



THE HOME MAKER'S PAGE



Household Hints

Poetry

Miscellaneous

Recipes

My Day

By Eleanor Roosevelt

HYDE PARK, Thursday - It was shocking indeed to read of the plane disasters that killed so many people. Somehow it seems particularly sad that the newspapermen should die in India when gathering news in peacetime. As far as most of us are concerned, their job today seems a much less hazardous one than it was during the war.

During the war the sudden death of Ernie Pyle and Raymond Clapper seemed almost like a personal blow because I knew them. But at least we felt they were taking the chances that all our men in the war theaters were obligated to take day in and day out. Now we have grown so accustomed to feeling that air travel is as safe as any other mode of transportation that it comes as a shock and a special tragedy to lose so many people whose names, at least, are familiar and whom we consider valuable because of their free and objective reporting.

To their families and friends I would like to extend my deep sympathy and appreciation of the work they have done.

I am still getting letters from a few people who seem to think that in opposing aid from the taxpayers' money to any but public schools, I must have a particular bias against the Catholic Church. This must be because their parochial schools are more numerous than the schools of any other denomination.

I hate to continue an argument that many people think is based on prejudice, but something was written in a letter to me that seems worth mentioning.

A gentleman writes that the Barden bill was a discriminatory bill against the Negroes in the South. I have not read the bill carefully, and I have been rather careful not to say if I am for or against any particular bill or bills. As a matter of fact, I have not gone into the detail of any bill.

I believe in Federal aid to public education and I think it should be particularly valuable to the state of the

South that do not have the income to spend as much per capita on all children, white and Negro, as should be spent. I believe that all children should have an equal opportunity for education in whatever community they live, and this holds good for the whole of the United States.

Another lady writes that I am against the Constitution, since I would deny religious education in the public schools. I did state that I thought religious education was valuable to every child, but it could not be given in the school alone. The home and the church must co-operate.

This is no real reason why every school should not teach every child that one of the important aspects of our life is its spiritual side. It might be possible to revise a prayer that all the denominations could say and it certainly ought to be possible to read certain verses from the Bible every day. It probably would do children no harm to learn to know some of the writings of other great religious leaders who have led other great religious movements.

So, This Is Toronto

by R. J. DEACHMAN

So this is Toronto and a fine big boy you are. Perhaps I should call you a girl—you're very gentle in some ways, rather tough in others. There was a time when everybody in Huron, my old county, went to Toronto Exhibition, at least once in a lifetime, talked about it for the remainder of their days. When I first went to Toronto you could get a good breakfast for 12 1/2¢ on Yonge St. Where does the half cent come in? You paid a quarter for your breakfast and got back a bit good for tomorrow's breakfast. Try that on a modern restaurant, tell me the answer you get.

