

WOMEN

Spirit Of Festivity Returns To Canadian Shrove Tuesday

The festival we know in Canada as Shrove Tuesday of Pancake Day is one of the most widely celebrated in the world. Nowadays, in the English-speaking parts of the globe, it is celebrated with rather less abandon than in older days, but in many countries it remains a time of wild feasting and merrymaking.

In Canada Shrove Tuesday is mostly celebrated quietly in the



Just the first helping! Yes, on Pancake Day you can really let yourself go with stacks of pancakes 'n syrup.

home by the serving of stacks of pancakes, but some of the old-time festival spirit seems to be returning in the communal pancake suppers that are becoming more and more popular each year. And what more tempting festive sight could there be than a grizzling table of hot, high-stacked pancakes oozing with butter and syrup? Even the mouth-watering smell of an appetizing plate of pancakes is a reminder of happy celebrations of the past.



A quick satisfying meal — pancakes and bacon — for Pancake Tuesday, February 22nd.

EASY PANCAKE RECIPES

Shrove Tuesday (Pancake Day) is just a few days away — it's on February 22nd to be exact — and already the family is probably looking forward to a feast of delicious pancakes smothered in rich syrup.

There's no excuse nowadays for Mother not to treat everyone to stacks of wonderful pancakes fresh from the griddle, because the modern pancake ready-mix does away with all the bother of making a special batter.

Yes, pancakes are so easy to make. Here's an "easy-as-winking" basic recipe that makes 14 to 16 medium pancakes —

3 Cups Ready-Mix for pancakes
2 cups Milk (or water)

Just add milk or water to the unsifted Pancake Ready-Mix all at once and stir lightly. Somewhat lumpy batter makes light, fluffy pancakes. Pour ¼ 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 two tablespoons melted butter, fat or oil and one beaten egg to pancake batter.

For thinner pancakes use more milk or water.

For delicious Buckwheat Cakes use two cups Buckwheat Ready-Mix and 2½ cups milk, following above directions.

HAM PANCAKES OR BUCKWHEATS

Fold 1 cup finely diced cooked ham into pancake or buckwheat batter and bake in the usual way.

PANCAKE SAUSAGE ROLL-UPS

Roll each baked pancake around a pan-fried pork sausage link. Serve with warm applesauce.

CHICKEN ROLL-UPS

Spread each baked pancake with chopped, cooked chicken; roll up. Serve with hot cranberry sauce.

BUTTERMILK PANCAKES

2 cups pancake mix
1½ teaspoon soda
2½ cups buttermilk
1 egg
2 tablespoons melted shortening

Dissolve soda in buttermilk; add with eggs and melted shortening to pancake mix. Beat with rotary beater until fairly smooth. Stir in melted chocolate (cooled slightly). Bake on hot waffle iron until steaming stops. Serve hot with a scoop of vanilla ice cream and chocolate sauce. Makes 5 servings.

APPLE PANCAKE OMELET

Pancake Omelet:
¼ teaspoon soda
1 cup buttermilk
3 egg yolks, beaten
1 cup pancake mix
3 egg whites, stiff beaten

Filling:
¼ cup butter
2 cups chopped raw apple
¼ teaspoon cinnamon
½ cup sugar

Serve with Sour Cream

For the omelet, dissolve soda in buttermilk. Add with beaten egg yolks to pancake mix, stirring until smooth. Fold in beaten egg whites. Heat 1 teaspoon butter in a 9 or 10-inch frying pan; pour omelet into hot frying pan. Cook over direct heat until bottom of omelet is golden brown, about 3 minutes. Place in broiler about 3 inches from source of heat and continue cooking until top is delicately browned. Makes 5 servings.

While omelet is baking, melt butter in frying pan. Add apples, cinnamon and sugar. Cook about 5 minutes over low heat, stirring occasionally. Crease omelet through center. Fill with the cooked apples; fold over. Serve immediately with sour cream.

CHOCOLATE BUTTERMILK WAFFLES

¼ teaspoon soda
2 cups buttermilk
2 eggs
1/3 cup melted shortening
2 cups pancake mix
2 squares (2 ounces) unsweetened chocolate, melted

Dissolve soda in buttermilk; add with eggs and melted shortening to pancake mix. Beat with rotary beater until fairly smooth. Stir in melted chocolate (cooled slightly). Bake on hot waffle iron until steaming stops. Serve hot with a scoop of vanilla ice cream and chocolate sauce. Makes 5 servings.

