



Hello Homemakers! Do you recall the old saying, "A merry heart doeth good like medicine?" Being confined to bed is not much fun and it takes a great deal of thoughtful attention to sustain a patient. It may be a sympathetic smile or a cheery card or letter which helps. Then, too, there is the prospect of an attractive tray three times a day. The restful atmosphere of a room also makes a difference — freshly laundered bedclothes, an extra pillow, a box of tissues and a thermos of water. A bedside table placed conveniently for the invalid may be the coffee table from the living room because, if the bed is low, he needs a low place for his book, clock and whatever he needs.

Clean the sick room daily and do it quietly. This is often quite a job without raising too much dust or the patient's temperature. If you must be nurse and housekeeper, streamline your household task so that you get plenty of rest too.

When the tray is brought to the bedside it should provide something attractive and surprising. By the way, a bed tray is a good purchase for family use. On the tray place a colourful plastic mat and set something interesting amid the essentials such as a flower in a bon bon dish, a novelty salt shaker, a quaint little cream jug or individual ramekin dishes to hold the food. Cut the buttered bread in pieces easy to handle or make dainty sandwiches garnished with cream.

Serve hot foods hot and cold items cold. There should be no drip to the salad and sauces should not mingle with other items on the plate. Patties made from lamb or veal or an individual meat pie are the kind of food to make for the patient-on-the-mend. Foods for the sick must be those requested by the doctor but when he suggests certain soft foods your problem can be solved by purchasing baby or junior canned foods. There is a wonderful variety of these from which to choose.

For the convalescent's dessert remember fresh frozen fruit (thawed out) canned fruit salad, rosy baked apples, ice cream, sherbets, custards and other creamed mixtures. Such treats encourage any patient to "sit up and take notice."

Make mealtime an occasion; set a tray for yourself, tote it along and enjoy the meal together—but don't talk about aches and pains.

Chicken Broth
4 or 5 lbs. chicken
12 cups cold water
5 stalks celery
1 bay leaf
½ cup chopped onion
½ cup chopped carrot
1 tsp. dry parsley
1 tsp. salt.

Cover the fowl with cold water and simmer for 2 hours, then add the remaining ingredients and simmer for another hour. Permit the chicken to cool in the broth, then remove it. Remove the grease, heat the broth and strain. This may be chilled again and served as jellied chicken when the cubed pieces of chicken are added to it.

Strawberry Bavarian
2 cups (1 pkg.) frozen strawberries
½ cup sugar
1½ tbsps. gelatine
2 tbsps. cold water
2 tbsps. boiling water
1 tbsps. lemon juice
1 cup heavy cream
2 egg whites
½ tsp. salt

Thaw out the strawberries and flavour with sugar and lemon juice. Soak gelatine in cold water then dissolve in boiling water and add to strawberries. Chill berry mixture until it is about to set. Whip eggs until stiff, then whip cream until stiff and fold together into the jellied berry mixture. Makes 8 servings.

The Question Box
Mrs. R. W. asks for the following recipe:

Peanut Butter Cookies
½ cup granulated sugar
½ cup brown sugar
½ cup melted butter
1 egg, beaten
½ cup peanut butter
1½ cups flour
1 tsp. baking soda
¼ tsp. salt

Mix thoroughly. Form into small round balls and place on baking sheet. Flatten into shape with a fork. Bake in an electric oven preheated to 350 degs., to a delicate brown.

Miss B. H. requests the following recipe:

Tapioca Custard
¼ cup minute tapioca
¼ cup white sugar
¼ tsp. salt
1 egg yolk
3 cups milk
1 egg white
½ tsp. salt
1 tsp. vanilla

Combine tapioca, sugar, salt and beaten egg yolks and milk in top of double boiler. Cover and cook over boiling water for 7 minutes. Uncover, stir frequently as it cooks 5 minutes more. Remove from heat.

When the pudding begins to thicken as it cools, fold in the beaten egg white and salt. Add vanilla.

If desired any one of the following additions may be made—½ cup coconut, ¼ cup toasted almonds, 2 diced bananas or 1 square semi-sweet chocolate.

Experiment Underway For "New Lease On Life" For Piglets



Ontario's hog industry will be influenced by an experiment being carried out on a spacious farm a mile south of Milton. There Dr. Carl Martin, a qualified medical doctor who ceased practising when he took over active supervision of the family feed mill in Milton, is producing litters of pigs whose numbers and health have sur-

prised department officials and have given promise that Ontario swine breeders will increase their superiority in this field of Canadian agriculture. The Martin farm is the pilot plant in a revolutionary method of swine raising in Ontario. Plans formulated by Dr. Martin and the department of agriculture call for the Martin pig-hatchery to mass produce small

pigs for farmers throughout Ontario, taking from the farmer the responsibility of feeding and nursing the young sucklings — a practice that has been a precarious venture under present mortality rates for young pigs. Here pretty Twila Seyler and Nancy Malcolm are seen holding two baby porkers who will contribute to Ontario's \$125,000,000 hog industry.

A writer advises housewives to economize by doing their own cooking. Maybe it would make husbands eat less.

Kentucky police found a man, his wife and 11 children cooped up in a two-room shack. They were just residing there—not living.

American Can Company statisticians estimate that the use of metal containers for packing food in the U.S. in 1950 had increased more than 10-fold since the turn of the century—almost five times the rate of population growth.



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Voice of Prophecy Bible Questions And Answers

Question—Don't you think we would have more peace in the world if everybody kept the Ten Commandments?

Answer—Listen to the answer in Isaiah 48:18: "O that thou hadst hearkened to My commandments! then had thy peace been as a river, and thy righteousness as the waves of the sea."

Q.—How long is the millennium?
A.—The word "millennium" means a thousand years. This word is not found in the Bible. See Revelation 20:4: "They lived and reigned with Christ a thousand years."

Q.—With so many ideas prevailing, how can I tell the real truth?
A.—In 1 Thessalonians 5:21 it is written: "Prove all things; hold fast that which is good." And in Isaiah 8:20: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

Q.—Since it is impossible to keep from falling into sin, why try?
A.—God can keep you. Jude 24, 25: "Now unto Him that is able to keep you from falling, and to present you faultless before the presence of His glory with exceeding joy, to the only wise God, our Saviour, be glory and majesty, dominion and power, both now and ever."

Q.—What is meant by a "wind of doctrine" spoken of in Ephesians 4:14?—"That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive."

A.—In Jeremiah 5:13 we read: "And the prophets shall become wind, and the word is not in them." That is a wind of doctrine which is not sustained by the Word of God.

Q.—Will the time ever come when there will be no sin or suffering or curse anywhere in the universe?
A.—We answer with Revelation 5:13: "And every creature which is in heaven, and on the earth, and under the earth, and such as are in the sea, and all that are in them, heard I saying, Blessing, and honour, and glory, and power, be unto Him that sitteth upon the throne, and unto the Lamb for ever." Notice, every creature, is praising God. (See also Revelation 21:4; 22:3; Nahum 1:9.)

PLUNGES 58 FEET FROM HYDRO POLE SCRATCHES KNEES
Carl Duke of Madoc, working on the hydro line running from Devizes to Seaforth, fell from the 58-foot level when he was carrying out aerial crew works on line-stringing operations. He had only two slightly scratched knees.

A St. Mary's doctor who attended him told him that he should "go home and pray all night" in thankfulness for his escape.
Duke is back at work this week. The accident occurred last Friday.



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