



THE HOME MAKER'S PAGE

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My Day

By Eleanor Roosevelt

I have just had an opportunity to read a number of things that piled up while I was on my lecture tour. My trip to Utica on Monday gave me a chance to read a few things and coming down to New York City yesterday gave me an even longer time.

I drove to Colgate University Monday afternoon from Utica and spent a very pleasant time there with President and Mrs. Everett Case. They had a tea soon after my arrival and a delightful dinner before I went over to be the first speaker in a forum series on human relations that they have each year. Ex-Ambassador William C. Bullitt will speak in April and they will have another speaker in May.

The human factor in various fields, beginning with employer-employee relations, has already been covered, including the human factor in domestic government situations. They still talk here about the very excellent speech given by James A. Farley on political organization.

There is certainly plenty of room for study of the human factor in international relations and Mr. Bullitt should be able to give them some interesting points on the human factor in ambassadorial relationships.

Among other things, I read Walter

Reuther's plan for taking up the slack in unemployment and producing inexpensive homes for the people by using the idle airplane factories.

I have always been a little ashamed to have to acknowledge to countries which have been partly destroyed by bombing that we have a housing shortage in this country, where no houses were destroyed by air raids during the war and where our power of production has not been crippled by the loss of factories or machinery.

Mr. Reuther's plan would certainly help us to catch up, and, though they tell us unemployment is probably only seasonal, I cannot help remembering that at some point President Truman said we should have a million more jobs this year.

Mr. Reuther, who had been hospitalized, has used his time in bed to good advantage. I was amused also to read in an article about him that he had a plan for reorganizing hospital care and that he didn't think too well of the complicated system of pulleys that hangs over the beds of those who have to have arms or legs held in certain positions.

If he can do the two jobs of improving the running of the hospitals as well as devising ways of giving us more homes, and employ more people we will profit greatly by the time for thinking which he acquired in such an unpleasant way!

Today I go to Washington for a brief discussion on some subjects that we will be working on at the United Nations sessions during the next few weeks, but I will be back on Thursday.

HOUSEHOLD HINTS

Prunes

A much more delicious flavor will be the result if a small stick of cinnamon and several slices of lemon are added to your prunes while they are simmering.

Candle Holder

If it is necessary to use a candle where there is a wind that will extinguish it, use a tall glass tumbler, fastening the candle to the bottom by means of its own melted wax.

"Food For Fun and Fitness"



THE MIXING BOWL
BY Anne Allan
HYDRO HOME ECONOMIST

Hello Homemakers! To be able at a moment's notice to produce a delicious batch of light pancakes is no mean accomplishment. Waffle batter and griddle cake mixtures are tried and as a result are often difficult to make smooth. If you have trouble use a Doover beater to clear the lumps. To get a crisp waffle be sure to beat it until there is no semblance of steam "escaping".

Come next Tuesday the folks at your house will look for pancakes or waffles, so select one of these tried and proven recipes.

SPICE PANCAKES

- 2 cups flour;
- 2 tsp. sugar
- 1 tsp. baking powder
- 1/2 tsp. nutmeg
- 1/2 tsp. salt
- 1 to 1 1/4 cups milk
- 2 eggs well beaten
- 1 tsp. melted butter

Mix and sift dry ingredients. Beat well, add milk and stir quickly into dry ingredients. Mix until smooth, from pitcher on to a hot griddle—or if frying pan is used, grease it lightly. Cook on one side until bubbles form on top and edges are cooked. Turn and cook on other side. Note: The quantity of milk in this recipe varies according to whether you desire a thick or thin pancake.

CORN PANCAKES

- 1 cup cream-style corn
- 2 eggs, well-beaten
- 1 1/4 cups milk
- 2 cups flour
- 2 1/2 tps. baking powder
- 1/2 tsp. salt
- 1 1/2 tps. melted margarine

To the corn add the well-beaten eggs and the milk. Mix and sift the dry ingredients. Add liquid ingredients slowly and beat until smooth. Add cooled, melted fat. Drop by spoonfuls on a hot well-greased frying pan, or the special griddle. When bubbles form, turn and brown on other side. Serve hot with maple syrup. As a luncheon dish, serve with boiled bacon.

