Bean Nourish, Are Inexpensive

They Make a Fine Substitute For Meat

Lots of us are finding out what the good folk of New England always knew. We have discovered that beans are highly nutritious, that they make an excellent substitute for meat, and that with a good bean dish, the rest of the meal may be light, yet perfectly balanced. So while meat is high, make use of beans, devising all sorts of nice dishes.

BEAN SOUP

First of all, a bean soup as it is done in some New England farmhouses. Use a pint of black beans, wash and soak them over night in water to cover. Drain and rinse. When ready to cook, add two tablespoons chopped onion, two stalks diced celery, two teaspoons salt and two cloves. Cover with two quarts cold water or soup stock. Boil slowly until beans are soft. Rub through strainer. Add sufficient stock or water to make the consistency of a thick cream. Mash one hard-cooked egg yolk with ⅛ teaspoon pepper and ½ teaspoon dry mustard and stir into soup mixture. Cook tablespoon flour and same amount butter or other fat until a golden brown, thin with a little stock and stir into the soup. Cook for five minutes, reducing thickness with water if necessary. If desired, add a teaspoon of sherry and a lemon slice. Serves six to eight.

UNUSUAL BAKED BEANS

Another baked bean dish, something entirely different from the usual baked beans. Mix together three cups cooked red beans 1½ cups canned tomatoes, one minced pimento, ¼ cup deviled ham, ¼ cup onion (minced) ¾ teaspoon curry powder 1½ tablespoons each molasses and sugar and ¼ teaspoon salt, Turn mixture into a greased casserole, and arrange on top six strips Canadian bacon or corned beef. Bake in 350 degrees F. oven for about 30 minutes or until smoked meat is crisp.

New Prime Minister Of Northern Ireland

John Miller Andrews, 69-year-old deputy prime minister of Northern Ireland, has been elevated to prime minister to succeed Viscount Craigavon who died unexpectedly. Andrews thus will be the second prime minister since the Ulster government was formed in 1921.

Space Boundaries Defy Telescopes

Queen's University Scientist Says Human Probing Cannot Reach the Limits of the Heavens

Dr. A. Vibert Douglas, Dean of Women at Queen's University, told a recent Royal Canadian Institute meeting in Toronto that boundaries of space defy human probing because even the most modern telescope cannot reach the limits of the heavens.

Dr. Douglas, former lecturer in astrophysics at McGill University said the solar system is not in the centre of space but well off to one side. She said there are literally millions of universes much like our own.

"The most remote thing the unaided eye can see is one of these island universes. It can be observed as a faint patch of light when you look out through and beyond the constellation of Andromeda in the northern sky on a clear night."

Cheese Production

Cheese production in Canada reached a peak for recent years in 1937 at 130.6 million pounds. It now appears likely that this figure will be exceeded for the entire calendar year of 1940. For the first nine months of 1940, cheese production amounted to 116.3 million pounds, or 13.8 per cent above that for the corresponding period of 1939.

SUNDAY SCHOOL LESSON

JESUS TEACHES HIS DISCIPLES TO PRAY.—Luke 11.
PRINTED TEXT, Luke 11: 1-13.
GOLDEN TEXT.—Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. Luke 11:9.

THE LESSON IN ITS SETTING

Time. — November and December, A.D. 29.

Place. — All the events recorded in this lesson took place in the province known as Peraea, which was located east of the Jordan.

Matthew places the giving of the Lord's Prayer in Christ's great Sermon on the Mount (Matt. 6: 5-15), which occurred much earlier than the teaching we are now considering. It is generally understood that Christ may have delivered this prayer once spontaneously to a large number of disciples, and again, at the request of a disciple, to a small group who were not present on the first occasion. This particular passage on prayer, found in Luke, is unique among the three Gospels.

