

## Hash With Some Delicious Variations

(Canada Dept. of Agriculture)

1-4 cup chopped onion  
1 tablespoon fat  
2 cups cooked ground meat  
2 cups cooked potatoes, diced or mashed.

Salt, pepper and other seasoning to taste.

Saute onion in fat until lightly browned. Add meat, potatoes, salt and pepper to taste and combine thoroughly. Pan fry until brown, stirring occasionally, or place in a greased casserole and bake in a hot oven (400 degrees F.) about 30 minutes or until brown. Yield: about 3 cups.

Variations:  
1. Add a little gravy, condensed cream soup or barbecue sauce to make hash more moist.

2. Vary seasonings, using herbs (savory, thyme, basil, rosemary), meat sauce, catsup, chili sauce, prepared mustard, vinegar, pickle relish.

3. Add browned hash to 3 or 4 beaten eggs and return mixture to hot frying pan. Reduce heat and cook slowly until firm and brown on the bottom, about five minutes. Crease through centre, with spatula, fold over and serve on a hot platter. Serve with a tomato or mushroom sauce.

4. Prepare half the recipe of hash using mashed potatoes and seasonings as suggested. Separate 2 eggs, beat yolks slightly and add to hash, mixing thoroughly. Beat egg whites until stiff and fold in to hash mixture. Drop by spoonfuls onto greased cookie sheet and broil until brown, about five minutes. Top with tomato slices or slices of cheese and broil until tomatoes are cooked or cheese melted, about five minutes. OR serve with tomato or mushroom sauce.

5. Top cooked hash with poached egg before serving. OR place hash in individual casserole, make a depression in the centre and drop in an egg. Bake in a moderately hot oven, 375 degrees, F., about 15-20 minutes or until egg is baked to desired degree of doneness. Grated cheese may be sprinkled over egg before baking.

6. Place slices of cooked hash on toast and top with catsup, chili sauce, tomato sauce or dill pickles.

7. Cook medium-sized onions in boiling salted water until almost tender, 15-20 minutes. Drain. Cut a thin slice from the top of onion and scoop out centre, leaving shell intact. Fill shells with hot hash, top with buttered crumbs or grat-

## Something New In Honey Recipes

These Honey Fruit Snacks are easy to make, pretty to look at, appetizing and nourishing.

1. Honey Fruit Snacks — 18 prunes or dried apricots, 1-4 cup honey, 1-4 cup peanut butter, 18 small round crackers.

Rinse prunes or apricots, cover with water and boil 10 minutes. Drain and cool. Remove pits by slitting prune along one side. Blend honey and peanut butter and spread on crackers. Top with a prune spread open, or an apricot half. Makes 18 snacks.

Honey Cocoa — 1 quart milk, 1-4 cup cocoa, 1-4 teaspoon salt, 1-2 teaspoon cinnamon, 1-4 teaspoon allspice, 1-8 teaspoon nutmeg, 2 to 4 tablespoons honey, 1-4 teaspoon vanilla.

Scald milk in double boiler. Mix cocoa, salt, cinnamon, allspice and nutmeg. Add 2 tablespoons of the milk and blend into a smooth paste. Pour into the scalded milk.

Add the honey and vanilla. Reheat. Beat with a rotary beater until well mixed. Four generous servings.

ed cheese and bake in a moderately hot oven, 375 degrees F., until top is brown and onions are tender, about 15 minutes. The chopped onion centres may be used for Creole Sauce to serve with the stuffed onions. Green pepper shells which have been parboiled in boiling salted water for five minutes, may be substituted for the onion shells.

8. Top the pan fried hash with grated cheese and place under the broiler until cheese is melted. Serve immediately.

### Forked Out

Johnson and Parker spent a day at the races. Johnson, although an experienced punter, lost all he possessed, while his friend Parker had backed four winners.

"Tell me," asked Johnson curiously, "how the heck did you pick 'em, Parker?"

"Oh, it was quite simple!" replied his friend. "You know that a lot of people pick 'em out with a pin?"

"Yes," answered Johnson, puzzled.

"Well, I have a better method than that. I use a fork."

## ELLEN'S DIARY

By an Island Farmer's Wife

Still the hills about are veiled softly in a quiet gray fog by day and the nights continue to be over-hung . . . as tonight, the dark, sable-black against the windows. And we find we search the clouds for a clearing rift of blue.

