmas dinner, some prefer a dessert that is lighter than plum pudding or mince pie. Here is one that should please the most fastidious epicure. Incidentally, this dessert may be served any time—from January to December.

BURNT ALMOND AND CHERRY ICE CREAM

- 1 package vanilla arrowroot pudding
2 cups milk
1/2 cup sugar
1/2 cup toasted almonds, chopped
1/2 cup maraschino cherries, chopped
3 tablespoons maraschino juice
1 cup cream, whipped
Mix vanilla arrowroot pudding with milk. Bring to boil, stirring constantly. Add sugar, nuts, cherries and maraschino juice. Pour into refrigerator tray; freeze quickly about 1 hour. Fold in whipped cream. Freeze quickly 3 to 4 hours. Makes about 1 quart.

HOLIDAY FRUIT CUPS

What is a holiday meal or even a company meal, without a fruit cup? About the same as a man in full dress, without a tie—there's something lacking.

With holidays in the offing and frequent dinner guests during the next four months, I offer recipes for a deluxe holiday fruit cup and its economical partner—delicious in spite of its inexpensiveness.

HOLIDAY FRUIT CUP

- 6 navel oranges
2 bananas, sliced
1 cup white cherries, stoned
6 tablespoons lemon juice
1 cup sugar
Maraschino and mint cherries
Peel and segment oranges. Combine fruits and sprinkle with lemon juice and sugar. Chill. Garnish with green and red cherries.

To develop color note of the red and green garnishes further, serve fruit in double cocktail glasses, with finely chopped green or red-tinted ice in outer glass. Make ice in automatic refrigerator from water tinted with vegetable coloring.

ECONOMY FRUIT CUP

- (Serves 6-8)
1 cup navel orange segments
3/4 cup orange juice
1 cup long, slender red-skinned apple pieces (unpeeled)
1/2 cup shredded dates
2 tablespoons lemon juice
2 tablespoons sugar
Combine. Serve very cold. Dessert: Serve larger portions.

MINISTER OF NATIONAL DEFENCE SENDS SAILING TROOPS MESSAGE

Hon. Norman Rogers, Minister of National Defence, wireless a message of Godspeed to Major-General McNaughton as the First Contingent sailed from Canadian shores.

The Minister's message, with Major-General McNaughton's reply, follows: "The General Officer Commanding, First Canadian Division...

"As the first Canadian Division leaves our shores to take up new posts of duty overseas, I send to you, my officers, and to members of all units my best wishes for a safe arrival at your destination. In all that lies before you in the coming months, I am sure, you will bring honor to our country and add new lustre to the proud traditions of the Canadian Corps. I wish you God-speed in your high endeavor and a safe return when your task is done."

"NORMAN McI. ROGERS, Minister of National Defence. Hon. Norman Rogers, Minister of National Defence."

Ottawa. "Your message has been communicated to all members of the First Canadian Contingent and on their behalf and personally it is my privilege to thank you for your kind and inspiring words. You may be sure that it will be our dearest purpose to fulfil the great trust which has been placed in us."

"A. G. L. McNAUGHTON, Major-General, General Officer Commanding First Canadian Division."

POOR DAD!

Teacher—"Tell me, my boy, what is your suit made of?" "Cloth, sir." "Good, and what is cloth made of?" "Wool, sir." "And what do we get wool from?" "From sheep." "Good. So which animal gave you your suit?" "Father, sir."

Hints on Fashions

Fur-Trimmed Cloth Coats Popular as Ever



Trimmed in Fitch The fur-trimmed cloth coat has never been so popular as it is this season. Fur is used with a lavish yet restrained hand. For example, this handsome coat, fashioned of soft woollen in a deep seal brown Sable-dyed fitch makes the soft, rippling collar. The coat is done on princess lines, with the front closing of hooks and eyes concealed by the border of fur. The skirt fulness is towards the back.

STERILIZATION OF DISHES

A correspondent, having in mind the protection of the lives and health of our recruited men, writes to ask: "Can you recommend a safe and convenient disinfectant for the cleansing of dishes, drinking vessels, knives, forks and other table utensils? Is there any simple chemical which could be used for this purpose?"

Answer: Sterilization of dishes and so on by means of chemicals is not satisfactory. In the first place it is well-nigh impossible to bring the chemical into intimate contact with the germs of disease that may be found on dishes, knives, and other table utensils, or on imbedded in, remnants of food, grease and other insoluble materials. The use of chemical disinfectants is a very poor way by which to sterilize dishes. Most chemical disinfectants are expensive (in war time). Often they are offensive to the smell and unless carefully selected, they may be dangerous.

There is one safe, cheap and satisfactory method of disinfecting dishes and table utensils, namely by the use of boiling water or live steam. It is simple, rapid and completely effective. No chemical approaches it; if fire is available, boiling water or live steam may always be had.—John W. S. McCullough, M.D., D.P.H.

