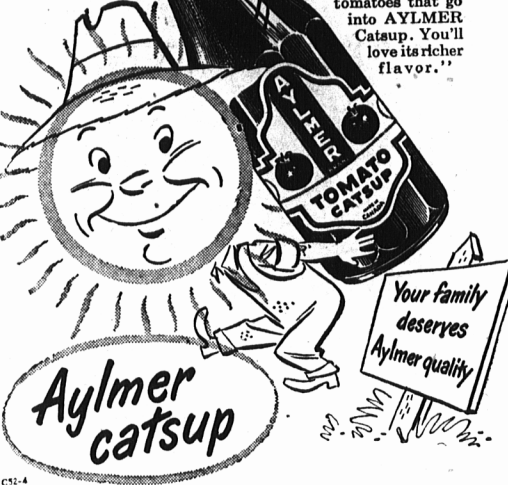


# Born of Sunshine

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## Strange But True

By F. H. MacArthur

Valuable necklace returned to owner after ten years. Mrs. Lambertina Pertile, of Padua, Italy, recently got the surprise of her life when she opened a package brought to her by the mailman and discovered inside a \$700 pearl necklace, lost or stolen ten years ago. The sender did not sign his name.

For maximum illumination, use one large bulb instead of several small ones. Remember that a 100-watt bulb gives 50 per cent more light than four 25-watt bulbs.

Nuts on a beech tree near Kingston last fall were covered with a peculiar hull. The top half was like the nut of a hazel and the lower half beechnut.

Reynard the fox is a very cunning animal. One of his most remarkable tricks is his ability to rid himself of fleas. Grasping a stick in his mouth, he will jump into a stream and submerge slowly, leaving only the stick above water. The surprised fleas, seeking refuge, escape to the stick.

When Reynard is certain that his enemies are all aboard, he lets go the stick and leaves them to their fate.

The soybean is a native of China, where it has been cultivated for 5,000 years. It was introduced into Europe by French missionaries in 1740. Yet strange to say, it was not until the end of the 19th century that its great food value was appreciated by Europeans and Americans. It has so many uses today that it is sometimes referred to as the wonder bean.

From this amazing bean comes food for cattle, a milk as nutritious as cow's milk; the curd can be made into excellent cheese, savory cakes, the popular soy sauce. The oil is used in making salad, curries, and for the manufacture of varnish, candles and soap.

The addition of soybean flour enriches other foods deficient in protein and can replace part of the meat in sausages.

Will the consumption of "an apple a day keep the doctor away?" Well, hardly, considering that an apple has a vitamin C value of 5-10 mg. The banana contains even less, while the plum and cherry are but little better. Raspberries, red currants and tomatoes have 20 to 30 more. But the good old orange with 50 to 60 is the most valuable of all fruits except the strawberry which has a vitamin C value of 70 to 90, and the hedgerow fruits which have vitamin C values all the way from 500 to 1,500. However the green walnut is the richest of all fruits with a vitamin C value up to 3,000!

The banana takes from 12 to 15 months to spring up and bear fruit; it is cut down at the end of the season and the following Spring a new shoot takes the place of the old stalk.

The plantain, banana, never imported, is always cooked by the natives before it is eaten. The banana plant is a giant herb, not a tree.

Wine as a drink is mentioned 155 times in the Old Testament, and 10 times in the New. We first read about the grape in the 9th chapter of Genesis, where we are told that Noah planted a vineyard and later got drunk on the juice of the grape. But excess in wine is always frowned on in the Good Book. Wine has always played an important role in the affairs of mankind since 1,490 years, B.C. The civilizations of Greece and Rome were nourished on the juice of the grape. China, too, in still more ancient days was a wine drinking country.

Treading the grapes is a custom as old as the hills, and no better method of extracting the juice has ever been found. Grapes that go through modern presses contain crushed pips and tannin which spoils the natural flavor of the wine.

The skins of animals provided the oldest containers for storing wine, and are still in use in some places. The largest wine vats in the world may be seen at Paarl in South Africa. Each holds approximately 46,000 imperial gallons, or 215 tons of wine.

Ernest Seton in his talks on wild animals tells us that rats are as fond of collecting odds and ends for their nests as a small boy is fond of collecting the same sorts of things for his pockets. "I remember," he says, "of finding an old pipe in one rat museum. Pistols are eagerly sought after, so are saddle buckles... and when any of these articles are found missing it is usual to seek out the nearest rat nest, and here commonly the stolen goods are discovered shamelessly exposed on top. I remember hearing of a set of false teeth that were lost in camp, but rescued in this very way."

## This Is The Season

Continued from page 2

the same way. To begin with, the chops may be breaded by dipping them in crumbs, egg and then crumbs again or they may be simply dipped in seasoned flour. Next, they are browned in just enough hot fat to keep them from sticking to the pan. Bacon fat is good to use because it gives the veal more flavour. After three to five minutes browning, the chops should be covered and cooked slowly, either on top of the stove or in a 325 degree F., oven until the meat is tender. Chops about one-half inch thick will need about 12 minutes cooking on each side or about 25 minutes altogether. Steaks and cutlets the same thickness should take slightly more cooking, about 15 minutes on each side. The reason for covering the pan is, of course, to keep the meat moist. Another way to cook the chops is to add some liquid, well-seasoned tomato juice for example, to the pan after the chops are browned. Then the pan is covered and the meat cooked until tender.

