

Real Pancake Magic For Shrove Tuesday (March 2)

Surprise Your Family With These New Pancake Ideas — All So Easy To Prepare

Next Tuesday is Pancake Day! That means stacks and stacks of delicious pancakes, hot from the griddle, and all glistening with butter and syrup. How the family will dig in! The menfolk and the youngsters in the family are always real pancake enthusiasts, and Mom makes a close second when this delicious dish is the order of the day.

Whether you call them griddle cakes, hot cakes, flapjacks or just honest-to-goodness pancakes, the appeal is always the same and the cry of "bring on the Pancakes!" is a signal for celebration all round. But pancake enjoyment is not confined to just the standard pancake recipe. There are all kinds of appetizing and easy-to-prepare variations. Some of them are reproduced here. Add a little magic to Pancake Day by trying something different in your kitchen.

First of all — the basic pancake recipe, from which stem a large number of delicious variations.

Basic Pancake Recipe

Add 2 1/2 cups milk to 2 cups ready-mix for pancakes. Add milk all at once and stir lightly. Some-what lumpy batter makes light, fluffy pancakes. Pour 1/4 cup of batter for each pancake onto a hot, lightly greased griddle. Bake to a golden brown, turning only once.

For extra rich pancakes add one beaten egg and two tablespoons melted shortening to pancake batter.

For buckwheat pancakes use 2 1/2 cups milk to 2 cups ready-mix for buckwheat.

Quick Tricks With Pancake Mix

PAN-SAN (Pancake Sandwich)
Bake 10 pancakes using about 1/2 cup batter for each. For each "pan-san" spread a baked pancake with currant or apple jelly and then with cooked pork sausage meat. Top with a second pancake. Serve with butter and syrup. Makes 5 servings.

HEAVEN PANCAKES OR BUCKWHEATS
Fold 1 cup finely diced cooked ham into pancake or buckwheat batter.

FRUIT PANCAKES
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ELLEN'S DIARY

By An Island Farmer's Wife

"This morning at sunrise, having breakfasted well, we left the inn at . . . where we had spent the night comfortably, and continuing our journey by carriage set out for . . . stopping at noon to dine with . . ." so runs the Diary of one of the old years.

Our itinerary began we recall even earlier, in the dim twilight of morning when Jamie who likes to be up in good time called: "Don't you think we should be moving?" He suited action to his words to have the kitchen fire burning briskly and the kettle steaming when we joined the others of the Family there.

Our journey took us we suspect quite a distance as miles go though it was not our lot to move away today from the yards of this place. Yet by lovely scenes we passed, as richly satisfying to us as any for the world which lies over the top of our rim of hills could offer . . . Skies were azure blue; there was delight too of quiet haze wreathing softly the far hills and of sunny glints on the stretch of mill-stream we could see—there where from its width, it narrows to slip away beneath the shadows of Mr. A's rustic bridge.

Indeed if we had been a round-the-world traveller today set down in faraway Karachi instead of mixing a batch of molasses cookies by the pantry window of this Island farmstead, we know we would have sighed at times amid the strangeness and wonder of the sights there for a glimpse of the familiar scenes hereabout—to see, the children, a sturdy fellow not yet above being kissed on a firm brown cheek, off to school, and our farmers to the several works of their interests; to follow Mr. A. at his work, by sight, along the winding trail of his fields; to know something of the joy of a farm-family off—part way by sleigh—to a spell of shopping in the city; to scent the pine and fir and hear the axe of a farmer off to his woods' work and to watch at length the Mailman's horse, long route of his day done.

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QUEEN AND DUKE CONTINUE TOUR—Queen Elizabeth and her husband, the Duke of Edinburgh, stand on the observation platform of a train at Bathurst, New South Wales, Australia. The royal couple are on an extended junket through the Commonwealth.—(NEA Telephone).

That Body Of Yours

By James W. Barlow, M.D.

AN EPIDEMIC OF INFANTILE PARALYSIS MAY OCCUR ANYTIME

Notwithstanding the awareness and the care given by our physicians to patients with poliomyelitis, the past year saw the worst epidemic of this disease ever known. Despite the fact that polio is known to be contracted from others, and despite the fact that physicians are warning parents and the public generally that tiredness and associating with crowds of people is a hazard, this dread disease still strikes down many young and old, inflicting disabling, crippling and death.

As parents may be wondering just what they should do to protect their loved ones at this time or before an epidemic of polio (infantile paralysis still so-called), it would be well for them to try to follow the advice given by Dr. P. M. Stimson in Postgraduate Medicine. The family physician will agree with this advice. Polio epidemics, while occurring usually in late summer and early autumn, may occur at any time.

