



# THE HOME MAKER'S PAGE

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## Successful Parenthood

BY MRS. CATHERINE CONRAD EDWARDS  
Associate Editor, Parents Magazine

Send Seeds to Europe  
It Will Pay Dividends

Blooming forsythia means that spring is at the door, tentative about coming in. But when the gold, star-shaped blossoms give way to the first green leaves, you can be sure spring has come to stay. Another sure sign is the appearance of rows of seed packages on metal or wooden racks next to the garden tools inside hardware stores or out in front.

Brightly pictured are the potentials of these packets—rosy-cheeked tomatoes, slender pale green string beans and the golden wax variety, peas stretching pods with plumpness. Who can resist browsing, picking up the paper envelopes, shaking them to hear the exciting dry rattle of the seeds inside? You hold a miracle in your hand. You also hold an opportunity (and if you listen to the dictates of your heart, an obligation) to help the starving people of Europe. By sending seeds to Europe you can make it possible for hungry people to create gardens which will supply them with the fresh vegetables they need so desperately.

Think of it—a paper package of these hard brown pellets may mean for some child straight sturdy bones, instead of a body twisted and deformed by rickets or other vitamin deficiency diseases.

Sending seeds to Europe is a way of helping that everyone can afford. It costs only fifty cents to send a garden unit of thirteen different kinds of vegetables—enough to plant a garden 40 by 20 feet. Such a garden would provide a family of five with enough fresh vegetables for four months.

The vegetables in these garden units have been chosen by experts who know what will grow in the countries where the seeds are designed to require a

minimum of tools and heavy labor. Old people, women and children can do the work. Seeds are guaranteed to measure up to government standards. You can't, of course, put any money value on world friendship. We'd all be glad to dig down deep to purchase that. But there is a world friendship project that requires very little monetary outlay. Seeds are relatively inexpensive in this country. A Canadian youngster, for instance, can use his weekly allowance to buy seeds for a garden unit, and maybe have enough money left over to buy an ice cream soda for himself. On the other hand in Berlin, last summer, it would have cost about \$40.00 for enough seeds to plant a 20 by 40 foot garden.

Your garden club probably knows about this project, but you might point it out to other groups, organized or informal. If your son or daughter has been asking how he can help the pitiful children in other lands, tell him about Seeds for Friendship. Write for information and send checks to Mrs. Nicholas J. Mertens, Treasurer, National Council of State Garden Clubs, Inc., 500 Fifth Avenue, New York 18, N. Y. Let's be sure our European neighbors have the strength to hang on to the ideal of freedom that can be the uniting bond between us.

