

Cook's Corner

ELLEN'S DIARY

By An Island Farmer's Wife

CHOCOLATE-BANANA PUDDINGS

These very light batter puddings (you will notice they call for cake flour) may be either baked or steamed. The combination of the chocolate, lemon and banana flavors is different and very good.

Yield—6 servings. 1-3 cup corn syrup 1 tablespoon lemon juice 1/4-inch thick banana slices 1 cup once-sifted cake flour 1 1/2 teaspoons baking powder 1/4 teaspoon cocoa 1/2 teaspoon salt 1 egg 2-3 cup fine granulated sugar 1/2 cup milk

8 tablespoons shortening, melted 1/2 teaspoon vanilla Combine the corn syrup and lemon juice and divide into six greased individual baking dishes; arrange about six slices of banana in each dish.

Measure and sift together three times, the flour, baking powder, cocoa and salt.

Beat the egg until thick and light; gradually beat in the sugar, stir in the milk, melted shortening and vanilla.

Add dry ingredients to egg mixture about half at a time, combining lightly after each addition. Divide batter into the prepared baking dishes.

To bake puddings: Bake in a moderate oven, 350 degrees, about 35 minutes.

To steam puddings: Cover each dish with a little square of cooking parchment that has been wrung out of cold water, or with greased paper, and the cover. Steam over rapidly boiling water, closely covered, until done—about 35 minutes.

Unmolten puddings: If desired, and serve hot with chilled custard sauce, or pouring or whipped cream.



COCONUT ALL-BRAN MUFFINS

No creaming, no egg-beating—no easy mixing this Kellogg-quick way!

1 cup Kellogg's All-Bran 1/2 teaspoon salt 1/2 cup milk 1/4 cup sugar or golden syrup 1 cup sifted flour 1 egg 2 1/2 teaspoons baking powder 2 tablespoons soft shortening 1/2 cup shredded coconut

1. Combine All-Bran and milk in mixing bowl.

2. Sift together flour, baking powder and salt into same bowl; add sugar (or golden syrup), egg, shortening and 1/2 cup coconut. Stir only until combined.

3. Fill greased muffin pans 3/4 full; sprinkle with remaining coconut. Bake in preheated moderately hot oven (400°F.) about 25 minutes. Yield: 10 medium muffins, 2 1/4 inches in diameter.

Canada's most famous natural laxative cereal for kids (and adults, too)—it's a beautiful today!



Mrs. Frank L. Ross, Charlottetown, gives top marks to Fleischmann's Yeast.

College Teacher Wins Baking Honors at P. E. I. Fair

A teacher of teachers-in-training at P.E.I.'s Prince of Wales College, Mrs. Frank L. Ross dons the apron at home each Saturday morning for a whirlwind session of baking! Last summer she took a whirl at baking for the Women's Institute exhibit at the Charlottetown fair—with prize-winning results! And here's the gist of her lesson on home baking. "You may have a lot of skill and experience," says Mrs. Ross, "but

you couldn't get anywhere without fine, dependable ingredients. If you start with Fleischmann's Yeast you know you're going to get fast-rising action and light, tender baking. That's my experience with Fleischmann's—that's why I recommend it."

Mrs. Ross speaks from experience. Prize-winning bakers everywhere depend on Fleischmann's Yeast for super results.

'Back To Work' Again



Eighty-three-year-old Queen Mary appeared in greatly improved health as she officiated in London at the formal opening of the Westminster Church House assembly hall. It was one of the first appearances made by the dowager queen since her recent illness.

Modern Etiquette

By Roberta Lee

Q. Is it really incorrect or impudent to begin a letter with the pronoun "I"?

A. Not at all. What you say about yourself, of course, should be worth saying—that is, it should be interesting to your correspondent. Your friend wants to hear about "I" and would not like your telling him nothing of yourself. Your business correspondent is not disturbed by an "I" letter either, if it contains such news as "I am enclosing a check" or "I should like to place an order."

Q. When a husband and wife are calling on friends, which one should suggest leaving?

A. It is quite all right for either one to make the first move, merely by asking the other, "Do you think we had better be leaving?"

but obviously much against their inclinations. "They'll be frozen in!" James prophesied of them citing instances he had known of to prove his assertion. They had been there since Spring, boating, fishing, swimming and altogether "living the life of Riley" without a care in the world—no offspring trailing them—just the two. There is a rumor that an end is coming to their careless living, ideal as it may be, and we now scent roast fowl in the offing!

And so the South wind visited us today, and by every sign, still lingers about in the darkness. Leaves drip from the thawing and very gentle rain runs down the pane. It is a wet night—this first one of February's store. Until tomorrow—Diary—Good-night. . .

That Body Of Yours

By James W. Barton, M.D.

THE FIGHT AGAINST TUBERCULOSIS

Less than 50 years ago, physicians and the public generally looked upon tuberculosis of the lungs as inevitably fatal within months or at most a few years. Today, it is known that tuberculosis need not be always fatal, thanks to the great work of the National Tuberculosis Association which, by research, placing patients in special hospitals with fresh air and good food and, latterly by surgical methods in which whole lobes of the affected lung or lungs are removed, has enabled many formerly doomed individuals to return to home and work.

