

THE HOME MAKER'S PAGE

Eggs and Cheese Crunchies

(yield: 4-5 servings)

place in moderate even (350 F) for

15 minutes. Break eggs into "nests".

Bake in moderate oven (350 F) for

15 to 20 minutes or until eggs are done.

Serve with garnish of spiced peaches

(Yield: 21 cups)

Tomato Rarchit

cup grated pippy cheese.

1/4 cup soft butter

-cup flour

cup hot milk

4 te spoon soda

teaspoon salt.

teast, or cooked rice.

Plenty of

ious disability.

Humans Need

Sugar Starch

1 cup cooked tomatoes

2 feaspron mustard

teaspoon paprika

Dash cayenne pepper

Melt the butter in a heavy frying

pan. Add choose. Sprinkle the flour

verygislowly until cheese melts and

in the milk slowly. Blend thoroughly.

Add seda to tomatoes. Stir into

cheese melts and bubbles up through

the flour. Stir in the milk slowly.

Blend thoroughly. Add soda to tom-

atoes. Stir into choose mixture. Sea-

on. Simmer a few minutes to blend.

Do not over-cook. Serve on crackers.

Tis ues of the body constantly re-

quire and use barbohydrates (sugars

and starches) under all physiological

conditions. Any temporary decrease

in blood sugar is accompanied by ser-

Amount of carbohydrate present in

The body at one time is exceedingly

small. In a normal man, there is not

enough blood sugar in the circulatory

system, nor enough stored in the form

of glycogen in the muscles and liver

to last for a day. Unless relatively

large amounts of carbohydrates are

DWARF BUSH

too. Though smaller than commerc

strawberries Mont Rosa is the largest fruit-

quisite flavor place it in a class by itself

for every home garden. Seed supply is

imited. Order early. (Pkt. 25c) (3 pkis.

FREE OUR BIG 1949 SEED AND NURSERY BOOK

50c) postpold.

1 to 2 cups grated nippy choose

1 to 2 cups cornflakes

1 teaspoon paprika

and watercress.

1 teaspoon dry mustard

Household Hints

Poetry

Miscellaneous

Recipes



My Day

By Eleanor Roosevelt

Webster Groves, Mo. Monday-The week end with Protestant Episcopal Bishop of Missouri, Dr. William Scarlett, and Mrs. Scarlett was a very pleasant interlude for me.

After a nice, quiet luncheon on Satunday there was a press conference, but the pro-s seemed to consist mainly of youngsters: The few members of the working press on hand were swallowed up in the sea of young faces. The League of Wemen Voters also had a delegation present.

Certain questions seem to come up over and over again, such as, for inst_nce, questions about the Atlantic pact. These, of course, I cannot answer, because the substance of the security alliance has not yet been published and I don't know what the pact contains. Similarly, the question on whether Molotov's replacement by Vishinsky will make a change in U.S. S.R. policy is another one I cannot answer. Until we actually see what happens, nobody will knew.

When the interviews were ended I did a short recording for a special broadcast that is to be made soon and then I went with Mr. Smith of th Jefferson Memorial Committee to see the model of the new national shrine at the art museum. This conception of the memorial that commemorates our territorial expansion Declaration of Human Rights. of early 19th century is very interesting and I'm sure the developed area will be very effective and striking. We drove from the art museum to the courthouse where the Fred Scott case was tried, and we even drove along

Skimmy men, women gain 5, 10, 15 lbs. Get New Pep, Vim, Viger

starved, sickly 'bean-pole' look. Thousands of girls, women, men, who never could gain before are now proud of shapely, healthy-looking bodies. They thank the special vigor-building, fiesh-building tonic, Ostrex. Its tonics, stimulants, invigorators, iron, vitamin B₁, calcium, enrich blood, improve appetite and digestion so food gives you more strength and nourishment; put fiesh on bare bones. Don't fear getting too fat. Stop when you've gained the 5, 10, 15 or 20 lbs, you need for normal relight ded pounds, this very day. At all druggists.



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the waterfront to get a better idea of how the shrine will really look.

I can remember when my husband and I drove along the waterfront when the memorial was in its very first stages, but most of the buildings that stood there are all torn down and it is easier to see where trees will be planted. There are two buildings still standing that will remain in the area-the charming old church and the old Astor fur-trading post.

We had a very interesting dinner party in the evening and on Sunday morning, my secretary, Mrs. Sillman, and I both went to church with Bishop and Mrs. Scarlett. We didn't go to the cathedral, but instead went some distance away to a small church where the Bishop was conducting a confirma-

His sermon on the state of the church will be remembered for a long time. It was an honest, straightforward facing of the problems of today and the church's position toward them. It

stirred one to thought and action. After lunch Mrs. Silliman and I were able to do a little work, and at 4 o'clock children and grandchildren came in to tea.

