



THE HOME MAKER'S PAGE

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My Day

By Eleanor Roosevelt

We started much too early yesterday morning from Hyde Park and I reached Flushing in time to catch all the last-hour preparations for a General Assembly session. I saw all the delegates, the desk dusted and the first spectators came in and sit down.

I was there to speak on the resolution - put on the agenda by Chile - asking Russia to give exit permits to Russians who had married nationals of other countries. This was argued at length in Committee No. 6 in Paris and the vote on it had been 26 in favor of the resolution condemning the USSR, six against and six abstentions. It was fairly obvious how the vote would go in the General Assembly yesterday, but I had been asked by our delegation to prepare to speak on it.

Ambassador Herman Santa Cruz from Chile spoke first and stated the case of the son of the Ambassador to Russia who had married a Russian woman who had not been permitted to leave with her husband and return with him to Chile.

The contention on the part of the Soviet Union always has been, first, that this is not a proper item for the Assembly to discuss. Russia maintains it is a purely domestic matter what countries do in relation to their own citizens. Secondly, the USSR says this is a ridiculous subject to bring up and bother the General Assembly about - two individuals taking up so much time. They cannot see that the question has anything whatsoever to do with human rights.

Finally, they argue that Soviet wives who have left their country have always been so unhappy that Soviet authorities feel they must prevent these women leaving now because wherever they go they are mistreated and unhappy.

Of course, the Soviets took this opportunity to say that no one was interested in the rights or wrongs of the case. They insisted it was just another way in which the United States and the United Kingdom could attack the USSR. They even said that Chile was not acting under her motor power, but that these two great nations were forcing her to this action.

The Soviet spokesman then went into detail about two cases of mistreatment of Soviet wives, which occurred in Great Britain and which have

been talked about for two years now though they bear all the earmarks of having been planned. Where the United States is concerned they went in to many accusations on bad treatment of women segregation, inequality in employment and, last but not least, how could they permit a Soviet citizen to a country where there was a black-market in babies.

I spoke immediately after the Chilean and explained that we were interested in the Chilean case and also in the impossibility of getting exit visas for some of the Soviet citizens married to United States citizens.

We explained the restrictions and regulations under which our arrivals and departures function, but we assured the USSR that when they granted exit visas everything in our power would be done to allow the wives of American citizens the usual preferential treatment. They had said so much in Committee No. 6 about the need of protecting the Soviet women from becoming "kitchen slaves" in the United States that I could not resist asking them whether in the Soviet Union the housework was done exclusively by the men, or whether their communal activities carried on in the homes as well as outside.

It is really rather a sad picture because we should not be forced into the situation of arguing acrimoniously questions of this kind.

E. R.

Smiles For Everyone



MARGARET O'BRIEN spends her spare time on the set of M-G-M's "Little Women" leading a community sing for the unseen cast and crew. Margaret's next film for the studio will be "The Secret Garden."

EASY DOES IT

by HELEN HALE

Before cleaning the oven, place a small dish of ammonia in it and let stand for at least one-half hour before cleaning. The oven cleans more readily after this preparation.

To prevent a paint brush from dripping some of the paint while in use attach a half of a child's rubber ball to the handle, bringing it up to the brush where the handle meets the bristles. The half of the ball catches the dripping of the paint.

When using the ladder, don't chance its slipping. Nail some pieces of rubber to the ends of the step ladder and play safe.

Don't shine the bottom of aluminum pans. A dull surface absorbs more heat than a shiny one and will help cut down your fuel bills.

Pie pans and cake pans, too, should not be shiny. Place a little water in them and let stand for an hour in a hot oven. They will be better in browning cake and pie when the finish is dull.

When tea kettles become coated with lime deposits, boil potatoes or carrots in it, or peelings of these vegetables to remove the lime.

Punch holes only on the top center of your cleaning powder can. This saves powder also helps apply the powder to a single spot when you need it.

Mix vinegar and salt together and rub this mixture on iron skillets to help remove burned or black spots.

RECIPE OF THE WEEK

Snowdrift Pie

(Makes 1 9-inch pie)

- 1 pint fresh strawberries
 - 1 cup sugar
 - 1 baked 9-inch pie shell
 - 3 egg whites
 - 6 tablespoons sugar
 - 1 teaspoon lemon juice
 - 1 pint vanilla ice cream
- Hull berries, wash and drain. Cut in half or slice them. Mix with the 1/2 cup of sugar. Just before serving, place in a cooled baked pie shell. Beat egg whites until stiff, fold in slowly the 6 tablespoons sugar. Blend in lemon juice. Cover berries with ice cream, but avoid spreading it out to the crust edge. Spread meringue over ice cream bringing it out to cover the crust. Bake in a preheated (450° F) oven until meringue is brown. Serve at once.



