

The Women's Page

Betty Barclay's Hallowe'en Helps



You all know what Hallowe'en represents. You all know how novel dishes are needed to make the party a success. So here are some recipes - my contribution to this year's festivities. Incidentally, the recipes are good, long after Hallowe'en is over.

Sweet Dreams Punch
4 cups freshly made, chilled decaffeinated coffee
1 1/2 pints ice cream
Grated nutmeg
Pour the decaffeinated coffee over a pint of ice cream in a punch bowl or big mixing bowl, and blend lightly with an egg beater until the ice cream is partly melted. Sprinkle with grated nutmeg. Vanilla, coffee, or chocolate ice cream combines well with the coffee flavor.

To make decaffeinated coffee by the percolator method, use 1 heaping tablespoon decaffeinated coffee, regular grind, for each cup (1/2 pint) of cold water. Pour cold water into pot. Set percolator basket in pot and put coffee in it. Cover. Let percolate slowly and gently 15 to 20 minutes. (For a 4-cup percolator use 1/2 cup coffee.)

Lima and Ham Loaf
1 cup cooked, dried Lima
1/2 cup ground ham
1/2 cup chili sauce or catsup
2 eggs, beaten
1 teaspoon minced onion
1 tablespoon melted butter
1/2 teaspoon salt
1/2 teaspoon pepper
Rub Lima through a coarse strainer. Add ham, chili sauce, eggs, pepper, salt, minced onion, and catsup or chutney. Shape into a loaf in a buttered pan in a moderate oven (350° F.) and bake for 30 minutes, basting occa-

sionally with the melted butter. Serve with brown gravy.

Orange Frosted Doughnuts
(For 24 doughnuts)
1/2 cup (1 can) sweetened condensed milk
2 eggs, separated
1 cup buttered meats, or other nut meats
2 tablespoons granulated sugar
2 tablespoons lemon juice
2 tablespoons orange juice
1 teaspoon grated orange rind
Orange vegetable coloring, as needed

Magic Butternut Pie
1 1/2 cups (1 can) sweetened condensed milk
2 eggs, separated
1 cup buttered meats, or other nut meats
2 tablespoons granulated sugar
2 tablespoons lemon juice
2 tablespoons orange juice
1 teaspoon grated orange rind
Orange vegetable coloring, as needed

Recipes for Parlor Fun
The newest recipe for parlor fun is Contact, an exciting new game played with 36 triangular pieces - each side with a different color and number. The object of the game is to match colors and numbers and to make scoring totals - a streamlined development of domino technique that's easy to learn. Another sure way to end the social ice-breaking problem is Quick Wit, a hilarious quiz game that's played with cards and guarantees new and different questions every round.

HALLOWE'EN TABLE Dainties

By Betty Barclay
Authorities claim that barely half of our families, rich or poor, get enough vitamins or minerals to speed them on the road to abounding good health. Surely this should not hold true around Hallowe'en, when fruits and fruit drinks are traditional refreshments. In fact with oranges, lemons, apples, pears and grapes in market, there is not the slightest excuse for any lack in autumn menus of the healthful minerals and vitamins provided by fresh fruit dishes. Especially important for vitamin C and other health-promoting factors is the daily glass of orange juice. Lemon juice contributes the same healthful food elements to fruit punches, to salad dressings, and to many foods with which it is used as a flavor accompaniment.

The recipes that follow, while especially appropriate for Hallowe'en, are equally good for other autumn festivities. Your family will thank you for the salad, while your guests will relish the doughnuts and fruit punch made from these "quantity" recipes.

Hallowe'en Salad
(Serves 6 - 8)
1 tablespoon granulated gelatine
1/2 cup cold water
1/2 cup orange juice, heated but not boiled
1/2 cup orange juice, not heated
1/2 cup sugar
Sprinkling salt
1/2 cup orange pieces, drained
1 cup shredded raw carrots
1/2 cup chopped walnut meats
Soak gelatine in cold water 5 minutes. Add heated orange juice. Stir to dissolve gelatine. Add unheated orange juice, lemon juice, sugar and salt. When beginning to stiffen, add orange pieces, carrot and walnut. Chill in individual molds until firm. Unmold on lettuce. Press seedless raisins in a top of molds to make faces.

Orange Frosted Doughnuts
(For 24 doughnuts)
Allow one good sized doughnut for each guest. Frost with orange-tinted icing made by creaming together well:
3 tablespoons butter
2 cups powdered sugar
2 tablespoons lemon juice
2 tablespoons orange juice
1 teaspoon grated orange rind
Orange vegetable coloring, as needed.

Hot Spiced Fruit Punch
(Serves 24)
1 quart cider
1 cup brown sugar
1 cup granulated sugar
Two-inch piece of stick cinnamon
8 whole cloves
quart orange juice
2 cups lemon juice
Orange and lemon slices
Combine cider, brown and granulated sugars, cinnamon and cloves. Boil 5 minutes. Mix with orange and lemon juice which have been heated just to the boiling point (be sure they do not boil). Pour into punch bowl. Float slices of orange and lemon on top for garnish. Serve immediately in mugs.

