



THE HOME MAKER'S PAGE

Household Hints

Poetry

Miscellaneous

Recipes



Successful Parenthood

BY MRS. CATHERINE CONRAD EDWARDS
Associate Editor, Parents Magazine

In considering the more modern theories related to the problem of getting children to eat, we are apt to forget some of the more obvious reasons that grandmother could point out. In particular, there's the in-between-meal nibbling. The child who has access to the cookie box or who eats innumerable crackers after school may have little interest in his dinner. For starches and sweets have a disastrous effect on appetite. It's all right to let children have snacks of fresh fruit or fruit juice with a cereal-like cookie, such as triscuit or graham crackers, instead of pastry-like cookies.

Then we sometimes fail to allow for periods of slackened growth when the child actually doesn't need as much food. None of us is particularly eager to tackle a task that looms so large as to seem impossible of accomplishment. A plate piled high with food may stagger a child. When Betty and Jeanette, aged four and two refused to eat their meals, their father suggested that they be given smaller amounts which would not overwhelm them. The feeling of achievement when they were able to empty or nearly empty their plates changed the little girl's negative attitude toward eating.

Mealtime should not be made occasions for saved up reprimands. A child will hardly hurry to the table if he can look forward only to a session "Why didn't you put your tricycle away?" "Your teacher said you were late this morning." "The neighbors' children never seem to get as dirty as you do" and so forth.

Sometimes a child refuses to eat because he has discovered, usually quite accidentally, that by simply turning down his dinner he gains tremendous power over his mother and even over other members of the family. Or perhaps it is his way of rejecting the power the family wields over him. Mother, failing to recognize his developing independence does too many things for him. He wants to tie his own shoelaces, but he is slow about it so mother says impatiently, "Here, I'll do it."

Mother insists on holding his hand when he crosses the street. And when she puts up the food on his plate and even feeds him the last few mouthfuls to hurry the meal, it is just too much. The child can't understand or explain his accumulated frustration. He simply rebels. Down with the spoon, Johnny won't eat. If you think that this kind

of feeling might lie behind your child's refusal to eat, you might try Mrs. Grant's solution. She made a conscious effort to let her son do more things for himself, especially at mealtime. Instead of serving his bowl of hot cereal complete with milk and sugar, Mrs. Grant served it plain, and passed a small pitcher of milk and a bowl of sugar, suggesting that her youngster "fix his own." He was delighted. To be sure he sometimes spilled a few grains of sugar, but he took great pride in the process and gradually got to be quite expert.

EASY DOES IT

By HELEN HALL

Sandwiches can make a quick and substantial lunch or supper main dish if they are carefully prepared and sufficiently appetizing to take care of heavy appetites.

Hard-cooked eggs mixed with chopped fried or crumbled bacon, mixed with enough creamed butter or salad dressing to moisten are excellent sandwiches served on toasted white or rye bread.

Chopped, hard-cooked eggs make a hearty filler when they are mixed with diced, stuffed olives and moistened with mayonnaise.

Sardines canned in oil or tomato sauce make sandwiches that men like. Drain them, season with a sprinkling of lemon juice, and mash fine. Use on rye or wheat bread.

Here's a very substantial sandwich: Make this in layers, alternating dark and white bread. Use jam or marmalade on the lowest white layer, then ham on rye on next layer, cottage cheese on white for the next, lettuce, tomato and mayonnaise on rye or wheat, nibby cheese or sardine paste on the next, and top it off with chopped olives.