RAISIN GRIDDLE CAKE

- 1 cup white flour
- 1 cup whole wheat flour
- 1 tsp. salt
- 1 tsp. sugar
- 1 cup raisins
- 2 eggs, well-beaten
- 1 1/2 cups milk
- 2 tps. melted butter
- 4 tps. baking powder

Combine dry ingredients and sift together. Add raisins and stir in the combined eggs and milk. Mix butter. Pour on hot griddle or greased frying pan. Cook on one side until bubbles are formed on top and the cakes are cooked around the edges. Turn and cook on the other side. Serve at once with mock maple syrup.

This Week's Patterns by AUDREY LANE



2363
ONE SIZE
No. 2948 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, and 48. Size 16 requires 4 yds. 35-in. No. 2363 is cut in one size, 3 1/2 yds. 35-in.

CRISP WAFFLES

- 2 cups all-purpose flour
 - 1 tsp. sugar
 - 3 tps. baking powder
 - 1 1/4 cups milk
 - 2 beaten eggs
 - 2 tps. melted butter
 - 1/2 tsp. salt
- Mix and sift dry ingredients, add milk combined with eggs. Mix only until smooth. Add melted butter. Bake about 5 minutes or to desired maple syrup.

CHERRY SAUCE

- 1 cup cherry juice
 - 1/2 cup white sugar
 - 2 tps. margarine
 - 1 cup chopped canned cherries
 - 1 tsp. cornstarch
- Mix sugar and cornstarch with 1/4 cup of cherry juice. Meanwhile heat 3/4 cup juice and tenn stir in the starch paste slowly. Add cherries and margarine. Cook 2 minutes. Makes 2 cups sauce.

TAKE A TIP

1. We use all-purpose flour for quick bread mixtures because the result is a lighter product.
2. We use melted fat that is partially cooled because the fat sinks to the bottom and leaves the fat for greasing the pan free from salt—thus prevents pancakes from sticking.
3. We use a hot griddle but never smoking hot.
4. We turn pancakes once—when bubbles form.
5. If we have to keep them hot we slip them on the oven shelf without any pan below them or cover over them. The oven should be warm.
6. Serve waffles and pancakes on hot plates.
7. Wipe off the iron or pancake griddle with a clean dry cloth and store in a cool place. If there are any particles burned on the iron, brush with a stiff brush or use a bit of steel wool, then clean with a soft cloth.

THE QUESTION BOX

Mrs. A. R. asks for:
CHOCOLATE MINT SAUCE
4 squares of unsweetened chocolate
1/2 cup sugar
1/2 tsp. vanilla
1/2 cup water
1/2 cup margarine
dash of salt and few drops of mint extract
Add chocolate to water and place over low heat stirring until blended. Add sugar and stir until dissolved. Mix in margarine, vanilla peppermint and salt. Makes 1 1/2 cups.

Mr. T. J. B. asks for:
MOCK MAPLE SYRUP
1 cup granulated sugar
1 tsp. butter
2 1/2 cups boiling water
1 tps. cornstarch
1/2 tsp. maple extract
Barely melt the granulated sugar in a heavy saucepan. Stir in water. When dissolved add butter and cornstarch that have been creamed together. Add maple extract and a pinch of salt. Serve hot.

Anne Allan invites you to write to her c/o (name of paper). Send in your suggestions on homemaking problems and watch this column for replies.

"Kilocycling with Mike"

Television is being used to advertise Canada's attractions as a vacationland. As a matter of fact, considerable footage of film on Canadian subjects is being televised regularly from American stations. Recent announcements from Ottawa indicate that Canadian television stations may be on the air in comparatively short time, although the area to be served will probably be restricted to the environs of Montreal and Toronto for the time being.

While early indications suggest that the television broadcasts would be visible only within a range of some 40 to 50 miles, it now appears that good reception can be assured over distances of at least 100 miles away from transmitting stations.

