

THE HOME MAKER'S PAGE

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Successful Parenthood

BY MRS. CATHERINE CONRAD EDWARDS
Associate Editor, Parents Magazine

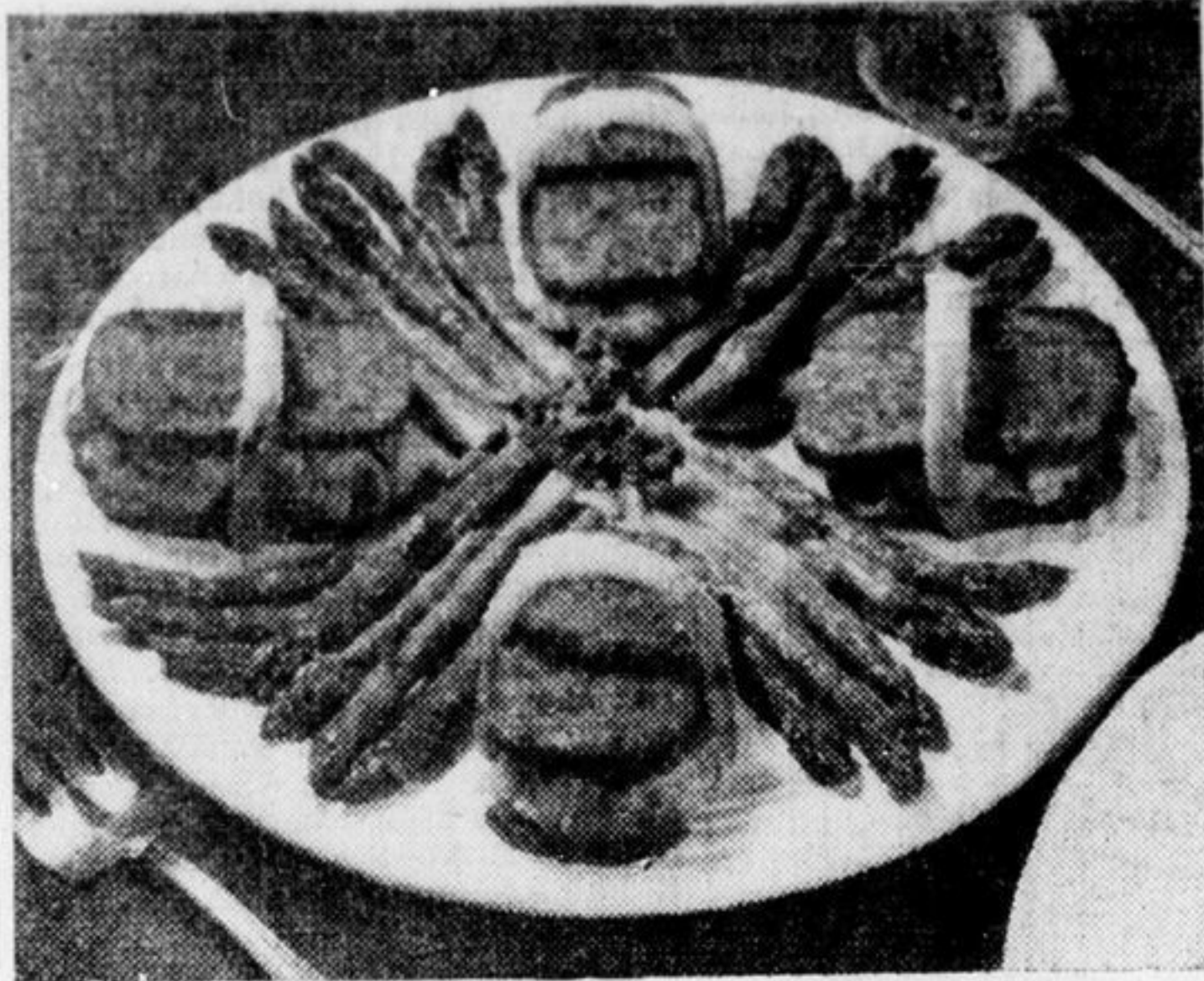
Jealousy in Children
If it were always easy to detect jealousy parents could apply the antidotes of love and kindly understanding which build up a child's own self-esteem, and thus minimize the pain as well as the possibly harmful effects. But because jealousy has for so long been labeled an ignoble feeling, the child almost instinctively hides it. He especially can't bear to admit it to himself.

