



# THE HOME MAKER'S PAGE

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## Successful Parenthood



MRS. CATHERINE CONRAD EDWARDS  
Associate Editor, Parents Magazine

Do you have more difficulty getting one child up and going in the mornings than you do the other children? It's a rare family that hasn't one laggard. In pioneer days, when every minute of daylight was precious for getting done the myriad chores necessary to keep the family fed and clothed, such a child was usually regarded as lazy.

But we have finally come to know that all body mechanisms don't do their work at the same speed. It has long been admitted that some persons need more sleep than others. Now we are beginning to understand that different things happen to the body during sleep. Some, for instance, find their bodies almost a dead weight in the mornings. Others are apt to be at their physical best after a night's rest.

Accepting the fact that persons start off the day at varying rates of activity, what can you do to help the child who finds it necessary literally to pull himself together in the mornings?

To begin with, you will probably find him wanting to stay up later at night than the other children, who will have worn themselves out by bedtime. His energies may be scarcely past their peak by then. However, since his day must be regulated by the same clock as his schoolmate's, every effort should be made to establish an early hour for going to bed. But since you can't force sleep on him, some leniency is necessary in the matter of reading in bed or playing quiet games with himself. If he is still awake when you retire bring him an orange or two buttered crackers, but no liquids.

In the mornings work out a program of family rising that will take into account the state of each person's energies. The one who is most fully awake when his feet first touch the floor can be appointed the family get-upper. This may be father or mother or even a 10-year-old child. After waking the others he starts a hot drink, brewing cocoa for the children, coffee or tea for the grownups. If mother is the first riser she will marshal the widest awake of the children into the bathroom first. By the time the hot drink is ready he will be nearly enough dressed to carry a

cup of cocoa to his still dozing brother or sister. The hot drink will provide fuel to start the latter's brain and body functioning.

It is better for a child to perform there should be no suggestion of invalidism or favoritism about his morning pampering of the slow waker. In return, he should be assigned a service in the evenings for his sleepy brother, such as the final putting away of toys or games.

In other words, put the whole program on the casual basis of who does best, what and when. It is all in line with our repeated reminder, that the surest way of treating your children with equal fairness is to discover in what ways they need to be handled differently.

