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NEW CBC VICE CHAIRMAN



Brig-Gen. Victor W. Odium, C.B., C.M.G., D.S.O., the new vice chairman of the Board of Governors of the Canadian Broadcasting Corporation was born at Cobourg, Ontario, in 1880. He was educated at Cobourg Collegiate, Columbia College, New Westminster, B.C., and Victoria College, University of Toronto. His early years were devoted to journalism and he was associated with the Vancouver Daily World, the Nelson News and the Vancouver Star, which he purchased in 1914. During wartime, Brig-Gen. Odium earned a splendid reputation as a soldier; he served in the South African War 1899-1900 and the World War of 1914-18. He was a member of the British Columbia Legislature 1924-28 and has served as a member of the Board of Governors of the CBC since 1936.

TESTED RECIPES

EGGS FOR LENT

Eggs are easy to cook. They are economical, a real health food, and they taste good. Eggs may be served as the main part of any meal, but they are equally good as an entrée or in desserts. The consumer service Section, Marketing Service, Dominion Department of Agriculture, recommends the following tested recipes:

Golden Glow Eggs

6 eggs
1 small onion
Salt and pepper
2 cups milk
5 tablespoons butter
4 tablespoons flour
Hard cook eggs, remove shells and cut in halves lengthwise. Remove yolks and press through a sieve or break with a fork. Beat until smooth. Add 1 tablespoon butter and a little salt and pepper. Pile slightly in the whites. Make cream sauce. Melt butter, add onion thinly sliced, and cook until clear. Add flour. Stir until smooth. Gradually add milk. Stir until thickened. Season. Pour over and around eggs in a casserole. Reheat. Garnish with minced parsley before serving. Serves six.

Scrambled Eggs and Carrots

6 eggs
6 tablespoons butter
1 cup grated raw carrot
1 cup bread cubes
(about one half inch square)
6 tablespoons milk
Salt and pepper
Melt butter, add bread cubes, and sauté until golden brown. Meanwhile, beat eggs until very light. Add milk, carrots and seasoning. Pour over browned bread. Cook slowly, stirring occasionally to prevent sticking. Serves 6.

Apple Mist

4 eggs
1 cup rolled dry cake crumbs
2 cups sweetened apple sauce
A little salt
Press apple sauce through sieve. Add well beaten egg yolks and then cake crumbs. Beat well with Doved egg beater. Fold in apple mixture. Serve very cold with whipped cream.

Sponge Cake

6 eggs
1 tablespoon lemon juice
1 cup fruit sugar
1 teaspoon salt
1 cup flour
Beat egg yolks until thick and light. Add sugar and continue beating until stiff. Beat whites until very light. Add salt. Fold egg whites and yolks together. Fold in well sifted flour carefully. Bake in an angel cake pan 1 hour in a slow oven (325 F.).

FRUIT CREAMY PIES

By Frances Lee Barton

Do you like a chocolate pie? A fruit pie? A pie with whipped cream? If so, how would you like a pie that combines all of these? "Yes!" is the answer with this recipe:

ORANGE CHOCOLATE CREAM PIE

3 squares unsweetened chocolate
2 1/2 cups milk, 1 cup sugar, 6 tablespoons flour, 1/2 teaspoon salt, 2 egg yolks, slightly beaten, 2 tablespoons butter, 1 teaspoon vanilla, 1 baked 9-inch pie shell, 1 cup cream, whipped, 2 tablespoons grated orange rind
Add chocolate to milk and beat in double boiler. When chocolate is melted, beat with rotary egg beater until blended. Combine sugar, flour and salt. Add gradually to chocolate mixture and cook until thickened, stirring constantly, then continue cooking 10 minutes, stirring occasionally. Pour small amount of mixture over egg yolks, stirring vigorously, return to double boiler and cook 2 minutes longer. Add butter and vanilla and cool. Turn into pie shell. Chill. Pile whipped cream lightly around edge of pie to form a 1-inch border. Sprinkle cream with grated orange rind.