Take Fred and Tommy Blake, brothers of 10 and 8 years, as examples of the unpredictability of jealous feelings. The boys are about evenly matched in intelligence and both are gifted, though in different ways. Fred as the older, has a bit of an edge on Tommy and the latter, though he hero-worships his brother, is quite frankly envious of him. This often gets Tommy into a frenzy of effort to keep up with Fred, but because the rivalry is out in the open it is more of a spur to Tommy than a cause of insecurity. As soon as Tommy's own talents have developed into achievements he knows are valued, self-confidence will eliminate all but a health

sense of competition with his brother. Now it never occurred to anyone that the older boy might be jealous too. He had so many daily triumphs, which he accepted without boasting, that no one realized how important it had become to Fred to remain his brother's superior. Then this past Christmas both boys were given skis, with snow obligingly on hand, Christmas morning was barely day before they were out to try their skill. By some fine sense of timing or lightness of body, Tommy for once got off to a better start. He seemed to dart about on skis. Fred, for the first time, found himself struggling with something which seemed easy for his brother. To his parents surprise, Fred began to learn reasons for putting off learning to ski—he needed a different kind of strap, it was too cold, he wanted to read his Christmas books. This went on for several days before they realized that Fred was afraid to jeopardize his smart big brother status by having Tommy eclipse his performance on skis. With loving encouragement Fred's parents helped him understand exactly what his feelings were. They pointed out that it was natural, not shameful, to want to excel. But that it was somewhat un-supporting not to try, especially when there were so many things he could do better than Tommy.

So in dealing with jealousy, your first responsibility as parents is to learn to detect it in such seemingly unrelated things as illness, sleeplessness or unruly behavior. Then bring this unhappy envy into the open where it can be counteracted with praise of the child's own achievements and appreciation for the kind of person he is. For he must acquire self-esteem before he can be generous in his feelings towards others.

"Food For Fun and Fitness"



Is it a party? Maybe. It may also be the dinner prepared by a homemaker interested in serving attractive yet simple foods to her family.

These baskets are made from a 12-ounce can of pork luncheon loaf that has tender beef added for extra flavour. To make them simply cut the loaf into eight slices, and put a fruit dressing between 2 slices sandwich fashion. Bake them in a moderate oven (350 degrees F.) for 20 minutes. Then glaze the top with the syrup used to candy orange peeling and fasten a half circle of candied orange peel over each basket to form a handle. Secure these on each side with a toothpick. For serving, place the basket on a platter with stalks of asparagus and complete the meal with stuffed baked potatoes, and something special like a quick mix chocolate cake for dessert.

LUNCHEON LOAF MAKES FRIENDS WITH DINNER

The flavour of fine pork with tender beef added is reason enough for its popularity, but there are other reasons for the canned loaf gaining favour throughout the country. It comes in a handy 12-ounce can which makes it just right for a family of four. If company drops in, the surprised homemaker has only to take down another can from the cupboard shelf and she is all set for dinner. Then too, the loaf slices easily making it possible to have uniform pieces on the platter—no falling apart after it's heated either. What's more, this fine pork with tender beef comes from the can already blended into a uniform product which has been cooked ready for the table. It cuts down on food preparation time.

This loaf can be sliced cold and served with a salad or diced and mixed with potato or vegetable salad, but probably that's a bit too chilly for serving this time of year. For hot supper serves the loaf can be studded with cloves, sprinkled with brown sugar and baked in an oven (375 F.) about 30 minutes or until heated through.

Or the loaf can be sliced into thin slices, dipped in egg, coated with sifted bread crumbs and fried in hot shortening. Try adding a smidge of curry powder or garlic salt to the bread crumbs for added flavour. Favour for flavour as well as attractiveness are luncheon loaf fruit baskets. They sound like a desert but are really a tempting main course dish that take well to a party atmosphere. With them serve stuffed baked potatoes, and asparagus stalks. A quick-mix chocolate cake would take honours for dessert.

LUNCHEON LOAF FRUIT BASKETS

(Yield: 4 servings.)
1 12-ounce can pork and beef luncheon loaf;
1/2 cup peeled, diced apples
1/2 cup raisins
1/2 cup water
1/2 teaspoon salt
1 cup diced day-old bread
1 orange
Candied orange peel.

Cook apples and raisins in water until tender. Add to bread. Add salt to bread dressing. Remove pulp from orange peel for candying. Cut luncheon loaf into 8 pieces. Put dressing between slices of meat, sandwich fashion. Bake in a moderate oven (350 F.) 20 minutes. Glaze top slice with syrup used in candying orange peel. Fasten a half circle of candied orange peel over each basket to form a handle. Secure on each side with a toothpick.

