

Cook's Corner

BRAN MUFFINS

This muffin is medium rich, has plenty of bran in it, and a good flavor. Yield—About 16 average-size muffins.

2 cups once-sifted pastry flour or 1 1/2 cups once-sifted all-purpose flour
 3 teaspoons baking powder
 1/2 teaspoon salt
 1 1/2 cups crisp breakfast bran cereal
 1/2 cup lightly packed brown sugar
 1 egg
 1 cup sour milk
 1 teaspoon vanilla
 6 tablespoons shortening, melted.

Measure and sift together twice, then sift into mixing bowl, the flour, baking powder, baking soda and salt.

Mix in the bran and brown sugar. Beat the egg until thick and light; stir in sour milk, vanilla and melted shortening.

Make a well in flour mixture and add the liquids all at once; combine lightly with the fewest possible strokes, just until mixtures are combined. Do not attempt to mix batter until smooth.

Spoon batter into medium-sized muffin pans, filling them two-thirds full.

Bake in a moderately hot oven, 375 degrees, 20 to 25 minutes.

Better English

By S. G. Williams

1. What is wrong with this sentence? "I was kind of surprised that he would make such charges to hurt my character, for he is the most intelligent of the two brothers."

2. What is the correct pronunciation of "buffet" (a type of meal)?

3. Which one of these words is misspelled? Atmosphere, interfere, buccanier, boutonniere.

4. What does the word "amity" mean?

5. What is a word beginning with em that means "state of being greatly reduced in flesh"?

ANSWERS

1. Say, "I was rather (or quite) surprised that he would make such charges to hurt my reputation, for he is the more intelligent of the two brothers." 2. Pronounce buffet, oo as in boot, a as in fate, accent second syllable. 3. Boutonniere. 4. Peaceful relations; mutual good will; friendship. "Amity" was finally established between the two communities." 5. Emaciation.

The lighthouse at Cape Race, southeasterly tip of Newfoundland, is 70 feet high and 18 feet in diameter.

Anne Adams Patterns

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4592 14 1/2-24 1/2
by Anne Adams

Morning Smile

Set in His Place

A man was dining at the house of a friend when he noticed the very small but dignified daughter of the house trying to take care of a very large fork.

His eyes twinkling with mischief, he said kindly, "Why don't you give up forks, my dear, and use your fingers? You know fingers were made before forks."

At once came the swift reply: "Mine weren't."

ELLEN'S DIARY

By An Island Farmer's Wife

We recall now that in prospect this day was supposed to be the marked day of the month. How could it be anything else, we reasoned, it a Friday, numbered thirteen? It would be, of course, not altogether "accursed" to use Pat's own words of it, but still perhaps curiously "bedevilled." But to what disturbing degree we could only conjecture. We talked of it one evening beforehand when with a pair of visitors we sat about the hearth discussing plans for a tentative outing for tonight.

"But no," the lady offered suddenly remembering something, "that will be Friday, the thirteenth—not a good date for it. We had better postpone our trip until later. It's not," she explained "that I'm afraid of anything happening—an accident or the like, but I'd just as soon depend on some other day. I'm not superstitious—well, not exactly, but yet I confess I entertain a queer feeling about such things."

"I believe," her husband chuckled, "her great-great-great aunt was a witch! she would, in her craft, have due regard for signs and omens. So you see it's sort of in the blood, so to speak! You couldn't coax her to commence any new work on a Friday—no sir! She'd be bound she would never get it done."

James smiled brightly. "Why, Ellen's not a bit like that. My trouble is to persuade her to work any day!"

"Well, she," he nodded towards his wife, "is actually so superstitious, despite her denials, she can't sneeze unless I'm there to say, 'Bless you!' after it!"

"Oh, it's not as bad as that," she laughed, "but I do own to an eerie feeling sometimes. Not that I believe in the like, but it's often amusing to catch myself at times observing certain rites. I always avoid walking under a ladder; if I happen to put on any articles of clothing inside out, I wear it that way. It has to be some extremely important omission that will take me back to the house once I've left it to go 'abroad'—and if I return, I sit a few moments before I go out again; I wouldn't think of raising an umbrella indoors—not if!"

"Nor sit, one of thirteen, at a table," she continued. "Nor accept a pin as a gift; I wouldn't put another's mourning hat on my head, nor leave a window without a screen in summer in case a bird should enter the room; I won't wash my fingers in the same basin with another nor... oh, there's another one!"

Continued on page 3

Modern Etiquette

By Roberta Lee

Q. Is it proper to display checks or money gifts with the other wedding gifts?

A. This is not in good taste—nor is it proper to tell people in general of their amounts. It is quite proper, however, to say, "Uncle Tom gave me a check (or bond)."