Keeping the patient quietly in his own bed at home and avoiding the fatigue and nervous tension incident to transportation and to the first few days in hospital are in line with the dictum that rest, both physical and mental, is the most important factor in the early care of patients with poliomyelitis. There must be a careful determination as to which patients may be kept at home and which should be sent to a hospital. Of course, if complications arise during home treatment, the patient should be sent to hospital immediately.

Among the patients kept quietly at home are patients who are only "suspected" and not particularly ill. "Patients with definite sickness, sore throat, and muscle pains or stiffness are better at home. Even when there is evidence of paralysis, they are better at home until the acute phase of the illness has passed, that is, 7 to 10 days, and then admitted to hospital for physiotherapy, heat, massage, passive movements of arms and legs. "The essential or necessary feature of home treatment is rest and peace of body and mind. Fever may be controlled with aspirin and an adequate intake of fluids. If there is any evidence of involvement of the back, the bed may be made flat with bedboards between the springs and mattress. These bedboards are not expensive and may be purchased from surgical supply house or even department stores. Sometimes the leaves of a dining table may be used to keep the bed flat.

Sleep is the best method of treatment for early care of poliomyelitis and should never be interrupted. "Moist heat will relieve general muscle tenderness." Antibiotics (germ killers like penicillin and the sulfa drugs) are of value in difficult breathing when catheterization is necessary and when there is an increase in the white corpuscles of the blood (a sign of active inflammation).

The village of Charlebourg, five miles north of Quebec City, was first settled in 1659.

Household Scrapbook

By Roberta Lee

Table Linen

A good way to test table linen is to secure a sample and dip it in any kind of oil. The linen threads will become almost transparent, enabling one to see very readily how many cotton threads it contains.

Cleaning Tinware

Make a paste of powdered whitening and ammonia, olive oil or sweet oil. Dip a rag into this solution and rub the tin thoroughly. When dry, polish with a soft cloth.

Pies

Set the pie on a wire rack when it is taken from the oven, where the air can strike the bottom of the pan, until it is cool. This keeps the crust crisp and prevents sogging.

Better English

By D. C. Williams

- 1. What is wrong with this sentence? "No less than ten people asked where his headquarters was."
- 2. What is the correct pronunciation of "paraffin"?
- 3. Which one of these words is misspelled? Ransom, rationalize, rathskellar, rapacious.
- 4. What does the word "meretricious" mean?
- 5. What is a word beginning with "t" that means "making a loud outcry"?

- ANSWERS
- 1. Say, "No fewer than ten people asked where his headquarters were."
- 2. Pronounce last syllable as "fin, not as feen."
- 3. Rathskellar.
- 4. Alluring by false show. "People are often deceived by meretricious displays."
- 5. Vociferous.



SELF SERVICE—There's no need for sales personnel in this department store in Moscow's Red Square, according to official Soviet sources. The customers select merchandise on display in the showcases, but they are unable to handle or closely examine the items. Identification tags corresponding to numbers on the displayed merchandise are taken from a rack in front of the case. The tag is given to a cashier who makes the sale and hands the customer the purchase, already wrapped.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

GO out of your way to aid friends and neighbors tomorrow. Personal relationships will be under stress and strain as your generosity and understanding will be deeply appreciated. Artistic and cultural interests are also well-influenced, and leisure hours spent in these pursuits will be rendered doubly enjoyable if shared with congenial companions and relatives.

For the Birthday

If tomorrow is your birthday, the year ahead promises much in the way of satisfying reward. You may have to work hard for success, but the benefits will be well worth the effort. During the period immediately ahead, you should find that certain hindrances and obstacles which cropped up during the latter part of 1953 are now easily surmountable, so you can settle down to the real job ahead.

During the summer months, be on guard against those who advise risky speculation as a means of furthering your financial plans. Rely on established methods of getting things done and remember that attention to detail and studious endeavor produce more lasting results than questionable schemes. Romantic and family affairs are favored throughout the year, and there is indication of increased popularity in both social and business relationships.

Contract Bridge

By Josephine Culbertson

INDIRECT PUNISHMENT

In one sense, East "got away with" his dangerous bid in the following hand, since he escaped being doubled, but his side was punished nonetheless.

South dealer. Both sides vulnerable.