USE HONEY FOR SUGAR IN COOKING, CANNING

Honey is a super-saturated solution of sugars and as such may be satisfactorily used in replacing other sugars in cooking, canning or preserving, provided certain general rules are followed. Honey and sugar differ in that sugar is sweet containing no moisture or acid, while honey consists of different kinds of sugars in solution with water and contains a small amount of acid, explains C. B. Gooderham, Dominion Apiarist. Perhaps the chief advantage of substituting honey for sugar in cooking is that the final product will remain moist for a much longer time than if sugar alone is used. Bread, cakes, cookies, and other comestibles in which honey is used in place of sugar will keep moist for a long period of time without any deterioration of flavour; in fact the flavour will usually improve with storage. Honey may replace all sugar in cases where the amount of sweetening material is small, such as in muffins and bread. The following rules are based on experimental work that has been done at the Central Experimental Farm, Ottawa, with honey in cooking. Bread, cakes, cookies, and other comestibles in which honey is used in place of sugar will keep moist for a long period of time without any deterioration of flavour; in fact the flavour will usually improve with storage.

1. Measure honey always in the liquid form. If it is granulated, heat over warm water until it is liquid.
2. For every cup of honey used, reduce the liquid called for in the recipe by one-fifth.
3. One cup of honey is as great in sweetening power as one cup of sugar.
4. Use 1/2 to 1/4 teaspoon of soda to each cup of honey.
5. Increase the amount of salt by 1/2 to 1/4 teaspoon.
6. When substituting honey for sugar in cake, reduce the liquid of the recipe by one-fifth and use half honey and half sugar. Fruit cake is any exception to this rule and all honey may be used.
7. In milk puddings, pie fillings and such like, add the honey with the thickening agent, e.g., flour or cornstarch.

It should also be remembered that honey from different sources varies greatly in flavour. Generally speaking, the lighter the colour of honey the milder is its flavour. Experiments have also been conducted with satisfactory results on the use of honey in canning. In the manufacture of ice-cream, honey may be used in place of sugar, and in addition the honey will impart a flavour of its own, so that no other flavouring need be used. Honey may be used in many other ways, and housewives who are interested in it as a substitute for sugar are advised to write the Publicity and Extension Division, Dominion Department of Agriculture, Ottawa, Ont., for copies of the following pamphlets which are issued free: "Honey and Some of the Ways It May Be Used," and "Its Canning Time."

"Down where I live," said the Windsor man, "we grew a pumpkin so big that when we cut it my wife used one-half of it for a cradle."
"Well," smiled the man from Toronto, "that's nothing. A few days ago, right here, two full-grown policemen were found asleep on one beet."

International Uniform Sunday School Lesson

BEVERAGE ALCOHOL AND SOCIAL PROGRESS
(International Temperance Sunday)
SUNDAY, OCTOBER 29, 1939

GOLDEN TEXT: "Know ye that the unrighteous shall not inherit the kingdom of God?" 1 Corinthians 6:9.
LESSON PASSAGE: Micah 2:9-11; Luke 21:29-31, 34-36; Corinthians 6:9-11.

Be what thou seemest; live thy creed. Hold up to earth the torch divine; Be what thou prayest to be made, Let the great Master's steps be thine.

Family Decay, 9-11.
A minister who had lived for forty years in a rural district was interviewed by a journalist. Among other questions he was asked what he had observed concerning the use of beverage alcohol. The aged minister began recalling tragedy after tragedy, accidents, quarrels, farms lost through debt, crimes followed by jail sentences, suicides, in all of which beverage alcohol had been a factor. In several cases whole families had disappeared. Occasionally innocent members of families had suffered because of the intemperance of another member of the family. Beverage alcohol had been a factor in destroying family life and had thereby been a factor in rural depopulation, less efficient public schools and weakened churches. A visitor to that community would not receive the impression that it was intemperate, yet a man who had ministered to two generations was able to name family after family in which beverage alcohol had been the cause of disintegration.

Predicting the Future, 29-31.
A tree prophesies about itself. Leaves show that the tree is alive and blossoms indicate that soon the tree will bear fruit. The foliage on a tree we may read the seasons, spring, summer, autumn. In the same manner it is possible to make predictions about social history. When the Dominion of Canada spends, in a retail fashion, nearly two hundred million dollars annually upon various forms of beverage alcohol, it is safe to predict that there will be high relief costs, a record number of highway accidents. Statistics show that increased facilities for drinking increase the prevalence of drunkenness. Beverage alcohol reduces the ratio of recovery from pneumonia. A person who drinks beer and no milk is five times as likely to contract cancer as one who drinks milk and no beer. Mental cases increase with the increased prevalence of alcohol. The results of the use of beverage alcohol are not governed by chance. They are predictable.