Women have achieved conspicuous success in several branches of the radio broadcasting industry. In addition to commentators like Claire Wallace and Kate Aitken, who heard regularly on national networks, dozens of capable and talented feminine broadcasters are employed in various capacities with local stations across Canada.

EASY DOES IT

by HELEN MALE

Wipe your range after each meal and plan to do a thorough cleaning every week so it doesn't become so caked with soot and grease that it's impossible to restore the original condition.

Most ranges can be cleaned with soap suds and water. Detachable parts may be removed and cleaned with a fine abrasive.

When food is spilled on an electric heating element, allow it to char, then brush off. The charring may be done while cooking over the burner to save electricity.

Coal and wood ranges must have their ashes emptied daily. Brush the soot from the bottom of the lids and from outside of the fuel box each week.

RECIPE OF THE WEEK

Curried Shrimp

(Serves 6)

- 4 tablespoons butter or substitute
 - 4 tablespoons flour
 - 2 teaspoons curry powder
 - 1/2 cup shrimp liquid
 - 1 1/2 cups milk
 - 2 5-ounce cans shrimp, drained
 - 3/2 cups hot, cooked rice
 - 2 tablespoons chopped parsley
- Melt butter, add flour and curry powder. Stir to a smooth paste. Add shrimp liquid and milk; cook over low heat until mixture thickens and boils. Add shrimp; heat thoroughly. Serve on rice, sprinkled with chopped parsley.

Wash the outside of a coal or wood range with soapy water, and when the range has cooled wipe off with a cloth dampened in kerosene or light lubricating oil.

If the wick on your range has a beveled edge, this must be maintained by wiping the wick that way. Fuel tanks on kerosene and gasoline ranges need draining about every three months and more often if fuel tank gets water. Tip the tank back, remove cap from fuel line, tip the stove to drain fuel and clean pipe with a stiff wire. Then wash with clean fuel.

Wipe cast iron gas burners and oven racks with mineral oil or kerosene to keep them from rusting.

Stove blacking gives a high polish to wood ranges, but it should be rubbed off thoroughly or it will blacken the bottoms of cooking utensils.

Successful Parenthood



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

Sometimes when parents learn the word for something in their child's behaviour they think that is all they need to know. Take that stage in a child's development known as negativism. When a two-year-old begins saying no to every suggestion, parents have learned to recognize this as normal and are able to tell themselves that their child has reached the negative stage and will soon grow out of it. True, this is a vast improvement over the old way of calling the child naughty and stubborn. But is it enough just to know what makes a child do certain things at certain ages? Shouldn't parents be able to help the child turn each phase to good account so that it contributes to the development of his whole self?

We emphasize the whole self, because most parents have learned to give the right boost at the right time in the child's physical development. At a time of rapid growth we increase milk and proteins in the diet. When energy flags we know sweets are a quick pick-up. And at the toddling stage we provide toy which help in the development of muscle coordination.

But with the two-year-old and his refusals to go along in his baby conformity we are apt to think we have been good parents when we recognize the stage and exercise patience with the child's contrariness. Yet that is only half of what we should do. If the child were learning to walk you wouldn't be content just to wait patiently for him to get over a doorsill you'd give him a helping hand.

So when a child makes his first attempts to assert his independence

of adults, he needs help to make a success of it. For did you ever stop to think how tragic it would be if the child didn't acquire a good, strong will of his own?

The best way to foster independence is to provide an element of choice for the child in his daily activities, even the smallest ones. This keeps the flat "nos" to a minimum (for if a child finds only this one way to practice independence he may adopt a permanent attitude of defiance).

Suppose, for example, you want your two-year-old to eat his lunch and he is more interested in play at the moment. If you say, "Come on, Jimmy, let's have lunch," you give him a grand opening to say no. You should say, "Jimmy, do you want to sit in your high chair to eat lunch, or would you like Mommy to put a big book on Daddy's chair so you can eat at the table with her?" Then the child's attention is caught by the choice he has to make, he feels independent and free because he has been asked instead of told. But the main benefit to the child is that he has taken one step away from the baby stage of negativism into the next stage of being able to make up his own mind and say a willing yes now and then!