## FASHION for today

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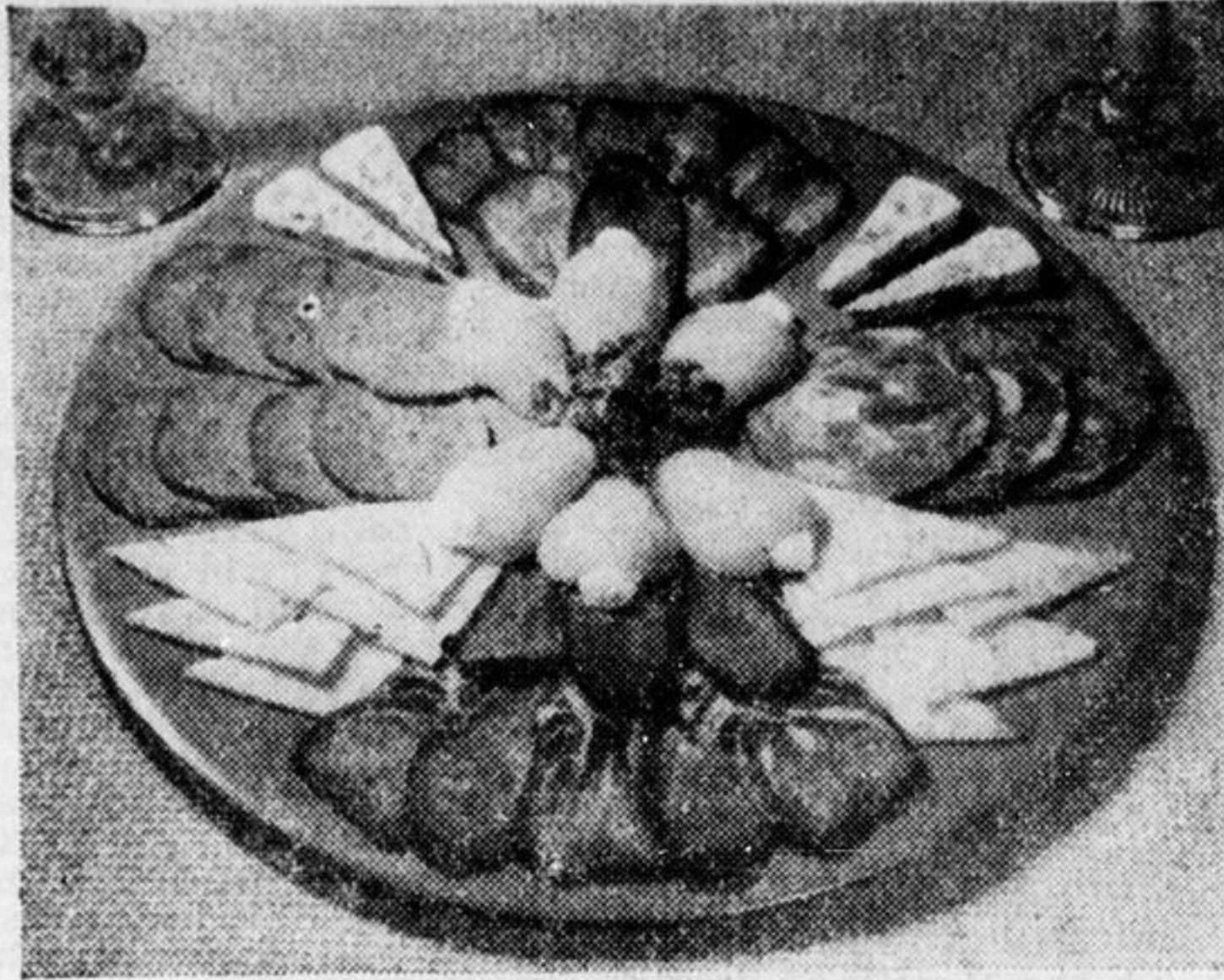
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## "Food For Fun and Fitness"



After the bells have rung out that a new year has arrived, guests will expect something for a midnight snack that is indicative of the happy celebration. This midnight snack tray with cold meats, cheese and New Year's bells exactly fill the bill.

New Year bells made from pear halves with cream cheese ball clappers form the centre. Arranged around the bells is a tempting display of cheese, table-ready meats, and cold tongue. Included are Bleu and cheddar cheese, liver sausage and salami. With it can be served fry bread, lettuce, salad dressing, mustard, and crackers for the cheese, your favourite chocolate cake and ice cream for dessert.

By MARTHA LOGAN

Resolved: To serve a new dish to the family at least once a week during the New Year. That's a resolution that will pay off not only in a family happy about their meals, but also in happy hours in the kitchen for the homemaker involved. It's fun to try new dishes.

Tongue offers unlimited opportunities for variety. If the family has never eaten it—and what a shame to be denied such a delicacy—then the tongue itself could be the new dish for the week. If they have already been "let in" on its entirely different flavour and texture, then for them there are new sandwiches, salads, and casserole combinations.

With cold sliced tongue on a New Year's Supper tray, there will be slices left to serve hot with raisin sauce the next day. You'll like the way tongue slices into neat, attractive slices. Use a thin-bladed knife and start slicing the tongue at the tip. Cut lengthwise, making a good-sized slice. Cut the next two or three slices at this angle. Gradually change the angle, making slices slightly thinner at the inside of the curve until the slices at the thick end of the tongue are cut cross-wise. Slices of tongue can be used in much the same way as ham, but usually a little more salt is needed for proper seasoning. Add bits of tongue when scrambling eggs, or add to scalloped potatoes. For lunch try grilled tongue and cheese or toasted tongue, broiled bacon, and mustard sandwiches.