Take Heed, 34-36.
Chris lived in a wine-growing country. He participated in social life. He was familiar with the rites and wine in the Old Testament. Yet he gave the definite warning: "Take heed to yourselves, lest at any time your hearts be overcharged with surfeiting and drunkenness, and cares of this life." Discernment, abstention and moral interests can render the "Great Deceiver" or "Alcohol, the Cheater." It makes promises that it cannot fulfil. It is a snare into which the unthinking are bewitched. Christ's counsel is to overcome the evil with the good; to replace the negative with the positive. He tells us to wait and pray that we may avoid temptation and withstand temptation. Religion can give the abiding satisfaction to the spiritual yearnings that the alcoholic mistakenly craves.

Deed or Condition, 9, 10.
An examination of our own lives or a survey of world conditions reveals wrong and tragedy. It is idle to say that we are as we are because the world is as it is. Much truer is it to say that world is as it is because we are as we are. The trouble is not alone in our separate deeds but in our nature, our characters. There are evil deeds that we do not do, yet we desire to do them and have to check ourselves from doing them. At times we stand askast as God's spirit lays bare "the subterranean depths of existence." The New Testament means something by such words as "lost" and "perish." Our alienation from God makes it necessary reconciliation to God. The Genesis story of the fall is the biography of individual lives. We have lost a state of innocence and entered a state of guilt. In greater or lesser degree, the tragedy of Eden is re-enacted in every life. Sin is both deed and condition but the condition antedates the deed. We are responsible not only for what we have done but for what we are. When we recognize what we are, the desire is awakened for something better.

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Some of You, 11.
Paul gives an ugly list of vices in verses 9 and 10. The evil possibilities in our natures are sufficient to frighten us, were it not for the transforming power of the grace of God. Some of the people to whom Paul wrote had been morally defeated, yet through Christ they had learned the power of victory. A bad person who becomes good is an unanswerable argument. Paul was enthusiastic in preaching the gospel because he had seen people transformed by the power of the Lord Jesus, and by the Spirit of the living God. Can the gospel of Christ do anything for an addict to alcohol? Help can be found if a drinker will face all the painful facts about himself and deal with them patiently under God. "Failure to be part of a sufficiently creative scheme of living is also at the root of much drinking. Life seems so useless. When life takes on new meaning and purpose the desire for alcohol passes away. Usually those who become part of a tide of creativity find that it washes away the back eddies of life in which moods stagnate." There are authenticated cases when sudden conversion takes place and all desire passes away.

Questions for Discussion
1. Which is the more dangerous, home or public drinking?
2. Should liquor consumption be restricted in wartime?
3. Why did Christ warn his followers against drunkenness?
4. Is drinking a disease or a symptom?
5. What reasons do you hear former drinkers give for total abstinence? (Lesson Outlines copyrighted by the International Council of Religious Education. Used by permission.)

HEALTH

PUBLIC HEALTH IN GERMANY

The report on Germany's public health service, prepared by the Division of Public Hygiene of the Reich's Department of the Interior, appeared in Berlin in August. As this information was sent out by the Berlin correspondent of the Journal of the American Medical Association before the War commenced, the figures quoted are believed to be correct. They are of interest to all as bearing on international condition in Germany.

The number of marriages in 1938, 64,363 is given as an increase from 9.1 to 9.4 per thousand (Canada's rate is 7.9) and births 1,346,911, an increase from 18.8 to 19.7 per thousand (Canada's rate is 20.5). Families with two and three children appear to be on the increase. The general mortality in Germany has remained unchanged. The mortality rate for tuberculosis decreased from 69 to 63 per hundred thousand persons as compared with Canada's rate of 54.6. Deaths from influenza receded but more deaths occurred from pneumonia. Poliomylitis greatly increased and there was a further increase in diphtheria and measles mortality.

The reports on conditions of the nation's youth criticize chiefly immoderate cigarette smoking and premature manual labor. The most unfavourable sections in the report on adults concern farmers' wives. Hard manual labour and birth frequency are assigned as the reasons. Sanitation is not what it should be in many regions, partly because married women are engaged in outside work, partly because of the large size of the families. However, some of this is due to a certain scarcity of water. Lack of beds and bedding has disappeared, in spite of energetic steps, including the jailing of large numbers of physicians, midwives and persons in ordinary walks of life, the number of abortions is everywhere deplorably high.

DIRECTIONS FOR KNITTING SWEATERS

Man's Sleeveless Sweater
2 No. 7 needles (if light knitter, use No. 6) 9 to 10 oz. 4 ply fingering wool. (Double knitting).
For Back—Cast on 80 stitches. Knit 2 plain 2 purl for 4 inches. Knit plain until sweater measures 22 inches in all. Knit 28 stitches and slip on to extra needle; knit off next 24 stitches for neck, and knit remaining 28 stitches for 10 ridges to form shoulder. Then at opening of neck, knit 6 stitches, make 1 and knit to end of row. Increase as above every second ridge, until there are 40 stitches on the needles. This will form V for neck. Break wool and join to other shoulder and knit the same way as the other side. Then knit the 80 stitches plain, until with the 10 ridges of shoulder, it measures 19 inches. Then 4 inches of ribbing; this finishes the front. Sew up sides leaving 2 inches for armholes. Finish armholes and neck with one row of loose single crochet.

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