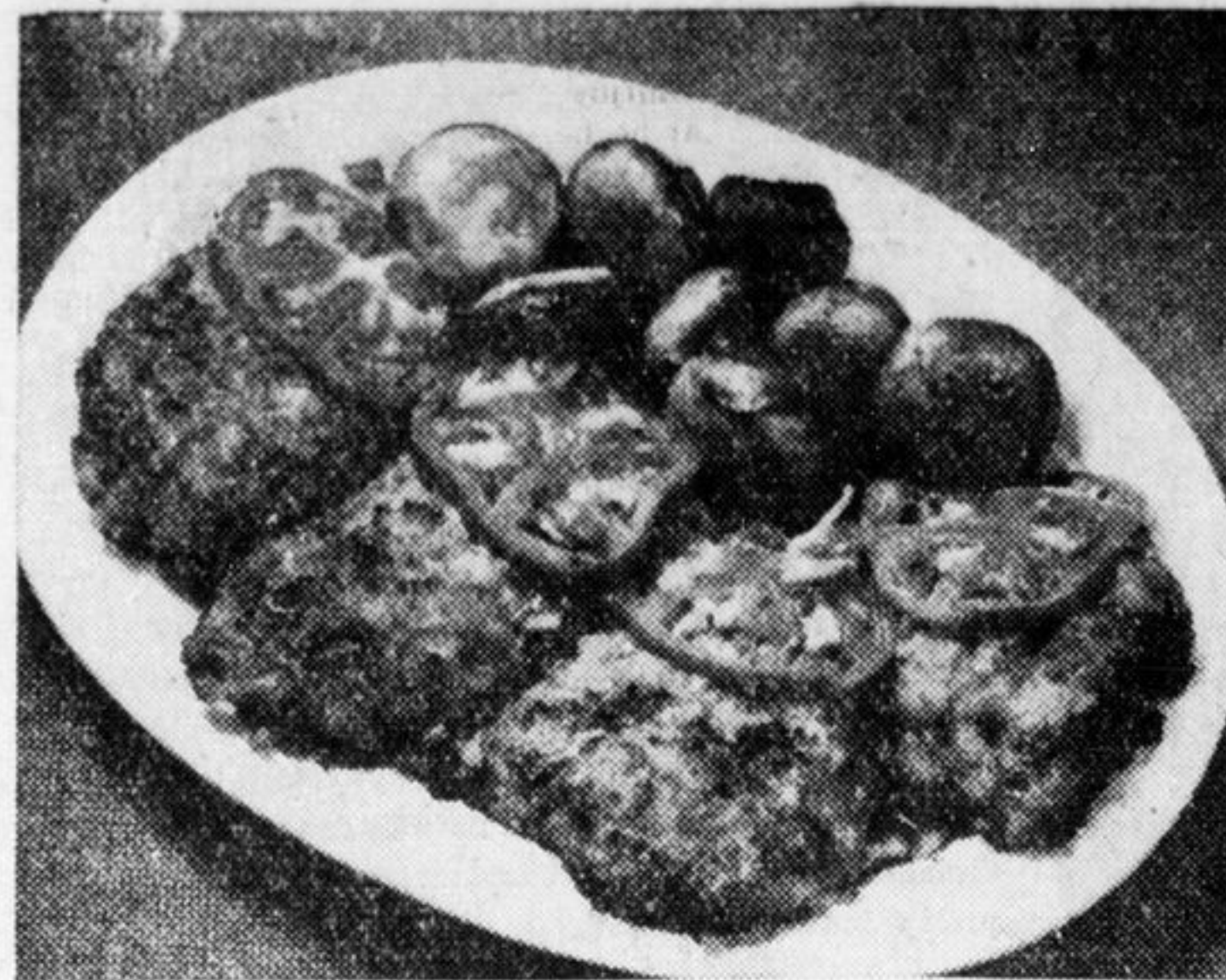
I saw Toronto again when I was attending the Ontario Agricultural College. Prizes were offered for student judging that year. I won \$15. I picked up \$20 on the same basis, in Winnipeg. I was a fairly good judge of beef cattle in those days. Now I know a good piece of steak when I get it. I got more kick out of those dollars than any other money I ever earned. A little goes a long way when a man is working his passage.

I saw Toronto again on a night of tragedy, when a great fire flamed through the business area. I was sorry for Toronto that night but I knew, of course, that the phoenix rose from its ashes and renewed its youth. If a stuffy old bird like the phoenix could do it why couldn't Toronto? Toronto, with Ontario behind it, could do almost anything—even some things which, to others, seem very strange. There was no room in the inn when I reached Toronto but why worry over such troubles, it reminded me of old times. The usual thing happened. A man came along who knew how to do things. It took just two minutes to fix me up and I had a lovely room overlooking the Lake, 15 floors up. The air was clear and the sun was shining. Far below lay the railway tracks, the lake shore and then the island. Toronto keeps pushing the shore further out into the lake but doing it, but at times, the waves come that's nothing new, all the world is back—for revenge probably—and get it.

I did two things that day I went out to see a man who edits a Power Magazine for farmers. He told me, and he's right, the average man has no idea what is going to happen to agriculture in the future. By new methods, new implements, progress along chemical and biological lines, the whole face of agriculture will be changed—should I say "lifted". These things, of course, will come from the colleges, from the cities. The city will have much to do with things which help the farmer. Human progress does not come from isolation. It was industry which, in the last century, lifted much of the burden from the back of the farmers, there is still more to be done.

A friend of mine asked me to go with him to the Annual Meeting of Noranda Mines which happened to be held that day. It was quite interesting but Lord what muddles war makes of human progress. Noranda sells its gold to the Government and gets paid in Canadian funds. Then if we want

"Food For Fun and Fitness"



FEATURE VEAL CUTLETS FOR SAVORY SUMMER FARE

by Martha Logan

Delicately flavoured veal cutlets more than merit their share of eating pleasure when combined with garden-fresh vegetables for savory summer fare.