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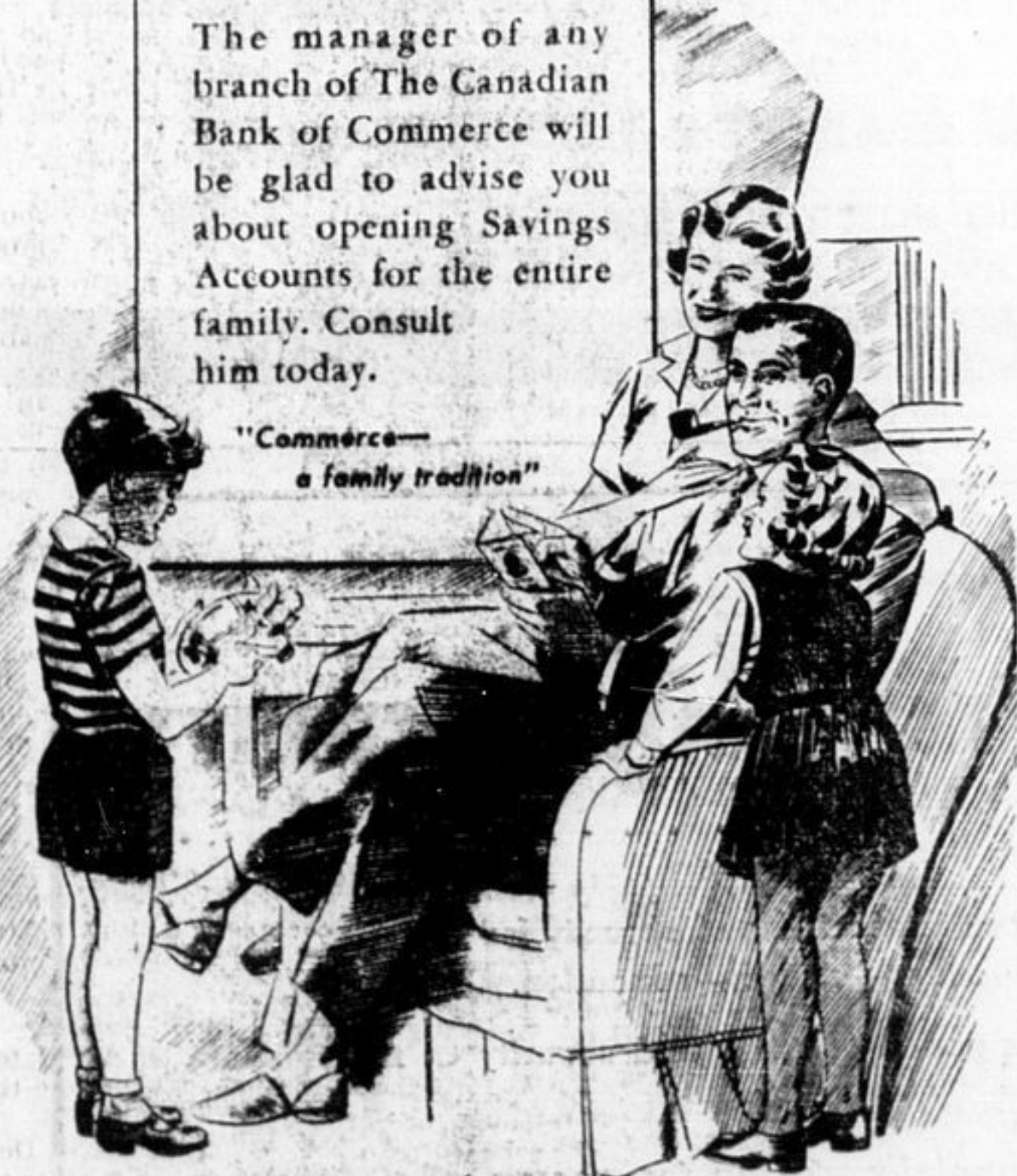
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