MIGRATING SWANS REST IN ELK ISLAND NATIONAL PARK

Among the large numbers of waterfowl reported to have congregated on Astotin Lake in Elk Island Park, Alberta, this fall, were several wild swans. This is of particular interest to bird lovers and conservationists as only two kinds of swans occur in North America, the whistling swan and the trumpeter swan. The former is by far the more common, and it is more than likely those seen in Elk Island Park were whistling swans, so named because of their vocal powers. This noble bird nests in the sub-Arctic and passes through the settled parts of Canada during the fall and spring on its journeys to and from its wintering grounds located in the southern United States and on the Pacific Coast.

Other waterfowl observed in Elk Island Park this fall were flocks of snow geese and thousands of wild ducks. Although best known as a fenced wild animal preserve, where great herds of buffalo and elk are maintained, the park is an outstanding bird sanctuary. Ducks of many kinds find shelter and excellent breeding-grounds along the shores of the park lakes. Among other bird residents blue herons, and sharp-tailed and ruffed grouse are often noted.

PROMISING

Young Mother (anxiously)—What makes you think the baby is going to be a great politician? Father (confidently)—I'll tell you, my dear. He can say more things that sound well and mean nothing at all than any kid I ever saw.

Chronicles of Ginger Farm

Written Specially for (Name of Paper) GWENDOLINE P. CLARKE

A very, very happy Christmas to everyone—just as happy a Christmas as it can be. And please, mothers, don't work up to the very last minute so that you are too tired to enjoy Christmas with your family when it comes.

I was discussing Christmas celebrations with a youngster to-day, who asked—"What do you think is the most important part of Christmas—a lot of people seem to think the dinner is the only thing that matters?"

Well, of course we all know that is THE most important thing about Christmas, but I think this youngster meant in the way of celebration. "So after thinking a minute" I answered, "No, I don't think the dinner is the most important thing, nor the presents. I would say it is really the spirit of Christmas—and it is that spirit which is back of everything we do that makes Christmas such a happy time for everyone. Don't you think that is so?"

Bother that man, Hitler! Or maybe I should say that "demon" or "maniac." Anyway, call him what you like, he is a great hindrance to my work. Here was I all set to get well ahead of schedule, so that I might make a run for the city on Monday. And then what happened? Well, you all know what excitement there was over the Graf Spee, and so, instead of getting on writing some letters that simply had to be done, Partner and I was listening to the radio most of Sunday afternoon.

We happened to tune in when an NBC commentator was broadcasting right from the dock where the Graf Spee was lying at anchor. We listened as he gave us a step by step commentary of the battleship's movements. It was the most thrilling bit of drama I ever listened to. After supper, with the dishes still on the table, we had six of the neighbors, representing three families, come in to listen to the latest news. And their comments were many and various and none of them complimentary to the German fighting technique.

This is another of those sandwich letters and the filling between the fore part and the end part has been that trip to the city. There were a few things I just had to get before Christmas and I also wanted to get some idea what Daughter would like in the way of a present. And then when I reached the city I found it was possible for Daughter and her girl friend to come home with me. So I gave them about a couple of hours to pack while I did some shopping. And now, here we are, back-home again.

Isn't it funny, sometimes a person can shop all day and then not get what he or she wanted. Another time one can do as I was able to do to-day—just walk into the store and get exactly the things I wanted, without any trouble at all. I was only in the stores an hour and a half, but I managed to get all I went in for. In that time, then came the time I dreaded—taking a street car back to my in-laws. But here again I was lucky. Just as I boarded a crowded Yonge Street car, I saw a man getting up to—or no, not to offer me his seat—just to get off the car. And I slid into that seat so quickly he hardly knew he was out. And that was right in the rush hour. Fortunately when I looked around I didn't see anyone who looked any more tired than I felt, so I was able to keep my seat all the way down to St. Clair.

The decorations in the streets were very lovely. I think there is something very pleasing about the new colors of silver and blue. There was one place on Bloor where there were two spruce trees growing in the front and they had been sprayed with silver paint and were lighted with blue lights from top to bottom. Daughter said she was told each tree had taken fourteen gallons of paint to cover it. They certainly were pretty—but I wonder what happens to the trees after they have been treated to a dose of paint like that. They appeared to be growing but maybe they were not.

We are beginning to feel a little more like Christmas around here. There are a few mysterious parcels with gay wrappings being smuggled into the house, and I keep saying to various members of our family—"I know something you don't know!" which is a time honored expression in our house, guaranteed to tease the least curious of our tribe.

And now, since I am really getting too sleepy to write intelligently, I am going to say good-bye until after Christmas. Good-bye, and best wishes to everybody.

The Sunday School Lesson

FOR SUNDAY, DECEMBER 24th

THE CHILD AND THE KINGDOM

(Christmas Lesson)

Golden Text.—A little child shall lead them.—Isaiah 11:6.

Lesson Text.—Matthew 1: 18-25; 18: 1-6; 19: 13-15.

Times.—4 B.C., A.D. 29. Places.—Nazareth and Capernaum.

Exposition.—I. The Child destined to be the King, 1: 18-25.