At 5:15 I was taken off by my lecture sponsors to the home of Mr. and Mrs. Weil for a small reception, after which dinner was served. Later in the evening I spoke on the Universal

On the whole, this was a peaceful week end, and as I look back over this entire trip I have been rather fortunate in not being too hurried or too busy on the Sundays.

The Bishop's house in St. Louis is a delightful home flooded with sun- for quick and casy service during lent shine and with pleasant grounds and frequent repeat service througharound it. Everything was covered out the year. Since most of these with freeh snow on Sunday morning combinations are particularly suited but by afternoon it was about gone, to cassocole service direct from the The Scarlett dog had a gay time in range to the table, they are your opthe yard, and she is always running portunity to save on dish washing from door to door begging to be let while showing off your prettiest bakin again almost as soon as she is ing dishes and fancy skillet. The let out, which shows proper affection the appealing service of these foods for her family.

to, however, are the birds. They derful flavour of the eggs and cheese. have houses and feeding stations all around, and I saw a lovely red card- cheese cookery, whether these foods inal pecking around while we were are served alone or in combination. eating lunch. Mrs. Scarlett tells me Low temperatures produce tender, yet that they spend the winter here, as firmly-cocked egg whites and yolks do many other varieties of birds.

by MELEN MALE

To keep best grapes, apples, pears and peaches should be placed in covfered containers in the refrigerator. Turn cut melon or citrus fruits cut de-down on a plate in the refrig-

Vegetable shortening and lard should be kept in a cool place. All other fats must be refrigerated to keep them from turning rancid.

Soft cheese must be kept covered tightly to prevent it from spoiling. Hard cheese should be wrapped in waxed paper or tinfoil to keep. Store it covered so it does not absorb odors fom other food.

RECIPE OF THE WEEK Sunday Supper Salad Serves 4

lcup chopped, cookel chicken to cup finely chopped parsley 1/2 cup finely chopped sweet pickles th cup salad dressing

Salt and pepper 4 slices toast Chili sauce

Combine chicken, celery, pickels and salad dressing. Season to taste with salt and pepper. Spread chicken mixture on toast. Top with slice of cheese large enough to cover toast. Bake in a hot (400 F) oven or broil until cheese is melted. Garnish with a lot of chili

Parsnips, rutabagas, potatoes, winter squash and onions should be stored in vegetable bin, kept in a cool, dry

Remove spots before storing crisp anl leafy vefetables. These should be placed in a crisper or wet bag in the

refrigerator. Old and new milk should not be mixed unless you use it immediately. Don't leave milk on the sunny doorstep. Bacleria develops easily if it is kept in i warm place and the milk may lose

its B vitamins, too. Cereal foods and baking powder need a cool dry place for storage. Coffee, tea and spices need air-tight con-

Granulated sugar should be kept dry so it doesn't become lumpy. Brown sugar needs to be kept moist, preferably in an air-tight container with a slice of orange or apple placed on a piece of waxed paper, to add moisture to it.

Glass Stoppers

When a glass stopper has become stuck fart, pour a little glycerine around the neck of the stopper and let it stand until it lifts up easily. This may take from half an hour to a couple of days.

"Food For Fun and Fitness"



Bring the casserole in which this Lier in the year as well a during the Lotten egg-cheese dish is cooked di- pre-Easter stasen. rect to the table to serve it at its. To prepare, lightly mix cornflakes, riping het test as well as to save grated chees, paprika and mustard dishwashing. The family will find and bake in a moderate oven for 15 cornflakes both tempting to the eye to 20 minutes or until the eggs are and wonderful eating. It is a differ- done. Serve with a garnish of spiced ent flavour and texture combination peaches and watercress.

Martha Logan

Eggs and Cheese Combine In Lenten Supper Casseroles

Satisfying supper combinations of eags and cheese are hit-the-spot dishas brought bubbling to the table will de-The visitors who are really catered light the family as much as the won-

> Low heat is essential for egg and which make the most of the delicate flavour. In the case of cheese low heat is the means of avoiding a rubbery product which results from toohigh temperatures. As we all know, cggs cook in a short time and cheese needs only to be melted, so there is little cooking time involved in egg and cheese casseroles.

Selection of the cheese for a casserole dish will depend in many cases on your family preference for the mild or the sharper, zippier flavours. In buying bith eggs and cheese, let the famous name, on the carton or over the cheese. Cover the pan. Cook package be your guide to quality. Here are two tempting Lenten bubbles up through the flour. Stir

AUDREY LANE

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1 to. 3092 is cut in sizes 12, 14, 16 18, 20, 36, 40, 42, 44 b6 and 48. Size 36, 1% yds. 39-in.