And rewarded at odd times by a glimpse of the sun's brief smile come then to the out of doors to enjoy some bit of gardening: to tidy the border; to transplant the root of some cherished perennial.

Or perhaps only to loiter on the old stone doorstep chatting with the children there.

Admiring with them a stretch of woodlands like so much dark velvet topped the green of the opposite slope. Or a wide-spread carpet of blue-green like a piece of fairy lace against the silver-blue of the sky.

Remembering the old pine that was by the roadside, tunes of every month of the calendar played on the harp of its high branches, with granddaughters offering gravely: "Well, it had to be that way—we couldn't have both tree and electric wire, now could we?"

Yet obviously wistful because granddaughter too, is much taken up with the glory and wonder displayed by Nature about it. It is to our mind one of Life's cardinal endowments, and sadly enough not bestowed upon every one.

Of this, William Blake, English artist and poet and great visionary gone these hundred years and more, put it this way: "The tree that moves some to tears of joy is in the eyes of others only a green thing that stands in the way. Some see Nature all ridicule and deformity . . . and some scarce see Nature at all. But to the eyes of a man of imagination, Nature is imagination itself."

Another discerning writer of the old years says: "We stand revealed to ourselves when we come in contact with Nature. She does not say: 'Look at me!' so much as she quietly holds a mirror up before our faces so that we can look deeply into the soul of ourselves!"

"If we are curious, Nature feeds our curiosity; if we are trusting and sympathetic, her great infolding mother heart overwhelms us with its benign foresight and universality; if we are cynical, mean, crabbed, she lets us hear the cry of the pack, the shriek of the dying and the crunching of bones.

Also, if we are timid, she sends Terror lurks in every shadow and Fear whispens in every rustle. Even a garden worm becomes a hideous monster. Was it not Thoreau who pointed out that 'a howling wilderness almost never howls; the howling is chiefly in the imagination of the hearer?'"

"The more we see of Nature, the more we polish the mirror that reveals ourselves. If we belong to the group that 'see' Nature at all, we are limited in our vision, almost sightless, as it were."

Our spell of chatting on the old stone doorstep today, while lamplings ran what granddaughter termed "the cutest races" in the meadow beside the house across the lane and the clouds all too soon repressed the face of the sun brought up the moot question again: "Which is better, chicken or tulips?"

Until tomorrow — Diary — Good-night . . . . .

## The Stars Say . . .

By Genevieve Kemble

For Tomorrow

A perplexing and curious state of affairs makes it wise to pause for development of a possible whirlwind. A sudden turn of events or strange situation may call for acute perception, with the inner psychic or intuitive faculties holding the answers rather than logic or rationalizing. Others of clearer vision or greater experience may have sound suggestions to offer.

For The Birthday

Those whose birthday it is may encounter a year of dubious and contradictory affairs, with unusual or curious slants coming up for clarifying. The suddenness or peculiarity of events may react more toward inner incitements and understanding, rather than forthright perception. The mentality may not be as safe a guide for action as are the intuitions or possibly emotional reactions. In all perplexities there may be dependable suggestions from old or more experienced heads. Imagination and queer experiences could make of it an unforgettable year.

A child born on this day should have a nature and abilities of exceptional and intriguing quality, with inner urges, psychic flashes or keen intuitions molding an unusual career.

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## DOROTHY DIX'S COLUMN

By James W. Barlow, M.D.

### Coyness Is Outmoded

Testing Soldier Beau's Love By Not Writing An Unfair Tactic

DEAR MISS DIX: My boy friend has been in Germany for over a year. Though I love him dearly, I did not write to him because I thought he would never care for me. He has returned home, and when I explained why I hadn't written he was so hurt he won't forgive me. Still, he admits he loves me. He is leaving again, soon, and I would like to know if there is anything I can do to mend things between us.

STELLA M.

ANSWER: Why do girls use such foolish tactics to test a boy's love? Coyness is a mid-Victorian trait that died an unromantic death; it should not be resurrected in this straightforward era.

To do your experimenting on a lonesome soldier thousands of miles from home was an especially mean device. His hurt feelings are certainly easy to understand, and I really don't think you are the girl to heal them. Your only approach to a solution would be to tell him frankly why you acted as you did, ask his forgiveness, and write frequently and pleasantly while he's away. I wish you luck, though you don't entirely deserve it.

