



THE HOME MAKER'S PAGE

Household Hints

Poetry

Miscellaneous

Recipes



Successful Parenthood

MRS. CATHERINE CONRAD EDWARDS
Associate Editor, Parents' Magazine

GUARD CHILDREN'S EYES BY REGULAR CHECK-UP

Nature has gone to unusual lengths in protecting the eyes—tears for cleansing, eye lashes to keep out foreign particles, the overhanging forehead to keep hard knocks from reaching the delicate eye—but there is nothing to stand between the eyes and their greatest enemy, misuse, except intelligent care. Parents are alone responsible for the misuse of a baby's eyes. They are also indirectly responsible for bad eye hygiene later on if they fail to teach their children the value of good eyesight and how to preserve it.

Never leave a baby lying in the carriage to look up into the light. Of course he will blink and use other instinctive means for shutting out part of the brightness, but you could spare him this wasteful use of energy by keeping the carriage hood over his eyes and the carriage itself turned away from the sun. Even during the daily sun bath shade his eyes. In the house just because the baby is fascinated by a bright light do not let him face it, or for that matter lie for long looking at a bright wall. In decorating the nursery keep the baby's eyes in mind and choose a soft pastel color for the walls.

It takes the average baby three months or longer to learn to focus the

eyes so a few cross-eyed glances needn't alarm you. However, if after a few weeks either eye or both eyes pull inward or outward most of the time, better see an eye specialist who will prescribe exercises for strengthening the weaker eye.

Babies are born with far-sighted eyes. Their eyeballs are shorter and flatter from front to back than those of an adult. As the child grows the eyeball rounds out until it becomes virtually spherical in shape. Because of this immaturity of the eye you do not give a small child toys or games which require close vision any more than you confront his immature brain with problems beyond his years. One shudders to think of the little girls who were once forced to do needlework before their eyes were ready for it because "sewing a fine seam" was a first step in feminine accomplishments.

A careful check-up of the child's eyes should be made before entering school, and frequently thereafter until visual maturity is reached. (Remember that a child can't tell you if he has a visual defect because he doesn't know what 100 per cent sight is.) Not all children's eyes are ready for reading at school age. The eyeball may not only still be too immature in shape, but the child may not have learned as yet to use his eyes in unison. Correct alignment is as necessary for the eyes as it is for the wheels of an automobile. So if your child is slow in reading he may need special visual training rather than extra drill with words and sentences.

Doc Gamble (on telephone): Well, I've told you a dozen times what to do for that skin irritation. Cut out the starches. Okay, Mr. Jones, goodbye. Fibber McGee Starches, eh? In his diet?

Doc Gamble: No, in his laundry. His neck is all scratched up. —NBC's "Fibber McGee and Molly" show.

"Food For Fun and Fitness"



Hello Homemakers! Six years ago the New York Women's Advertising Club sponsored a survey, "What's Cooking in your Neighbor's Pot." The purpose was to find out in detail the eating habits of the major nationality groups in the country, evaluate them nutritionally, discover how they are affected by rationing and emergencies, and suggest ways in which the American-born housewife and foreign-origin housewife might profit from each other's knowledge.

The results are amazing: Actually food does not conform to any political boundary. The earth is divided into great regions in which all the inhabitants have certain similarities of food habits. If cooking customs vary, at least the basic foods are similar. The different flavour and consistency of these foods with strange names are for us the most interesting features.

In normal times the Greek people eat light breakfasts (a piece of bread, some fruit or a bit of cheese, and coffee which is thick and sweet); afternoon dinners of bread a casserole dish, olives, fruit, nuts, cheese, a salad, with olive oil and vinegar, and wine; and supper of similar pattern.

Most Greek main dishes begin with onions cooked in oil, then the other ingredients are added. Bread is the most important single staple food—so much so that many eat a mouthful of bread in between each bite.

The foods that are eaten in Norway, Sweden and Denmark are rather similar in character, although varying amounts of the same foods are eaten in each of the three countries. In Norway more fish is consumed—fresh, dried or salted, while in Sweden, much sugar is used in cooking. Denmark is a dairying country and uses much cheese, cow's milk and butter.

The liberal use of legumes and cheese makes up for the small amount of meat, served in French and Italian dishes. Soups and rich sauces are made inexpensively with meat drippings, left-overs and purees of any surplus foods. Many French and Italian men are excellent cooks at home and proud of their skill.

Latin people have a great deal of respect for food. They come by it with great toil and therefore make a ritual of many meals. Feast days and family occasions are celebrated with certain dishes—for example, an artichoke pie for Easter-time.

The principal problem in the Far East is that the average person has trouble in obtaining enough food to stay alive. Due to population density and adverse growing conditions, there is a spectre of famine. We used to believe that everyone in the East ate rice but have learned lately that mil-

lions never touch it. The cooking methods of the East (especially China) are the most flexible in the world, for they are characterized by a certain style of cooking rather than a dependence on traditional raw materials. Most food is broken or shredded into small pieces and cooked very rapidly. Steaming, boiling and frying are the common techniques since fuel and utensils are never available in quantities. In many instances the main dishes are put in the centre of a group and each person helps himself out of the common bowl. They say chopsticks, commonly used in China never touch the mouth; food is dropped into it. At a feast, the number of dishes served increases with the number of guests.