Such a record would never have been told but for it being a wonderful fact. The parents of Jesus were quiet, self-respecting people, and they would never have disclosed any indiscretion. But the divine mystery of the birth of Jesus is told in spite of its embarrassing features. Herein is proof of the truth of the record. Those who deny the virgin birth forget the human caution that would have kept the story out of circulation if it had been as they wishfully think. No Jesus came into this world miraculously and divinely born. He came as a fulfillment of prophecy (Isa. 9: 6). His mother was to be a virgin (Isa. 7: 14-16). But He was to be a real child.

II. How to enter the Kingdom, 18: 1-4.

The disciples asked an important question; but it is evident from Jesus' answer that they had an unworthy, selfish motive in asking it. Each longed to be greater than the other. Strife on this point was very frequent among them (Matt. 20: 20-21; Luke 22: 24). It hardly seems "credible" that such strife should arise among those so near the Lord; but what happens to-day, yea, the ambitions and jealousies of our own hearts will help us to understand it. Jesus answered the disciples' question in a way that would impress the imagination, and so, be long remembered. When this ambition came up again, there instantly would flash into their memories the thought of the sweet, humble child standing in their midst and of Jesus saying: "Be like that."

The fact that there was a little child at hand shows how attractive Jesus was to the little ones, and when He called the child, it appears to have come running to Him. Whoever else might have been afraid of Jesus, the children of Galilee were not; and children love Him still. Jesus put great emphasis on His answer by beginning with the word "verily." The answer went much deeper than the question. The disciples asked: "Who is greater in the kingdom of heaven?" Jesus' answer tells them that they had better first be sure that they were in the kingdom at all; that, unless they turned from their spirit of self-seeking—from looking out for a high and foremost place for self—and become as a child—docile, forgetful of self, willing to take any place assigned to it—unless they became all that, they should in no case enter the kingdom at all.

The words of Christ do not teach us that all children are by nature in the kingdom, but that they have that spirit of humility and teachableness which fits them to enter (John 3: 6). How careful we should be, then, to lead them into the kingdom at the early age when entrance is so easy and natural. The conditions of entering the kingdom (mentioned elsewhere) should be carefully studied in connection with this lesson (John 10: 9; 3: 3, 5; Matt. 5: 20; 7: 21; Acts 14: 22; Heb. 3: 18, 19; 4: 1-3; 2 Peter 1: 5-11). Having gone back of their question to the root of the difficulty, Jesus then answers the question directly: "Whoever, therefore, shall humble himself as this little child, the same is greatest in the kingdom of heaven." To humble oneself is to choose the low place for self, the place where one can do God's will and serve others.

III. How to Treat the Members of the Kingdom, 5-6. Jesus goes on to emphasize the preciousness of little ones to His mighty heart. Some have declared that He did not mean literal children, but men with a childlike spirit. Well, He DOES love humble men of child-like heart (Isa. 57: 15), but the context shows that He had real children who believed in Him, especially in mind. Just think of it: whose receives one such little child in Jesus' name, received Jesus Himself! Wonderful! Then note the solemn warning about causing one of these little ones to stumble (R.V.). There are many ways of causing a little one to stumble and thus bringing doom upon ourselves (2 Sam. 12: 14; Rom. 2: 23, 24; 14: 21; 1 Cor. 8: 9-13; Rom. 15: 1-3).

IV. Jesus' Care and Solitude for the Helpless, 19: 13-15. There is something deeply interesting, both in the language and action of our Lord, on this occasion. He, better than all else, knew the weakness of children, of their helplessness and dependency. Young as they are, they are not beneath His thought and attention. His mighty heart has room for the babe in its cradle, as for the monarch on his throne.

EXPLAINED

"Ahi! that was a terrible Christmas!" said the pompous member of the club, recounting an exciting adventure of his past. "Just fancy, I was the only man out of thirty-five who kept afloat in those icy waters. Most extraordinary, eh?" "Not in your case," replied the member who cares for nobody. "Why so, sir?" inquired the pompous member slyly. "Puffed up with your own conceit, you know. Couldn't sink if you tried," answered the careless one.



On Christmas Day, December 25th, at 10.00 a.m. E.S.T. His Majesty the King will broadcast a Christmas message to listeners throughout the Empire. The broadcast will be heard in Canada over the CBC National Network following the Empire Christmas program at 9.15 a.m. E.S.T.

"For He's a Jolly Good Fellow"



A ringing cheer is sent up by men of an English British expeditionary force, walks behind the King. King George visited his soldiers 25 years after his late father, during an inspection tour somewhere near the front lines. King George V, made a similar visit to British soldiers in France. General the Viscount Gort, leader of the force, is in 1914.

Canadian Munition Plants Busily Engaged



In various Canadian centres, new scientific machinery is busily engaged in turning out bullets, shells, gas masks and other armaments necessary for the successful waging of the current war. These two girls are pictured as one of these busy munition plants as they examine gas masks and bullet cases for defects. In other parts of the plant, other workers are busily engaged in testing and re-waging of the current war. These two girls are pictured