



THE HOME MAKER'S PAGE

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Successful Parenthood

BY MRS. CATHERINE CONRAD EDWARDS
Associate Editor, Parents' Magazine

Methods That Help Parents Get Children Off to Sleep

Getting enough sleep seems to be a lifelong problem, but there is really no excuse for children sharing in this scramble for adequate rest. Your child doesn't have to go to bed at the exact hour your neighbors' children do, for it is important that children of three and over see their fathers in the evening. But you can choose an hour that fits with father's homecoming and then stick to with few exceptions. Regularity is the key to establishing good sleeping habits and much of the current insomnia afflicting adults could be cured by the same rule of a fairly regular bedtime hour.

Children like adults, go to sleep gradually. The average child needs about twenty minutes to calm down and drift off to sleep. To aid in the slowing down there should be quiet, but the house doesn't have to stop running. This means that active play should stop a little before going to bed, which is why story-telling is the time-honored bedtime ritual. From age two to four most children go to sleep sooner if allowed to take a beloved toy to bed with them. A soft stuffed animal or a doll is best for both boys and girls, because a toy truck has sharp edges and the child may roll over on it at night.

No pillow at all, or a very thin one, is better for children, because a thick pillow tires the child's narrow shoulders.

The baby who has slept soundly in a room by himself may at about 18 months begin to want someone in the room while he's going to sleep. There harm in meeting his passing need for company. For if a disciplinary attitude is taken the child may feel shut out of the family and it will likely take him longer to outgrow the notion of not wanting to go to sleep alone. Mother and father should take turns when the child wants company, so he won't grow dependent on any one person's presence. Aside from a good night story or song these visits should be casual. Mother could be putting away clothes or linen, humming to herself while the child falls asleep. Father could be mending a toy. The point is not to establish a habit of being "put to sleep."

When the child awakens inconveniently early it usually means that his bedtime hours have not been planned properly. The average three-year-old, for example, requires a total of thirteen hours sleep, including naps. If you let him sleep, too long in the daytime that cuts down his night sleeping. Some three-year-olds can get along without a nap which would mean that they would probably sleep from six or seven in the evening to seven or eight in the morning. But the child is usually happier with at least an hour's rest during the day, which would move bedtime to seven or eight o'clock and still put off waking to a reasonable hour.

Then, too, there is the possibility that the child is high strung and can't sleep through early morning noises. In this case, you should see to it that he has extra rest during the day.

CCF And Our Farms

Unimpressed is The Financial Post with the CCF assurance that there is no intention of socializing agriculture. Declares The Post: "It certainly doesn't jibe with the admission of one CCF member in the House of Commons last session. He stated bluntly that there must be socialization of 'the means of production and distribution of all the necessities of life.' And it certainly doesn't jibe either with the specific planks of the platform adopted at the Winnipeg Convention.

"These include absolute government control over farm prices and farm markets, both domestic and international, as well as control over the manufacture and distribution of the major supplies and equipment farmers must buy.

"With the state deciding how much we must pay for his key raw materials and equipment, and also dictating where his produce is to be sold and at what price, precious little other control will be needed to completely enslave the farmer. With such absolute power it wouldn't be necessary for the CCF to formally nationalize the land. The land would automatically fall into the hands of the state just as it did in Russia."

Conscience is merely our own judgment of the right or wrong of our actions, and so can never be a safe guide unless enlightened by the word of God. Tryon Edwards.

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THE MIXING BOWL
BY Anne Allan
BYRON HOME ECONOMIST

HELLO Homemakers! You wouldn't dare say "Same old thing" in reference to the vegetables this month. There are many that can be stored by the brining process which will provide variety to your diet. Salt and liquid in the correct proportion preserves the colour and texture of many perishable vegetables. You will enjoy using grandmother's crock or odd jars for relishes and think of the pleasure of dipping into them round about Thanksgiving. No one will say "Same old thing."

TAKE A TIP

1. Use a good, clear vinegar, free from sediment. To retain the aroma and full strength, vinegar should not be allowed to boil more than five minutes. A good method is to bring the vinegar and spices to a boiling point in a covered pan and allow to stand an hour.
2. Ordinary fine or even coarse salt is recommended for pickles in preference to iodized sifting salt.
3. In general, use pure whole spices in pickling as they retain their flavour longer and can be lifted out of the liquid before pickles are packed. If spices are canned along with the pickles they will turn dark. When using a spice bag, use a clean thin white cheese cloth bag large enough to allow the liquid to circulate through the spices. The use of dill is very popular. While the stalk adds some flavour to the pickles, it is the seeds which are most useful. Leaves and seeds may be used green, dried or brined.
4. Never use a copper or galvanized kettle as the acid in vinegar reacts with these metals to form harmful substances.
5. You may be fairly sure of crisp pickles if you measure the salt solution accurately. This brine should be strong enough to float a fresh egg—1 pound (1 1/2 cups) salt to nine pints (wino measure) water.

