



# THE HOME MAKER'S PAGE

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## My Day

SAN FRANCISCO, Monday. - My day in Vancouver followed the usual pattern of this trip except that the press conference was waiting for me when I reached what is known as the American House, the home of the U.S. consul general, Alfred W. Kieferth. A lady also was waiting with a recording machine for an interview. A half hour was all the time they needed, though, and then we dashed to the lovely and imposing City Hall, where the mayor Percy E. George received me. From there we proceeded directly to a luncheon which the mayor gave in my honour at the Vancouver Hotel. I had the pleasure of seeing again some of the people whom I had seen in Victoria when I had been there 10 years ago with my husband, and most of the women's organizations were represented in the group of 60 people to whom I spoke briefly.

After lunch I was taken by Mr. Barker of the Optimist Club to see a rehabilitation center which is being established largely through the interest of one of the lumber company heads. They told me that this was not primarily for veterans, though they would benefit by it. It seems that in the woods there are many lumbering accidents and this center is meant for all the people of the area who need rehabilitation. They have a large outpatient department as well as a small number of resident patients. The facilities for exercise are good now but will be even better when the swimming pool is completed.

Then we drove to North Vancouver and up a steep hill to see my host's house and his family and friends. Had it been a clear day the view would have been magnificent, but unfortunately one could see very little because of the haze.

Back at the consulate we had a pleasant cup of tea and I was glad to learn that this house was bought for Mr. Kieferth by our government. That seems to me so much more sensible than letting our representatives search for accommodations when every place is so crowded that almost before one tenant moves out a new one moves in. This house in Vancouver has pleasant grounds around it and is

a comfortable and adequate place for living and for necessary entertaining. Mr. Kieferth and his wife have spent a great many years in Europe and were in Germany during the Hitler period, so they had much of vital historic interest to tell.

When I went upstairs I had barely time to look over the mail, write the column and dress. Then, before dinner the members of the consulate we went to the auditorium where I spoke.

The lieutenant governor of British Columbia, the Hon. Charles A. Banks, and his wife came up from Victoria in the evening and asked us to stop in for a minute at the Vancouver Hotel on the way home, which we gladly did. I was deeply interested to find that before the war they had both lived for a long period of time in the center of New Guinea where they had carried on a most interesting business enterprise. His description of flying machinery in and of walking through the jungle where one could not fly would have interested our soldiers who fought over that area.

E. R.

## EASY DOES IT

by HELEN MALE

Do you know how to hang clothes properly from a line? If not, then glance over these tips for they'll save you many an ironing problem.

Towels, pillow cases, tablecloths and other small or large flat pieces should be hung one-third over the line to avoid dog-eared corners.

Hang sheets and tablecloths doubled with hems together, one-third over the line.

When you're short on line space, handkerchiefs, napkins and dollies can be grouped together and hung over the line. Never hang them by one corner as they will have to be stretched and ironed back into rectangular shapes, and this will take time as well as weaken the fibers.

Shirts should be hung by their tails, not by shoulders or collars. Clothespins may make marks in the shirts on the shoulders which will take time to press out.

On the other hand, dresses, blouses, gowns and pyjama tops should be hung by the shoulder seams.

To get slips through the drying stage in the best way possible, wrap first in a fluffy towel to get out the underarm section.

Women's hose should also be wrapped in a towel to absorb extra moisture. Then hang by the top of the hose until they dry.

Men's hose will look better if you stretch the foot into shape before hanging. Hang these by the tops. Or, if you are hanging inside, let the tops hang partly over the line.