♠ 10 5 2	♥ J 4 3	♦ J 10 8 4 3	♣ 7
♠ 8 7 4 3	♥ 5	♦ A 10 8 7	♣ 4 2
♠ J 6 2	♥ J 6 4	♦ 5	♣ A Q 8 5
♠ 3 2	♥ K Q 6	♦ A K 7	♣ K 10 9

The bidding:
South West North East
1 NT Pass 3♦ 3♥ (1)
2 NT Pass Pass Pass

When East overcalled three diamonds with three hearts, "under the gun" of the original two-no-trump bidder, he was giving South what is known as baseball (and in upper circles of bridge) as a "fielder's choice." This means that South could select either of two excellent courses, at his own discretion — he could double three hearts and collect a handsome penalty, or he could go out for his own vulnerable game. As noted, South chose the latter course — a decision, incidentally, that was very questionable. The three-heart bid could be beaten 800, whereas South could not have made game at any contract against the best defense.

However, after East made his bid, the defense was (naturally) not the best. West would have opened a low club, and that would have led to the automatic defeat of the three-no-trump contract, but in the light of East's vulnerable three-level bid, West understandably led his singleton, and that did considerable for the declarer!

The heart lead established two quick tricks for South, and though East shifted to clubs, it was too late. Declarer won four spades, two hearts, two diamonds and one club, and so did not have to bring in the diamond suit.

A Country Garden

By Mrs. Gordon MacMillan

THE SEED CATALOGUES

They come to me when Winter's hand With iron fingers grip the earth, And seem to sing the Song of Spring Of resurrection and rebirth; They slip of meadows splashed with gold, Of bearded-iris-bordered streams, And as I read my spirit walks The garden pathways of my dreams.

I turn their pages o'er and o'er; I scan each cut and printed line, The etchings, true, of tree and shrub, Of potted plant and climbing vine, And, as the hours crawl, I plan The beds and borders, clumps and rows, Of massed delphiniums and phlox, And where the fragrant pansy goes;

As one who sees the purple night Her spangled curtain dim and lift— I open up the catalogue And through its beauty browse and drift; And time is winged with fragrant scent Of heliotrope and mignonette To lull my wearied soul to rest, And bid my wintered heart forget.

They come, not as a printed list Of things to purchase in the mart, But, as a feast that God hath spread To feed my starved and hungry heart; I press my face against the page; I breathe the breath of furrowed earth; And feel within my soul the pangs Of resurrection and rebirth.

—Tanhauser

Catalogues continue coming every day in the mail and some new ones not seen before are of Geraniums and other house plants. It is fun to try fitting the names in these catalogues to the Geraniums in your own collection.

Counting the varieties I find there are about a dozen different varieties in the Zonal geraniums (Pelargonium hortorum) zoneal in singles and doubles. A rose and red ivy geranium, one variety of a fancy-leaved ivy in yellow and green and two scented plants.

The Lady Washington or (Pelargonium domesticum) geranium grows here in two lovely colors, soft pink and a blotched variety with a dark centre and I remember the very large, beautiful plant which was covered with smaller flowers in my grandmother's window garden, a southern bay window filled with flowers of many varieties. Lovely hanging pots filled with colorful trailing plants.

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Modern Etiquette

By Roberta Lee

Q. Is it proper for a girl to light a man's cigarette for him?

A. Yes, if she has just lighted her own and her match is still burning. Otherwise, he should always light his own.

Q. What is the correct size of the place card at a dinner?

A. Usually about two inches long and an inch and a half high. It is usually plain white, but it may be embossed in white or gold with a monogram or crest. Place cards are inscribed in longhand.

Q. Is the person who is to sing at a wedding required to give a gift to the bride couple?

A. No. If the person is singing without compensation, most certainly the bride couple is in the "owing" side so far as a gift is concerned.

How Can I . . .

By Anne Ashley

Q. How can I remove chocolate stains from fabrics?

A. Soak the material in cold strong borax water for half an hour. Pour boiling water through and wash in the usual manner. For stains on silks, or other non-washable fabrics, sponge with chloroform. (CAUTION: chloroform is an anesthetic.)

Q. How can I clean steel which has become very rusty?

A. First rub with a cut onion and leave for a day. Then polish it with paraffin, or turpentine and brickdust, whichever you happen to have on hand.

Q. What is a good tonic for the liver?

A. Drink the juice of one-half a lemon in a cup of hot water the first thing in the morning.

Snacks taste better with

Marven's SODAS

Look for Marven's Seal of Quality

MARVEN'S DAINTYSIZE SODA WAFERS

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Women's Clubs

Look After

Local Needs

NEW YORK (AP)—Thirty million clubwomen are feeling their oats.

It's beginning to dawn on the general public, it seems, that if a town needs a new school, a community centre or somebody to tame its teen-agers, the local women's clubs usually can get the job done.