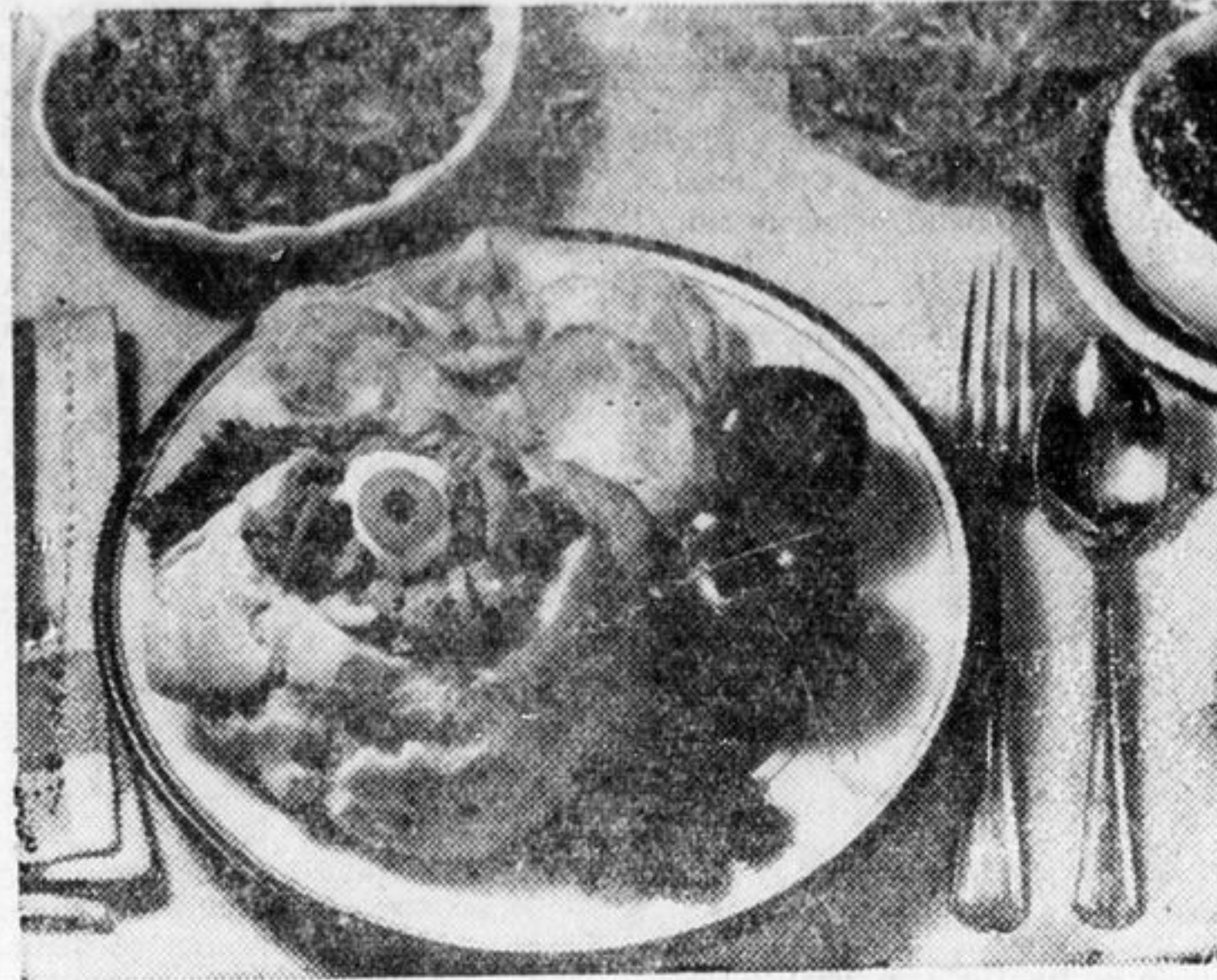
Youngsters will like peanut butter sandwiches. Mix the peanut butter with honey, chopped bacon or shredded carrots.

Liver sausage is an all around favorite. Mash and mix with chili sauce to make the filling even more than delicious.

Canned tuna fish makes a hearty filling when it is shredded and mixed with chopped green pepper, chopped celery, moistened with mayonnaise and seasoned with a few drops of lemon juice.

If you're tired of sliced bologna, dress it up by putting through the food chopper with a few pickles and moisten with mayonnaise.

"Food For Fun and Fitness"



Speedy Summer Salads
By Martha Logan

When the summer heat soars to its highest, the methods we use for preparing our meals have considerable effect on the temperature of not only the kitchen, but the rest of the house as well. Because they're already cooked, canned diced meats for juniors are excellent for making salads, sandwiches, and creamed dishes for the whole family—make many trips on and off the cupboard shelves these hot days.

