

## Make Christmas Cake Now To Allow Time For Ripening

Once again Christmas is approaching, and it's time for some fruit cake recipes and tips in making them. Dark fruit cake made now will have time to mature nicely before Christmas.

Remember that fruit cake often makes a very acceptable Christmas gift, particularly for those who cling to old traditions and who have no opportunity for Christmas baking. Small cakes may be decorated with nuts and fruits arranged on top of the cake when baking is partly completed, and will travel better than those with icing and almond paste. If almond paste is used, a little jam spread on top of the cake will hold it firmly.

Cakes should be baked very slowly. If for the first third of the allotted baking time they are placed in a covered roasting pan with a little water, and baked in the usual way for the remainder of the time, they are less likely to become dry. It is a good idea to keep a pan of water in the oven during the baking. Beware of baking fruit cakes too long, as this causes the sugar in the fruit to caramelize, which in turn is responsible for the very strong flavour sometimes found in fruit cakes.

### DARK CHRISTMAS CAKE

Yield—Two deep 8-inch square cakes or the equivalent.

6 cups seedless raisins, washed and dried

3 cups seeded raisins, washed and dried if necessary.

3 cups currants, washed and dried.

2 1/4 cups silvered or chopped candied peels and citron.

1 1/2 cups cut-up pitted dates.

1 1/2 cups quartered drained candied or maraschino cherries.

3/4 cup almonds, blanched and cut coarsely.

4 1/2 cups once-sifted pastry flour, or 4 cups once-sifted all-purpose flour.

4 1/2 teaspoons ground cinnamon

3/4 teaspoon ground ginger

3/4 teaspoon ground nutmeg

1/3 teaspoon ground mace

1 1/2 teaspoon ground cloves

1 1/2 teaspoons salt

1 pound (2 cups) butter or 1/2 pound each of butter and fine shortening.

2 1/4 cups lightly packed brown sugar.

12 eggs.

1/2 cup grape juice (brandy may be substituted for half grape juice).

1/2 cup cold strong coffee.

Prepare the seedless raisins, seeded raisins, currants, peels, dates, cherries and almonds.

Measure and sift together three times the flour, cinnamon, ginger, nutmeg, mace, cloves and salt; add the prepared fruits and nuts, a few at a time, mixing after each addition until fruits are separated and each piece is coated with flour mixture.

Cream the butter until very soft; gradually blend in the brown sugar, creaming well after each addition.

Beat the eggs until thick and light; add to creamed mixture, a little at a time, beating well after each addition.

Add the flour-fruit mixture to creamed mixture about a third at a time, alternating with additions of the grape juice and cold strong coffee, and combining thoroughly after each addition.

Turn batter into two deep 8-inch square cake pans (or the equivalent) which have been lined with three layers of cookery parchment or heavy paper—the top layer of paper should be greased with butter; or line the pans with one layer of aluminum foil.

Bake cakes in a slow oven, 300 degrees, 2 3/4 to 3 hours.

Let baked cakes stand in their pans on a cake cooler until cold. Wrap in waxed paper, then in towels and store in air tight container, for at least three weeks if possible.

### LIGHT CHRISTMAS CAKE

Yield—One eight-inch square cake, about two inches deep.

1 1/2 cups bleached or light-colored seedless raisins, washed and dried

1 cup silvered or chopped mixed candied peels and citron.

1/2 teaspoon red candied or maraschino cherries, quartered.

1 tablespoon cut-up candied or preserved ginger, optional

1/2 cup pecans, broken

1/2 cup almonds, blanched and halved

3 cups once-sifted pastry flour or 2 2/3 cups once-sifted all-purpose flour

1/2 teaspoon baking powder

1 teaspoon salt

2/3 cup butter

1 1/4 cups fine granulated sugar

3 eggs, unbeaten.

Prepare the seedless raisins, peels, cherries, ginger (if used), pecans and almonds.

Measure and sift together twice the flour, baking powder and salt; add the prepared fruits and nuts, a few at a time, mixing after each addition until fruits are separated and each piece is coated with flour mixture.

Cream the butter until very soft; gradually blend in the granulated sugar, creaming well after each addition. Add the unbeaten eggs, one at a time, beating after each addition until egg is thoroughly incorporated.

Add the flour-fruit mixture to the creamed mixture about a third at a time, combining lightly but completely after each addition.

Turn batter into a deep eight-inch square cake pan (or the equivalent) that has been lined with three layers of cookery parchment or heavy paper—the top layer of paper should be greased with butter; or line the pan with one layer of aluminum foil.

Bake cake in a slow oven—300 degrees—2 1/4 to 2 1/2 hours.

Let baked cake stand in its pan on a cake cooler until cold, wrap in waxed paper and towels and store in airtight container.

### MANY LISTENERS

Official figures in 1952 showed Finland has 832,000 licensed radio receivers, about one for every five persons.

## That Body Of Yours

By James W. Barton, M.D.

### OFFICE PSYCHIATRY MAY BE ALL THAT IS NECESSARY

When a patient has a group of symptoms that greatly resemble a real or organic disease, yet no organic disease is present, it is called a functional disease.