The tremendous cost of tuberculosis in terms of lives, suffering and dollars is emphasized in the 1949-50 annual report of the National Tuberculosis Association, released by Dr. James E. Perkins, managing director. "Killing more than 40,000 persons a year, tuberculosis is responsible for more deaths than all other infectious diseases combined and leads all diseases, infectious or not, in the age group from 15 to 34," his report states.

Despite the apparently discouraging figures, Dr. Perkins tells us that tuberculosis, a communicable disease, is also a preventable disease and can be brought under complete control if the present campaign of the medical profession, the voluntary tuberculosis associations, and official health agencies, is stepped up and relentlessly pursued.

Some of the immediate and outstanding requirements to fight tuberculosis are: (a) further medical advances in research and education of the public, particularly parents; (b) more local health units to serve the general health needs of all the people; (c) more widespread efforts to find people with tuberculosis while the disease is in its early stages.

While the day is expected when tuberculosis will be conquered, eternal vigilance will always be necessary. Because it has been amply proven that tuberculosis can be cured and preventive measures can successfully overcome the disease, Dr. Perkins believes that in the very near future all countries will enforce the preventive methods that will save the lives of thousands of the young and the middle-aged—our most productive people.

DOROTHY DIX SAYS—

No Chance For Happiness

Money, Emotional And Family Ties Make This Marriage A Bad Risk

DEAR MISS DIX: I am a business woman of 29. Have a good position and love my work. I suppose every woman should look forward to marrying, but the thought of it leaves me with a sense of a complete loss of freedom. A man I like but do not love has asked me to marry him and I do not know what to do. He has to support his mother. My mother is dependent upon me also and I have enjoyed our nice little apartment and providing her with comforts and pleasures that she has never had before. The man is opposed to a woman working after marriage. Another complication is that there was a man I loved horribly. I had to give him up because he was a drunkard, but I still miss him and still think of him. Do you think my marriage with the first man would work out happily?



ANSWER: I certainly cannot see how any marriage that was so handicapped as yours to this man would be could possibly be successful. There are innumerable reasons why you should not marry him and not one reason in his favor.

To begin with, you are not only not in love with this man, but you are in love with another man. That alone would be a sufficient bar to your union. It takes a lot of love to enable a woman to be a good wife, because even the best of husbands have faults and ways and little peculiarities that she has to put up with and to which she has to adjust herself.

Furthermore, don't delude yourself into thinking that marrying one man will make you forget another. It will not. Marriage doesn't extinguish the fire of an old passion. It merely fans it into a fiercer flame.

Besides, the woman who prefers office work to home work and who looks upon marriage as slavery should stay single. Nature intended her for a girl bachelor instead of a wife. A woman should regard her home as a heaven, not a jail.

Then the financial side of the situation is to be considered. All of you would have to pinch and scrimp and do without all the little luxuries to which you are accustomed, and unless you are four angels that would get upon your nerves and you would quarrel like cats and dogs. Particularly would the man resent having to support your mother and that would not add to the peace of the situation.

The only thing that would justify such a reckless marriage would be your being so madly in love with him that you would throw caution to the winds. As you have not this excuse for it, don't make such a foolhardy marriage.

DEAR MISS DIX: A girl of 17, living next door to me, left home not very long ago. A boy she had been keeping company with also disappeared about the same time. Last week they both returned and the girl's parents refused to take her in. She is about to become a mother and I feel so sorry for her. She told me on her word of honor that she and the boy were married, but as she is only 17 and he 19 I can't really believe her. The girl's mother has always been very cruel to her. I am an elderly woman with no children and would like to take this couple into my home and grandmother their baby if I were certain that they had been married. How can I find out?

ANSWER: If they have been married they must have a marriage certificate, or at any rate be able to tell you where they took out the marriage license, and you can write to the marriage clerk and find out.

But even if they have not been married, don't let that keep you from holding out a helping hand to these poor, foolish children. If you take these forlorn young creatures into your home, you can save them. You can give the girl the mothering that she has never had and that doubtless would have saved her from the folly of running off with the boy before they were old enough to marry or had anything to marry on. You can feed the boy, get him a job, give him back his self-respect and start him on the way of meeting the responsibilities he has taken on too young shoulders. And if, as you suspect, this couple are not married, you can have them married and take a little child from having to go through the world with the brand on it.

DEAR DOROTHY DIX: During our marriage my husband spent his evenings away from home, played cards, spent a lot of his money on drinks and did not try to make a success of our marriage, so I divorced him. Now he wants me to remarry him, tells me he has learned his lesson. I have a fair job and can support my children and myself, but at the same time I would like them to have a father. Would you take a chance on trying him again?