Hello Homemakers! Anyone who works with food acquires trick-o-the-trade which is the result of a constant effort to simplify cooking and save time. We are on the perpetual lookout for new ideas. The other day we watched a demonstration by the Home Economist of a meat packing company and learned many ways to save waste and to prepare different pieces of meat.

Here are some secrets which will appeal to you:

1. To avoid left-over roast beef, ask the butcher to saw the long rib bone of roast at two inch intervals. Cut off short ribs, and freeze and use later for braised pot roast.
2. The roasts of beef (sirloin, rib, rump) should be cooked in a moderate oven of 350° allowing 35 minutes per pound. No searing, no water, no cover are necessary. Sprinkle with salt when partially cooked.
3. Buy a shank half of ham for economy. Stand it on cut surface and split it lengthwise, allowing the knife to follow the bone closely. The thick, boneless "cushion" is excellent for slicing and braising. The bone-in piece can be simmered and used in salads, sandwiches, casseroles and soups.
4. Experts suggest baking chops and steaks in preference to frying unless you have a good heavy skillet.
5. Broiling with the door partly open is the best way to cook steak. To prevent the meat juices from drying on the bottom of the pan when a small quantity is boiled use a small flat pan. Place smaller pan on regular range boiler pan.
6. To make flank steak filets, place a strip of inch-thick salt pork lengthwise down the middle of meat. Roll the meat around salt pork and cook skewers at 1 1/2 inch intervals. Slice roll between skewers. Cook filets like Swiss Steak and serve with tomato sauce.
7. To open canned meat, cut out both ends of can below the rim. Push contents out whole by pressing thumbs against one end. This method applies to leaves, not meat with sauce. Chill the meat before you slice it to cut attractive servings. Use cookie cutter for a special occasion when you serve a cold meat platter. Then mince the trimmings for sandwich filling.
8. When you need a large quantity of bacon bake it. Slightly overlap slices of bacon on rack of a shallow pan and bake twelve to fifteen minutes on top shelf of hot oven at 425°. No turning is necessary.
9. To save fifty percent baking time, shape meat kca. mixture into individual servings. Use the same favorite recipe. It is only the size of the loaf that changes not the flavour.
10. Before freezing ground meat to be stored, shape it into individual patties and stack them with heavy wax paper in between the layers. Then roll in laminated paper and put in freezing unit.
11. Use two forks, instead of one, to turn meat while it is cooking. Lift meat with one fork and guide or turn with the other. This method avoids ex-

cessive splattering of fat.

MOCK DUCK

- 1 1/2 lbs. round steak
 - 1 tsp. chopped parsley
 - 1/2 tsp. salt
 - 1/2 tsp. chopped onion
 - 1 1/2 cups bread crumbs
 - 1 tsp. summer savory or thyme
 - 1 tsp. pepper
 - 1/2 tsp. melted butter
- meat, wipe with damp cloth and place on board. To make more tender, pound with wooden potato masher or edge of heavy plate. Mix crumbs, onion and seasoning, add melted butter and spread over meat. Roll up and tie in shape. Place in roasting pan and pour 2 tablespoons dripping melted in a cup of boiling water around meat. Cover tightly. Cook in moderate electric oven of 350 degrees 1 1/2 to 2 hours. Uncover the last half hour of cooking. Serve with brown gravy.

VEAL LOAF

- 2 lbs. veal
 - 1 salt
 - 1/2 cup milk
 - 1/2 cup chopped cress
 - 1/2 cup dry bread crumbs
 - 1/2 lb. fat salt pork
 - pepper
 - 1 egg
 - 1 tsp. lemon juice
 - 2 tbsps. tomato catsup
 - 1 onion
- Select lean veal, remove skin, and chop fine along with salt pork. Add crumbs, lemon juice, tomato catsup, seasonings and minced onion which has been browned in a little fat. Beat egg and add to first mixture with milk. Mix well and pack in muffin tins and bake in a slow electric oven of 350 degrees for about 1 hour.

BROILED STEAK

Wipe meat with damp cloth and trim off extra fat; place meat in heated broiler which has been rubbed over with fat, broil under preheated broiling element of electric range. Season when partly cooked. Allow 10 minutes on each side for 1-inch-thick, well-done steak.

THE QUESTION BOX

Mrs. R. S. asks for mayonnaise recipe using mineral oil.

