

# Why Does Popcorn Pop?

By IDA BAILEY ALLEN

"In France, popcorn is a curiosity," remarked the Chef. "As far as I know, it is not grown on the continent of Europe. How does American popcorn differ from the corn in making cornmeal, Madame?"

### Contains More Protein

"It contains more protein and fat than ordinary corn. Chief, and the starch content is a little different. The action of the heat converts the oil and moisture in the kernels into steam, which makes them expand and 'pop,' or turn inside out."

### Has It Food Value?

"Popcorn tastes very good. Has it much food value?"

"Considerable, for it is a whole grain, and so contains vitamins A and B. It is also a good form of roughage because of the husk or bran. Up to a century ago, youngsters in farm homes were often given popcorn and milk for supper. In those days, it was popped in a kettle, or in a perforated metal corn popper over glowing coals."

### A New Invention

"Very different today with this new invention. See, Madame, here is the popcorn packaged in a fascinating aluminum foil pan that puffs up when the corn begins to pop into a big round container that holds four quarts. Shall we pop?"

"Pop we did. Then we made popcorn bars—a treat for dessert—and popcorn fruit cookies from the left-overs. Popcorn Bars? Pop 1 lb. corn kernels and have ready in 6 corn utensil. Next, make the candy mixture. To do this, combine in a

saucapan 3/4 c. corn syrup, 1 1/2 c. molasses, 1 lbs. vinegar and 1 tsp. butter or margarine. Slowly until half a tsp. when dropped in cold water, forms a hard ball in 1/2 min. Add 1/2 tsp. baking soda. Pour over the popcorn and stir until well mixed.

Transfer to a buttered 14" x 11" pan and press and crush down to form an even layer. Cool; with a very sharp knife cut into bars.

**Popcorn Fruit Cookies:** Cream 1/2 c. butter or margarine until soft. Work in 1 c. sugar and 1 egg. Sift together 2 c. already-sifted enriched flour, 4 tsp. baking powder, 1 c. enriched cornmeal, 1 tsp. salt and 1 tsp. ground nutmeg. Add 1 c. fine-dried dried figs or dates.

Then add 1 c. fine ground popcorn corn alternately with 1/2 c. milk to the first mixture. Roll to 1/2 in. thickness. Shape with a cookie cutter.

Place on an oiled baking sheet. Bake about 12 min. in a moderate oven, 350 degrees F.

### TOMORROW'S DINNER

Beet, Onion and Cottage Cheese Salad  
Lamb Stew with Potato Dumplings  
Winter Vegetables in Stew  
Popcorn Bars  
Coffee  
Tea  
Milk

**Potato Dumplings:** Peel and grate 6 cooked white potatoes and 1 peeled onion. Add 1 beaten egg, 1/2 c. enriched flour, 3 tsp. baking powder, 2 tbs. milk and 1/2 tsp. salt. Drop into boiling stew or salted water and boil 10 min. Garnish with butter-fried bread crumbs.

### TRICK OF THE CHEF

For novelty, pass hot popped corn with any cream soup.

## IN MEMORIAM

JAMES CALLAGHAN

The gentle spirit of an elderly and revered resident of Ebbfleet, in the person of James Callaghan passed from this life to the Great Beyond on Oct. 28 at the Western Hospital in Alberton. He was born in 1866, and was in his 80th year. Being of strong physique and accustomed to the hard work on a large farm, he enjoyed good health till within a week of his death, which resulted from shock and pneumonia, caused by a fall which broke his hip. Being a devout member of the Catholic Church his soul took its flight fortified by its last rites.

The late Mr. Callaghan took a deep interest in politics and public affairs of the nation and Province. The first boring for oil in the Province took place on his farm in 1913, when a depth of 1350 feet was attained. His wife, the former Adelaide Smith predeceased him in 1942, also one daughter Bernice. Besides his immediate family of three sons and two daughters, one brother, Peter Callaghan of Ebbfleet survives. The sons are, George of Bloomfield, Patrick on the homestead, and Louis of High River, Alberta. Mrs. Ray Gallant (Anne-Jane) of Bloomfield and Mrs. Edmund Kelly (Winifred) of Roseville, are the surviving daughters, also thirty-five grand children and seven great-grand children.

His funeral, which was largely attended took place on Saturday morning Oct. 30th, at the Church of the Immaculate Conception, where Requiem High Mass was celebrated by his pastor Rev. Patrick Walsh. Seated in the Sanctuary were Rev. J. A. MacDonald, Rev. Emanuel Richard, Rev. James Macdonald, C.S.C., Rev. T. Francis Cashen and Rev. Dennis Gallant.

The pall bearers were: Edmund Kelly, Richard Hustler, Arthur Allain, Emmett Callaghan, Fred Ramsay and Florenz MacCarthy. The memory of a dear departed father and Christian gentleman will be cherished by his family and numerous friends and neighbors as long as their earthly pilgrimage lasts.