### MARRIAGE AFTER FIFTY

DEAR MISS DIX: I am a lonely old widow, well off financially. I don't favor second marriages for people past 50, but I do have a very good friend who did a lot for me during a recent illness and personal troubles. He would like to marry me, and while I think a lot of him and we are very good friends, I hesitate because he has spells of gambling. As a Christian woman I don't approve of it. Should I tell him why I hesitate to marry him, and settle the whole matter at once?

G.E.N.

ANSWER: Certainly, if you're worried about a situation the best thing to do is present the problem and get a straight settlement. If the man cares for you, he'll be willing to give up gambling. Of course, there's no guarantee that he won't occasionally slip back into the old ways. That's a question you'll have to settle with him. Don't deprecate the question of marriage after 50. Many very happy weddings take place after the half-century mark.

DEAR MISS DIX: I have been invited to a Senior Prom; I am 16 and in the tenth grade. My parents seem to think I'm not old enough to go.

E. M. J.

ANSWER: Your parents' decisions are the ones you abide by whether you agree with them or not. I think you are old enough to go to the Prom, and hope your parents change their minds, as I know you'll have a splendid time. However, if they don't, take the disappointment gracefully: You are definitely too young to be going steady; perhaps if you can convince your family that you are sensible enough to handle an occasional date without getting too serious, you may have permission to go out now and then.

DEAR MISS DIX: The boy I go with is 14 years old, and I'm 17. His mother feels I am too old for him. My friends say age makes no difference. Which is right?

L. J. M.

ANSWER: The boy's mother. The idea of a boy 14 going steady is slightly absurd, and it tends to the ridiculous when his girl friend is three years older. Surely you can find a boy friend nearer your own age.

DEAR MISS DIX: I am 29 years old and a widower with two children. I am going with a girl 25 whom I like very much. She says she loves me, and we would like to marry, but I am afraid because her mother doesn't think I'm a widower. My children need a mother's love and I am sure this girl can give it to them.

M.G.

ANSWER: You are fortunate indeed to find a girl who will be a good mother to your two children. By all means tell her mother at once that you are a widower, and have her meet your youngsters. She'll probably be only too glad to help raise them.

DEAR DOROTHY DIX: A former girl friend of my fiance continues to call and write letters to him in spite of the fact she knows he is engaged. What should be done in a case like this? Should he write again, should I write and tell her myself, or should we both talk to her together?

L. S.

ANSWER: Your fiance should write a direct, emphatic note to

## That Body Of Yours

By James W. Barlow, M.D.

### CHILDREN'S DENTAL HEALTH WEEK

In February of this year, 4th to 11th, a children's dental health week was held and most of us, including physicians and dentists, were amazed at the number of children with infected teeth and gums, despite all the efforts (much of it freely given) of our unselfish dentists.

The objective of children's dental health week is to control the spread of tooth decay through a program of education directed through the community. With tooth decay now affecting 98 per cent of our children, the dental profession is using this means to stimulate correct methods of mouth hygiene and diet which may be carried out in the school and home alike. The slogan is attractive, "Smile and Be Proud of It" as children, as well as adults, place beauty and appearance at the top of the list of "musts."

The rules of dental health are simple but most effective.

1. Brush your teeth within ten minutes after every meal for at least three minutes at a time.

2. Brush away from the gums. First brush the chewing surfaces; then brush up on the lower teeth and down on the upper teeth, reaching both inside and outside surfaces. See that bristles get between your teeth.

3. Drink plenty of milk. Fortify your health with meat, eggs, butter, cheese, fresh fruit, green and yellow vegetables, whole wheat. Cut down on sweets in food and drinks.

4. Visit your dentist regularly so he may prevent future trouble.

Why should these simple rules be followed faithfully? 1. Fifty per cent of the nation's two-year-olds have one or more decayed teeth.

2. The average five-year-old child has at least six teeth in the process of decay.

3. Tooth decay affects 98 per cent of the nation's boys and girls.

4. By the age of 16, the average youth has at least seven decayed, missing or filled teeth.

5. During the early days of World War II, draft rejections for poor teeth averaged 20 per cent. This same percentage, in fact an even higher percentage, was rejected for the same reasons in World War I.

6. Sugar consumption has increased from an average of 10 pounds per person per year in early 1800's to 125 pounds per person now.

