

CHRISTMAS CAKE

Although Christmas is still several weeks away, it is none too soon to begin Christmas cooking. For fruit cakes the sooner the better, as they acquire a decidedly superior flavour if allowed to mature for a few weeks.

Here are several popular fruit cake recipes. The first, called "Miss Dawson's Christmas Cake," is an excellent recipe for those who like a cake which, while not very dark, is nevertheless rich enough to keep indefinitely. The recipe makes on large loaf.

1/2 lb. sifted bread flour; 1/2 lb. sugar; 1/2 lb. butter; 1/2 lb. currants; 1/2 lb. seeded raisins; 1/2 lb. seedless raisins; 1/4 lb. cherries; 2 oz. each of walnuts, almonds, and mixed peel; 2 teaspoons baking powder; 1/2 teaspoon salt; 1/2 cup milk; 4 eggs; grated rind of one orange; 1/2 teaspoon each of lemon and almond flavoring. Prepare pan first, greasing and lining with heavy greased paper.

Cut up seeded raisins coarsely, cut cherries in three, sliver almonds and chop walnuts. Put about one-third of flour over fruit and stir with fork until well coated.

Cream butter and sugar, add each unbeat egg separately, add remainder of flour with baking powder and salt sifted in and milk alternately. Lastly add the fruit, orange rind and flavouring.

Bake in a very slow oven, beginning at 300 degrees F. and then cooling down to 250 degrees, for 3 1/2 to 4 hours. To prevent the cake drying out, it may be baked in a roasting pan with about half an inch of water in the bottom, removing the lid after the first hour.

Here is a recipe for dark fruit cake, which makes two large or three small loaves.

1/2 lb. currants; 1 lb. seeded raisins; 1 lb. pitted dates; 1/2 lb. candied pineapple; 1/2 lb. candied cherries; 1/2 lb. almonds; 1/2 lb. pecans; 1/2 lb. sliced citron; 1/2 lb. orange peel; 1/2 lb. lemon peel; 1/2 lb. butter; 1 cup sugar; 6 eggs; 3 cups flour; 1/2 teaspoon soda; 1 1/2 teaspoon cinnamon; 1 teaspoon nutmeg; 1/2 teaspoon allspice; 1/2 cup orange or grape juice; 1/2 cup honey or molasses.

Prepare the fruit and nuts, blanch and add almonds; put in a mixing bowl. Sift the flour, soda and spices over the fruit and mix with the finger tips. Cream the butter, stir in sugar gradually, then the beaten eggs. Stir in the flour, fruit and nut mixture alternately with the juice and honey. Bake large loaves 4 to 4 1/2 hours in a very slow oven (250 degrees F.) and small loaves 3 to 3 1/2 hours at 275 degrees. The cakes are improved by setting a shallow pan of water on the floor of the oven while baking.

If oven is not automatic, this recipe suggests that the cakes be steamed in the following manner, rather than baked. The several layers of wax paper over the pans, place on rack in steamer and steam for the period indicated for

For those who feel that a fruit cake is quite rich enough without adding almond paste, and icing here is a suggestion for decorating the cake with a design of nuts and candied fruit. Shortly before the baking is completed remove the cakes from the oven, brush with slightly beaten egg white and arrange the fruit and nuts on the surface. The design should be planned on a piece of paper beforehand as otherwise the egg will cook too fast to stick the design in place. Return the cake to the oven until the baking is completed.

How Can I!!!

By Anne Ashley

Q. How can I soften a paint brush that has been allowed to dry without cleaning?

A. There are several methods. One way is to soak the brush over night in a solution of one teaspoonful of washing soda, thoroughly dissolved in one cupful of warm water. The next day wash with warm water and soap.

Q. How can I prevent the skin of potatoes from shriveling while baking?

A. If the bacon fat or olive oil is rubbed over the potatoes before baking, it will keep the skin from shriveling, and also add to the flavor.