## Family Scrapbook



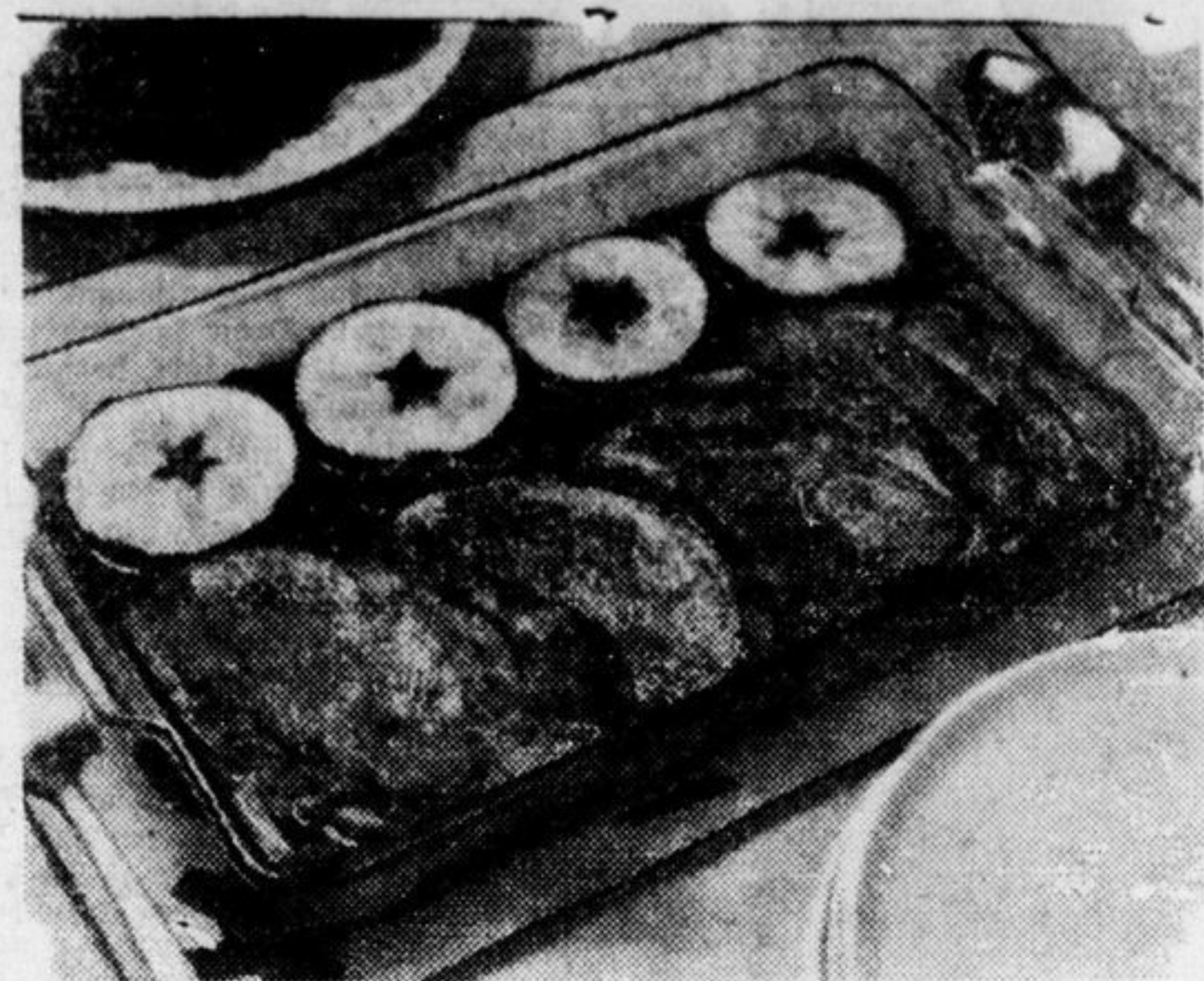
### A Fifteen Minute Party

Two-year-olds are old enough to enjoy a party but too young to enjoy it very long.

One mother worked out a 15-minute birthday party for her two-year-old and five of his friends the same age. Each child had a bib with a picture of an animal pasted on it. He found his place at the table by matching the animal on his bib with the one at the table. There was some very simple food topped off with ice cream and each guest (the host, too) receiving a party package with a paper hat, a wooden whistle and a coloring book with crayons.

There are all sorts of other variations possible but whatever ones are made should be very short and simple.

## "Food For Fun and Fitness"



Families can be so changeable about their food preferences that we often have to use our imaginations overtime to keep up their interests. But it's fun to combine our flare for interesting food textures and flavours with a standard recipe and come up with a dish that truly reflects our own creative ability.

Take varieties of veal for instance—even make the problem more specific and limit it to veal steak. We know that three important steps are necessary in preparing a veal steak that we will be fork tender and juicy. These are: (1) Cover steak with a protective coating such as seasoned flour. (2) Brown in fat, bacon drippings will add flavour, or shortening is another possibility. (3) Cook in moisture at a low heat until tender - about 30 to 45 minutes.

That recipe is much like a basic black dress to which you can add interesting accessories to have a completely changed ensemble. With the veal steak (cutlet) recipe you can vary the seasoning from a whiff of oriental curry to a whisper of margoram or a touch of onion flavour. Many other changes are also possible but probably the most obvious arises from varying the moisture in which the meat is cooked.

Rather than adding one half cup of water, try using milk, thinned cream of mushroom or celery soup, pineapple juice, tomato juice or chicken broth. It is obvious how these ingredients can change entirely the appearance and flavour of an old stand-by. When cooking veal in chicken stock add cooked mushrooms and a few peas for colour and flavour. Even extra toppings can be added to the dish. For instance, grate cheese over the top of a cooked-in-tomato-juice cutlet. Or

add sliced pimento olives. For lovers of spicy concoctions, use a dash of chili powder and a few drops of Worcestershire Sauce with the olives.

### TOMATO VEAL STEAK

(Yield: 4 to 5 servings)

- 1 pound veal steak cut 1/2 inch thick
  - 2 tablespoons fat
  - 1/2 teaspoon salt
  - 1/2 teaspoon paprika
  - 2 tablespoons brown sugar
  - 1 tablespoon lemon juice
  - 1 cup tomato juice
  - 1/2 cup chopped pimiento olives
  - Whole cloves
- Brown steak well in fat in heavy skillet. Remove meat from pan. Add flour and stir until smooth. Then add salt, paprika, brown sugar, lemon juice, onion, and tomato juice. When blended, return meat to skillet, cover, and simmer in sauce until tender, about 30 minutes. Add olives and cook 5 minutes longer. Garnish with whole olives.

Mock chicken legs are also made with veal, but it has been ground with pork and placed on wooden skewers before cooking in the same manner as cutlets.

### MOCK CHICKEN LEGS

(Yield: 4 legs)

- 1 pound veal shank or breast
  - 4 slices bacon
  - 1/2 teaspoon salt
  - 1 egg
  - Sifted crumbs
  - 1/2 cup shortening
  - Tomato or brown sauce
- Grind veal and bacon. Add salt and beaten egg. Mix. Shape like drumsticks on end of four skewers. Roll in crumbs. Brown in hot shortening. Cover. Cook slowly 30 minutes. Serve hot with tomato or brown sauce.

