



The Christmas Spirit

'Tis the week before Christmas
 And all through the stores
 Everybody is hustling,
 with last minute chores.
 This season of joy is with us
 we know,
 Let's scatter on everyone the
 bright Christmas glow.

MOORE & McLEOD Limited

St. Paul's Parish Guild Annual Meeting

The annual meeting of the Parish Guild of St. Paul's Church was held in the Parish Hall December 14, 1946.

The meeting, at which there was good attendance, was presided over by the president, Mrs. Parker Moore, who opened the meeting with the Lord's Prayer.

After the minutes of the last annual meeting had been read and approved, the treasurer gave a most gratifying report showing the finances of the Guild in good standing.

Mrs. Moore presented a most interesting report of the year's activities and outlined plans for the coming year.

Rev. J. T. Ebbott, Rector of St. Paul's, spoke to the meeting and congratulated the president and her executive for the splendid reports presented and for the work they are doing in the Church.

A short business period followed, after which Mrs. E. W. MacKinnon, chairman of the nominating committee brought in the following slate of officers for the coming year.

President: Mrs. Parker Moore.
 Vice-President: Mrs. J. T. Rodd.
 Sec'y: Mrs. James Haslam.
 Treasurer: Miss Helen Wakeford.

Executive: Mrs. E. V. Bell, Mrs. W. E. Champion, Miss Marjorie Hall, Mrs. George Richards.

The meeting closed with the benediction by the Rector.

Seek Legislation To Aid Seamen

OTTAWA, Dec. 17.—(CP)—New legislation to improve the lot of Canadian seamen will be sought from the Federal Government shortly by the marine joint council of the Trades and Labor Congress of Canada announced today after a two-day conference here.

The delegates, spokesmen for about 14,000 seamen, represented men from coast to coast, including Halifax, Saint John, N. B., Montreal, Toronto, the Welland Canal, Fort William Vancouver and Victoria. They comprised representatives of deck engineer and radio officers and unlicensed seamen.

One of the main points sought will be removal of a "meat tax" paid to the treasury board on seamen's subsistence aboard ship. This runs from \$16 a month for deepwater men to about \$30 for lake seamen, and the council objected to it on the ground that it duplicates taxation on their shore homes.

Another request will be that subsidies paid by the Canadian Government be restricted to companies whose vessels are registered in Canada and manned by Canadian seamen.

New Reformatory At Halifax Discussed

HALIFAX, Dec. 17.—(CP)—Negotiations for establishment of a new reformatory to provide segregation and training of medium-term prisoners are in progress between Federal and Provincial authorities.

J. H. MacQuarrie, Attorney-General for Nova Scotia, said today. He added that negotiations were expected to bring definite results in the near future.

Mr. MacQuarrie said a reformatory for the Maritimes would be preferable to a purely provincial one where a small number of offenders would tend to reduce efficiency of operation. A Maritime institution under Federal control would provide a staff federally trained.

"Such a reformatory would be a definite attempt to cure and rehabilitate short-term prisoners, particularly the younger element. Today we have high hopes of early results. We are making real progress."

ACCIDENTAL DISCOVERY

Gold was discovered near Los Angeles in 1842 by a shepherd who was trying to dig up a few wild onions for his lunch.

proper cooking. The best results are achieved by slow cooking with dry heat. Low temperatures assure better flavour and appearance with less shrinkage and loss of juices. Use a shallow uncovered pan, with no water. Place the bird on a rack, breast down to start cooking, then turn to upright position when about three-quarters done.

The following time-table in cooking poultry is recommended by the home economists of the Consumer Section, Dominion Department of Agriculture:

	Dressed Weight	Temp.	Min. per lb.
Chicken	4-8 lbs.	300-325 F.	30
Turkey	8-10 lbs.	300 F.	25
	11-18 lbs.	300 F.	20
Duck	7-8 lbs.	325 F.	18-20
Goose	10-12 lbs.	325 F.	20-25

The times given are approximate, since individual differences, such as size, shape, age and feeding may either increase or decrease the times stated. To test for doneness move the drumstick up and down. If the leg joint gives readily or breaks, the bird is done. If a meat thermometer is used, insert into the centre of the inside thigh muscle. When it registers 180 F. the bird is done. If the thermometer is placed in the centre of the dressing, the bird will be done when it registers 180 F. If the bird is done before time to serve, let it stand in a warm place to absorb juices.

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Gillette BLUE BLADES - RAZORS SHAVING CREAM

Christmas

There's a gladness past expressing
 There's a spirit that enralls,
 There's a mystic music ringing—
 To our hearts it softly calls.
 There's a song of joy and gladness,
 Echoing down the ages past,
 And it brings the gospel message:
 Christ has come to earth at last.