NEW MAYONNAISE

- 1 egg
 - 2 tbsps. sugar
 - 1 1/2 tps. salt
 - 2 tps. dry mustard
 - 1/4 tsp. paprika
 - 1/4 cup malt vinegar
 - 1/2 cup mineral oil
 - 3 tbsps. cornstarch
 - 1 cup milk
- Place egg, sugar, seasonings, vinegar and oil in mixing bowl, but do not stir. Make a paste of the cornstarch and 1/2 cup milk and stir in remaining milk. Cook the starch mixture over low heat until thick, then add to the ingredients in the mixing bowl. Beat all together briskly with a Dover beater. Cool before serving as it will thicken more.

This Week's Patterns

by AUDREY LANE



No. 2876 is cut in sizes 12, 14, 16, 18, 20, 36, 38, 40, 42, 44 and 46. Size 36 requires 4 1/2 yds. 39-in. fabric.

No. 3038 is cut in sizes 2, 4, 6, and 8. Size 4 requires 1 1/2 yds. 35-in. fabric.

BAKER'S SIGNATURE
In ancient Pompeii bakers stamped leaves of bread with their names to fix responsibility for weight and purity.

To punish ourselves for others' faults, is superlative folly. The mental arrow shot from another's bow is practically harmless, unless our own thought bars it. -- Mary Baker Eddy

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Family Scrapbook



Appropriate Clothes for the Children
In the days of our forefathers boys and girls were dressed like little men and women. In the last 40 or 50 years we have developed clothing especially fitted to the children. There are large, easily buttoned buttons, sturdy materials that resist wear and tear, ample provisions for free movement of all parts of the body.

Yet some parents are more interested in the appearance of their children than in the provision of suitable clothing for normal play activities. Thus youngsters are sent to school in white starched suit or dresses with all sorts of "buttons and bows." Or they go out to play in clothes that are supposed to be kept clean and neat.

More and more schools are encouraging parents to send children to school in overalls or other garb appropriate for work experience. When school was largely a matter of sitting still, reading, writing, figuring and spelling, "dress up" clothes weren't so bad. Today in school, at home and in the neighborhood, we permit and even encourage a much more active kind of living for youngsters - one suited to their physical and emotional needs. And the right kind of clothing is an important part of the equipment for active play.

D. H. Wigston R. O., Optometrist

Eyes Examined
Phone 2505
57A Third Ave. Timmings

Successful Parenthood



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

Did you see a movie called "I Remember Mama"? If so, you'll recall that there was a lot of wisdom in it about happy family life. One of the best scenes was an evening with the elderly gentleman boarder, when he read aloud to the family. The picture of the children—and Mama and Papa too—sitting in a spellbound circle around the dining room table, drinking in every word, is one that will remain long with everyone who saw it.

How many of us have listened to stories that way? How many of us have a family reading circle today? It used to be a happy custom in things warm and intimate about an evening spent together, children and grown-ups, listening to a good reader reading good books.

But let's be sure the books are good ones. When our boys and girls are very young we try to read them only the best children's books we can find. Our standards shouldn't be different as they grow older. We can find plenty of fascinating books with inspiring themes, and thoughts that stay in our mind along with the flavor of the stories themselves. We might begin with the lives of great Americans men like Benjamin Franklin and Thomas Jefferson. Our libraries have excellent ones for the asking.

We'll find that these heroes of American history expressed many ideas that apply to our lives today. It might be a good thing to point this out to our boys and girls—how stirring experiences in the past apply to modern times. For example, the thoughts of many of our heroes have become the ideals of the nation. Here are a few of them: Thomas Jefferson said: "I am ready to say to every human being, 'thou art my brother,' and to offer him the hand of concord and amity." And Abraham Lincoln said: "those who deny freedom to others deserve it not themselves." And Theodore Roosevelt said: "Americanism is a question of spirit, conviction and purpose, not of creed or birthplace." And "way back at the

beginning, George Washington said: "Happily, the government of the United States gives to bigotry no sanction, to persecution no assistance."

We'll find nuggets like this everywhere in the stories of men who helped build our country. Reading them aloud and talking them over in the family circle will give our children a better understanding of our country's traditions and a deeper awareness of what all Americans believe in. Like good friends, good books can help our boys and girls to grow in understanding. Let's get some, and let's start reading—soon!