Puddings Always Please

By Frances Lee Barton

What tastes better on a cold evening than a dish of steaming spice pudding for dessert? I can't think of a suitable answer and don't believe you can either. So here's a recipe for just that kind of pudding:

Steamed Spice Pudding

2 cups sifted flour, 2 teaspoons double-acting baking powder, 1/2 teaspoon soda, 1 teaspoon salt, 1 1/2 teaspoon ginger, 1/2 teaspoon nutmeg, 1 1/2 teaspoon cinnamon, 1/2 teaspoon cloves, 1/2 teaspoon allspice, 4 tablespoons butter of other shortening, 1/2 cup brown sugar, firmly packed, 1 egg, well-beaten, 3/4 cup milk, 1/2 cup molasses
Sift flour once, measure, add baking powder, soda, salt, and spices and sift together three times. Cream butter, add sugar gradually creaming thoroughly. Beat in egg. Add flour, alternately with milk and molasses, stirring well after each addition. Turn into greased molds, filling them 2-3 full, cover tightly and steam two hours. Serve with your favorite sauce. Serves 10.

"Rastus, don't you know that it is bad form to sop up your gravy with your bread?"

"Liza, it might be bad form, but it sh' am good taste."

"There was a strange man called to see you today."

"Did he have a bill?"

"No, papa; he just had a plain ordinary nose."

"Have you a garage?"

"I don't know, my daughter, just went down to get the car out of it."

"This a curious fact, but a fact very old. You can keep a fire hot by keeping it cooled!"

The Women's Page

International Uniform Sunday School Lesson

IN THE UPPER ROOM

SUNDAY, MARCH 2nd, 1940

GOLDEN TEXT: "This do in remembrance of me." 1 Corinthians 11: 24.
LESSON PASSAGE: Matthew 26: 17-30.

I thank thee, Lord, for strength of arm To win my bread,
And that beyond my need is meat.

For friend, unfed,
I thank thee much for bread to live;
I thank thee more for bread to give.

Practical Preparation, 17-19

The practical and the spiritual go hand in hand. In a measure the spiritual depends upon the practical and is expressed through the material. An artist has a vision of beauty, but paints, brushes and canvasses enter into its expression. A song sings through the soul of a poet, but printer's ink, paper and book-binding machines are necessary to pass the song on to the public. The sacrament of the Lord's Supper is an experience of fellowship with God in Christ, but consecrated people prepare the bread and wine, provide the white linen, choose and practise the hymns to be sung. High ends are served by definite means. The last passover feast that Jesus celebrated with his disciples was a climax in friendship; note how meticulously every detail was arranged. During Canada's federal election we are thinking of patriotism, national unity, democratic government and effective war service. Have we any right to expect the ideal unless we participate in the choice and election of upright, forward-looking men?

Uphorn or Reborn, 26-28

Jesus said that it would have been good for Judas if he had never been born. How much Judas would have had to bear the obloquy of a pilfering treasurer, a traitor's kiss, the sale of his soul for thirty pieces of silver, the sordid hanging, the potter's field, the loathsome tradition in literature. Yet Judas could have been reborn. His thinking could have become high-minded, his conflicting motives could have been reconciled, his divided personality could have been united and he could have taken his place with the other apostles at Pentecost. Why did Judas miss this high destiny? It was because he held on to self. He thought that he was wiser than Christ. He tried to save his own life and lost it. He resented goodness in the innermost desires of his being. Living the life of the once-born he would have been better unborn. Is it a universal

principle, better unborn unless twice born?

The Bread, 26

"Take, eat," said Jesus to his disciples. He always found it more blessed to give, than to receive. Constantly he offers the highest to his followers. He gives us his teachings freely, but in several versions his words are available to us. He offers us his example; as he loved we may learn to love. He offers us his friendship and he calls us his friends. He offers us his companionship, even until the end of the age. In the sacrament of the Lord's Supper, he offers us his presence. "Take, eat; this is my body." He will be to us the bread of life, satisfying, nourishing and sustaining us. He offers us his Holy Spirit. He does not leave us comfortless; he comes to us. He offers us eternal life, but first of all spiritual life here and now. Faith is one long venture of acceptance, taking freely what Christ offers to give. The truth, the grace, the love of God are available for us in Christ. The unsearchable riches of Christ are ours on one simple condition—"Take."

The Wine, 27, 28

It is not in the least surprising that blood has had age-long religious significance. The richness of red blood is colorful. Hunters in the chase saw animals bleed to death. Soldiers saw the wounded die through loss of blood. Priests associated blood with the idea of sacrifice. Hebrew seers discerned the principle that the blood is the life. With the discovery of the circulation of the blood, whole new meanings flooded in. The average person has five quarts of blood; the body every thirty-seven seconds, almost twice a minute. More than ever do we realize that the blood is the life. When we take communion wine and it enters the blood stream, we are saying symbolically that Christ is the life of our souls. What blood is to the body, Christ is to the soul. A new sacredness is seen in the shed blood of Christ. His sacrifice was the outpouring of his love. He made a new testament of covenant by shedding his blood. It makes an advance from law to grace. Through the cross Christ has given man heightened moral power. His blood was shed for many for the remission of sins. Forgiveness and victory are possible.