SPICED LUNCHEON LOAF BALLS

(Yield: 4 to 5 servings.)
12-ounce can pork and beef luncheon loaf
3/4 cup dry bread crumbs
1 egg
1/2 cup milk



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CEMENT FOR BROKEN CHINA
and glassware may be made by melting powdered alum in a spoon. Dip edge in alum while it is soft. Hold pieces together with adhesive tape which may be removed when the cement is hard.

Heavy linoleum left over from covering the floor makes an ideal covering for kitchen tables and pantry shelves. It should be cemented on for practicality. It is easily cleaned with wiping, and once in a while it may be oiled to keep it looking nice.

Dip Kitchen Hooks in enamel paint to match the kitchen color scheme and to prevent their rusting.

Food odors in the refrigerator will be absorbed by several pieces of charcoal placed on the top shelf. When they lose their effectiveness, place in the oven and let them bake for half an hour to renew them.

If two glasses have stuck together set the bottom one in hot water, and place cold water in the one on top, then loosen.

Food Choppers may be sharpened by running pieces of sapolio through the grinder.

Don't let knives get dull with other utensils. Hang them in a rack on the wall. They'll be more convenient to reach too.

Help prevent silver from tarnishing by wrapping it in dark tissue paper when you put it away.

Electric Pushbuttons become visible in the dark if they are painted with luminous paint.

Raise the height of a kitchen table by screwing door stops into bottoms of the table legs. This saves many an aching back.

The Poet's Corner

WIND - CAUGHT LEAVES

Across the hard snow-crust
A scattering of leaves from the oak
Races away on dancing toes,
Until they are caught in the snow-fence;
They wait there for the snow to catch up.

D. S.
In the Christian Science Monitor

SNOWSTORM

This waste of drifting white
Descending through the night
Cannot change the hour
Predestined for the flower.

This wrathful rush of sound
That curves along the ground
Will leave no grace note here
To cheer the cycling year.

Storm speaks no final word
Rather the singing bird
Upon the blossomed bough,
White with snow-stars now.

Harry Elmore Hurd.
In the Christian Science Monitor

SPARROWS IN FALLING SNOW

Dark feathers in the bush,
Bunched shoulders in the tree
Look out upon the hush
Of lace and filigree
And search in memory to know
The temperament of snow.

Whatever makes the storm
Lancing still and white
Must have enough of warm
To store each watching mite
And bring again in brown and gray
The world familiar yesterday.

Eyes search the starry bloom.
To meet this finite need . . .
They ask the infinite room
For one neglected seed.
And Window opens overhead
And snowy hedge bears corn and bread.

Charles Malam.
In the Christian Science Monitor.

REASON

Reason with a golden chain
Link to link with logic sealed
Through my flights of fancy came
And her simple plan revealed.
Apprehension bid me wait—
Comprehension made me stand—
This was I emancipate
In a dark and doubtful land.

Robert E. Key
In the Christian Science Monitor

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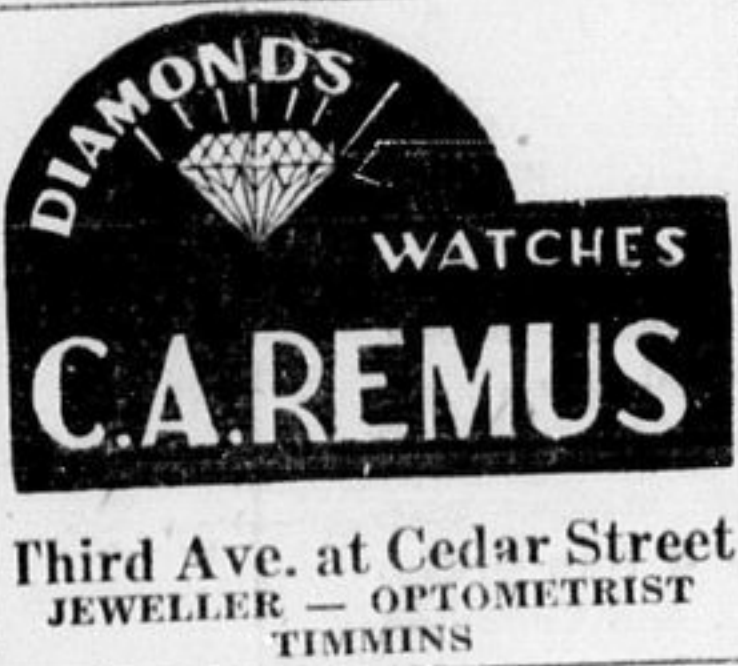
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