Prayer Life of Jesus

Luke 11:1. And it came to pass, as he was praying in a certain place, that when he ceased, one of his disciples said unto him, Lord, teach us to pray, even as John also taught his disciples. The disciples after living in the company of Christ for perhaps two years were dissatisfied with their own prayer life, primarily because they had discovered that the prayer life of Jesus had greater depth, was more intense and earnest, manifested more faith and trust, was in every way a richer experience, than theirs.

When We Pray

2. And he said unto them, When ye pray, say, Father. In the Old Testament God is seldom spoken of as a father, and then in reference to the nation, and not to the individual. Christ gave the disciples a true revelation of the Father (John 1: 12 and 3: 3; Rom 8: 23; Gal. 4: 5). Hallowed be thy name. The word here translated "hallowed" means rendered or declared sacred or holy; to consecrate. Thy kingdom come. A kingdom is an area over which a king rules in sovereign power. The kingdom of God is God's sovereignty or rule, and that means the fulfillment of his will. It is a moral and spiritual kingdom. To pray this prayer sincerely involved the submission of all of our life and interests to the sovereign rule of an infinitely holy God.

The Lord's Prayer

3. Give us day by day our daily bread. The prayer acknowledges that we are indebted to God through simple boons; and asks for them all; asks them only day by day; and asks for no more.

4. And forgive us our sin; for we ourselves also forgive every one that is indebted to us. And bring us not into temptation. The program of the Christian life is pardon, sanctification, holiness. There is something radically wrong with us if sin has as great a power over us today as it had, say, ten years ago.

The Lord's Prayer has been called "the epitome of the gospel" and the "pearl of prayers" because of its: tone of holy confidence; its absolute unselfishness; the spirituality of its seven petitions; its brevity and absence of all vain repetitions. 5. And he said unto them, Which of you shall have a friend, and shall go unto him at midnight, and say to him, Friend, lend me three loaves; 6. for a friend of mine is come to me from a journey, and I have nothing to set before him; 7. and he from within shall answer and say, Trouble me not: the door is now shut, and my children are with me in bed; I cannot rise and give thee? 8. I say unto you, Though he will not rise and give him because he is his friend, yet because of his importunity he will arise and give him as many as he needeth. This parable is parallel to that of the unjust judge (18:1-8). It also teaches that prayer must be importunate and persevering; and so far as the two parables differ, the one shows that prayer is never out of season, the other that it is sure to bring the blessing and not a curse. In this parable we find a selfish, unfriendly excuse for refusing the request — whereas our Father is perfect love and kindnes, and instead of excuses offers us the most abounding promises.

"It Shall Be Given"

9. And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. 10. For every one that asketch receiveth; and he that seeketh findeth; and to him that knoocketh it shall be opened. By our constant asking, seeking, and knocking we reveal the earnestness with which we petition God for that which we want. 11. And of which of you that is a father shall his son ask a loaf, and he give him a stone? or a fish, and he for a fish give him a serpent? 12. Or if he shall ask an egg, will he give him a scorpion? 13. If ye then, being evil, know how to give good gifts unto your children, how much more shall your heavenly Father give the Holy Spirit to them that ask him? As earthly fathers prove themselves fathers by giving good gifts to their children, so your Father proves to you that he is indeed your Father and you are indeed his children by giving to you, in answer to your asking, in your need, the things beneficial to you, or as Luke has it, the Holy Spirit, at once naming the highest and greatest spiritual gift, involving every other spiritual gift, and certainly thus also every necessary temporal gift. The supreme and extreme are often used in the Scriptures so as to include all that is less. We receive the Holy Spirit at first when we are born again; but the prayer life is the life that is always seeking and always receiving, the filling, the infilling, the overflowing of the Spirit.

Royal Canadian Navy Makes Rescue on High Seas

With intensification of Nazi piracy on the sea, the Royal Canadian Navy has been called upon to perform a number of dramatic rescues. This striking photograph shows survivors of a torpedoed merchantman being rescued at sea by a Canadian destroyer.