The large number of Mass cards and messages of sympathy received, testified to the high esteem in which the deceased was held.

### Card of Thanks

The family of the late James Callaghan wish to thank Rev. Dr. W. E. Monaghan, the Sisters and staff of the Western Hospital, also Dr. Bandler and their many kind friends and relatives who sent Mass cards and messages of sympathy, or in any way helped to lighten their sorrow in their recent sad bereavement.

### SHOWY BUTTERCUP

The marsh marigold, with brilliant golden-yellow flowers, is found in swamps from Newfoundland to Saskatchewan.

As their drive for funds is now open. Teaching of catechism and the weekly card parties were given much discussion. The Treasurer's report was read by Mrs. J. B. Jay. At the close of the meeting an interesting report on the T. B. Convention was given by Mrs. J. E. Rossiter.

Mrs. Francis MacAdam kindly invited the members to her house for the next meeting. After a delicious lunch was served by the hostess the meeting closed by prayer.

**SPECIAL**  
Perfection  
ICE CREAM  
Orange & Chocolate Ripple

## SUMMERVILLE SCHOOL (October Report)

Grade X — 1. Mary K. Praught; 2. Marie Donnelly.  
Grade IX — 1. Harold Cain; 2. Marie Fraser; 3. Paula Praught; 4. Francis Cain.  
Grade VIII — 1. Elmer Hynes; 2. Doris Praught; 3. Rosemary Cain; 4. Joseph Praught.  
Grade VII — 1. Thomas Dunn; 2. James Boudreaux.  
Grade VI — 1. Clare Boudreaux; 2. Leonard Hynes; 3. Lauretta Walsh; 4. Kevin Walsh.  
Grade V — 1. Mary Hynes; 2. Mary K. Murphy; 3. Merril Cronin; 4. Mary Andrew; 5. Charlotte Praught.

Grade IV — 1. Francis Donnelly.  
Grade III (Sr.) — 1. Robert Cain; 2. Maureen Cronin; 3. Michael Murphy.  
Grade III (Jr.) — 1. Maurice Donnelly.  
Grade II — 1. Wayne Boudreaux; 2. Earl Cronin.

Grade I (Sr.) — 1. Ruth Rafuse; 2. Joseph Rafuse; 3. Gloria Andrew.  
Grade I (Jr.) — 1. Anthony Praught; 2. Donna Walsh; 3. Patricia Murphy; 4. Phyllis Rafuse.  
Teacher — Thelma Dalton.

### CANOE COVE W. L.

The annual meeting of the Canoe Cove W. L. was held at the home of Mrs. Ray MacPhee on November 5, with an attendance of six members and five visitors. The President presided and opened the meeting in usual way. Roll call was answered by paying of membership fees and squares for blanket. Eleven

squares are now made with more so come in. One new member was welcomed. The minutes of last annual meeting and October meeting were read and approved.

The President thanked the members for their co-operation during the year and wished that the coming year would be just as enjoyable as the past one.

Reports of committees: School. It was moved an seconded to pay the Red Cross bill at Store and to pay half of each month's bill in future. Secretary reported that the bill for painter and paint for the school etc. was paid in full to date amounting to \$38.93, but that the painting is not yet finished. Sick members a member with a box of fruit. Report of the year work and financial statement was then given by the Secretary. Plans were made to have a Pantry Sale in near future. Correspondence was read and placed on file.

Election of officers followed:

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For Your Dry Cleaning Needs

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Phone 2387

President, Mrs. Dougall MacLean (re-elected); Vice-President, Mrs. Milton MacNevin; Secretary-Treasurer, Mrs. Ray MacPhee (re-elected); Directors, Mrs. Harold MacKinnon, Mrs. Dan MacPhee, re-elected; Auditors, Mrs. John MacCannell, Mrs. Milton MacNevin. The committees were re-elected. It was decided to arrange for the

distribution of oil capsules again this year. Mrs. Dougall MacLean invited the members to her home for the next meeting. Roll call is to be answered by an exchange of Christmas gifts and gift for Orphanage box. At the close of the meeting an address was read by Mrs. Dougall MacLean and a gift of an electric kettle was presented to our

teacher, Mrs. Chesley MacDougall by Miss Louise MacKenzie and Mrs. Charles MacNevin from all those present. Lunch was served by the hostess and committee in charge. Social hour was enjoyed by all.

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GLORIFIES COLORS!  
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Pattern 4729: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 4 1/2 yards 39-inch; 3/4 yard contrast.

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 The Guardian, 60 Front Street, West, Toronto.

### MORELL C. W. L.

On November 17, the monthly meeting of the C. W. L. was held at the home of Mrs. Joseph Rooney with 29 members and one visitor present. In the absence of the President, the meeting was presided over by the first vice-president, Mrs. Alphonus Kelly. The meeting opened with prayer, followed by the roll call.