Praise Can Be Overdone

Family Scrapbook

Children thrive on praise. Judicicusly used, it is a far better method to secure desirable behaviour than blame or punishment. All of us, adult and child alike, want to be approved. We want to feel that the things we do are appreciated.



a good thing. Sometimes parents or suffered as a boy, or the self-indulgence teachers, realizing how effective praise he was allowed, you can find his vuln or encouraged.

children appreciate honesty in those social life pleasant and this lead to around them. Since overpraise is a many quarrels. Eventually, however, eggs baked in nosts of crispy cheese the mixture and finish baking for 15 and again, a child has been so starved been made to fetch and carry for his for approval that he "eats up" any younger sister when he was a boy. He nmount of praise. In such instances might prefer a Friday night basketball it is wise to be more generous with game, but his sister wanted to go to plaise and approval until the time the movies he had to take her. dishes. One is the favourite egg- when he no longer hungers for it.

. ation is most effective. A quiet his evenings planned for him was an vourful tomato variation to the ever- word of recommnedation, a pat on instinctive defense against being domthe back or a smile that shows ap- inated, and was not surliness toward preval is usually more effective than her, she made up her mind not to the more showy kind of praise.

needs. When enough carbohydrates excuses to a disappointed hostess. cheese and comflakes mixture into the work of making its fuel fro sparing your children, so far as pos- will take away that ugly yellow tinge



feel at having your husband's temper turned on you, it doesn't help to lose your temper too. One is quite likely to discover before marriage whether or not a man is given to rage. Having other infantile trait. accepted this trait when you married for yourself when something sets it off-Instead, make it your job to discover the real source of his anger, which may be far removed from the immediate cause of a flare-up. Little by little as you learn about his home back-But there can be too much of even ground and the hurts he may have

is likely to be, "put it on too thick." nerable spots and steer clear of them. For the slightest thing, they give lav- A rather simplified example is that ish praise. When this happens, young- of a friend of mine whose husband sters soon detect the false note and would flatly refuse to keep any engageare antagenized rather than spurred ment she might make for the two of them. Naturally, she aggrieved at this More than almost any other thing, lack of cooperation in making their kind of dishonesty, it is disliked. Now she discovered that her husband had

When the wife finally realized that Normally, however, praise in mod- her husband's unwillingness to have arrange for any of his time. This might mean refusing invitations when taken in regularly, the body must con- he was not available to consult, but vert other foodstuffs to meet its fuel this was better than having to invent

sible, those unhappy hours when the that is so difficult to remove,

No matter how outraged you map air is full of tension and threats of violence which they don't understand. But even more for the sake of helping your husband learn to control his temper, just as he may be helping you outgrow childish fears or some

Another responsibility of yours is him you have no right to feel sorry to try to avoid having the pattern of uncontrollable temper repeated in a child. A child in a true rage (not one that is faked to get his own way about something) feels sick and helpless. Help him to see that anger is normal-not sinful-and that, if he tries, it can be controlled. Always hold up that goal and make him feel your faith in his being able to reach it. Don't paint anger as being any worse a fault, for example, than his sister's tendency to cry over disappointments. Then, insist that the child accept responsibility for his

It helps too, to give a child harmless ways of venting his anger-such as jumping up and down and yelling. He will outgrow the need for a noisy outlet, but even an adult often needs to walk off his anger. Check up on the child's physical condition, too, and be sure there are plenty of the B vitamins in his diet for maintaining

We need plenty of anger in the world to help us fight injustice. But control of it should be taught in childhood, just as you train the mind to master other strong impulses.

White Collars

The white collars of shirts will reare ingusted at frequent intervals to Now you are probably saying, "But main as white as when new if a table Method: Mix lightly cheese, corn- maintain adequate supplies for mus- why should I have to accept another spoon of borax is added to the water Put cular expenditure, the body is spared person's weakness?" For the sake of in which the collars are washed. It



WILL 179,567 MORE BE KILLED OR INJURED?

During the past 15 years 9,567 persons have been killed and 170,000 injured in motor vehicle accidents in Ontario.

If the present rate continues it is estimated that the same number will be killed and quite as many injured in accidents on our streets and highways within the next 15 years.

The Department of Highways, the police and other organizations and agencies are working to reduce this needless waste of life, health and property. But the final solution of this problem is Yours-the drivers and the pedestrians. YOU AND ONLY YOU CAN STOP ACCIDENTS.

Accept your responsibility as a citizen and do your part each day to make highway conditions safe.

CHECK YOUR DRIVING TODAY

What is your honest rating on the following test?

DO YOU ALWAYS-

1 Exercise good judgment when driving?

2 Make sure the road is clear ahead before passing?

3 Stay in your traffic line? 4 Keep alert for what other drivers or pedestrians may

5 Come to a full stop at a through street?

6 Keep your mind on your driving?

7 Signal when stopping or turning?

8 Approach intersections cautiously?

9 Avoid passing on curves and hills?

10 Take extra care in the presence of pedestrians?

DRIVE AS YOU WOULD HAVE OTHERS DRIVE

ONTARIO DEPARTMENT OF HIGHWAYS

GEO. H. DOUCETT

MINISTER

HW 149