Choose quality veal that is stamped with well-known brand. There's no surer test for extra tender and juicy meat. Available at some frozen food sections are the packaged 13oz. frozen veal cutlets which fit right in the handy summer service.

Cutlets are boneless, no waste pieces of meat, so count on a 3 to 4 ounce cutlet per person or 4 to 5 servings per pound.

You'll be more than satisfied with your culinary score if you follow a few "before cooking" suggestions. Sometimes cutlets are "frenched" to help make the meat more tender. At your meat counter this is done by pounding the meat with a mallet to produce a waffle-like effect on the surface. At home you get the same results by pounding the cutlets with the edge of a saucer or plate.

Then too, a protective coating of flour or sifted cracker or bread crumb is called for. This added coating helps prevent the meat juices from escaping during the cooking process. Season the cutlets before the flour or crumb dip for maximum flavour.

Remember that veal needs long, slow, moist cooking to bring out its delicate flavour and make the meat more tender.

In cooking veal cutlets, chops or steak, brown the loured or crumbed pieces in hot fat and add a small amount of liquid as water, milk, or tomato juice to the meat. Cover with a tight-fitting lid and cook slowly on top of the range or in moderate oven (350° F.) until the meat is fork-tender.

to travel in the United States or buy products over there the Foreign Exchange Board sells us this American exchange at a fraction above par. So we levy a tariff on American goods to keep them out and take American exchange from those who earn it and use it to bonus imports. It's not logical is it? Who mentions logic in this bad age, when not yet old, can count half a dozen wars fought mostly to end war—and the end is not yet!

I went early to the station that evening—there is nothing more interesting than humanity on the move. There was one chap in early middle life, who had taken just a little too much. He was by no means drunk - just kindled. He walked diagonally, if you know what I mean. His hat had a rakish lurch. His face had the expression which lingers on the face of the cat which got blamed for swallowing the canary. He walked down the ramp from the ticket office to the place where the public waits for the outgoing trains.

Then he knew there was something missing. He felt in all his pockets. He took off his hat and felt along the inner face of the band. He looked at the hat in order to make sure it was his, then he looked through all his pockets again. At last it came to him. He seemed for a moment to sober up. He moved quickly, went back to the waiting room and came back with a coat over his arm and believe it or not the tickets were in the coat. He took them out looked at them and smiled. He was happy again. He felt both smart and satisfied.

Then there was a woman, smartly dressed, with a little girl carrying a child's broom about four feet long. Father greeted his wife then picked up his little girl and put her on his shoulder but she hung on to the broom. Life, for little girls like that must be much the same in all the civilized countries of the world.

COOL, CLEAR WATER

Poets have exalted the virtues of cold, still pools of crystal clear water but few poets have tested the bacteria contents of these same pools. Drinking from open pools, or streams is always dangerous. Just because they are clear and sparkling is no indication that they are safe. Is your well water safe? Your local health department will be glad to test it for you.

Family Scrapbook

By Dr. Ernest G. Osborne



Is Adolescence a Disease?

To rear some of us talk, one might think that the period of adolescence is almost a disease. Some parents look forward to their children's "coming of age" with considerable anxiety. Certain psychologists have stressed the idea that this period of development is one in which great changes take place and that parents and society at large must give careful attention to the problem.

To be sure, as children grow into adulthood, they become less passive, want to stand on their own feet, explore life around them, look for new experiences. But all this is a part of growing up. Given an understanding attitude on the part of adults around them, most young people will use pretty good sense during the adolescent years. But it is so important to become independent that when adults attempt to hold the reins of control too tightly, it is natural and even healthy for the youngsters to break away.

If we adults - parents, teachers and others - can discipline our selves to stand by, to be ready with counsel if it is asked for, but not to push our advice too strongly, our young men and ladies will appreciate our attitudes and be much more likely to come to us to ask things over.

This usually takes from 20 to 30 minutes depending upon the thickness of the meat. Or, if you own a pressure cooker, use instead. For best results follow the directions that accompany your cooker.