The above information came from a fact sheet published by public-spirited dentists. Part of the message to parents is: 1. See that your children observe the rules of dental health; (2) if your community does not yet have fluoridated water, ask your dentist to apply for fluoride treatment locally. More than 125 cities in America are now fluoridating their water supplies.

the girl telling her he is engaged and that any further mail from her will be returned unopened.

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

## Anne Adams Patterns

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## Modern Etiquette

By Roberta Lee

Q. Is it proper for the person who has won the bid in a bridge game to pass his card hand over to his partner to inspect before beginning the play?

A. Never! This not only delays the game, but in most cases this is done in a spirit of gloating — which is poor sportsmanship to say the least.

Q. Should the hostess lead the way to the table at a luncheon, or usher her guests into the room and then follow them?

A. The hostess should lead the way, and then designate the proper seating arrangement.

Q. Will you please suggest an appropriate toast that I, as best man at a wedding, can propose at the reception?

A. Simply "To the bride and groom" is quite enough.

## Better English

By G. C. Williams

1. What is wrong with this sentence? "He, you and I have received an invite to the wedding."

2. What is the correct pronunciation of "Nehru" (political leader in India)?

3. Which one of these words is misspelled? (Awkward, autocracy, articuler, augmentation.)

4. What does the word "incipiency" mean?

5. What is a word beginning with fla that means "grossly wicked"?

ANSWERS

1. Always put the person with whom you are talking first. Say, "You, he and I have received an invitation to the wedding."

2. Pronounce nee-ru, e as in net, u as in rude, accent first syllable.

3. Articular.

4. Beginning; commencement. "The disease was in its incipiency." 5. Flagitious.

## Morning Smile

The barber had cut him, nicked him, and gashed him. "Give me a glass of water, please," gasped the victim. "You aren't going to faint, I hope?" asked the barber in alarm. "No," replied the victim, "I just want to see if my mouth still holds water."

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## Alice Brooks Designs

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### How Can I . . .

By Anne Ashley

Q. How can I, when making jam, keep it from crystallizing?

A. Add a tablespoonful of glycerin to each pint of jam, and this will keep it from crystallizing. By doing this, less sugar is required and it is more transparent.

Q. How can I remove tea stains from linen?

A. Soak the stain as soon as possible in Javelle water, and then pour boiling water through it.

Q. How can I easily remove lint from furniture upholstery?

A. Go over the upholstery with a wet chamois wrung dry.

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## The FASHION SHOPPE

## Household Scrapbook

By Roberta Lee

Tarnished Silverware  
To remove tarnish from silver which has been stored away, soak for two hours in water left from cooking potatoes. The starch removes the tarnish. The articles may then be rubbed with a soft brush and silver polish.

Old Bedspreads  
Old worn bedspreads can be used to cover the springs under the mattress. This protects the mattress from the wire, means much less wear, and also much less dirt.

Inky Fingers  
When you wish to remove ink stains quickly from the fingers, rub with a cloth dampened with ammonia and then rinse in clear water.

## Cook's Corner

Savory Bread Stuffed Spareribs  
Select two rib sections that match and weight about 2 pounds each, and have the bone cracked to make carving easier. Lay one section of the ribs out flat, sprinkle with salt and pepper and spread with savory bread stuffing. Cover with the other section and skewer together. Sprinkle with salt, pepper and flour. Place on a rack in an open roasting pan and bake in a moderate oven 325 degrees F. for 1 1/2 hours, or until tender. Serve 6 to 8.

Savory Bread Stuffing  
One-quarter cup chopped celery and leaves, 1 small onion, chopped, 1 tablespoon chopped parsley, 3 tablespoons mild dripping, 2 cups soft bread crumbs, 1/4 teaspoon poultry seasoning. Salt and pepper to taste.

Cook the celery, onion and parsley in the dripping for a few minutes. Then add the remaining ingredients and stir until well mixed.

## GETTING UP Getting you Down?

If morning lads you only half rested, still weary — if your sleep is broken by fitful tossing and turning — your kidneys may be to blame. When your kidneys get out of order, you get out of order. To help your kidneys regain a normal condition, use Dodd's Kidney Pills. Dodd's help the kidneys get rid of poisons and excess acids in your system. Then your unobtainable disposition — you can enjoy restful, refreshing sleep — and awake relaxed and ready for your day. Get Dodd's Kidney Pills today. 147

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