Q. How can I soften shoes that have become stiffened after a rainy day?

A. Wash the shoes with warm water; then rub castor oil or glycerine well into the leather.

Better English

By V. C. Williams

1. What is wrong with this sentence: "The man claims he earns over a hundred dollars a week."

2. What is the correct pronunciation of "chignon"?

3. Which one of these words is misspelled? Adulterer, upholsterer, mariner, conquerer.

4. What does the word "gestic" mean?

5. What is a word beginning with imp that means "not to be appeased"?

ANSWERS

1. Say, "The man maintains that he earns more than a hundred dollars a week." 2. Pronounce shen-yon, e as in she, o as in on, accent first syllable. 3. Conqueror. 4. Relating to bodily motion, especially dancing. "The people were pleased by her interpretation of the gestic art." 5. Implacable.

The Stars Say --

By Genevieve Kemble

For Tomorrow

IT might be well to take ample time for reflection and keen analysis -- as matters coming up may have long-range consequence. Work for the future, for enduring worth and basic quality. Do not jump at conclusions, or make snap judgments, since there may be tricky factors in important and gainful propositions. Sign all agreements with precaution.

For the Birthday

Those whose birthday it is may have important decisions coming up, with new arrangements on serious consideration and analysis, because of their basic worth and far-reaching promise. A child born on this day has sound and methodical insight into fundamental problems and vital issues and has promise of a successful career.



SAINT JOHN CROWD SANG "LET ME CALL YOU SWEETHEART"

DOROTHY DIX SAYS--

Is He Emotionally Free?

Girl Wonders About Fiance's Ties With Former In-Laws

DEAR MISS DIX: I am in love with a man 24, who says he loves me and wants to marry me. I don't know too much about him, as he comes from another state, but he does seem very nice. However, he is divorced and has a 4-year-old daughter who lives with her mother's people. Frank, my friend, is always talking about his wonderful in-laws, how grateful he is to them and how willingly he helps them. He often is at their house because of his child and frequently stays so long that he is late calling for me on a date. I am not jealous, and I want him to love the child, but I am afraid if he keeps seeing his former in-laws, his wife might come back into the picture.



MYRA ROSE

ANSWER: You have plenty of reason for apprehension; don't rush into this marriage unless you are sure Frank is emotionally free from his first wife. His continued devotion to her family is a bond with the past that could easily turn into an entanglement.

MARRIAGE HOLDS UNCERTAINTIES At best, the second wife of a divorced man is entering a life full of uncertainties. She is in constant doubt as to his feelings for wife No. 1, and if the divorce occurred--as most of them do--because of minor incompatibilities, it doesn't take much to stir up the old love. Many women have learned this lesson to their sorrow, but words of pre-marital warning go unheeded.

Naturally, the children of the first marriage will increase the possibilities of association between the divorced pair, and when a further complication is added in the form of devoted in-laws, a situation is created charged with emotional dynamite.

Your romance with Frank encounters another obstacle in the fact that you know so little of him. The mere fact that he seems like a nice person is very little recommendation for marriage.

Before taking the trip to the altar, give yourself time to consider the situation carefully. Weigh each problem and see if you don't agree with me that there are too many uncertainties involved to make your future look bright.

DEAR MISS DIX: This problem may be none of my business, but if positions were reversed I think I'd want someone to tell me the facts. Our neighbors are decent, upright people. Recently they went away for a week-end leaving their 15-year-old daughter in town, presumably with her grandmother. However, she and a girl friend stayed the latter part of both Saturday and Sunday nights over here with their boy friends. They kept us awake until about 5 A.M. Now--should I tell the girl's mother or just forget about it?

ANSWER: Usually I am a staunch member of the "mind your own business" school, but in a case involving youngsters this age, parents should be told of their daughter's behavior. When you state the facts to your neighbors, however, be sure you tell what you know, not what you think, or assume. If the girl was supposed to be at her grandmother's, I can't see why grandma wasn't aware of the youngster's absence from her house at such undue hours.