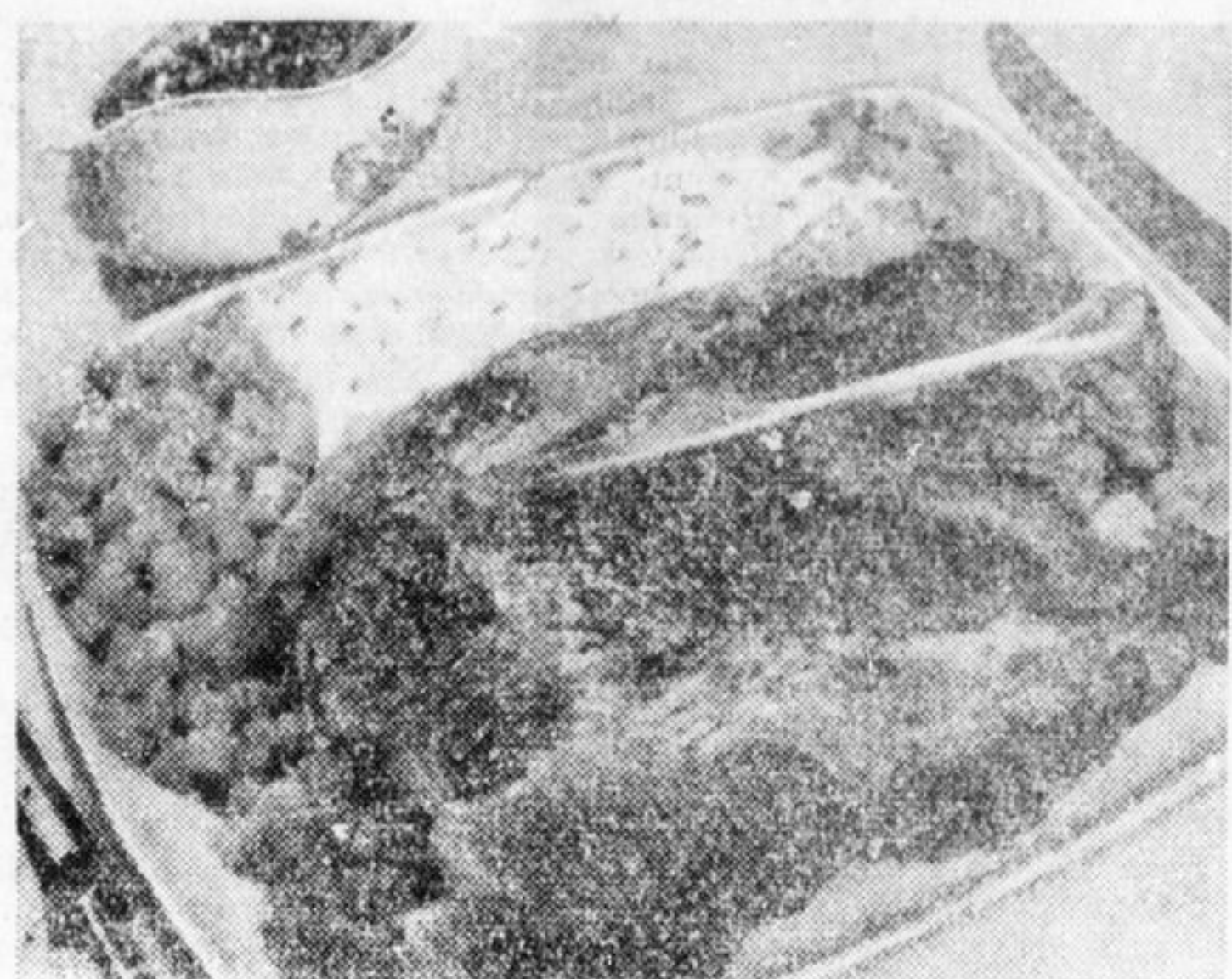
Although there is really no definite season for serving pot roasts, they seem especially good in wintry weather. Then, too, remember—a pot roast with second and third day servings is kind to the budget.

To be most satisfactory, a pot roast should weigh at least three pounds. Blade bone and round bone pot roasts of beef chuck as well as popular rump roasts are usually preferred. Long gentle cooking in moist heat or under pressure makes anyone of them a culinary masterpiece. First salt the roast well on both sides. For extra brownness, rub flour into the surface of the meat. Then brown the meat well in a small amount of hot fat or drippings in a heavy pan or skillet. If the browning process is carried on slowly but thoroughly, you're off to a good start. Add 1/4 to 1/2 cup of water, cover, for 30 to 40 minutes per pound. Add more water as needed; but don't be too generous. You need just enough to provide steam.