Q. Is it all right for a dinner guest in one's home to help his hostess by stacking all his used dishes?

A. Never. This simply implies that you are trying to dispose of a bothersome task as quickly as possible.

Q. Is it proper to introduce oneself if one has not met the first member of a receiving line?

A. Yes. If this should happen, one should say, "I am Jane Smith."

How Can I...

By Anne Ashley

Q. How can I make an insole for a bedroom slipper if the old one has been lost?

A. It may be replaced by cutting a new one from a discarded felt hat. This kind of insole is also very comfortable when put inside the house shoes one wears when working.

Q. How should rice be washed before cooking?

A. Put the rice into a strainer and wash in cold water, placing strainer over a bowl of water. Change the water and repeat three times, or until the water is clear.

Q. How can I give a gloss to linens when ironing them?

A. By covering a piece of beeswax with flannel and rubbing over the surface of the iron.

Antique Guns Displayed By P.E.I. Girl



Two Turkish Miquelet pistols of about 1650 period are displayed by Mary Bearsto of Charlottetown, P. E. I., at the antique gun show being held at Toronto. Betty Ann Barschel of Winnipeg shows a powder horn replica of the Canadian era around 1790. Both girls are stewaresses with TCA.

DOROTHY DIX'S COLUMN

He Does All Housework

Employed Husband Irked At Wife Who Travels Too Far To Her Job

DEAR MISS DIX: I have been married one month, and while I'm new at this marriage business, my wife is not. She was married once before and has two children, who are not with us at present. We both want a home for them as soon as possible. My wife has been working in an establishment outside the city, and I am working, too. However, since she must spend quite a bit of time traveling, I see very little of her. In the evening when she returns from work, we have dinner which I cook. I do most of the other housework, including beds and dishes. I asked her to take a job nearer home, but she refuses. Is this too much to ask of her?

GERARD L.

ANSWER:

The problem of a working wife is one that assumes greater and greater proportions as the complexities of modern economics increase the difficulty of establishing and maintaining a home. Most young couples seem to find it difficult, if not impossible, to set up housekeeping without a dual income. For reasons such as probable pregnancy, or emotional upsets, the situation rarely is simple.

WORK OUT A BUDGET

I really think, Gerard, that the sooner you put your household on a real family basis, the better. If it is at all possible, work out a budget that will maintain your household on your salary alone. Let your wife have her children with her, and make all possible economic retrenchments necessary to get along. Even if your wife took a job closer to home, she wouldn't have enough extra time to run the household with complete efficiency. Your marital set-up is unquestionably unsatisfactory, but the real solution lies more in your wife staying at home than in just changing her job.

DEAR MISS DIX: I would appreciate it if you could settle an argument between my husband and me. I have been married five years and in that time my in-laws have never come to see me or my children. My oldest child is 3, and the only time he sees his grandparents is when he goes to visit them. They never even called when my last child was born.

MRS. E. S.

ANSWER: There surely must be some explanation of your in-laws' curious behavior. Have you been cordial to them and invited them to your home? By all means you should find out what the trouble is, and if it stems from an oversight on your part, remedy it. Tell your husband you insist on knowing the source of his family's discourtesy, and assure him you are willing to be co-operative if they are.

DEAR MISS DIX: I am a girl of 15, and my problem is that I don't get along with my mother. She insists on dictating everything I do. I wear the clothes she likes, must go with the friends she selects, and must attend only the parties and affairs she chooses. She doesn't like my working at church, and that's what I like to do best.

DOLLY

ANSWER: Your mother should be guiding your judgment rather than dictating it. At 15, you should be allowed to select your own clothes—unless you happen to have bizarre taste; and should be permitted at least a reasonable choice in friends and places of entertainment. Are you sure you have never given your mother cause to mistrust your sense of responsibility? Let her see, by your actions around the house, that you are growing up and are quite capable of making good decisions. For instance, help with the housework, keep your room and clothes in order, and budget your money wisely.

Miss Nissen cannot reply personally to readers but will answer problems of general interest through this column.

The Stars Say...

By Genevieve Kemble

For Tomorrow

WITH the Moon in Gemini this day, social activities are particularly favored and you can personally contribute to the gaiety of such events with a little ingenuity. Where business is concerned, however, it's better to stick to routine matters and familiar surroundings. It is a day when calm and poised pay off. If you should happen to be faced with a situation with immediate decision called for and you are at a loss, seek competent advice. Don't rely on "hunches" or guesswork. As an intellectual oc-

For the Birthday

If tomorrow is your birthday, you will find this a good year in which to bring unfinished matters to a successful conclusion. It will not always be easy for you to do this, since you are the type who is inclined to leave tasks unfinished, but, if you will stop to think, you will realize that loose ends and incomplete projects are a cause of mental chaos and a detriment to tranquility. There is a strong possibility that you may receive high honors and financial rewards toward the end of the year, but in order to take on the duties by

That Body Of Yours

By James W. Barton, M.D.