CORN RELISH

- 12 cobs of corn, niblets cut off
 - 4 large onions cut fine
 - 1 head cabbage
 - 1 red pepper
 - 1 green pepper
 - 2 cups white sugar
 - 4 tbsps. vinegar
 - 1 tsp. salt
- Mix well and boil ten minutes.

WATERMELON PICKLE

- 2 pounds prepared watermelon rind
- Salt water (made with 1 quart cold water and 1/2 cup salt)
- 1 tsp. whole allspice
- 1 tsp. whole cloves
- 5 two-inch pieces stick cinnamon
- 3 cups vinegar
- 2 cups water
- 2 pounds sugar

Select thick rind from firm melon. Trim off the green skin and pink flesh. Weigh two pounds of the prepared rind and cut into inch pieces. Next morning, drain off the brine, cover with fresh water and cook for 1 1/2 hours or until tender. Add more water as needed. Let stand several hours or overnight. Drain. Put slices loosely in clean, thin white cloth tie top tightly. Bring to boiling point the spices, vinegar, 2 cups water and sugar. Add cooked watermelon rind and boil slowly for about 1 1/2 hours or until the syrup is fairly thick. Remove spice bag; pack watermelon in hot, sterilized jars. Pour syrup over rind, filling jars to top. Seal. Store in cool place.

1 1/2 teaspoons ground cinnamon may be used in place of the cinnamon sticks.

RIPE CUCUMBER RELISH

- 3 large ripe cucumbers (3 qts. chopped)
- 1/2 cup sugar
- 2 large onions (1 1/2 cups chopped)
- 1/4 cup dry mustard
- 1 pint vinegar
- 1 teaspoon turmeric
- 1/4 cup flour

Peel and remove seeds from cucumbers. Cut in cubes (about 1 inch). Chop onions, add to cucumber with three tablespoons salt. Let stand 1/2 hour. Drain. Mix flour, sugar, turmeric and mustard to a smooth paste with vinegar. Add vegetables and cook slowly until tender—about 20 minutes. (Stir to prevent burning). Seal in hot sterilized jars. Yield: four pints.

MUSTARD PICKLES

- 2 quarts sliced green cucumbers
 - 2 quarts chopped green tomatoes
 - 2 quarts small white pearl onions
 - 2 heads cauliflower (separate into flowers)
- Sprinkle with salt and allow to stand overnight. Drain and rinse. Combine the following ingredients:
- 1 1/2 ounces turmeric
 - 2 cups brown sugar
 - 3 tbsps. mustard seed
 - 3 tbsps. celery seed
 - 3 tbsps. whole cloves
 - 1 1/2 tbsps. all spice
 - 3/4 cup dry mustard
 - 3 cups vinegar

EASY DOES IT

BY HELEN HALE

If bacon slices are stuck together and tear when you try to pull them apart, place them in the skillet and separate them with a fork as the bacon begins to warm.

An egg slicer is excellent for slicing beefs easily and uniformly whether you prepare them for salad or as a vegetable.

Save syrup from canned fruits as you can use it in place of water for making applesauce, basting baked apples or add to orange or grapefruit juice for breakfast.

A fancy mold is fine when you want to use leftover fruits or vegetables. Make them into a salad with plain or flavored gelatin, mold and serve. Few will know you are using leftovers.

Pitting Cherries? Use an old-fashioned steel buttonhook a new sterilized hairpin or a small, sharp-pointed knife.

When making a dessert souffle, first grease the sides of the baking dish, then dust with granulated sugar. The rough surface helps the surface climb higher.

If pie shells are chilled for about a half an hour before baking, they will hold their shape better.

Get Extra Meat Flavour in meaty dishes by using bouillon cubes, meat sauces or meat extract.

Heat bills will go down if you cook food more slowly. Lower heat when food comes to simmering or boiling; it will cook just as quickly as though you had the heat high.

