

The Women's Page

TESTED RECIPES

DESSERTS THAT PLEASE

What a number of delicious desserts owe their taste appeal largely to the eggs used in their making of such desserts.

No doubt both the hostess to luncheon or dinner guests and the hostess to members of the family are taking advantage of present egg prices to serve many of the so-called egg desserts. The Consumer Service Section, Marketing Service, Dominion Department of Agriculture, recommends for the approval and use of Canadian homemakers three tested recipes for desserts of high calibre.

Viennese Tart

1/2 cup butter
1/2 cup granulated sugar
4 egg yolks
4 tablespoons milk
1/2 cup flour
1 teaspoon baking powder
1/2 teaspoon salt

Cream butter. Add sugar gradually and cream well together. Add egg yolks and beat well. Sift flour, baking powder and salt together. Add alternately with milk. Spread on two 3-inch cake tins buttered. Before baking, cover with meringue made of:

4 egg whites
1/2 teaspoon cream of tartar
1/2 cup fruit sugar
1 teaspoon vanilla

Add cream of tartar to egg whites and beat until stiff. Gradually add sugar and vanilla. Sprinkle meringue with chopped almonds if desired. Bake at 300 degrees F. for about 40 minutes. Remove from pans and put layers together. Crushed fresh fruit, a cream filling or whipped cream may be used between layers.

Fairy Dessert

6 egg whites
1/2 teaspoon baking powder
1 cup fine granulated or fruit sugar

Beat egg whites until stiff. Sift baking powder with sugar and gradually beat into egg whites. Put mixture into two well buttered cake or pie tins and bake at 350 degrees F. for 15 to 20 minutes. Turn out. Put together with sliced fruit or whipped cream. Chill well in refrigerator before serving.

CARELESS FELLOW

"Do you think our boy will leave footprints on the sands of time?"
"He'd leave them anywhere. Just look out in the hall."

International Uniform Sunday School Lesson

Gethsemane: Triumph Through Surrender

SUNDAY, MARCH 10, 1940

GOLDEN TEXT: "Not as I will, but as thou wilt." Matthew 26: 39.

LESSON PASSAGE: Matthew 26: 36-46.

In heavenly love abiding,
No change my heart shall fear,
And safe is such confiding
For nothing changes here.

—Anna L. Waring.

Secret Prayer, 36

Frankness in religion is to be desired. If we have discovered anything helpful about our moral struggles, let us pass it on to others. Private policy is to seek the shield of secrecy but the scientific method is to place all the facts on the table and let the facts suggest the answer. Even if privacy be necessary temporarily, results may be shared later. When Jesus went to the Garden of Gethsemane to pray, he wished to be by himself. His decision was to be reached alone with God. The disciples who had been his daily companions for months could not enter there. Even the inner circle of three, his special confidants, could not share the final agony of that hour. Yet afterwards Jesus told his disciples what happened. They could only learn of it from his own lips. His prayer of surrender has been written for our learning. Those who call for reserve and reticence in religion find little support from the example of Jesus. He bared his innermost soul.

Moods of the Soul, 37, 38

Moods of the soul are as variable as the weather. People who are "always the same" can be neither very sensitive or nor responsive. In recent months without pang of suffering near to heartbreak, Christ was never impassive. He wept over the death of Lazarus and he wept over Jerusalem. In the Garden of Gethsemane he agonized. Young, in love with life, needed by his friends and nation, he faced death. Instinct rebelled against the cross. He began to be sorrowful and very heavy in spirit. He asked the three disciples to stay with him to watch while he went to face the issue alone. It was no sham battle. The issue was clearly joined. Would Jesus be governed by self-will or God's will? It was a temptation sharper even than the wilderness testing. His mood responded flexibly to the crucial hour.

Spirit and Flesh, 39 - 41

In the Garden of Gethsemane, Christ won a victory of spirit over the flesh. The body cried out for self-preservation but the spirit rose to the climax of surrender. Falling on his face Christ expressed his willingness to accept the will of God. The story of the disciples is quite the reverse. In the Garden of Gethsemane the disciples demonstrated a victory of the flesh over the spirit. They were weary. They had been under great strain. They did not deliberately run away from duty but sleep overtook them unawares. When Jesus returned and found the disciples asleep he said to Peter: "What could ye not watch with me one hour? Watch and pray, that the spirit may not tempt you: the flesh is weak." Nineteen centuries afterwards we feel strangely akin to those slumbering disciples. So much of our failure is due to lack of thought. We are not fully awake and aware.

Repeated Prayer, 42 - 44

Is it enough to pray about a certain thing only once or twice? Can prayer be repeated? Christ warned against vain repetitions in prayer, any saying of words without feeling or thought. Yet Christ prayed the same prayer three times over in the Garden of Gethsemane. He was facing a life and death decision. His desire was strong but at the same time his surrender was complete. If we have some very deep desire it is natural to pray about it over and over until the issue is decided. Parents justly pray daily for direction in caring for their families. Full gratitude for the forgiveness of sins cannot be expressed adequately by one prayer of thanksgiving. In many cases prayer is a preparation for action and only after repeated prayer does clear direction come as to what should be done, and when and how.