For variety in making pot roasts, use a different blend of seasonings from time to time. You could sprinkle the roast with a bit of thyme,

## "Food For Fun and Fitness"

MARTHA LOGAN CEK



Pot Roast With Caraway Noodles

What could be finer for a winter meal than a tender, juicy pot roast served with caraway noodles and diced carrots? This particular pot roast is a blade bone cut, but an arm or round bone, roast or a rump roast are equally desirable for pot-roasting. Be sure to cook the roast slowly in a small amount of water or other liquid until it is fork-tender

about 30 to 40 minutes per pound. If you have a pressure saucepan you'll want to use it.

The noodles have been cooked, but not yet drained, and sprinkled with a small amount of caraway seeds for added flavour. You'll like the caraway-noodle combination with the delicious pot roast gravy. The vegetable here is diced carrots, so the colour of the platter is particularly delightful.

### POT ROAST SEASON

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For variety in making pot roasts, use a different blend of seasonings from time to time. You could sprinkle the roast with a bit of thyme,

celery salt or garlic salt, before adding the flour. Then, too, caraway seeds, bay leaf, crushed garlic, or sliced onion can be added with the water for added plus value. Avoid over-seasoning.

Following is the recipe for a spicy pot roast which gives the exact amounts of seasonings with an eye toward new cooks. When making the dumplings for this or your own favourite pot roast recipe, make sure not to peek until the whole cooking period is finished, so that the dumplings will be light and fluffy just the way you like them.

### SPICY POT ROAST

Yield: 8 servings

- 3 to 4 pound chuck roast.
  - 1 cup flour
  - 1/2 cup fat
  - 2 teaspoons salt
  - 1/2 teaspoon pepper
  - 2 bay leaves
  - 1/2 cup sliced onion
  - 1 1/2 cups sliced tomatoes.
- Pat meat well with flour. Melt fat in heavy skillet. Brown meat well on all sides. Add seasonings, onion, and pour tomatoes over top of meat. Cover and simmer 2 1/2 to 3 hours, or until meat is tender.

## This Week's Patterns

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## Good Candy If Wisely Used Nourishing Food

When Children Need Carry-Over Include Sweets in Daily Rations Says Child Care Writer

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"Candy, used wisely, is a nourishing food; only make certain it is good candy," writes Angelo Patri, well-known writer on child care.

"Children use an enormous amount of energy during the day," he writes. "Often they use up the nourishment their last meal provided before the next one comes, and they feel the need of something to eat. They will ask for a cookie or for a bit of candy. They should have this unless their physician has ordered otherwise.

"As a routine matter then we give most children a bit of candy as part of their daily rations. A good time for it seems to be during the hour after school is over for the day. The children are tired and need an extra bite to carry them until supper comes. A little sandwich and a glass of milk is very welcome and does not in healthy children destroy their interest in their supper.

"Some well-intended people think candy is bad for children," continues the writer. "It is only bad for them when eaten to excess. Sensibly rationed it is good for them."

## DALE CARNEGIE

Author of "How to Win Friends and Influence People"

I have a letter from a young man who says he is convinced that he will never get ahead in the world because he could not finish high school. Well! Well!

So here's a story of a boy in Schenectady, N. Y., who didn't finish high school, either. He had to leave at the end of his sophomore year to earn money to support his family. His name: Vincent Schaefer. You probably haven't heard the name before, but you heard of something he did.

He got a job in tool-making with the General Electric company in that city. After a time he quit and became a "tree surgeon". But after another period of time, he found that he didn't love a tree as much as he thought he did, so he went back to his tools again. During the depression he needed a house—a home of his own. But he was so hard up that he couldn't buy one. However, he took care of that. He bought an old barn and rebuilt it with his own hands into a livable house.

During the last war he was assigned to work in military aviation and for this he had to study clouds. One day he told a fellow worker that he believed he could make it rain. The man looked at him pityingly and said, "Well you will be the first man since the beginning of time."

Of course, in the early days, there had been fake rainmakers in Kansas and the later: Dust Bowl. They had sent up clouds of gas; the rain would gather around the particles in the gas, they said. If it rained within three days they would get \$500. If it didn't they would move on to a new place and try their luck again.

But Vincent Schaefer had a new and different idea. He had blown

his breath into a cold jar and watched clouds form. Then he had scattered ice particles in the jar—and it rained within the jar, or rather water resulted.

Why couldn't this be done on a larger scale? He went up in an airplane, scattered dry ice above the clouds. It rained! You read of that in the papers last summer.