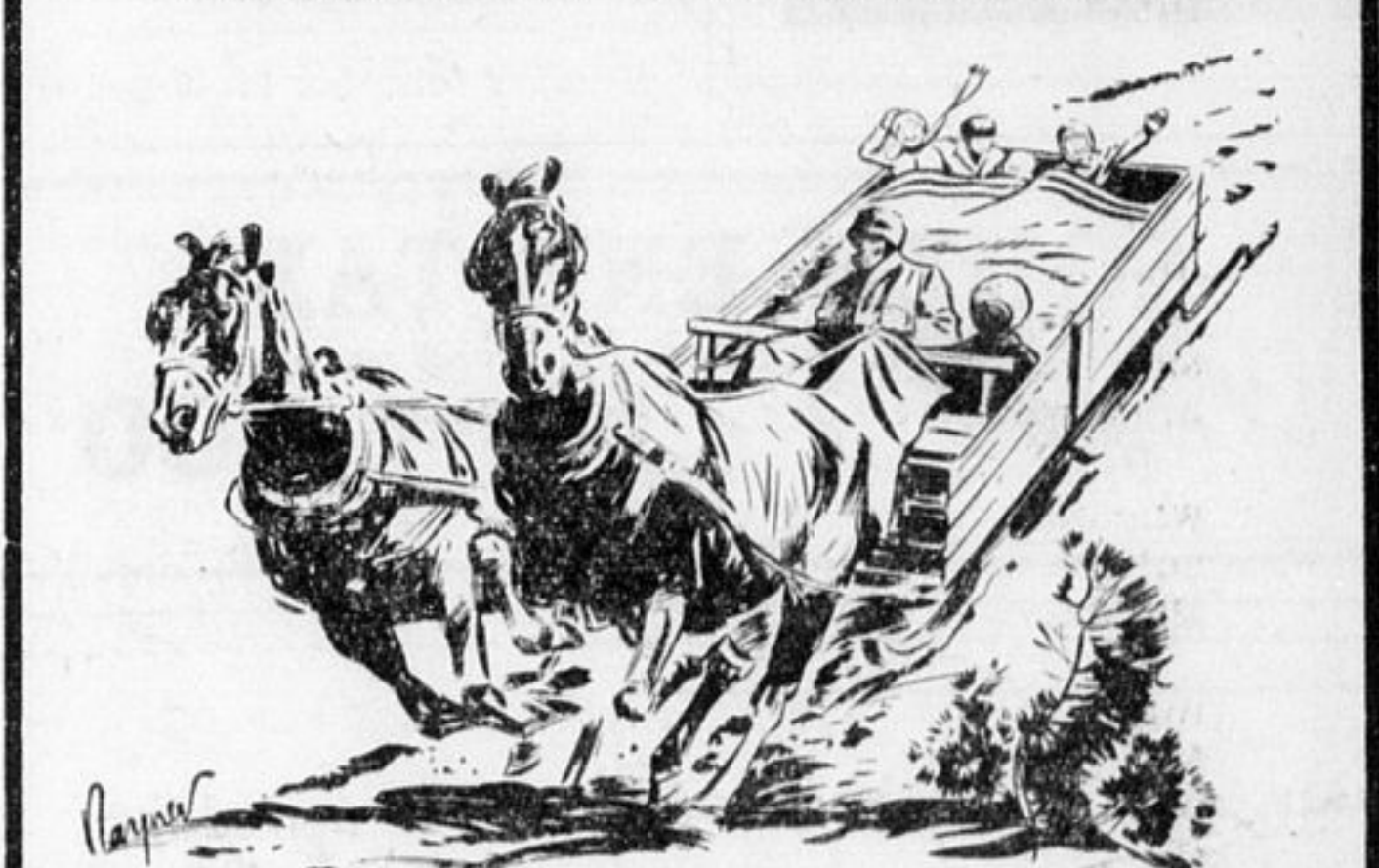
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When Canada was growing up, hewing a living from the virgin forest left little time for holidaying. By the 1790's, visits to distant friends were popular. Settlers would travel three hundred miles by sleigh in winter to see their friends.

Picnics were popular by 1835. While the men fished, the women picked berries, and all joined for lunch. In Springtime, excursions to the woods for "maple-sugar making" were greeted with delight.

With the arrival of the automobile about 1900, and improvement in the roads, people began to travel to "see the sights". Touring to Niagara Falls, Muskoka or the Laurentians, became a common holiday pastime.

Today, tourists are big business. Canada is a vast wonderland, with countless surprises for the sightseer—and each year millions of Canadians and visitors tour our land. The opportunities that exist in the tourist industry are many—for there's room to grow in Canada Unlimited.

Just how much room is told in "Canada Unlimited", an illustrated 144-page book published by the O'Keefe Foundation. You may obtain your copy by sending 25c in cash (no stamps or cheques, please) to "Canada Unlimited", Dept. N3-B, O'Keefe House, Toronto, Ontario. Please print your name and address clearly. All monies received will be donated to the Canadian Citizenship Council.*

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