A Call to Action, 45, 46

Our experience closely parallels that of the disciples. There is the temptation of sleepiness. We are advised to take plenty of rest, to avoid fatigue and not to overwork. There are many instances of indifference and numerous instances of lives shortened by strenuous living. Yet in the meantime Christ may be betrayed. It has been betrayed in Russia while the church kept up a ritual; he has been betrayed in Germany while scholars debated academic questions. Is being betrayed in North America by amusements that serve as pastimes but do not build up Christian character? Christ rescued his disciples from slumber because danger was at hand. Internationally no nation has securely. Hunger and ignorance are widely prevalent even in the more favoured lands. Neither educational nor religious leaders are able to show statesmen what to do next. Christian leaders are on guard lest there be a still greater betrayal of Christ. Here in Canada what do we expect from the federal election? Have we taken the trouble to write out what we should like to see happen in this election? Have we a constructive plan for a fused nation? Are we out to help people by every means in our power to put into action their most sacred conviction?

Questions for Discussion

1. Do we fear to be alone?
2. Do I understand the causes of my moods?
3. Am I learning the "patience of unanswered prayer"?
4. Is praying once an adequate expression of my deepest desire?
5. Could the disciples have protected Jesus?

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HEALTH

Premier Hepburn's statement in the Legislature that already evidence was developing that lives could be saved by the pasteurization of milk was received with gratification by those who had been supporting this legislation. The evidence was in the figures of reportable diseases, the Prime Minister referring particularly to undulant fever and typhoid fever. He also reported a decrease in the cases of bovine tuberculosis coming from the country to the Hospital for Sick Children. Typhoid fever was down 49 per cent in 1939 and there were 32 per cent less cases of undulant fever, the latter entirely a milk-borne disease. Typhoid deaths were down 76 per cent. News of this marked improvement will be received by health authorities all over North America with profound interest, according to Dr. Gordon Bates, General Director of the Health League of Canada. He stated that the progressive legislation of the Ontario Government had been hailed by leaders in public health both in Canada and the United States as one of the greatest contributions to health anywhere.

"It has long been established," he says, "that raw milk is responsible for a vast amount of illness and disablement and with the growth of knowledge on the part of the public in North America, more and more communities have adopted pasteurization. We are proud that Ontario was the first province or state to attack the problem on a broad scale and the government will naturally be complimented internationally on the latest proof of the value of pasteurization. Besides diminishing undulant fever, typhoid fever and bovine tuberculosis, pasteurization will undoubtedly affect infant mortality. Unofficially, it is said that there was a considerable improvement in 1939 and when the final

figures are released we may expect Ontario to make a new record. "This year will see another group of municipalities come under the work of the Act and I congratulate these places on being able in the future to prevent many diseases now common among them. "I am also glad to say that we are constantly hearing of more farmers doing home pasteurization to protect their own families. When all farmers do that, we may expect to see bovine tuberculosis completely wiped out, which will mean there will be fewer and fewer crippled children."

ON TEETH

Addressing the Public Health Congress last year the Minister of Health said: "The teeth of this country are bad; you might almost say they are rotten." On this topic the president of the British Dental Association said: "We have a school dental service but prevention should begin with the pregnant woman and young children and there is little or no provision for this. Why is dental care so prevalent in civilized countries while it is absent in people living under primitive conditions?"

His answer to the question is "About the middle of the 19th century the stone grinder which gave place to steel rollers which remove the whole of the germ and almost all the bran, giving a flour deficient in protein, fat, minerals (calcium, phosphorus and iron, and vitamins A and B. This and the lessened consumption of milk and the decline of breast feeding are the causes of bad teeth. Time and again examples can be found of communities with excellent teeth so long as they lived on natural and unrefined foods but soon after the introduction of highly milled white flour caries appeared."

The foregoing is quite true but it does not entirely cover the subject. The foundation of good teeth and bones are laid down long before the birth of the child. Much improvement may be gained not only in the prevention of rickets but also in tooth and bony growth if the mother in the last

*They're So Convenient "SALADA" TEA BAGS

six months of her pregnancy is systematically fed cod-liver oil every day. Cod-liver oil acts like the ultra violet rays of the sun. It prevents dissipation of the minerals calcium and phosphorus, sends these minerals into the blood and hence to the bony structures. Now-a-days the wise practitioner will insist that his childbearing patients take cod liver oil as a routine measure in pregnancy. Early in the baby's life the use of cod-liver oil should be resumed and continued during the fall, winter and spring months. The use of milk (pasteurized of course) should be increased, a rational diet laid down and expert dental care provided not only for the school child but also for the younger ones at home. This preventive work, like all the preventive health work pays. Rotten teeth may be avoided, and with them many ills, such, for example, as some forms of arthritis, neuritis, and indigestion.

SHE HAS NOTHING TO FEAR

Oh pity young Mrs. Ulysses O'Dare. Poor soul, she has seldom a fit thing to wear. At least, that's the pith of her sad tale of woe. When to an "affair" she's invited to go. If the golf club's convenor on phone sends a call

To invite her to go to the annual ball, She'll cry "I'll just die if I cannot be there. But really, my dear, I have nothing to wear." When a friend on Main street she happens to greet, And the latter enquires "Won't you please take a seat At a table of bridge?" she says, "Would I dare? For honestly Ann, I have nothing to wear." When the "group" at her church has an afternoon "meet" Her joy at the prospect is never complete. Unless she can say "I should go, I'm aware, And do what I can, but I've nothing to wear." It may be a wedding, it may be a tea, Or just an "invite" a girl's trousseau to see. A sleigh ride, a ski party, a trip anywhere. It's always the same—she has nothing to wear. At last, when life's over and told by the Fates, Her joy she should enter the bright pearly gates, 'Twould be worth a king's ransom to see his blank stare. When she says to St. Peter: "I've nothing to wear."

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