RADIO REPORTER

By DAVE ROBBINS

RED INDIAN NICKELS

Well folks, the Red Indian Nickel Club program heard from 1120 on the dial every week night at 8.45 (daylight time) gives you an opportunity to do a good turn for the boys in the services.

Every night at 8.45 the nickels start dropping into the big jar — with Dick, the Amateur Gardener, presiding over the contributions for free fags for the soldiers, sailors and fliers — for that's what the program is about.

Everyone is asked to send in a nickel to the Red Indian Nickel Club, which in turn sends the nickels to the "Buckshee" fund for free cigarettes for the men on active service. Every nickel buys fifteen cgiarettes — so if you want to do a good turn to the lads in His Majesty's Forces — send them along a nickel to the Red Indian Club at CKOC—they will enjoy the fags.

* * *

STORIES FOR CHILDREN

A show that the kiddies will like in a big way is the "Just Mary" program, heard over the CBC chain on Sundays at 2.15. Just Mary is a program of stories for the little folks — stories about great men, stories from the world of make-believe, stories of adventure, of villains who met their just deserts, about dogs, and soldiers and many things. Your youngsters will enjoy it too!

* * *

SATURDAY'S OPERA

Now the opera season is back on the Air — for on Saturday the NBC and CBC chains will carry Mozart's Marriage of Figaro with Ezio Pinaz, the great basso of the Metropolitan, and Elizabeth Rethberg, soprano, singing the lead roles. For the ultimate in fine music radio listeners should make it a point to enjoy these masterpieces—heard each Saturday afternoon in Canada over the Canadian network.

* * *

AROUND THE DIAL

One of the best hair-raising dramas on the air lanes is being heard currently each Sunday night at 10.30 (standard) from WBEN — when Edge of the Beyond is presented. Set in the mythical "Tarneel" this story of the vast unknown is a little different.

* * *

An interesting story of the human side of things is heard in Memoirs of Dr. Lambert, a program from CKOC Friday nights at 6.30. Dr. J. O. Lambert, now head of a great pharmacy firm, had an adventuresome life as a young man in the lumbering camps of the Canadian Rockies. His stories of the Far West in the early days are interesting and informative and not without thrills. This type of show is new, and is a feature that Canadians will thoroughly enjoy everywhere.

* * *

Kate Smith, the girl with the lovely voice, is heard from WGR each Friday night at eight (standard) in programs of music that will cheer you. Kate is still tops!

* * *

Treasure Trail — a what-do-you-know-game — is still one of the most popular shows on CFRB. This fast-moving feature is presented at 9.30 (daylight) each Tuesday evening — it gives you fun and sometimes money.

* * *

For the folks who like Li'l Abner, of funny paper fame, they can dial in WEAF at 6.45 (standard) each evening and hear all about the doings at Dogpatch — one of the funniest features on the air.

Farm Notes . . .

Good Hogs Need Lots of Minerals

Only vigorous and healthy young pigs will develop into high quality bacon hogs. To obtain such young pigs, a balanced ration well supplemented with minerals is essential.

Too many losses still occur on the average farm, especially in young pigs, due chiefly to a deficiency in the ration, states U. Pilon, Livestock man at the Dominion Experimental Station, Kapuskasing, Ont.

A liberal feeding of minerals will not only prevent most of these losses but also better daily gains and a lower feed consumption per pound of grain will be obtained with growing and fattening pigs.

Four Most Helpful

In hog feeding, four mineral elements along with salt are helpful, namely, calcium, phosphorous, iron and iodine. All other mineral elements are usually present in sufficient quantity in ordinary rations. Pigs require less salt than cattle but nevertheless a better utilization of feed will usually result from its feeding. Calcium and phosphorous are also imporant to prevent rickets, weakness, short lactation and paralysis in hind legs with nursing sows. Furthermore, it is admitted today that iron is an effective remedy against the all too common disease in young pigs called anaemia. Also goitre and hairlessness can be easily prevented by feeding iodine to the pregnant sow.