ANSWER: Depends on whether you still care for him and how much faith you can put in his promises of reform and what chances you think you have of being happy with him. Many second marriages are great successes, for both the husband and the wife have found out that divorce did not automatically end all of their troubles. And when distance has given them a little perspective on their marriage, they wonder how they could have let such trifles break up their home. Also, they do some soul-searching that makes them see their own faults and shortcomings as well as those of the party of the other part.

DOROTHY DIX cannot personally reply to readers, but will answer letters of general interest through her column.

How Can I!!!

By Anne Ashley

How Can I clean a marble surface?

A. Take 2 parts of common soda, 1 part of powdered chalk. Sift through a fine sieve and mix with cold water to a paste. Rub the marble thoroughly with this mixture and all stains will disappear. Then rinse and wash with hot water and soap.

How can I treat chapped lips?

A. An excellent remedy is one-half teaspoonful of borax to one tablespoonful of honey. Mix the borax and honey thoroughly before applying.

How can I restore a garment's color that has been destroyed by whitewash?

A. Wash the garment immediately in strong vinegar.

Morning Smile

Experienced

"Do you know anything about those lie detectors we hear so much about?" "Do I know anything about them? I've been married to one for twenty years."

You Never Know

1st Tenant: "The superintendent says that the woman who just moved into that apartment on the third floor is anemic." 2nd Tenant: "My, my—and she looks just like a Canadian, doesn't she?"

The Stars Say --

By Genevieve Kemble

For Tomorrow

A SET of conflicting planetary configurations indicate an uncertain, involved and complicated situation, difficult to prognosticate and more difficult to compose. There are many elements to take under consideration, and while the mind is under excellent stimulus, the energies quickened and pitched to high tension, yet there is little sign of support or cooperation. There may be strife, rancor, inharmonious and empty.

With such passion and obstruction there is an accent on inner power to resort to strategem, "hunches," shrewd and strangely effective. The velvet glove could placate and mollify.

If It Is Your Birthday

Those whose birthday it is, may find their hidden armor, against strife, conflict, opposition and lack of support from promised quarters in their own astute, peculiar and unique forces, techniques and strategy when all else fails. Routine and obvious measures failing, secret weapons are in order, not only "hunches," instincts and subtly, but "ideals," intuitions, even psychic leads or other queer expediency could prove of spectacular denouement, shattering all behind-the-scenes maneuvers. But be sure this spiritual force is worthy, high principled.

A child born on this day, may have a strange and variegated life, with many superficial elements to combat by its innate integrity, lofty ideals, strange powers, inner guidance, intuitive leads.

BABY'S BOTTLE

Clean it safely with Baking Soda. Free folder on request. See the Little, Brown, Book Co. for details.

COW BRAND BAKING SODA

Another Would - Be Conqueror of English Channel



Twenty-five-year old Mrs. Winnie Roach Leuzler of Willowdale, Ont., mother of three young children, seen above, has entered channel swim contest to be held in August, sponsored by London News-paper — to become first Canadian

woman to try to swim English channel. Mrs. Leuzler is known to thousands of Canadians for her prowess in Canadian National Exhibition swim meet, held in Toronto, and her attempts to enter the men's race at the exhibition

two years ago. Male contestants succeeded in having her ruled out however. Although Mrs. Leuzler has never swam more than 10 miles at any one time, she prides herself on her ability to finish such races with a shorter time for the last mile than the first one.

Household Scrapbook

By Roberta Lee

Fireproof Clothing

To render clothing fireproof dissolve one pound of ammonium phosphate in two quarts of cold water and soak the garment in this for five minutes. Remove and allow to dry. This solution will keep, is harmless, and can be used for several articles.

Cranberries

The amount of sugar used for sweetening cranberries, or any sour fruits, when stewing them can be decreased by adding a half-teaspoon baking soda when the cooking is nearly done.

Squeaky Shoes

A piece of moist bread allowed to remain overnight in a squeaky shoe will often remedy the trouble.

Better English

By B. C. Williams

1. What is wrong with this sentence? "I confess that I do not know much about it, but I'll attend to the matter inside of a week."

2. What is the correct pronunciation of "panorama"? 3. Which one of these words is misspelled? Contemptible, contemptuous, contagious, constancy. 4. What does the word "vituperation" mean? 5. What is a word beginning with fa that means "difficult to please; squeamish"?

ANSWERS

1. Say, I admit that I do not know much about it, but I'll attend to the matter within a week." 2. Pronounce second a as in shepherd. 3. Contemptuous. 4. Abuse; blame; severe censure. 5. Fastidious.

-Needlecraft-

FOR THE HOME

FOR MANY MATERIALS

This season the two-piece is style news! One of the nicest features of this design is that it turns out successfully in a wide variety of fabrics! Jacket is fitted; skirt features a front pleat for walkable fullness.

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Children's Own TABLETS

PARIS, Feb. 6 — (Reuters) — Signature of a Franco-American agreement under which United States heavy bombers will use air bases in French Morocco is expected within the next 48 hours. A French Foreign Office spokesman said the pact would give the United States Air Force the right to use five Moroccan bases.

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