It is easy to understand their popularity after considering that these canned meats are both practical and delicious. Vacuum sealed in the cans are 5 ounces of selected high quality meat, covered with savory meat juices, and abounding in natural meat flavor like that of home prepared products. Diced beef, calf heart, pork, veal and liver are all available in the grocer's shelf for preparing numerous salads and sandwiches everyone craves come July or August.

These meats can be used in favourite family recipes for sandwiches fillings or salads made from cooked meat. Be sure to save the flavourful meat juices to use as stock in sauces, gravies, or soups (or in any dish calling for bouillon or broth). If you don't use it immediately keep it refrigerated.

Below are two special recipes for summer salads which are particularly delicious prepared with these meats for juniors. The first is a mock chicken salad made from diced pork. It can be served in a lettuce cup or in a cream puff shell, prepare it in the early morning to keep the heat from the kitchen in mid-day. Of course you won't want to fill it until serving time. The other is a meat and fruit salad particularly delightful for luncheon when served with iced tea and

muffins. This will use a light hand in mixing it - the combination is better when the pieces can be recognized. For variation try cooked vegetable green beans would be fine - and hard-boiled eggs in place of the fruit.

Mock Chicken Salad

Yield: 1 cup
1 can Diced Pork for Juniors
1 teaspoon vinegar
1 teaspoon salad oil
1/2 teaspoon salt
1/4 cup diced celery
2 slices pimiento olives
1 teaspoon mixed onion
Salad dressing
Combine vinegar, salad oil, salt, and meat both drained from meat. Add to other ingredients. Serve in large cream puff shell. Garnish with salad dressing and slices of pimiento stuffed olive.

Meat and Fruit Salad

Yield: 2 servings
1/2 cup diced celery
1/2 cup diced apple, orange or pineapple
1/2 teaspoon salt
2 table spoons salad dressing
Lettuce

FASHION for today

BY PATRICIA DOW



8141
2-10 yrs.

Sturdy, fun-loving play togs for the sand-box set. Pattern 8141 has a cute applique dress for little girls and short or long overalls suitable for either brother or sister.

Pattern No. 8141 comes in sizes 2, 3, 4, 5, 6, 8 and 10 years. Size 3 dress, 1 1/4 yards of 35 or 39-inch; pantie, 1/2 yard; overalls, 1 1/2 yards; playsuit, 1 yard.

"After he completed his examination he said, 'Lady, there isn't a thing in the world wrong with you except that you are almost scared to death.'"

"When he said that, all the sunshine in the world seemed to crash into that office. And that's the fear I was rid of when I cried those joyous, happy tears mentioned above.

It is now eight years later and to conquer any fear that arises I have only to remind myself of what never happened.

But if Miss Sutfin's fear had not been dispelled, no doubt she would have remained in that bed until she actually did become a hopeless invalid.

Name
Address
Name of paper
Pattern No. Size
Send 20 cents in coin (for each pattern desired) to—
Patricia Dow Patterns
1150 Sixth Ave., New York 19, N.Y.

My Day

HYDE PARK -- I have just received a pamphlet, entitled, "Taming With Towser," which should be a great help to any of my readers who like to take their dogs travelling with them.

It is a directory of hotels and motor courts where dogs are received willingly. Of course, in some cases, certain conditions must be met, but these are clearly outlined. Also, there are suggestions of things which one should bring along to make it easier to travel with dogs and there is instruction in the matter of arranging for their food. This pamphlet, it seems to me, would be particularly helpful to those who never have taken a dog on an extended trip.

Since I now have two dogs, I feel that they keep each other company, and I rarely take them to New York City with me. The country seems a better place for them, and they can be happier and healthier there than in a New York City apartment.

This year I am not going to our house on Campobello Island in New Brunswick, Canada, so I have not been faced with a trip where the dogs had to spend the night with me somewhere on the way. I find that they enjoy driving with me if they can stick their heads out of the window of the car, but long trips are no pleasanter for them than for small children. They like to move around too much. So I really do not think that travelling with dogs is a joy for them and they shouldn't be taken along unless it is absolutely necessary.

The British journalist and lecturer, George B. Catlin, and his son were with us for the week-end. Mr. Catlin is currently lecturing at Ohio State University.