Chemical analyses have shown that the grains and their by-products are generally low in some of the essential minerals and to be sure that the ration is not deficient, it is advisable to include 3 to 4 per cent in the dry meal mixture for brood sows and 2 per cent for all other pigs, of a commercial or a home mixed mineral mixture such as ground limestone 50 lb., bone meal 25 lb., and iodised salt 25 lbs. Iron in the form of iron sulphate at the rate of 2 lb. in the above mixture can be fed if anemia occurs.

Our Indians May Move to States

After First of Year Many Expect to be Naturalized As American Citizens

Announcement Canadian Indians may become citizens of the U. S. by naturalization on and after January 12, made by Charles H. Berry, Superintendent of Indian Affairs at Washington, probably means an important movement of Ontario Indians to adjacent New York State, border officials commented. At the present time Canadian Indians have no way of becoming American citizens, and as such are at times denied jobs in various Buffalo factories.

TO NEW YORK STATE

This is important in view of the huge national defence program across the line. The enabling naturalization bill was signed by President Roosevelt on October 14, and becomes effective 90 days after his signature. In the past few months more than three hundred Canadian Indians have crossed the border at Fort Erie to take up residence in adjacent New York State it is estimated.

Housing Shortage Across Dominion

Parliament Is Urged To Give The Problem Consideration

Herbert A. Bruce (Cons., Toronto-Parkdale) late in November told the House of Commons there was a "huge shortage of housing in Canada" and urged that consideration be given this problem.

He spoke in the debate on the Throne Speech.

Because this was a short session before the Christmas adjournment Dr. Bruce said he would not press this point until the session resumes in February. He referred to the United States program of providing 300,000 pre-fabricated homes for the next year's requirements.

TOWN PLANNING BODY NEEDED

Much valuable research had already been carried out by the National Housing Administration.

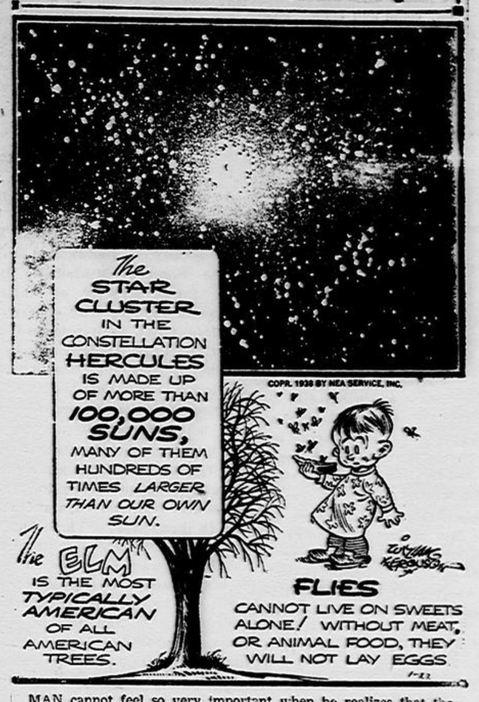
He urged that a town planning body be attached to the administration and the necessary authority given it to provide a town planning service.

Shorn wool production in Canada in 1940 is estimated at 13,822,000 pounds, the largest since 1932. The number of sheep shorn is estimated at 1,860,500 with an average yield per fleece of 7.4 pounds.

During the first eleven months of war Canada bought 18,000,000 yards of woollen and cotton cloth for her armed forces.

THIS CURIOUS WORLD

By William Ferguson



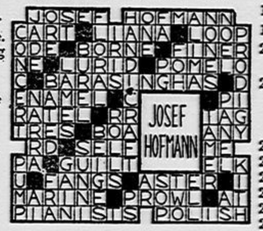
MAN cannot feel so very important when he realizes that the sun about which we travel is but one of millions, and a small one at that. It is reasonable to assume that around many of these other suns there are planetary systems similar to our own, and that many of these planets are inhabited by beings like ourselves.