Years ago the shepherds heard it
 On the far Judean hills:
 "Unto you is born a Saviour—
 How the word our spirit thrills!
 Heard the angel voices singing
 O'er the fields of Bethlehem:
 "Glory be to God the Highest,
 Peace on Earth, good-will to men!"
 Now again we catch the spirit
 Of the happy Christmas-tide,
 Hear again the music ringing,
 See the glory far and wide,
 Follow with the wondering shepherds
 To the Manger, rude and old,
 See the wise men bring their treasures
 Frankincense and myrrh and gold.

Oh! the happy Christmas story,
 Through the ages still the same!
 Oh! the mystic might and magic
 Of the Christ-Child's matchless name.
 Yes, the world will grow the brighter,
 Better still the hearts of men,
 If we take to heart the story
 Of the Babe of Bethlehem.

Happiness

(By "E. A. B.")
 Far away from noisy cities and the
 rush of business life
 Along the lonely homelands you'll
 find no mingled strife;
 Beside the rocky shoreline where
 the simple fishers dwell
 Is a happiness that's bursting like
 the rise and falling swell.

Beside the lowly outposts where
 no homelike lovers shirk
 A hard-earned bit of restfulness
 a happiness at work;
 So simple in its finding, so hard
 to find by some
 It's a feeling, lived in taking, like
 a sixth sense ever numb.

'Tis true there's city dance halls,
 midnight masquerades
 But all this glowing color fades
 So lost and spent beside the road
 that wanders in
 Where happiness is lingering be-
 neath each shaded nook

There each day is filled with use-
 fulness, each night with reverie
 A happiness that's bursting from
 the soil, the air, the sea,
 When you've found it there's no
 worry, there's no war upon the
 land
 An everlasting happiness as ancient
 as the sand.

If you live in crowded cities and
 you search each building there
 Or you rush into the sidewalk and
 breathe the stifling air
 You're still lost on the roadway
 to the happiness in life
 For you'll find it in the simple
 things, the peace and not the
 strife.

MOIRS POT OF GOLD

presents an unrivalled assortment of sixty mellow-rich, full flavored chocolates... toothsome cashews, delicious ginger centres, chocolate coated almonds, true fruit creams and many other delectable pieces. Remember Pot of Gold when special occasions demand the best.

ONE DOLLAR THE POUND PLUS TAX

Moirs XXX CHOCOLATES

The Christmas Turkey

Choosing And Cooking It

With Christmas less than a month away it is not too soon to start making plans.

The Christmas table should reflect the holiday mood of the season. For such festive occasions tradition demands poultry. Your choice may be a golden brown, succulent turkey of good proportions, or yet again, goose may be a family's favourite. Chicken is always popular where smaller numbers are to be served.

Whatever the choice may be, the homemaker must give some forethought to the buying, preparing and cooking of the bird, to achieve that acme of perfection—the spotlight of attraction to grace the Christmas table.

The bird should be of the highest quality, plump, with well-fleshed breast and legs. A short body and broad breast indicate a meaty bird. The wise homemaker will look for quality as indicated on the govern-

ment grade tag.

To determine the size of chicken or turkey that will be required, allow one pound dressed weight, for each person, for fat duck allow 1 1/2 pounds dressed weight per person. Dressed weight is the weight of poultry as purchased, undrawn and including the head and feet.

To look its best the bird must be well-groomed. Remove the pinfeathers with either tweezers or a strawberry huller and singe to remove all hairs. Wash in cold water and wipe dry inside and out. Never allow the bird to stand in water, as this causes loss of flavour.

Bread stuffing still remains the most popular.

If the bread is about two or three days old it will crumble more easily.

For each pound of poultry dressed weight, allow 3-4 cup stuffing. The delicate flavour of turkey and chicken should not be masked with dressing which is too highly seasoned. Use this type of stuffing with goose—it has a stronger flavour.

Before stuffing, rub the inside of the bird with salt—it does not penetrate the skin. The dressing should not be packed tightly into the cavity—otherwise it will be soggy and the bird may burst when the dressing expands during cooking.

Fill the neck with sufficient dressing to give the bird a plump appearance. Then fold the neck skin towards the back and fasten with a skewer or by folding the wing tips back on the wings "arms akimbo" fashion. Now place bird

on back with legs toward you and fill cavity. Cross drumsticks having leg over all, to hold dressing in place. Take a piece of cord about 1 1/2 yards long, place centre of it under the tail. Bring up ends over crossed drumsticks, cross cords and repeat, pulling tightly. Cross cords again and bring firmly between the drumsticks and the body. Turn bird onto breast and bring cord around wings to centre back, so that it holds the lower wing joints close to the body. Tie cord securely on back holding wings and neck in place. A trussed bird cooks more uniformly, browns more evenly and looks better on the platter than one that is not trussed.

The crucial point has now been reached—all may be spoiled by im-