Handle this situation as tactfully as possible, for it is lamentably true that parents often resent criticism of their offspring, even where it is justified.

DEAR MISS DIX: I am very fond of a boy who is 22, three years older than I. We are not strangers as we have known each other for three years, but I would like to get him more interested in me. He always stops and talks when we meet but never asks for a date. Could I ask him to send me some stickers and a sweat shirt from his college?

ANSWER: No one would consider you forward if you asked for a few stickers as long as you offered to pay for them. The sweat shirt is a bigger item and since mailing it would involve some trouble, the request might not be received too well. Let that wait until you do become better acquainted with the boy.

Lovable You

Skin so soft... smooth touched with a lingering lovable fragrance Your complexion clear... fresh... radiant... thanks to the soap that soothes as it cleanses.



Colgate beauty soap Keeps Any Complexion Lovable

ELLEN'S DIARY

By an Island Farmer's Wife

But at Alderlea, in a world washed fresh and blown clean by last night's showers and wind, our plowing continued. In that field so magically brought into production this year and which has cozily between patches of sheltering woodlands.

There the tractor went its brisk way all morning, the plow turning up fresh the new earth, blessed with the forest decay of centuries, to winter's winds and centuries, carrying a pall of water to some stabled animal or a bundle of hay or straw, granddaughter, best of companions, at his heels. "Men are something of a bother, aren't they?" she confided coming in at his bidding to find out the time of day.

"It wouldn't be so bad, if they would work alone but they're forever ever wanting their women to help especially," she nodded, "my grandfather! Was your father like that?"

"Sometimes!" we conceded, with a smile. "Then" she declared "I guess they're all pretty much alike! And" she chuckled "they all like to go to sales."

She watched with obvious curiosity when towards mid-day we hoisted a jacket on the end of a staff, leaning against a fence within sight of the farmer still at the plowing. "Why?" she questioned. "To call your father in case he has forgotten his watch" we explained. "But how will he know what it means?" she queried.

"He'll know" we assured her. "It's wait here and see." We stood there a moment, looking back over a stretch of meadow and pasture where a bit coldly now, we fancy, herd and flock graze. Presently a gay smile spread and her eyes shone. The tractor was already in the farm-lane, bringing the farmer to his dinner.

This afternoon in an obviously pleasant outing for them and preferred above many for some reason we cannot altogether determine, the two rested their farm-work and attended a sale. Perhaps to pick up "something to feed" of the cattie-kind then in dispersal, or maybe only to learn something of the trend of prices, or likely to enjoy a foregathering with others of our craft.

See that you don't let any of the "suck into the kitchen," Ellen! James called with a smile as the truck eased down the driveway outward bound.

This sale was at a farmstead at no distance from Alderlea as the crow flies, one which in a young year we came to know well. There with those admirable parents and an interesting family, we spent many enjoyable hours.

Time however, brought its inevitable changes of death and separation and the home passed to other hands. In recent years we lost touch with that place. Only in passing, memories of those who once spread its hospitable table and their charm about the hearth-fire came to mind, and vanished.

But today old recollections were renewed for us by our farmers' outing and will be we are sure since nephews of James' have scolded its extent to their home acres, where at the farm-rear, they neighbor it at a line.

"I was just telling 'the young lad'" James remarks, coming in row through a crisp starlight night to shed cap and jacket, "it's almost incredible the changes a few years can bring!"

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

Cook's Corner

CHOCOLATE ORANGE COOKIES

2 1/2 cups sifted all-purpose flour, 1/4 teaspoon salt, 1/4 teaspoon baking soda, 1 cup shortening, 1/2 cup brown sugar, firmly packed, 2 eggs, beaten, 2 tablespoons orange juice, 1 tablespoon grated orange rind, 1/2 cup chopped nutsmeats, 1 pack 1/2 cup semi-sweet chocolate (7 ounces).