Recipe Of The Week

Ragged Robbins
(Stoves 6)

- 1 pound chuck steak, ground
- 1/2 cup nuts, chopped
- 1/2 cup soft bread crumbs
- 1/2 teaspoon salt
- 1/2 pint milk, cut fine
- 1 tablespoon chopped parsley
- 1 can tomato soup
- 1/2 cup water

Mix all ingredients except tomato soup and water. Shape into small balls. Place in a baking dish and cover with tomato soup mixed with water. Bake for 30 minutes in a moderate (350°F.) oven.

Family Scrapbook



Do You Know Junior's Teacher?

Now that school is beginning again, the children won't be around the house so much. Some of us appreciate this more than others. We love our children, of course, but after a long summer, it's not so bad to have someone else responsible for them a good part of the day. We hope that Miss Smith or Miss Brown will be a good teacher and will understand our Johnny and as far as a lot of us go.

It's important to know your child's teacher; you and she know different things about him that should be shared with one another. Sometimes we parents hesitate to visit school and

FASHION for today

BY PATRICIA DOW



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get acquainted because we're afraid we won't be wanted. Teachers may fear, too, that any parent who comes to school is bringing a complaint. Together we need to overcome these and other feelings that get in the way of home-school cooperation. If the teacher asks mothers of her children to come in for a friendly group discussion, it's important to put off other things and go. If she doesn't, find out whether you can arrange to see her informally and without any problems on your mind. She'll probably appreciate your interest in your child and in her.

Fancy Fur Styles And Prices

There's a new look in fur coats this year—and in their prices, also says The Financial Post. Fashions will provide better protection from the wintry blasts, but means a bigger dent on the pocketbook.

Best dressed women will be wearing their coats 12 inches from the ground this winter. This means an extension of anywhere from two to four inches per coat and a fuller back thrown in. It also means 10%-20% more skins per coat and about the same hoist in prices. For those women who are satisfied with last year's styles, a little shopping around will provide close to last year's prices.

My Day

By Eleanor Roosevelt

HYDE PARK, Sunday — Those of us in the United States who are of Dutch descent always take a special interest, I think, in events in the Netherlands because of our ties with that nation. For this reason I have with great interest watched the preparations which Queen Wilhelmina made for her daughter. She herself was carefully trained for the responsibilities which she took over her mother. It was her mother who began the great interest in the nation's health and did so much to eliminate tuberculosis in Holland. In this way, I think, there has been a tradition in the royal family to take human interest in the people which made the rulers an integral part of the people themselves.

Queen Wilhelmina belonged to her people and showed in the way in which she conducted herself as a queen. I have heard her say a number of times: "Mine is a constitutional monarchy. I must constantly remember to examine every question from the point of view of our constitution, and I must consult with my ministers."

In her turn, Queen Wilhelmina trained her own daughter, Princess Juliana, who has been carefully reared for her new responsibilities. Queen Wilhelmina reigned for 50 years. That is a long time to carry the heavy responsibilities of state. She has been mindful of the fact that changes were needed in the world. If her plans are carried through, as I am sure they will be, there will come a day when self-governing territories will be an actual part, through federation, of the Dutch government, and the Indonesian problem will be solved.

As an individual, the new Queen Juliana has great dignity, but also great simplicity. As queen, I am sure she will have the dignity of royalty, yet never lose the touch she has had with people of every kind in her own land

and in countries overseas. The ruler of a nation works very hard. It is easy to understand that Queen Wilhelmina is tired and I can well imagine the mixture of relief and regret with which she attended the ceremonies that have taken place in Holland during these last days. She was letting a burden slide off her shoulders. At the same time, you cannot divorce yourself from the love of your country and the sense of responsibility you have had for it during so many years. There is surely a regret at not being able to go on, and yet it shows great wisdom to give up at a time when one is at the peak of one's abilities and not wait until they begin to deteriorate.

All of us in this country, particularly those of us who have Dutch blood, will wish the queen at the end of her 50-year reign, content and satisfaction in a job well done. We will at the same time wish the new queen and her husband, who I am sure will help her in every way, success in the stormy years that lie before us all in this world and eventual peace and prosperity for the Dutch people.

E. R.

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Attention!

Presentation of Awards for Legion Field

Winners of awards of the Legion Track and Field events are asked to attend the Memorial Hall on Thurs., Sept. 16th at 8.00 p.m.

For presentation of awards by His Worship K. Eyre. Relatives and friends of winners are cordially invited. Delay in presentation was due to a hold-up in engraving of cups. Those unable to attend may secure awards from the secretary during the office hours.

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