Functional symptoms need treatment the same as real or organic disease and the physician has to prove to the patient that no organic disease is present and that his symptoms are caused by his emotional disturbances. However, it sometimes happens that an underlying real or organic disease is present, the symptoms are not very severe but the patient's fears increase the symptoms. This makes the case very difficult to treat.

In addition to having their physician or a psychiatrist explain how emotions can cause symptoms the same as if caused by organic disease the patient with functional symptoms needs daily reassurance about his illness.

Some years ago the Illinois Society for Mental Hygiene put out a set of explanations to cover most situations likely to confront these patients with functional illnesses. One or more of these explanations have been found useful in enabling the patient to tie his symptoms to them.

Among these explanations and suggestions are the following:

1. Pay Attention. Ability to think of your present task results in mental efficiency.
  2. Cultivate Courage. Timidity, fearfulness, lack of self-confidence show need of mental hygiene.
  3. Seek Self-Control. Not by repressing or holding back hate, fear, anger, love and other emotions but by diversion or turning these emotions into other channels by wholesome activity.
  4. Live in the World of People. Avoidance of others, inability to adapt to groups, lack of thought for others, prevents the cultivation of mental hygiene.
  5. Develop Serenity (one of Oser's great suggestions for himself). Confusion in work, play, and study; conflict of ambitions with achievements, conflict of thoughts and feelings, lead to lack of mental health.
  6. Live Life. Escaping from unpleasant situations through evading them, building up defenses, avoiding life is poor hygiene.
  7. Keep Well. Mental health is related to physical health.
  8. Train Your Child Early. Tantrums, jealousy, whining, finicky eating, irregular sleeping, lack of toilet habits, overdependence (on parents) show the need of mental hygiene.
- I believe at this time in our civilization we can all study and make use of the above suggestions with real help to ourselves.

## Cook's Corner

### ICED LEMON MERINGUE PUDDING

3 egg yolks; 1/4 cup sugar; grated rind and juice of 1 lemon; 3 egg whites; 1/2 cup sugar; 1/4 teaspoon salt; whipped cream and cherry garnish.

Beat the yolks of the eggs to a light froth, add 1/2 cup sugar and beat again until light and fluffy. Fold in the grated rind and juice of one lemon. Turn into the double boiler and simmer, stirring constantly until the mixture thickens. Whip the egg whites to a stiff froth, gradually fold in 1/4 cup sugar, combine the two mixtures, folding the whites of the eggs thoroughly but carefully into the yolks, add the salt. Pour into sherbet glasses and chill well, or partially freeze in refrigerator tray. Serve topped with a rosette of whipped cream and a cherry.

### How Can I...

By Anne Ashley

Q. How can I refinish a child's blackboard?

A. First paint the board with ordinary black paint, such as will dry with a gloss; then apply a coat of black paint, mixed with turpentine instead of oil, and this will dry a deep black.

Q. How can I add a touch of variety to pumpkin pie?

A. When the pie is nearly done, cover it with marshmallows and return to the oven for ten minutes.

Or, sprinkle finely-grated cheese over the top and bake for five minutes.

Q. How can I renovate black kid gloves?

A. Touch the worn spots with a camel's hair brush, dipped into a mixture of olive oil and ink.

### Morning Smile

#### Overeating Now

Murphy was paying ten dollars a week board and lodging.

One day his landlady said, "Pat I'm afraid I shall have to charge you another two dollars. You're such a big eater."

"For Heaven's sake, don't do that!" said Murphy. "I'm killing myself already trying to eat ten dollars worth!"

#### Silly Man

The woman motorist was trying to navigate a traffic jam. She rammed the car in front of her, then tried to back and knocked down a pedestrian. Then she tried to move over to the curb and smacked into a hydrant. A policeman came up.

"Okay, lady, let's see your license," he demanded.

"Don't be silly," she granted, "I'm not a motorist."

## La Henle Challenges Barbara Ann To "Silver Blade" Duel



Silver blades will be the "weapons" if Barbara Ann Scott accepts the challenge, issued by Sonja Henle, to a skating "duel" for a \$20,000 prize. Stating that "there is not room for two world's champions in our business," Miss Henle said she challenged her younger rival to a skating competition in Barbara Ann's home town, Ottawa, to decide who is tops. The rivalry started when Miss. Scott left, re-

placed Sonja, right, in the Hollywood Ice Review last year. Miss Henle joined another ice show but the bitterness continued. Barbara Ann indicated she was willing to accept the challenge, so the "duel" will probably take place when La Henle's ice show hits Ottawa early in December. Miss Henle announced she would, if she won, donate her \$10,000 to charity. She proposed each past that sum toward a winner-take-all prize.

## Modern Etiquette

By Roberta Lee

Q. What is the proper type of place cards to use on the dinner table?

A. Plain white cards, about an inch and a half wide by two inches long, sometimes larger. Fancy cards, while possibly suitable on special occasions, such as Christmas or a birthday, have gone out of fashion on the formal table.

Q. Is it proper to use the typewriter for addressing greeting cards?

A. While not exactly improper, the effect of a typewritten address is very impersonal, unless there are a few words of handwriting inside.