## EASY DOES IT

By KERRY HALL

If you're fond of growing plants such as ivy, you'll find that a weekly spray-bath refreshes them by freeing them from dust as well as preventing attacks of "red spider" which causes spots on the leaves.

Are you in the habit of leaving the garden hose kinked on the ground? This helps the rubber rot at all. Coil the hose properly and store it in a dry place such as the basement. Give the hose a good soap and water cleaning to remove oil and dirt spots, and sponge the stubborn spots with cleaning fluid, if you really want to prolong the life of the hose.

To keep flowers for table decoration fresh for a fairly long period of time, dip the stems in hot water before placing them in a bowl containing cold water. The hot water helps the stems expand, and makes them take up more moisture.

FLOWER ARRANGEMENTS will be more interesting if you keep on hand a variety of simple containers such as old glassware, jelly glasses, bean pots, pewter and old iron urns.

If pottery or iron containers leak, spread paraffin on the cracks before filling with water for flowers.

If you like to have plenty of cut flowers in the home, be sure to plant plenty of zinnias as they stay fresh for a long time. Cut the flowers freely to encourage continuous blooms.

Before planting your sweetpeas soak the seeds overnight for best results.

### RECIPE OF THE WEEK

#### Lamb Loaf

(Serves 6-8)

- 2 pounds ground, lean lamb
- 1 cup soft bread crumbs

2 small onions, grated  
2 eggs, beaten  
2 tablespoons minced green pepper  
1 can tomato soup  
1/2 cup stuffed olives, sliced  
Combine lamb, crumbs, onions, olives, green pepper and enough salt and pepper to season to taste. Moisten with beaten eggs and half of the tomato soup. Pack into a bread pan, then pour remaining soup over the loaf. Bake in a moderate (350° F) oven for 1 1/2 hours then serve garnished with pear halves and mint jelly.

A Calgary hotel which advertises full course meals had as guests a few weeks ago, Dr. C. M. Bunn, I. Frankfurter, and J. C. Mustard.

## SALVATION ARMY

SUN, 11 a.m. 2:15 p.m. Young People's Company 7:00 p.m. Special Services for Cradles Roll Sunday.  
THURS. 2:30 p.m. Home League, 7 p.m. Corps Cadets, 8:00 p.m. Public Meeting.

## I WANT TO KNOW...



### Does a Mother need insurance?

Unless a husband and father is very well-to-do his wife should have her own insurance policy. If a mother dies when there are no funds available to pay a housekeeper, the home may be broken up and the children put out for adoption or sent to relatives. The answer is, "Yes, a mother needs life insurance." Make an appointment to talk things over with a Mutual Life of Canada representative today.

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## My Day

by Eleanor Roosevelt

New York, Tuesday - It is quite obvious that nobody is anxious to return to any restrictions which are not positively necessary, and it is quite obvious also that the President's request to Congress for certain restrictions to combat inflation was a reasonable one and should have been considered in a non-partisan way.

Prior to the end of price control the National Association of Manufacturers prophesied that, once restrictions were removed, prices would seek a proper level. Their prediction was obviously based on the hope that production would soon equal demand to a more or less reasonable extent. They did not, I am sure, think carefully enough about our position in the world. They did not consider how much had been destroyed in the rest of the world during the war, and how much we would have to help in restoring other nations let alone the possibility of bad harvests in Europe, which later came about.

The result of all this is that we have never returned to the normal situation where the old economic laws could apply, and the prophecy of a return to the good old times never came true. We are having today a situation in which there is scarcity -- and scarcity will continue for a long time. The only real chance that people have for equitable treatment in procuring the necessities of life is in rationing where necessary and in price ceilings.

It seemed to me that everyone should want to share and share alike. Special privilege, either when we are fighting a war or fighting for peace, would seem something that every one should want to do without.

But even if we should have black markets again, I believe public opinion could be aroused and that it would be possible to control them to a large extent. Manufacturers, farmers and producers in general would really lose nothing by a return to price control for the prices set would take into consideration the cost of production and a reasonable profit to the producer, and he volume of sales would be steady.

I was very much impressed by the amount of research and the tables which appeared in the Congressional Record as a part of Congresswoman Douglas' speech and perhaps the most impressive thing is the way in which the savings of the people are rapidly dwindling. What will happen when they come to an end? Whether Republicans or Democrats are in power, if our economic system breaks down, no Administration will have a happy time. And what is far worse, the whole world will have a desperate time of suffering.

E. R.

In the U. S. there are 1000 women who have taken up law. The other fifty million are laying it down.

Being as smart as a steel trap includes knowing just the right time to shut up.

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