

DO YOU KNOW about TRAVEL RATION REGULATIONS?

It saves time and trouble when you familiarize yourself with the regulations regarding travel to the United States before you set out on your trip. Here are the facts:

1. The allowance for pleasure travel during the current ration period of November 16th, 1948, to November 18th, 1949, is \$150 U.S. per person (\$100 in the case of children under 11 years old).
2. A Form H permit, obtainable at any bank, is required to take out of Canada amounts exceeding \$10 U.S. or \$25 U.S. and Canadian funds.
3. Special allowances are granted for strictly business travel where your application is certified by your employer.
4. Applications for larger amounts of U.S. funds for travel for health or educational purposes may be made on special forms obtainable at your bank.

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Hello, Homemakers! When I was a youngster, it was fun to help plant potatoes because father let us take off our shoes and stockings and promised to buy us firecrackers if we kept at the job. Father reminded us continually all day, then mother scolded us all evening about dirty feet and the danger of firecrackers. Today we could sympathize with parents even though we were never such a problem as the modern youth!

We can't tell you how to "mind the children", but we can help you with gardening information:

1. Advice regarding crops, fertilizer and care of gardens will be available locally through government authorities.
2. How much you plant depends upon the amount you will use and the amount that can be stored.
3. The size of garden will limit vegetable crops that can be grown so those vegetables should be planted that have the highest nutritional value. Spinach, squash and carrots have high Vitamin A content while tomatoes, because they are a splendid source of Vitamin C, should also be grown.
4. We remind you of the early and late cabbages when you buy plants. The early ones are quite green throughout but cannot be stored and this also applies to the red varieties. The hard white kinds are easily stored for winter use.
5. Beware of thick sowing of seeds. It wastes seed and increases the labour of thinning. To mark rows of slow-germinating seeds as carrots and beets, plant an occasional radish seed in the row. This will grow quicker and act as a marker.
6. To extend the season of such crops as beans, peas and corn, two or three sowings may be made at intervals of 10 days to ensure successive crops. This also applies to lettuce, carrots, beets and spinach.

Now while the gardening is in full swing you may require a list of quick-cooking dishes, so look over our list.

Appetizers: Orange juice with a squeezed mint leaf; canned consommé served with cress, quick potato soup with a minced leek.

Main Courses: Parboiled sausages, covered with a tin of tomato soup and baked; eggs broken into mashed-potato-lined baking dishes and cooked in oven; kippers poached in milk, fried fresh trout and French fried potatoes; cole slaw and cold meat; macaroni and cheese, spaghetti and meat balls.

Deserts: Sliced bananas with milk and maple syrup, coloured cream puddings, canned fruit, rhubarb pielets, and also crackers and cheese.

SUPPER DISH

- ¾ cup macaroni
- ¼ tsp. salt
- 1 tin vegetable soup
- 2 apples
- 4 pork sausages
- 6 cups boiling water
- ½ tsp. summer savoury
- 1 tsp. butter

Cook macaroni in boiling water until tender, then drain. Cut sausages into inch pieces and combine all the ingredients together except apples. Pour into casserole greased with margarine. Place thick slices of apples on top. Cover and bake in electric oven of 350 degrees for 25 minutes. Six servings.

SPRING SALAD

- 1 cup shredded cabbage
 - 3 green onions, minced
 - Minced cress
 - ½ cup diced celery
 - ¾ cup grated carrot
 - Salt and pepper
 - Mayonnaise or French dressing
- Toss the ingredients together with dressing to moisten. Serve in a chilled bowl, lined with lettuce. Accompany with hard cooked eggs or cold meat.

RHUBARB PIELETS

- Rhubarb for 1 pie shell
 - 4 tbsps. cornstarch
 - 5 cups diced rhubarb
 - 1 cup sugar
- Line individual pie plates with pastry and add ¾ cup of the rhubarb-cornstarch-sugar mixture. Dot with butter. Sprinkle with a dash of nutmeg. Cover with rolled out paste, slit for escape of steam. Bake in electric oven of 425 degs. for 8 minutes. Lower temperature to 350 degrees for 25 minutes. To present any filling that may boil over if oven is left too high for too long, place the pie plates on jelly roll pan.

THE SUGGESTION BOX

Mrs. K. C. says: When washing windows wipe them up and down on one side and crosswise on the other. If streaks show after polishing, it is easy to tell which side they are on.

Mrs. A. J. says: White spots on varnished furniture can usually be removed by rubbing lightly with a piece of flannel dampened with a solution of ammonia and water.

camphor. This should be followed by an application of furniture polish.

Mrs. J. T. says: Soap scraps are valuable after they are too small to leave in the soap dish. Drop pieces into a jar and cover them with water. Using this soft soap solution makes perfumed suds for lingerie.

Mrs. A. J. says: It's smart to purchase an extra roll of ceiling wallpaper to line drawers, and the clothes closet shelves.

THE STILL SMALL VOICE

(This poem written by William Taylor, Water Street, appeared in the Herald several months ago. Mr. Taylor has received several requests to have it published again, which we are pleased to do this week — E.D.)

Cold blew the winds in chill December,
Across the world king winter ruled supreme;
One evening by the fire, I well remember,
I fell asleep, and strangely dreamed a dream.

"Come", said a voice of wistful sadness,
Back with me through all your vanished years,
Back through all your pain and gladness,
Back through the mists of all your tears.

You passed this way, life's sea was strewn with shipwrecks,
Help me the cry, the wild waves rise and fall;
I am fighting for the shore through pain and heartbreaks;
I am wondering is there any shore at all.

From your safe shore did you try to retrieve him,
Or help to pluck him from that surging tide,
Or were you so busy you just had to leave him,
Did you pass by him, on the other side.

"Here" said the voice of wistful sadness,
"We find the thorn-rimmed desert of 'They Say'
Its blistering sands, the grave of many a gladness,
Don't you remember you also came this way?"

"They Say". She was not good, no rank, no station,
"They Say." That he to many a vice was prone.
"They Say, 'They Say.' And an un- said implication
Did you like to listen, did you help to pass it on.

If you did, my friend, you helped to mar creation,
It's not for you to judge the Sprites
Tures say.

If you had borne their trials faced their temptation
Would you have any finer been than they?

Fearful I woke, the sad voice faded,
The white moon shed cold silver on the snow,
Forgive me Lord, for those I have not aided,
Forbid I judge the things I do not know.

— Bill Taylor, Water St.

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—says HARRY J. SEHL of Kitchener.

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