Here's a suppertime suggestion  
Tongue and Sweet Potato Souffle

Yield: 4 servings

1 1/2 cups ground cooked tongue

1/4 cup butter

1/2 cup flour

1 1/2 cups milk

1 teaspoon salt

1 tablespoon horseradish

2 eggs

1 cup mashed sweet potatoes

Melt butter in a saucepan. Stir in flour. Add milk gradually, stirring until sauce is thick and smooth. Add salt. Reserve one cup of white sauce soufflé and combine 1/2 cup white sauce with tongue and horseradish. Separate eggs. Beat egg yolks and stir in remaining white sauce gradually. Stir in sweet potatoes which have been well seasoned to taste. Cool slightly and fold in stiffly beaten egg whites. Place tongue mixture in bottom of a well buttered 1 1/2 quart casserole. Pour soufflé mixture over tongue and bake in a slow oven (325° F) for one hour.

## EASY DOES IT

By HELEN HALE

Patent leather is best cleaned with a clean, lint-free cloth dipped in vinegar. The cloth should be absolutely clean and well rinsed before drying or it will break the leather.

To keep seldom used kettles from getting a musty odor, always difficult to remove, store without covers.

When you place a clean cover on the ironing board, have it wet and pull it on lightly. Tack on and it will remain wrinkle free, thus making your ironing easier.

When china dishes become discolored, the best way to remove the stains is to use whitening. Rub well in lukewarm water.

Keep your brushes hung on your own eye level in the closet to make them easily accessible as well as preventing the bristles from becoming bent and worn.

To retain the fluffiness of chenille or candlewick spreads, hang them double and on the wrong side out when drying. In this way the tufting will rub together and keep itself fluffy.

If you like inexpensive, lintless towels that need no ironing, select cotton crepe. These are fine for polishing glassware as well as silverware. Cut the material into yard lengths for the best sized towels.

When you use excelsior in packing dishes or glassware, dampen it slightly. As it dries, it will shape itself better to the article and thus form a more protective framework.

Glue paper plates to the bottom of each of your paint cans. This provides a place for the brush as well as preventing paint from dripping on the floor.

When you launder lace collars and cuffs, pin them onto a piece of white muslin. This helps them keep their shape more readily.

If your curtains outwear the ruffles, remove ruffles and replace with fringe that will wear for the life of the curtains.

Place ammonia of vinegar into water when you wash windows during cold weather. This prevents the water from freezing the window.

Miss Kathryn Lafontaine, student at Queen's University, Kingston, is spending the holiday season with her parents, Mr. and Mrs. W. O. Lafontaine, Coniaraum Property.

## The Poet's Corner

LOAM

In the loam we sleep,  
In the cool moist loam,  
To the lull of years that pass  
And the break of stars.

From the loam, then,  
The soft warm loam,  
We rise:  
To shape of rose leaf,  
Of face and shoulder.

We stand, then  
To a whiff of life,  
Lifted to the silver of the sun  
Over and out of the loam  
A day.

By Carl Sandburg.

DIRGE IN THE WOODS

A wind sways the pines,  
And below  
Not a breath of wild air;  
Still as the mosses that glow  
On the flooring and over the lines  
Of the roots here and there.  
The pine-tree drops its dead;  
They are quiet, as under the sea.  
Overhead, overhead  
Rushes life in a race.  
As the clouds the clouds chase:  
And we go,  
As we drop like the fruits of the tree  
Even we,  
Even so.

By George Meredith.

THE HEARTS JOURNEY

A flower has opened in my heart—  
What flower is this, what flower of  
Spring?  
What simple secret thing?  
It is the peace that shines apart,  
The peace of daybreak skies that bring  
Clear song and wild swift wing.

Heart's miracle of inward light,  
What powers unknown have sown your  
seed  
And your perfection freed?  
A flower within me wondrous white,  
I know you only as my need  
And my unsealed sight.  
By Siegfried Sassoon

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