Sift first three ingredients. Work shortening with spoon until light; gradually add sugar, while continuing to beat. Add eggs, juice rind. Add flour, nuts, chocolate chopped fine. Form into 2-inch rolls. Wrap in waxed paper. Chill overnight. Bake 1/2-inch thick; bake on greased cookie sheet in moderately hot oven of 375 degrees F. 12 to 15 minutes. Makes five dozen cookies.

Morning Smile

Breakfast in Bed

From Australia comes the story of the kangaroo which, after pausing several times one day to scratch her stomach, yanked two baby kangaroos from her pouch and thrashed them soundly for eating crackers in bed.

Anything Goes

"I want to buy my girl a present. What do you think she would like?" "Does she like you?" "Oh, yes, I'm positive she likes me." "If she likes you, she'll like anything."

One Or The Other

Harper, seeing his friend Cash standing in the rain outside an expensive seaside hotel, went up to him and said, "What are you going to do, old chap? Stay out and get wet or go in and get soaked?"

Saved! The new minister had asked

Anne Adams Patterns

TEEN DREAM

LOOK as smart as your Career Girl sister, Teenier! Here is your dress! Collar and cuffs could be crisp white pique, or velveteen, on a wool frock; or make this up in a stunning combination of rayons. Any way you choose, it's a Teen-Easy!

Pattern 4795 in Teenage sizes 10, 12, 14, 16. Size 12 takes 3 1/2 yards 39-inch; 1/2 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 of The Guardian, 60 Front St. West, Toronto, Ontario.

That Body Of Yours

By James W. Barton, M.D.

HEALTH ORGANIZATIONS ADVISE WEIGHT REDUCTION FOR MILLIONS

"Persuading the 25 million adult Americans who are overweight to intelligent dieting under medical supervision has been made a major health project by the Metropolitan Life Insurance Company."

I am quoting from the Medical News Department of the Journal of the American Medical Association. While many may think that excess fat is not a serious matter, not a disease but just a condition that can be controlled by a little will power, and that there is no danger, only a disadvantage in being overweight, insurance companies and health organizations know from long experience that the overweight is risking health, life itself, in allowing himself to become and remain overweight.

The purpose of this project is to effect an improvement in general health by reducing the number of cases where overweight is causing various disorders and diseases of the body.

It is interesting to note the various organizations that will join in this fight of reducing weight. The records show that overweight is a factor in causing and maintaining the diseases these organizations are attempting to bring under control. Approval and active support of the nation-wide effort is being given by the American Heart Association, the American Diabetes Association and the American Dietetic Association.

One medium by which the campaign will be carried to the public is an eight-minute animated motion picture film for theatre use entitled "Cheer for the Chubby." The film will be offered without rental charge to theaters throughout the country.

A key activity of the campaign will be the distribution of a booklet "Overweight and Underweight." Copies of this free booklet will be available to the public at each of the offices of the Metropolitan Life Insurance Company.

What are the dangers of overweight that this large insurance company, aided by these large health agencies, are trying to combat?

1. Lessened life expectancy; lean men live longer. 2. Fat people have poorer chances of recovery in operations and infectious diseases. 3. Predisposition to functional diseases of the heart and blood vessels, kidneys and pancreas (diabetes). 4. Overweights are sluggish physically and sometimes mentally, lack ambition.

If the overweight is strong physically, heart and blood vessels normal, exercise and reduction of food is best treatment. If the overweight is "soft" and middle-aged, reducing the food is safest treatment.

Household Scrapbook

By Roberta Lee

Silver Slippers

Clean silver slippers with very finely-powdered alabaster. Take up some of the powder with a soft brush and rub until the surface



4795 SIZES 10-16 by Anne Adams

Modern Etiquette

By Roberta Lee

Q. Does a man ever shake hands with a woman without removing his glove?

A. No. Of course, at a ball, or if he is an usher at a formal wedding, he does not remove a glove intended to be worn indoors. If on the street he cannot free his left hand to pull his right glove off, he says, "Excuse my glove." But he does not ask that an indoor glove be excused.