NEXT: How fast can a grizzly bear run?

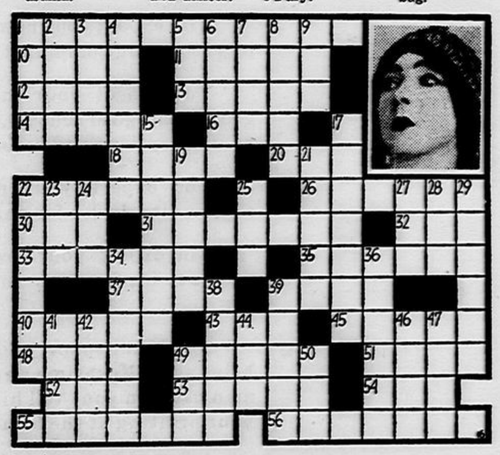
A GREAT DANCER

HORIZONTAL
1 Noted classic dancer pictured here.
10 Plant yielding ipecac.
11 Mistake.
12 Scale balance bar.
13 Din.
14 Lettuce dish.
16 Born.
18 Duration.
20 Hurrah!
22 Food.
26 Lemur.
30 Ozone.
31 Temporary expedient.
32 Strife.
33 Tenant.
35 Horse fennel.
37 Expert flyers.
39 Island.
40 To eject.
43 Writing tool.
45 Gloomy.
48 Part in a drama.
49 Advance positions.
51 Tight.
52 Social insect.
53 Beings.
54 Night before.
55 She has —— many other dancers.
56 She won fame as —— and dancer.

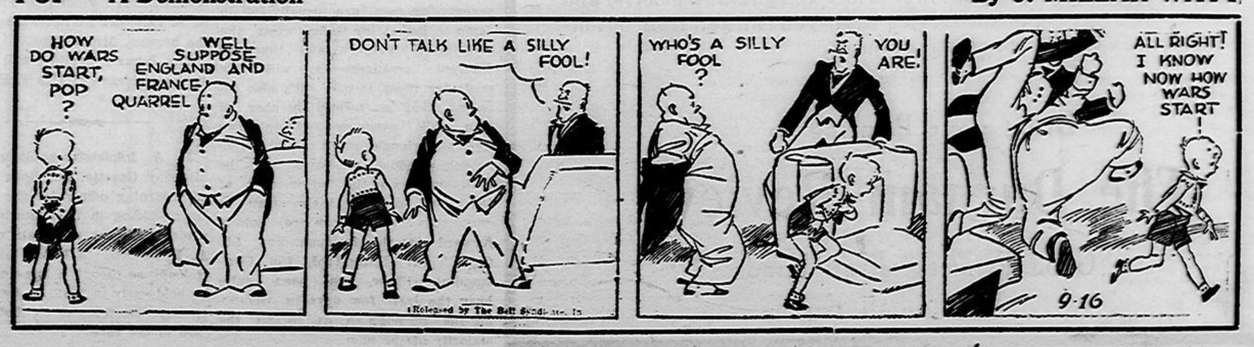
Answer to Previous Puzzle



VERTICAL
1 Rebels.
2 Part of the iris.
3 Wild duck.
4 Hooked.
5 Four plus six.
6 Male bee.
7 Great lake.
8 Head wind.
9 Fury.
15 To analyze.
17 Sanctuaries.
19 Rhythm.
21 To accumulate.
22 She opened a dance school at the height of her ——.
23 To run.
24 An eagle.
25 To scrutinize.
27 Reverence.
28 Wolframite.
29 East.
34 Rabbit.
36 Hunting dog.
38 To squander.
39 Asian country
41 Loud sound.
42 Arm bone.
44 To devour.
46 Roof edge.
47 Regrets.
49 Sheltered place.
50 Membranous bag.



POP — A Demonstration **By J. MILLAR WATT**



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