He thinks we very badly need some brief definitions—perhaps in pamphlet form—of some of the beliefs of democracy. He urges that we Americans should bestir ourselves to state our point of view clearly in order that we may not be open to certain attacks by the Soviet Union and to misrepresentation even in the Western democracies.

In line with this idea of getting clearly before us some of our beliefs, the Federal Bar Association in Washington, D. C., which is an organization of attorneys in the service of the Federal Government is going to sponsor a series of formal debates next winter.

This group feels that the art of formally debating an idea for the education of the public is almost lost. It maintains that the projected series will be of value to bring together people of opposing beliefs, both in this country and from abroad, and to have both present their points of view and answer each other.

Col. T. A. McInerney, who played

such a large part in the Freedom Train program while serving as Information Director in the Department of Justice, is the new consultant on national affairs for the Federal Bar Association. The debates are his idea, and it seems almost as though the past were projecting itself into his thoughts, for the office he now occupies was his home and law office occupied by Daniel Webster. We all know that this great American patriot was one of the best exponents of the debating art. E. R.

RECIPE OF THE WEEK

Raspberry Cream Parfait

(Serves 6)

1/2 cup currant jelly
1 cup raspberries
1/2 cup cream, whipped
Vanilla Ice Cream
Beat the jelly with a fork and fold in the raspberries. Add the whipped cream. If desired, reserve a few berries and a little of the whipped cream for top garnish. Fill tall glasses with alternate layers of ice cream and the raspberry mixture. year, the Committee announced.

PEP FOR PLAY

Experts in healthful dietary claim that a child who is underweight may not be getting enough food for maintenance of those reserves of energy needed for pep at play. Reserve energy, too, must be accumulated to protect against possible disease or injury.

According to the authorities, a low energy supply means that a child has to use up proteins which he or she needs for normal growth. This type of preventable malnutrition, they say, is far too common in Canada. They urge parents to give more thought and study to the dietary needs of the children.

\$10,000 and COSTS

As the owner of a car or truck YOU are liable to have a judgment for a large amount against you for injuries or death to person or persons. Automobile Insurance rates have been reduced.

LET US QUOTE YOU

SULLIVAN & NEWTON

SECURITY SERVICE (Est. 1912)

Phone 104 Timmins 21 Pine St. N.

White Rose Service Station
W. A. MacKenzie Prop.
Corner of Second Ave. & Spruce
Goodyear Tires — Hart Batteries
PHONE 3950 12-48

REEL BROS
GARAGE
334 Algonquin Blvd.
"Associate Dealer"
Canadian Tire Corp. Ltd.
Phones: Store 2390 - Garage 2556

**EYES EXAMINED
GLASSES FITTED
WITH
SCIENTIFIC ACCURACY
BY
Irvin Rosner, R. O.
EYESIGHT SPECIALIST
For Appointment Phone 1877
13-A PINE ST. NORTH
(Ostrasser Bldg.)
Timmins**

DALE CARNEGIE
Author of "How to Win Friends and Influence People"

Mildred Sutfin 2116 Lawndale Avenue, Detroit, Michigan, says that eight years ago she sat in a doctor's office and cried happy, joyous tears. She had just been freed from a horrible fear!

But let's have her tell it: "It had been necessary for me to have a physical examination," says Miss Sutfin. "Since I had no regular doctor, I dropped in at the nearest doctor's office for what was, I thought, merely physical routine.

"When the doctor finished the check-up, he looked at me and said,

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

A Delicious Cool Drink

Directions: Make tea exactly as usual. While still hot pour into glasses filled with cracked ice. Add sugar and lemon to taste.

"SALADA" ICED TEA

**DIAMONDS
WATCHES
C. A. REMUS**
Jeweller — Optometrist
TIMMINS
Third Ave. at Cedar Street

A happy beginning



It's never too late to start saving money regularly — but it's never too early either.

Many substantial bank accounts, and not a few larger personal fortunes, owe their existence to habits of thrift acquired early in life.

Such stories always have happy endings. When a special need arises for ready money to meet an emergency or to take advantage of a business opportunity it's a warm and happy feeling to know that the money will be there when you need it.

There is no better time to start saving than right now!

THE BANK OF NOVA SCOTIA

Timmins, Ontario.

Pamour, Ontario.