Q. Should the server stand at the right or left of the dinner guest when pouring water or other beverages?

A. At the right.

## Better English

By V. O. Williams

1. What is wrong with this sentence? "I emptied out the contents of the basket, but wasn't able to find the missing contract nowhere."

2. What is the correct pronunciation of "myrrh"?

3. Which one of these words is misspelled? Metaphor, metallic, mentholated, mendacious.

4. What does the word "vestige" mean?

5. What is a word beginning with ind that means "to secure against loss"?

### ANSWERS

1. Omit out and nowhere. 2. Pronounce as though spelled mur, u as in fur. 3. Metallic. 4. A trace, mark, or visible sign left by something lost, perished, or no longer existent. "The judge said that the criminal had lost the last vestige of decency." 5. Indemnify.

## DOROTHY DIX'S COLUMN—

### Oppressive Debt

#### Young Mother In Despair Over Financial Problem

DEAR MISS DIX: I am in a desperate situation, and have even considered suicide. The only thing that holds me back is my family's need of me. I am 26, have a fine, honest husband and four wonderful children. Our problem is debt! A \$3,000 one! We are expecting another baby in three weeks and, while I could go to work after it is born, the difference what I'd make and what I'd have to pay someone to care for the family would be so small it wouldn't make a dent in the total owed. My husband is a factory worker and has little left after our necessities are bought.

The money was borrowed three years ago from my parents and his. We put it into a business that failed. Our parents are old and the money they loaned us was about all they had.

I would welcome advice from readers as well as from you.

MRS. G. A. ANSWER: Your appeal to other readers is very apt. If anyone has a feasible solution for Mrs. G. A., I'll be happy to forward their suggestions to her.

The amount of your debt is enormous and there's no kidding yourself that it will be easy to pay. There's a lot of scrimping and hard work ahead. If your parents are in immediate need of the money, the only way it can be paid back to them is to borrow from someone else, and pay that debt systematically. If you follow this suggestion, be most cautious as to where you borrow the money. Don't—I cannot urge you too strongly—get yourself into the hands of loan sharks whose high interest rates will absorb all your money, while the principal remains intact.

### TRY BANK FIRST

Sources of help might be the personnel department of your husband's factory, his union or a bank in your city. Why not try the bank first and see what suggestions they can offer?

If you prefer to pay the money to your parents in installments, I suggest a thorough check on your budget. See how much you can spare each week. Then, have a meeting of your debtors, tell them you earnestly want to repay the money, and tell them on just what terms this can be done. Perhaps a stipulated amount each month would be preferred by them.

Do take some definite step at once, and your mind will be greatly relieved. Your present physical condition is not improved by incessant worry and the worry that wears people down most is the one they do nothing about. Once you tackle a problem concretely and begin its solution, even on a small scale, your entire outlook will be much better.

DEAR MISS DIX: When we wanted to send our daughter to college she didn't want to go to the one of our choice. We wouldn't let her go to the school she selected, yet she still has a hankering to go there. How can we change her mind? DON AND SUE

ANSWER: Why try to dictate the choice of college to an 18-

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## Alice Brooks Designs

### FOR A BABY

For that very new Baby, this brand new set! Rows of long double crochet and single crochet alternate in two colors. Sweet in two pastels or white and color!

QUICK! EASY! Jacket, cap, booties one piece each! Pattern 7012; crochet directions.

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7012 by Alice Brooks

## Anne Adams Patterns

### FOR HALF-SIZERS!

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Pattern 4877. Half Sizes 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2. Waist and skirt, 2 1/2 yards 54-inch; blouse 1 1/2 yards 35-inch. This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number.

Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto, Canada.



### The Stars Say - -

By Genevieve Kemble

#### For Tomorrow

QUICK and incisive action, with all plans and objectives carefully and practically laid out, could culminate in a high degree of achievement. Shrewdly worked out details and policies could reach greatly desired goals, with substantial increase of funds and other tokens of reward and preferment for wise action, for work well done. It's a time for reaching for advanced objectives.

#### For the Birthday

Those whose birthday it is may be encouraged to reach for high levels of performance and position by keen insight, proper preparation and quick, as well as forceful, grasp of exceptional prospects for promotion, preferment. There may be substantial emoluments from those in high places who are eager to appraise and generously reward or compensate for sound initiative and worthwhile work. Expansion, personal and gracious recognition are possible for achievement.

A child born on this day is richly endowed with talents, skills and graces for a life abundant in recognition and personal gratifications as well.

### Household Scrapbook

By Roberta Lee

#### Placing the Piano

If the piano is to be placed against an outside wall, it is well to see that it rests a few inches away from the wall. Otherwise, the dampness entering through the wall will ruin the tone of the piano and cause it to become out of tune very quickly.

#### Baking Tins

The new baking tins should be placed in the oven and heated until the tin becomes blue before using them. By doing this they will give better service.

#### Throat Gargle

A good throat gargle can be made by mixing one teaspoon each of salt, soda, and sugar in a pint of water.



Clean Refrigerators for 1/2 a week! Use Baking Soda on a damp cloth.

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