And the effect of Vincent Schaefer's experiment may prove to be miraculous. Wait and see.

### BABY'S SHOES

Among unusual industries, a business that deserves recognition is one that electroplates baby shoes! Not for lengthening the life of the shoes, mind you, but in answer to the demand of sentimentally-minded parents who want to preserve their child's first-worn footwear.

## Family Scrapbook

STOP! STOP! STOP!

You've probably heard the old story about the harassed mother who said to Willie's older sister, "Go see what Willie is doing and tell him to stop." And there was a cartoon recently in which mother says to Dad, as little Mary is playing in the background, "She told the teacher her name was Mary Stop."

It's pretty easy, indeed, for almost



any parent of young children to get into the "stop" habit. There are so many things that children do which have to be corrected, so many ways in which they may hurt themselves, so many things they may break!

And yet this "stop" habit isn't a good one. It brings an unpleasant feeling both to him who uses it and to him whom it is used. Often, too, after a time, children develop an immunity to such nagging.

Though it may seem less natural than constantly to be shouting "stop"

at first, the habit of suggesting something else to take the place of that which the child usually would be asked to stop is better. Thus, when Johnny starts to scrawl on the wall, large sheets of paper can be furnished. Or when Susy is being a little too noisy, she can be asked to help with something she particularly likes to do.

It's better for the grown up to stop himself and think of some interesting substitute activity for the child.

## Successful Parenthood

BY MRS. CATHERINE CONRAD EDWARDS

Associate Editor, Parents' Magazine



### Pets For Children Encouraged

When families were larger the older children made pets of the youngest and thereby richly filled the need growing youngsters have to love some live thing in their own ecstatic fashion. But with today's smaller families, animal pets are an emotional substitute which shouldn't be denied children, no matter how inconvenient a pet in the house may be.

For however much a child loves his parents there is always a sense of seeking, of yearning about his relationship with an adult. The parent isn't always around and often the absences, perfectly normal from the adult point of view seem to the child a lack of interest in him. It is also necessary for the adult to instruct and sometimes reprove the child. This is as it should be but this role of mentor does raise doubts in the child's mind at times as to whether he is really loved.

But a puppy is always around and loves the child just as tenderly early in the morning (when mother is too busy getting the older members of the family off for the day to show much affection to the youngest) and the puppy's answer is just as enthusiastic the tenth time the child speaks to him as it was the first—a boundless response which means human parents couldn't possibly equal. And a pet never sits in judgement of a youngster—clean or dirty, well-behaved or disagreeable, a pet's affection remains constant. Being "in the dog house" is often a literal retreat to the comfort of a pet's unswerving affection.

Parents have been told often about the lessons a child learns from having pets—and then later wondered if there weren't some easier way to teach them. For example, the sense of responsibility which feeding a pet is supposed to inculcate often means added responsibility for the parent in seeing that the child carries out this chore, since you can't let an animal starve. But patient reminders are needed for most of a child's learning experiences, so don't be discouraged if his dog doesn't make a man out of Junior overnight.

The very reasons some parents give for not letting their children have pets are often arguments on the other side. The child becomes attached to the pet and it dies and then you have an unhappy child they say. But this sort of timid, holding back from experience is not the attitude with which you want children to face life. Or they say that a pet, especially a dog, is too noisy and frolicsome for a young child.

But anyone who has ever tried to keep up with a child's energy is grateful to an active pet for wearing off some of it!

Yet however the score is tallied both for and against giving your child a pet, add another 100 points on the "yes" side to represent the friendliness a pet brings into a child's life.

### SPECIALIZED PRINTING

Some of the most commonly used printed items in present-day use call for unusual technical skill in their production. Telephone directories for some of Canada's metropolitan centres keep one highly specialized printing plant working almost all year round. Another firm prints street car transfers for several large city transportation systems, and another firm provides many communities with street car and bus tickets. Printing for fairs and carnivals is another specialized branch of the printing industry, and one of two small plants in Saskatchewan do most of the elaborate coloured posters which coax Canadians to "come to the fair".

### SOLE RESPONSIBILITY

The saxophone was invented by Adolphe Sax and patented by him in 1846.

### A LOT OF READING

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