New business consisted of purchasing a crucifix for a recent bride as a wedding gift and of having a High Mass on Remembrance Day or as soon after as possible for all the soldiers who gave their lives in World War I and 2. It was decided to order Christmas Cards from Missionaries of Mary Sisters in Alexandria. It was also decided to purchase Mass Cards to have on hand. Ten dollars is to be sent to the Catholic Social Welfare Bur-



4729 by Anne Adams

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**SPECIAL**  
Perfection  
ICE CREAM  
Orange & Chocolate Ripple

**HURRY! HURRY!**  
FOOD SPECIALS!  
don't miss these ...  
**THURSDAY-FRIDAY-SATURDAY**

**SUGAR SWEET**  
**RANGES**  
FILLED WITH GOLDEN GOODNESS!  
344's 2 55c Doz.

**Grapes 2 lbs. 27c | Grapefruit 4 FOR 29c**  
**Heinz BABY FOOD 3 Tins 29c**  
**APPLES MacIntosh, Small, Fancy 2 DOZ. 49c**

**Island Cheese Lb. 39c**  
**White Beans NEW CROP 2 Lbs. 25c**

**MARVEN'S DAINTYSIZE SODA WAFERS**  
pkg. 31c  
**ROBIN HOOD OATS**  
5 Lb. Bag 49c

**TOPS IN WHOLE WHEAT VALUE!**  
**HABISCO SHREDDED WHEAT**  
2 pkgs. 35c  
**MORRIS GOLDEN YELLOW CAKE**  
pkg. 35c

**SHINOLA FLOOR WAX PRICE ADVANCING Tin 37c**

**JAVEX**  
32 oz. 29c

**MAGIC BAKING POWDER**  
1 lb. 35c

Plenty Of Savings For Your **CHRISTMAS TABLE**

RED OR GREEN GLACE CHERRIES, 4 oz. 2 pkgs.	35c
SEEDLESS RAISINS, fresh, 16 oz.	53c
2 pkgs.	53c
FRESH WALNUTS, light halves, 8 ounces	45c
CUT GLACE FRUIT, 8 oz. pkg.	20c
BULK DATES — 2 lbs.	31c
SEEDLESS RAISINS, 2 lbs.	37c
CUT MIX PEEL, 8 oz. pkg.	17c

ALSO — FIGS, BLEACHED RAISINS, CITRUS PEEL, ALMONDS, ETC.

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List Of Independent Dealers

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*Burns, Ralph R.	Freetown
*Costain, Alvin	Cape Wolfe
*Cotton & Rogers	Kenington
*Dixon, S. D.	Tryston
*Doucette, Alyre	Summerside
*Ellis, W. G.	Springfield West
*Foley, Alfred	Alberton
*Foley, John	Bloomfield
*Gallant's Grocery	Howlan
*Gaudet & Son, J. P.	Richmond
*Gaudet, Alfred	Summerside
*Gaudet & Son, Mark	Summerside
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*Nisbet, Thomas	Tyne Valley
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*Platts, F. L.	Scarleton
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*Shea, W. J.	Tignish
*McLennan, W. S.	Kenington
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*MacKay, K. R.	Stanley Bridge
*Ross, David S.	Eldon
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*Poole, P. G.	Souris
*Stewart & Beck	Montague

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Fraser's Boneless CHICKEN 7 oz. tin 47c	JELLO all flavors 6 pkgs. 57c	Blue Ribbon MATCHES 3 pkgs. 29c
Interlake Toilet Tissue	3 rolls 37c	
Johnson's Hard Gloss Wax	... pints 63c	
Wethey's 24 oz. Strawberry Jam	... jar 47c	
Perfection or Carnation Milk	... 6 tins 89c	
Devon Bacon, sliced, layer	... lb. 59c	
Maple Leaf Bologna, sliced or whole	... lb. 29c	
Snowflake Shortening	... 2 lbs. 53c	
Robin Hood Cake Mix (Chocolate)	... pkg. 29c	
Heinz Beans with Tomato Sauce, 20 oz. tin	25c	

Choice MEATS

There is hardly anything in the world that someone cannot make a little worse and sell a little cheaper—and the people who consider price alone are this man's lawful prey.

—John Ruskin.

Sirloin Steak	Lb. 65c	Shoulder Roasts	Lb. 45c
Canada Packers Bulk Sausages	2 Lbs. 69c	By The Piece Bologna	Lb. 25c
Fresh Neck	Lb. 18c	Bacon	Lb. 55c
Iceing Sugar	Lb. 11c	Matches	3 for 29c
Soap Powder QUIX	2 for 65c	THRIFTY PAK GRAVES WAX BEANS, 20 oz., 2 for 35c	
GRAPEFRUIT JUICE, 48 oz.	29c	CANADA PACKERS Boneless Smoked HAMS lb. 49c	
ORANGE & GRAPEFRUIT, 48 oz.	33c		
ORANGE JUICE, 48 oz.	37c		
Campbell's Soup	2 for 25c		
THRIFTY PAK GRAVES PEAS, 20 oz., 2 for	35c		

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