International Literary Contest Is Won By Alberta 13 Year-Old

FAIRVIEW, Alta., (CP)—Once Marie Jakober jots down her poetry, she seldom makes a change.

That, she says, "would spoil the meaning."

With quiet graciousness, 13-year-old Marie learned Monday that she had won an international literary competition with her poem, "The Fairy Queen." She was excited, but not unduly, for she won a prize in the same contest in 1953. She has won others in local competitions.

Daughter of a pioneering farm family in an isolated local improvement district 18 miles west of Fairview, Marie learned that she had won the gold medal of Shankar's weekly sixth annual "children's number" competition only when a newspaper man and a photographer battled heavy snow drifts to take her the news. The last two miles were negotiated with the aid of a farmer's tractor.

NO SCHOOLS IN AREA
Shankar's Weekly, published by

India's famed cartoonist, Shankar, sifted 24,000 contributions of literary work and drawings submitted by children of 56 countries to select Marie's poem as the best. The result was announced from New Delhi last Monday.

The Jakober family—Mr. and Mrs. Simon Jakober, three daughters and a son—seldom get into this Peace river farming centre 300 miles northwest of Edmonton. There are no schools in the area and Marie's education has been gained through correspondence courses of the Alberta department of education. She now is taking grade VII courses.

She learned of the Shankar's weekly competition through her correspondence courses. She entered a poem in 1953 and won a prize. Last October, she entered the 1954 contest and won the gold medal of India's vice-president in the writing division.

KEEPS NOTEBOOK
The smiling youngster has a selection of her works kept neatly in a notebook. Writing of some my

for raising funds for the Institute were suggested, and they were given some thought. The Secretary was requested to send a number of subscriptions for the Institute news. Several bills were reported paid.

A very informative and interesting talk by Miss Anne MacDonald, on "Colds and Influenza," was greatly enjoyed by everyone. Miss MacDonald discussed ways of preventing colds from spreading and how to care for those who already had colds or the flu.

The committees for the month gave their reports. Those appointed to be on the sick committee were Mrs. Forhan Bears, and Mrs. M. N. McGowan. The roll call for next month is to be "A sympathy or get well card". The monthly penny sale was held by Mrs. Forhan Bears and was won by Mrs. Peter MacDonald, who will be in charge if the sale at the next meeting. Mrs. A. M. McGowan kindly invited everyone to her home for the next meeting. During the social hour which followed a game of bingo and a quiz provided fun and amusement for everyone. Later the members were served an enjoyable lunch by the hostess, assisted by Mrs. Angus McGowan

"Mrs. M. N. McGowan was hostess to the Kilmuir Women's Institute when they held their monthly meeting at her home on Thursday evening. "Ideas for future roll calls," was the answer to roll call with ten members and three visitors responding. Two new members were welcomed to the group.

The secretary, Mrs. A. Finlayson, read the minutes of the last meeting together with the correspondence received during the month. It was suggested that T. B. seals should be sent out by the T. B. League, much earlier before Christmas, in order to put them on parcels going a distance. It was also agreed that a birthday cake should be sent to each member during the year. Several ideas

sort, she says, will be part of her career when she grows up.

Looking over the snow-covered fields of her family's modest farm, Marie said:

"I sometimes don't get ideas for poems for a long time. Then suddenly, while I look over the hills from my window, an idea will come to me and I quickly jot down the poetry as it comes to my mind."

Dies In California

—Mrs. Albert Leard Coleman, has received word from her niece, Mrs. E. H. Jirak, Glendale, California, of the passing of her husband on January 26th.

Mrs. Jirak, the former Gladys MacLean, was born in Coleman and is a sister of Mr. Milton MacLean, West Devon. She was a regular summer visitor to the Island for many years, the last in 1950 and has numerous relatives and friends who extend sincere sympathy to her and her young daughter, Roberts, in their bereavement.

Memorial services for Edward Henry Jirak born in Verdigré, Nebraska, passed away in Glendale, California, services at the Little Country Church, 10621 Victory Boulevard, North Hollywood, California, Saturday, January 29th, 1955.

CALORIE COUNT
A four-ounce serving of pork contains 544 calories compared to 374 for lamb and 262 for beef.

The meeting closed with the National Anthem.