You'll like the added flavour thick tomato slices and gay green pepper strips add to breaded cutlets. Serve piping hot with butter-browned mushrooms for an appetizing dinner treat. For a nourishing luncheon suggestion combine veal with macaroni and cheese. It makes for "good-eating."

SAVORY VEAL CUTLETS

Yield: 4 servings
4 veal cutlets; 1 egg, slightly beaten; 1/2 cup flour; 2 tablespoons fat; 1/4 cup water, tomato juice or milk; 4 tomato slices; 1/4 green pepper, cut in small pieces.

Dip cutlets in egg then flour. Brown in hot fat in heavy skillet. Add liquid. Cover and cook slowly about 20 minutes or until fork-tender. Just before finished, place tomato slices and green pepper strips over the meat, an diet team slightly. Serve hot.

VEAL-MACARONI SURPRIZE

Yield: 5-6 servings
1 pound veal cutlets, or veal shoulder or leg steak, cut thin; Salt, pepper; 1/4 cup catsup; 4 oz. macaroni; 1/4 cup flour; 2 tablespoons fat; 1 cup tomato juice; 1/2 cup shredded cheese

Cut steak into serving pieces about 2 inches by 4 inches. Season in salt and pepper and brush with catsup.

Cook macaroni unbroken in boiling water until tender. Drain and straighten out in bundles of 8 or 9. Cut bundles in 5-inch lengths and place a group on each piece of meat. Wrap veal loosely around macaroni and fasten edges of meat together with pick. Roll in flour. Brown in hot fat in heavy skillet. Add tomato juice, cover and simmer slowly one hour. Just before finished, sprinkle shredded cheese over top of meat and let melt slightly.

DALE CARNEGIE

Author of "How to Win Friends and Influence People"

DR. SAMUEL SCHECTER, New York City, gave me an interesting slant the other day, from the doctor's point of view. He says that in the practice of medicine it is important that the doctor be a good listener, letting the patient talk about himself. Aside from informing the doctor why he has been sent for, and going into the details of his ailment, it is wise to let the patient revert back to his early days, even to his childhood, for often the crux of his trouble can be traced far back.

"Many doctors," says Dr. Schecter, "and I am one of them, believe that in some instances the actual treatment of a patient starts when the patient begins to tell his troubles to his doctor. It is not always an ache or a pain that has brought him to the patient's side. It may be an economic factor, a social problem, or some emotional upset an doctor cannot draw a definite line of demarcation between any one of these, as one usually leads to another.

"But one thing we do know, the patient often begins to feel better immediately. Why? Because he went to someone in whom he had confidence, someone whom he liked,

THE BEST ADVICE I've read lately on this much-talked-about matter of giving a child a feeling of security is to stop trying to achieve complete emotional security for your children. Actually, a 100-per-cent well-adjusted person might be rather in-utterable to have around! But seriously, the best goal, according to one experienced family counselor, is enough about one's acceptability as a person, and one's capacity for doing what is expected, to enable the individual to put up with a certain amount of insecurity. If that sounds like double talk, let me illustrate.

Take that unpredictable first experience of being attracted to the opposite sex. Your 12-year-old boy (or he may be somewhat older) for whom girls have scarcely existed up to now, begins to notice one especially pretty classmate. Being the same age, she is, also, more advanced than he is socially, as girls usually are. Also, she has grown faster again quite according to nature's rule, and is a bit taller than he is.

A boy is apt to respond to this situation in one of two ways—he either gives in to his sense of inadequacy, becomes grouchy and restless and neglects his school work—or he does something to bolster his lack of assurance.

Maybe he'll ask if he may take dancing lessons, or he may even go so far as to suggest having a party at

his house so he can invite several boys and girls and not give away his special interest in one of the guests. Or he may be less direct and work furiously to excel at a sport, or run for office at school in order to attract her attention.

Now, note that both boys had a sense of security about making friends with a girl to whom he was attracted. You can't compare a child all quads—and it would be fatal to his advancement if you did make him feel equal to every situation. He would lack incentive for improvement.

But the second boy had, through the years of childhood, been made to feel that he was important as a person and that if he applied himself he could usually accomplish a pretty good performance of his tasks. Consequently his natural response to a strange and puzzling situation was to meet it head on, to give something of himself in an effort to have the problem work out in his favor.

The first child, lacking faith in himself, waits around fearfully, usually day-dreaming that the prize becomes his with little effort on his part.