Q. Is it necessary to tip a waitress in a cafeteria or self-service restaurant, who merely carries your tray from the counter to your table?

A. This isn't necessary, nor is it customary. Some people do, however, becomes bright and clean. Then polish with another brush until the powder is removed and the luster appears.

Paint

To remove paint from window panes, rub the spots with a strong solution of hot soda, or strong hot vinegar. Leave on until nearly dry; then rub off with a woolen cloth.

Fever Blister

Spirits of camphor is usually effective in helping to clear away that nasty fever blister.

After each shampoo or home permanent

LOVALON

your hair



added fresh color makes the lustrous difference!

Leaves hair soft, easy to manage • Blends in yellow, grey streaks • 12 flattering shades • Removes shampoo film • Gives sparkling highlights • Luv and 3c

the modern hair beauty rinse

Alice Brooks Designs

INEXPENSIVE SET

Darling overalls are easy to make and so practical, once patches can be padded for creases. There's a helmet and a wonderful bear bag too!

Pattern 7296: transfers of patches, bear bag; pattern of overalls, helmet. Sizes 2, 4, 6. State size. Send Twenty-five cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address, Pattern Number.

Eph to lead in prayer. It was Eph's first experience. Twenty minutes passed and he was still praying. The congregation became restless. Finally from one of the deacons came a loud "Amen."

Eph looked up and exclaimed: "Thanks, deacon. That's the word I've been trying to think of ever since I started."

KING COLE COFFEE

Your Favorite Blend



7296 by Alice Brooks

Tests Prove New Kind of Nylons Best Possible Buy

"Wear Longer, Look Much Better..." Says a U.S. Testing Bureau

The simple twist of a nylon thread now makes all the difference between just plain nylons and a completely new kind of stocking. Instead of knitting their nylons from old-fashioned wavy-straight nylon thread, the makers of Chatelaine hosiery use a completely new kind of nylon thread that's twisted before it's knitted.

What does this mean to you, the woman who wears the nylons?

Well, here's the story. A U.S. Testing Bureau went to work and put nylons knitted this brand-new way through their paces. They came up with charts, figures and statistics... plus some real advantages that we think you'll find pretty interesting.

We've listed them below in non-technical talk.

Frankly we think that after reading about the new Chatelaine Nylons,

twist! Nylons, you'll agree that these stockings are well worth trying.

FAR GREATER SNAG RESISTANCE

The simple twist of the nylon thread in Chatelaine Nylotwist® Nylons cuts down on the risk of costly snags.

STOCKINGS LOOK DULLER, SMOKIER

Reason? The twisted nylon thread reflects less light than ordinary nylons.

Prove it! Try a Chatelaine Nylotwist® Nylon on one leg, an old-fashioned nylon on the other. Ask anyone which stocking looks mistier, softer. They'll pick the high-twist nylon stocking every time... as did over 100 women in an actual test.

MUCH MORE STRETCH, SNUGGER FIT

Ever have trouble finding a pair of

nylons that fitted your legs all over, from tops to toes?

Well, search no more, my lady!

New Chatelaine Nylotwist® Nylons actually "live". They "give" just enough to cling neatly all your leg over, even at such hard-to-fit places as your knee and ankle. Tests have shown that new Chatelaine Nylotwist® Nylons stretch and snap back fully an inch and a half more than ordinary stockings!

NO MORE WRINKLES AT THE ANKLE

Beautifully sheer Chatelaine Nylotwist® Nylons will never, never wrinkle the way other nylons do. It's that marvellous twisted nylon thread again, keeping your Chatelaine hosiery trim-fitting, even after countless washings.

Trade Mark

For Nylons That Wear Longer, Look Better... Always Insist on...