CZECH DISH

Cerny Kuba (Black Jack—Barley with mushrooms)
8 oz. barley, pearl or broken, 2 cloves of garlic, 1 1/2 oz. goose or pork fat, 1/2 oz. dried mushrooms, 1 tsp. caraway seeds, 1/2 oz. of fat for pan, 1/2 oz. butter or margarine for top of dish.

Wash celery and cook in salted water with caraway seeds until soft. Drain and add clove of garlic which has been mashed with salt and pepper and mixed with goose or pork fat. Cook the dried mushrooms in 2 cups of water and when tender, chop them fine and add to the barley. Put mixture in a greased pan and bake for about 20 minutes in moderate electric oven. Serves 6.

POLISH DISH

Kielachky (Cakes served with coffee)
10 1/2 oz. flour, 4 oz. butter or dripping, 2 cups of milk (approximately), 1 yeast cake.

Crumble the yeast into lukewarm milk (about 1/2 cup). Sift the flour, melt the dripping, and combine all ingredients, adding enough milk to make a stiff dough. Place into greased pan and set aside in warm place for about 1 hour or until it has doubled its bulk. Roll out on board, cut out with round cookie cutter. Make a depression in centre of each, and fill this with cottage cheese filling. Bake in moderate oven until golden brown—about 1/2 hour.

Cottage Cheese Filling

1 cup cottage cheese, 1 egg yolk, 1/4 lemon rind, grated, a few drops of lemon juice, a few raisins to taste. Mix well.

GREEK DESSERTS

Kataif
Ingredients: Shredded wheat, walnuts, almonds, honey.

Method: Split shredded wheat, place in buttered pan, cover each piece with chopped nuts soaked in honey. Place in moderate oven and bake with butter. When ready serve with hot syrup made of two parts honey to 3 parts water.



When you want a nice, quick snack, spread warm gingerbread with cream cheese, softened with cream. Or let it cool, slice thin and spread with creamed butter into which some dates have been mixed.

Want to use up those holiday peppermints? Grind or crush fine and alternate with layers of chocolate pudding. Or, mix with whipped cream and use for cake or other pudding toppings.

Midnight snack? Serve scrambled eggs which have been made with tomato soup in place of the milk. Or, if it's cheese souffle you're preparing, place in parboiled green pepper halves and bake in tinfoil.

Are you serving roast pork? Garnish it with stuffed onions or fried apple rings which are filled with the light raisins. Let raisins cook in the rings while you are frying the apples.

An apple pie that is bound to make a hit is one which has a bit of cheese rolled into the top crust. Cheese goes further this way than serving it in wedges with the pie.

When you cook that last bit of ham bone for split pea soup, be sure to add bayleaf and peppercorns to it for flavor. **A nice first course** for big dinners includes slices of calava with wedges of oranges or grapefruit. If you have a few seedless grapes, halve them and sprinkle on top.

A good beverage to serve with cookies or wedges of cake uses equal portions of gingerale and grapefruit juice. Top with sherbet if you want to dress it up.

A nice molded salad for your buffet dinner? Use cooked cauliflower molded in well seasoned tomato aspic.

If you're looking for a nice accompaniment to ham, fill pear halves with peanut butter and broil before serving.

Cream cheese mixed with ginger and a few cut-up raisins makes a nice filling for baked apples.

Sweet Potatoes which are heavily candied will have more flavor and tang if they are sprinkled with grated orange or lemon rind while baking.

Dave Wilcock: What's a chaperone? **Jack Carson**: That's an old maid who never got on the first team but still wants to intercept a few passes.

—NBC's "New Sealast Village Storie."
Mr. Fowler: Where are you taking the dog?
Red Skelton (Junior): I don't know until he drags me there!
—NBC's "Red Skelton Show."

The Poet's Corner

HOLIDAY TREE

These crooked stems are stout,
Which hold red apples to the tree
Through gales and snow.
They swing about,
Dangle and rock,
And smartly knock
Their hard curved sides together—
Backward and forward, to and fro,
They whirl and sway.

The morning of every day,
We rush to the window to see
If they are there,
Still safe and locked to the boughs
In the tumbling air.
After the frosty night.

An inch of white
On their glossy crowns,
Makes red cheeks redder, like the
Faces of clowns
In tingling weather.

Unseasonable, gay,
They melt they stay,
Puddings for birds and, for us, a
Kind of holiday tree,
Trimmed in the fall for winter's delight,
Martha Banning Thomas,
In the Christian Science Monitor.

O BOUNDLESS GRACE

O boundless grace,
To know there is no alien from Thee,
No stranger to Thee,
No dark race
Hidden from Thine embrace,
No isles, no reaches of the sea,
No sharp ascent of mountain of the
dazzling air

Whereon the venturer, crying, shall
not find Thee—there
As on an altar stair.

No one so slow, so happiness—none—
But he shall leap, Thy word being
spoken, with the swift to run;
Heirs of the brimming earth—, not only
the elect, the kisses of fortune,
But before thee, everyone—everyone.