Since we never reach an age when we totally secure, this armor of self-reliance can at least provide the will to keep everlastingly at the business of meeting problems and learning from them. If you help your child acquire that, you've done all that a good parent can be expected to do.

After Chinese, more people speak English than any other language in the world.

Tobey's CARPENTER SHOP

Minor Alterations
Counters, Shelves
Bookcases and
Built In Cupboards

Phone 1876-M
126 Toke St.
Timmins

PHONE 255

PORCUPINE CLEANERS
Timmins Phone — 3710

By Bus - North Bay to Toronto

4 TRIPS EACH WAY EVERY DAY

LEAVE NORTH BAY
8.00 A.M. 5.00 P.M.
11.25 A.M. 11.45 P.M.

Daylight Time

SINGLE \$6.10 RETURN \$11.00

UNION BUS TERMINAL NORTH BAY
PHONE 101-2-3

FREE Estimates On Blown Insulation

For free estimates and advice just call 4000

And our expert at NO OBLIGATION... will inspect your home - give you free advice and estimate on the insulation of your home.

ACT NOW! Phone 4000

Hill-Clark-Francis LTD.
GENERAL CONTRACTORS BUILDERS SUPPLIES
86 Pine St. South Timmins

THERE'S NO CEILING on Law Suit Settlements

BE SURE you have adequate limits for Automobile liability call

SIMMS, HOOKER & PICKERING

Agents for all kinds of insurance

Phone 112 Timmins N. H. A. and Mortgage Loans Phone 30 South Porcupine

This Week's Patterns by AUDREY LANE



No. 2520 is cut in sizes 2, 4, 6, 8. Size 4 requires 1 1/2 yds. 35-in. fabric. No. 2522 is cut in sizes 4, 6, 8, 10. Size 8 dress requires 2 1/2 yds. 35-in. fabric. 1 1/2 yds 35-in. fabric. Send 25¢ for EACH pattern with name, address, style number and size to AUDREY LANE BUREAU, Box 229, Madison Square Station, New York, 150 other styles, 25¢ extra.

Bergman Construction Host To Businessmen

Mr. Jack West, general manager of the Bergman Construction Co. was host to fifty business men and women of the Porcupine Area at their construction camps some 18 miles west of Timmins on the new Warren Lake road which is under construction.

The meal prepared by cook Rudy Piche was something out of this world let alone to be found at a construction camp cook house.

Chairman of the dinner was Mr. Chas. Kerr of the Bergman Construction Co. In his introductory remarks he welcomed the visitors to the camp and hoped that they would enjoy their short stay. We hope to have this road completed by October.

Mr. Walter Hutchinson, assistant chief engineer of the D. H. O. in a brief message to the gathering stated, "It may be of interest for those gathered here that Northern Ontario is getting more than a share of the money spent on the roads in Ontario."

Those attending the dinner were: Mr. E. A. Kelly, resident engineer of D. H. O. Frank McDowell, Karl Eyre, M. P. R. Morrissette, Mrs. Jen Cameron, Zig Ostrowski, Chas. Yates, Emile Brunette, Police Chief Leo Gagon, Ike Scimmon, Bob Crosby, Francis Woodbury, G.I. Chénic, Hendy Henderson, Will Spooner, Art Moran, Mr. Gorrie, Dr. James B. McClinton, Mr. W. Hutchinson, James Gunn, Geo. Charron, John Beattie, Al Wadge, Graham Deering, Sci Shankman, Reeve Vic Evans, Joe Sullivan, Len Masson, Mr. Adamson, Reeve Stan Gardner, Tom Tremblay, Jack Brady, Vic Salomaa, J. B. Rooney, Mrs. H. Gauthier, Earle Barkwell, Mr. Jack West, Chas. Kerr and E. A. Kelly.

If your mail box will save time we're interested!

Did you ever find that there were days when you really wanted to get to the bank, and couldn't? Days when extra work or bad weather forced you to delay a trip to town?

It's at times like this that The Bank of Nova Scotia's "Banking by Mail" service is particularly convenient - it's like bringing the Bank to your door! Next time you are in the Bank, ask the Manager for the simple details of how you can deposit and withdraw money by mail.

THE BANK OF NOVA SCOTIA

W. Long, Manager, Timmins, Ont., Pamour, Ont.