### Breaded Veal Cutlets

- 1 egg
  - 2 tablespoons water
  - Salt and pepper
  - 1 teaspoon poultry seasoning (optional)
  - ¼ cup fine dry bread crumbs
  - 6 veal cutlets (or chops) ½" thick
  - Fat or drippings.
- Combine slightly beaten egg and water. Add salt, pepper and poultry seasoning to bread crumbs. Dip cutlets in crumbs, then egg and then crumbs again.

**Top of Stove:** Brown breaded cutlets on both sides about 5 minutes in hot fat or dripping using a heavy frying pan. Cover and continue cooking until done, about 25-30 minutes, turn occasionally.

**Oven Method:** Brown breaded cutlets on both sides in hot fat or dripping in a heavy frying pan, about 5 minutes. Cover and bake in a moderately slow oven, 325 degrees F., until done, about 15 minutes on each side. Serves 6.

### Veal Birds

- 1½ to 2 pounds veal steak about ½ inch thick.
- Salt and pepper
- 2 cups soft bread crumbs
- ½ teaspoon salt
- Few grains pepper
- ½ teaspoon savoury
- 2 tablespoons melted fat
- ½ cup diced celery
- 1 - 2 tablespoons finely chopped onion.

Flour  
Fat  
¼ - ½ cup water.

Cut veal in pieces approximately 2" x 4" and pound to flatten. Sprinkle with salt and pepper. Spread with dressing made by combining bread crumbs, salt, pepper, melted fat, celery and onion. Roll and tie securely. Roll veal birds in flour. Yield: 9 to 12 birds.

**Top of Stove:** Brown meat on all sides in hot fat in heavy frying pan. Add ¼ cup water, cover and simmer until meat is tender, about 45-55 minutes. Use drippings in pan to make gravy.

**Oven Method:** Brown meat on all sides in hot fat in a heavy frying pan or roasting pan. Add ¼ cup water, cover and bake in a moderately slow oven, 325 degrees F., until done, about 1½ hours.

### DIESELS FOR PAKISTAN

KARACHI (CP)—Pakistan railways are gradually being converted to diesel locomotives for better and faster service. So far 89 such engines have been sanctioned for the Eastern Bengal Railway and another 60 for the north western line. The diesel electric are being divided between passenger and freight trains as they arrive.

and warm, comfortable quarters here during the winter months. Juniper berries stimulate the kidneys, which is why some people drink gin. The berries of the juniper are supposed to impart a characteristic flavor to gin.

An act of Henry the VIII forbade brewers to put hops into ale for it was considered dangerous to the health of the nation.



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Mrs. G. Edwin Sansom holds the silver trophy she won at Stanley Fair in 1947, when she was named "Most Worthy Settler" for the year.

## Adds to Baking Fame at 1951 Stanley Fair

At the internationally famous county fair at Stanley, N.B., Mrs. G. Edwin Sansom is honored not only for her cherished community services, but for her wonderful baking skill! She has been a prizewinner for decades—four ribbons in 1951, including a first prize for bread. Reviewing her years of success, Mrs. Sansom

pays full tribute to Fleischmann's Yeast. "All the prizes I have won for yeast-raised baking were won with Fleischmann's Yeast," she says. "It's so lively and dependable—I wouldn't use any other." Old and new winners agree. For tiptop results in your bread and rolls it pays to stick with Fleischmann's Yeast.

## DOROTHY DIX SAYS—

Continued from page 2

with her. She lives clear across the continent from where I am settled. I have just started business here, and can't afford to go to her state to get married. I'd like to let her know how I feel, and have her come out here to marry me. Would this be asking too much?

ANSWER: You are certainly an impetuous young man, Russ, when it comes to falling in love, but rather reluctant about conducting a proper courtship. You don't even know how the girl feels about you, so isn't it rather early to make wedding plans? Furthermore, to go so far ahead with marital ideas on as flimsy a foundation as correspondence over a few months is very risky. Never could I advise it! True, such conditions have occasionally resulted in successful marriages, but the chances are so slim that I strongly urge you to make some effort to become better acquainted with the girl before taking the fatal leap.

You certainly are a long distance apart, and I'm sure her family would never consent to her traveling across the country to marry a man she has never seen. Why not look for a girl closer to home and avoid all these complications?

DEAR DOROTHY DIX: I am a girl 16 and was engaged to a boy 21. My parents were against it, so we broke the engagement and now I realize how foolish I was. Now I love a boy 20, but am afraid the same thing will happen.  
HELEN D.  
ANSWER: Most probably the same thing will happen. Helen. At 16 you are much too young to become engaged, especially while you're in the adolescent stage of falling in love with every boy who comes along.

You need a great deal more schooling and, if you have stopped going to school, please consider going back, even if it's only at night. With so little education, you'll have a hard time making good at anything. Study a little harder, and worry about the boys less.

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