Recently I was asked to sit in on a panel of judges to choose the club woman of the year for a magazine award. The stacks of nominations were imposing.

There were innumerable instances where women's clubs had succeeded in accomplishing some long-needed project.

What surprised me was that so many of the clubs were made up of young members — not the dowager types that cartoonists love to depict.

Mothers Getting Out

Thousands of young mothers with several small children seem to be finding time to get out and on their community duty, without neglecting either home or children.

There's no doubt that the girls are setting things done, and that membership in women's clubs is growing every day. Just to give you an idea — there are more than 1,000 women's clubs in Detroit, 650 in St. Paul and 92 in Ogden, Utah.

The figure of 30,000,000 members of U. S. women's clubs represents the combined membership of 18 national organizations, including the General Federation of Women's Clubs, which alone has an estimated membership of 5,500,000 women in the United States and 11,000,000 over the world.

Cook's Corner

GINGER BREAD

2 eggs
1/2 cup brown sugar
1/2 cup molasses
1/2 cup melted shortening
2 1/2 cups sifted flour
1/2 teaspoon ginger
1 1/2 teaspoons cinnamon
1/2 teaspoon cloves
1/2 teaspoon nutmeg
2 teaspoons soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1 cup boiling water
Beat eggs, add sugar, molasses, melted shortening. Sift together spices, soda, baking powder, salt and flour, and add to mixture. Beat well, lastly add hot water and beat. Bake 45 minutes in moderate oven 350 degrees F.

It is good served as a pudding with ice cream or orange sauce or ice with chocolate frosting and serve as cake.

—Mrs. Val. MacDonald, South Winster W. I.

Morning Smile

Jack: What are you standing there looking so silly for?

Mack: I lost my glasses.

Jack: Well, why don't you look for them?

Mack: How can I look for them until I find them?

DOROTHY DIX'S COLUMN

Model's Lament

Girl, 19, Tells Of Her Beau, But Love Is Always One-Sided

DEAR MISS DIX: I was 19 last month, graduated from high school last year, and now a model. From 15 to 18 I went steady with David, though I dated other boys while he was in college. I met Roger, and realized that I had long ago outgrown David. I was madly in love with Roger and told him so, but unfortunately, he didn't feel the same way about me. Then last summer, my big romance came along. I worked as camp counselor, and Carl worked at the same camp. In two weeks I was in love with him; by midsummer we had become sweethearts and friends in the sense that we could tell each other anything, knowing the other would understand thoroughly. He was the sweetest man I had ever met. We continued dating when we returned to the city, but Carl warned me not to start dreaming about a future together, since he didn't love me. He never had declared his love, though he was sure of mine. He returned to school, and told me to go out with other boys and have a good time.

At a dance I attended, I encountered Roger, and the affection I had had for him returned. I wrote and told Carl, who replied that he was sure Roger wasn't the man for me. Since Carl has always been right in analyzing me, I wonder if I should follow his advice and discourage Roger from getting serious?

VELMA D

HER HEART ON HER SLEEVE

ANSWER: You certainly aren't missing much in the romance department, but you may discover that the ease with which you bestow your love may be a big factor in keeping you from a happy future. You seem ready to fall into the arms of any available male, and though you make these sentimental sponges sound like those of a 19th century novel, they're still all evanescent. Your letter was too long to be printed in its entirety, but it was a marvelous saga of vacillating romance. The most significant angle was undoubtedly the fact that you've fallen so completely for all these men—but none has ever said he loved you. Hearts that can be won too easily are rarely appreciated. If you want to keep a man, let the next one do a little wooing himself. Don't throw your heart at him when he hasn't even asked for it.

DEAR MISS DIX: I'm separated from my husband and have three small children. I'm tired of the same routine—caring for the children all day and staying alone every evening. How can I get to meet people after being out of circulation so long?

LONESOME

ANSWER: If your children are too young for school, there's not much you can do but wait until they are a little older; then get into school activities, such as the P.T.A., scouting, etc. Through these groups you'll make social contacts that will, I'm sure, alleviate your loneliness. You can't lose sight of the fact, however, that as a married woman who three youngsters your social life is bound to be restricted.

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

Alice Brooks Designs

JIFFY TO MAKE!

Bewitchin' in the kitchen! Cherries—easy embroidery—add spring charm to this coobler apron. Look at the neckline — for summer, wear it without a blouse. Cool cooking!

Be thrifty — use remnant! Pattern 7240. Medium Size only. Pattern pieces, embroidery motifs. Send Twenty-five Cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

7240

by Alice Brooks