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HOLMES and BRADLEY

FINAL WEEK-END CLEARANCE OF WINTER STOCK

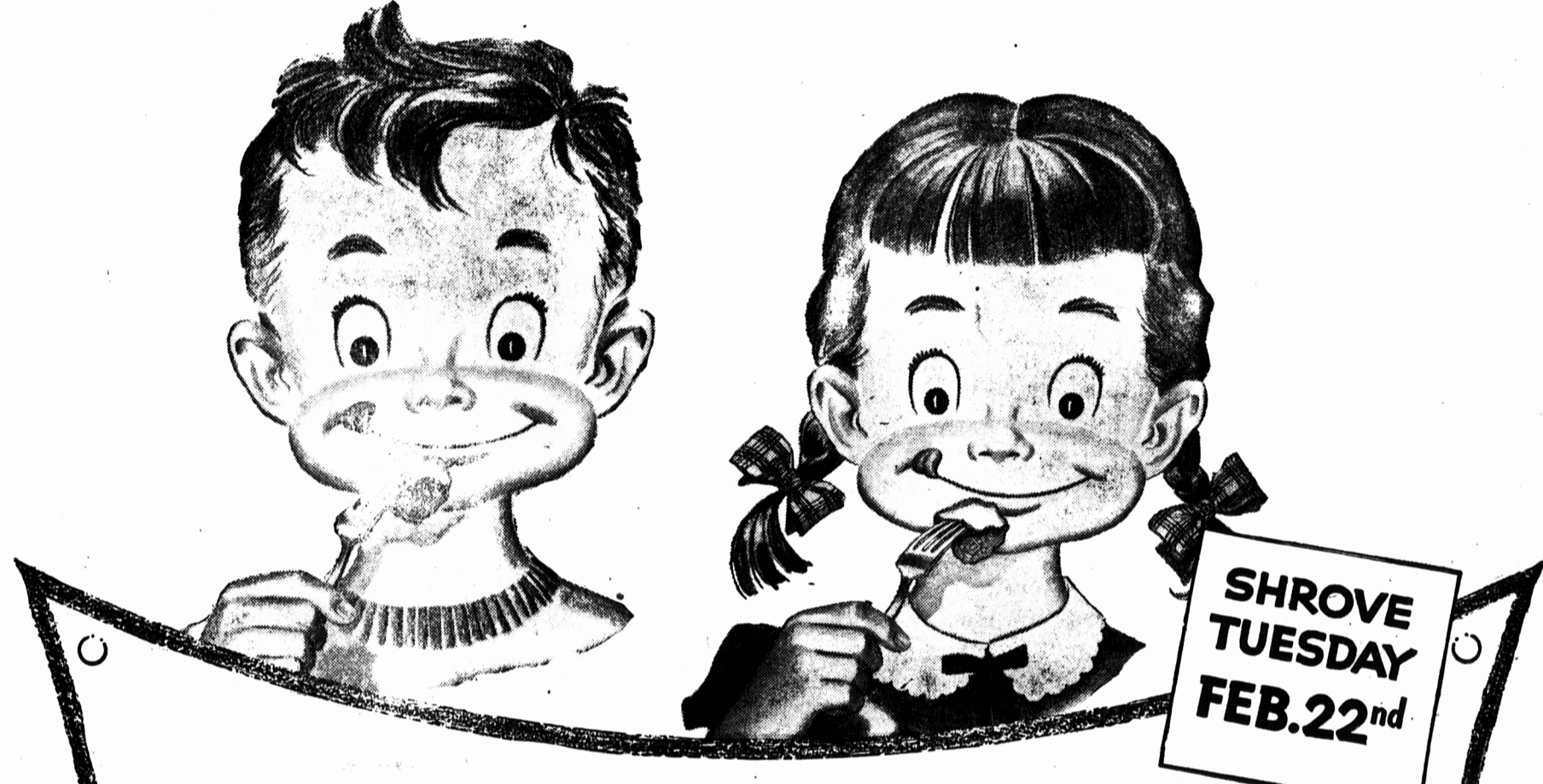
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PANCAKE TUESDAY and all through LENT—Serve

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Easy as 1-2-3 to prepare! You just add milk or water to dependable Aunt Jemima Pancake Mix — stir — and pop 'em on the griddle! Then serve 'em up with plenty of delicious, golden Crown Brand Corn Syrup. Man! What a meal!