Mary Butt Messer,
In the Christian Science Monitor.

WINTER SONG

What little grass was left in fields
Winter rain has tarnished
And rusted leaves are from limbs
Winter wind has varnished
In readiness for Spring who'll hang
On them bud-cocoons
Like those that white-winged apple
bloom
Escape from every June.

Elizabeth-Ellen Long,
In the Christian Science Monitor.

CRESCENDO

To those who have no comradeship
with wind

It will seem strange that I
Should find such keen delight in clouds
that race
Like chariots down the sky.

Those who have had no kinship to the
sea

Will never understand
Music in storms, the waves exultant
cry.

The sting of driven sand.

There is an elemental joy in days
Stolen away from sun,
Then gulls go flashing through the
thin-blown spray.

The wind and I are one.
Barbara Leslie Jordan,
In the Christian Science Monitor.

SEASCAPE AFTER MONNET

In the furthest distance, pale
water, shore, and cloud, refulgent, melt
into one medium, illusive, beckoning felt
rather than seen; not heard.
Quiet is within this element.

There is no haunting cry of bird
before the soundless wind, no bend of
sail;

only the small wave's shift, the lone-
ly ship,

and the smoke-sling skyward trail.
Margaret Stockwell Talbert,
In the Christian Science Monitor.

White Rose Service Station

W. A. MacKenzie Prop.
Corner of Second Ave. & Spruce
Goodyear Tires — Hart Batteries
PHONE 3950 12-47

SEWING MACHINE WASHING MACHINE

REPAIRS
on all makes
over 35 yrs. experience

All Work
Guaranteed

177 Pine St. N.
PHONE 1369 C
J. A. Gagnon — Manager

BUSINESS DIRECTORY

SMITH & ELSTON LIMITED
Plumbing and Heating
Sheet Metal
Air Conditioning
Stokers and Oil Burners
Phone 327
71 Third Ave., Timmins

PIANOS
Willis & Co.
Mason & Risch
RECORDS
Of All Types
MUSIC BOX
76 1/2 Third Ave.
PHONE 3525
"EVERYTHING IN MUSIC"

MONEY
Quick, Confidential
LOAN SERVICE
On property anywhere in the
Porcupine Camp, to build or buy
other property or finance busi-
ness. Pay back in monthly
payments up to six years.
— All lines of insurance —
J.J. McKAY
PHONE 1135 32 THIRD AVE.

MOVING and STORAGE
Don't Make A Move...
without consulting us!
We make moving pleasant and
simple, with expert service.
United Movers
PHONE 510 270 Spruce St. S.
Night Phone 1733

WASHER and MOTOR Service
Fast, reliable service on any
make electric or engine-drive
washer, vacuum cleaner, floor
polisher or ironer.
Full Stock of Parts
Cycle Changed -- Any
Make.
Beatty
J. F. PARKER
33A THIRD AVE., PHONE 391

HAVE YOUR
APEX
Washing Machine
RECONDITIONED
By Your
Authorized Apex Dealer
RENE ELECTRIC
Motors Rewound & Rebuilt
PHONE 1310
11 Birch St. S. Timmins

Radio House
RADIO REPAIR SERVICE
ALL MAKES OF RADIOS
CHECKED AND REPAIRED
For Quick Pick-Up
Phone 3690
211 Algonquin Blvd. E.

UPHOLSTERING
Chesterfield Sets
Rebuilt and Recovered
BY SKILLED UPHOLSTERERS
Workmanship Guaranteed
Five Years
Your Chesterfield Suite will be
Better and Look Better
than New
**Timmins Upholstering
& Cabinet Company**
63 Wilson Ave., Timmins
PHONE 975 26-11

PARTS — GENERAL REPAIRS
REEL BROS
GARAGE
384 Algonquin Blvd.
"Associate Dealer"
Canadian Tire Corp. Ltd.
Phones: Store 2396 - Garage 2556



RUPERT COMES TO CANADA — Because his appetite was too big for England's small meat ration, Rupert, one of the world's greater Great Danes has come to Canada where he will have less difficulty in obtaining his required seven pounds of meat per day. Weighing 168 pounds and standing 36 inches high, the dog is shown above with his master, Michael Compenditch, as they arrived at the Canadian National Railway Central Station, Montreal.

New LOWER Rates
For
Automobile Insurance
See Us For Full Particulars
Simms-Hooker & Pickering
Agents With Underwriting Facilities
For All Lines Of Insurance
20 PINE STREET NORTH
McInnis Block
Phone 112 Timmins
78 BRUCE AVENUE
Phone 30
South Porcupine Ont.

OPPORTUNITY FOR
PROFITABLE HOME ART
Classes In Weaving
Sponsored by Timmins Adult Education Group,
will commence Feb. 9th, in the Studio at 76
Maple Street, South.
Learn Weaving, not as a Hobby, but as an op-
portunity for profitable industry.
Limited number taken in classes.
WRITE OR PHONE
Mrs. E. Murphy, Convenor,
102 Hemlock Street, Timmins. Phone 568