The Fellowship, 29, 30

We marvel at the astounding faith of Christ. Within a few hours of the cross, he told his disciples that he would not share the sacramental wine with them again "until that day

when I drink it new . . . in my Father's kingdom." Having broken bread and poured out wine, the symbolical foretelling of his crucifixion, he sang a hymn of thanksgiving and he went out to an olive garden to pray to God. Have we such a faith for our dark hour? Soldiers and sailors are suffering the rigours of snow and sea. Death has been raining bombs from the sky. Conquered people have been slaughtered by the tens of thousands. Dare we believe that good can come out of the evils of multiple wars? Our answer is the Cross. Respect for life, law and love must have its resurrection. The slow gains of civilization have not been in vain. A new spirit will arise to banish cruelty, fear, greed, and hate, and build a world brotherhood in Christ. Participation in the Lord's Supper is one witness to our faith in the ultimate reign of Christ.

Questions for Discussion

- How may we grow spiritually while attending to practical duties?
- Did the eleven disciples fall Judas?
- Christ says "Take." What are we taking from him?
- Am I living in the New Testament?
- Is our use of music maximum?

Ontario Health Report

Ontario Department of Health is actively co-operating in Canada's war effort in several directions. To date it has distributed 15,000 ounces of typhoid vaccine to immunize soldiers and has examined 3,000 specimens sent in by the military authorities. The department has also arranged for admission of soldier patients to both sanatoria and mental hospitals. These facts were announced in the Legislature by Hon. Harold A. Kirby, Minister of Health, who pointed out that in addition to war time measures continued attention was being given to safeguarding civilian health. Mr. Kirby made the important revelation that in hospitals where insulin treatment was being given for particular forms of insanity, 45 per cent of those whose mental illness was of less than 18 months standing made complete recovery.

The Department of Health was disturbed by a letter from the Ontario The Minister predicted that "the younger generation is probably this Province would suffer some day from a smallpox epidemic. Ontario has 50 per cent less cases of diphtheria in 1939 than in the year before.

The substantial reductions in the amount of typhoid fever and undulant fever, Mr. Kirby declared, were proof that the Ontario Government's pasteurization policy was bearing good fruit.

The SNAPSHOT GUILD GETTING CLEAR PICTURES



The sky background helps this picture, because the subjects stand out clearly against it.

EVERYBODY wants to take good, clear pictures—pictures that are sharp and have plenty of detail. This isn't hard to do—if you'll watch both the subject AND the background when you're taking a picture.

To picture a dark subject, you should have a light background. Then the subject will stand out clearly. If the subject is quite light, then a dark background is in order.

Outdoors, the sky makes an excellent background for pictures of a person. By using a deep yellow color filter, you can make a blue sky register quite dark. By using no filter, you can make the sky light. In this manner, you may adapt the tone of the sky, so that it yields a good contrasting background for your subject.

Indoors, a plain light-tinted or white wall makes a good light background. For a dark background, pose your subject in front of an open door, leading into a darkened room. Or, place the subject so that you can shoot toward the shadow-end of the room.

The best backgrounds are plain, without obvious detail. If the background has a prominent pattern, it will draw too much attention to itself. For example, flowered wall paper makes a poor background. A steady camera is of course essential for sharp pictures. If the camera moves, the picture will be blurred. Even in taking snapshots, it's a good idea to make use of any convenient support—such as a post, fence, chair back or table edge. Just hold the camera against such a support, and it will be steadier. For time exposures, always place the camera on a tripod, table, or similar firm support.

When you shoot moving subjects, use a higher shutter speed. A person walking toward the camera demands a shutter speed of 1/100 second. For faster moving subjects, higher speeds are needed.

To get sharp detail, the distance from camera to subject must be correct. Otherwise, pictures will be out of focus. When possible, measure the distance—either with a tape measure, or a photographic rangefinder. This is especially important in close-up shots.

Watch these points. They're all simple—and you'll get sharper, clearer, better pictures.

John van Gulder



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