THE SCHOOL LUNCH

Because business men often eat too much food at lunch and then feel heavy and listless for an hour or two afterwards, and because wives and mothers concentrate on the evening meal for their "big" meal of the day as the whole family are together for this evening meal, the noon lunch is often given little attention. That this is not fair to the growing child is the opinion of our children's specialists and our nutrition experts.

In Health, the magazine of the Health League of Canada, Margaret E. Smith, Ph.M., M.Sc., director of nutrition for the League, gives helpful advice to mothers:

"As much care and planning should go into the lunch children take to school as a mother puts into any meal she serves on the dining room table. Also, the lunch box must have eye appeal as well as food value."

I believe this "eye appeal" aspect of foods for all of us is often a neglected factor although fortunately our hospital dietitians keep this in mind as they prepare nourishing foods for their patients. It has been found that when food is attractive to the eye, to the sense of smell, and there is the remembrance of the flavor of the food on the tray, there is an actual outpouring of the digestive juices—mouth, stomach and small intestine (saliva, gastric juice, pancreatic juice and bile)—before the food ever enters the mouth and this excess flow of these juices continues for forty-five minutes after food is eaten. This means, in the parlance of our track athletes, that when the food is attractive to eye, nose and memory, digestion gets a flying start and is ready to digest the food before it reaches stomach and intestines.

Miss Smith further states that the noonday lunch should provide one-third of the whole day's requirements of the energy-producing, body-building foods as this means proteins, minerals and vitamins for growth and repair of body tissues; and carbohydrates (starches) and fats to yield energy for work or play. The suggestions based on Canada's Food Rules are:

Include about 8 ounces (one glass) of pasteurized milk, (white), varying this occasionally with buttermilk or pure food juices.

Use whole grain bread for sandwiches and see that the fillings provide proteins—meat, fish, cheese, eggs, or cottage cheese.

Put in at least one fresh vegetable—raw carrot-strips, celery, a whole tomato or a little salad—cabbage, parsley, green peppers, or cooked green beans.

Dessert—fresh fruits.

which they can be achieved, it is necessary for you to clean up old tasks first. Get busy.

A child born on this day will be original, independent, a true individualist.

In 1951 there was 1,429 women police in England and Wales, and 149 in Scotland.

ASTHMA

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Household Scrapbook

By Roberta Lee

Iron Rust

To remove iron rust from clothing, cover the stain with lemon juice and salt and place it in the sun. This of course, is applicable only to clothing that is washable.

Chocolate Filling

To make chocolate filling use 2/3-cup of sugar and 3 tablespoons of cocoa. Add 1 cup of whipping cream. Allow it to stand in refrigerator for one hour, then add the vanilla and whip.

Willow-ware

To clean willow-ware scour with brush, using a strong solution of saltwater.

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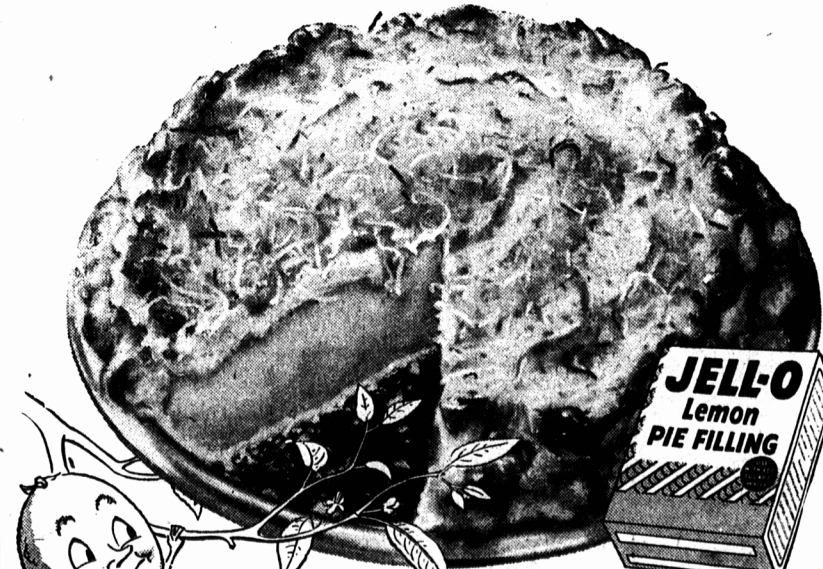


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