

ANNE ADAMS PATTERNS



How to get along with others

When your child screams, "I hate you!" when your husband blows up over nothing—can you figure out why? What are the real feelings behind such behaviour?

In April Reader's Digest you can learn how to develop "empathy" (putting yourself in the other fellow's shoes without getting emotionally involved), and how his ability can smooth your daily life, both at work and at home. Get your April Reader's Digest today: 39 articles of lasting interest, including the best from current books and leading magazines, in condensed form.

Bringing Up Baby

Hints Collected by The Sun (Mother of 5)

A bit apprehensive about the arrival of that beautiful bundle of joy? That's understandable. Many new mothers get all tense from trying too hard. It's helpful to remember that when you relax, most tasks are lightened, and when you put forth a serene manner, it increases baby's serenity. Remember too, that baby is an adaptable human being, and many a problem solved by plain old-fashioned common sense, liberally seasoned with love.

Feeding tips for freshman parents

- (1) Baby should always be held as nearly upright as is possible for comfort. He is less apt to swallow air when in a vertical position.
- (2) Hold bottle at such an angle that the nipple is always full of formula—another simple precaution against excessive air-swallowing.

Orange juice is usually recommended as soon as baby is well established on formula. Important note to remember about Gerber's strained Orange Juice: it is made from tree-ripened oranges, selected for their high vitamin-C content, and mild, natural flavor. It is specially processed to remove most of the peel oil which insures easy digestibility. Carefully pasteurized for baby's protection, too.

New babies usually meet solid food for the first time in the form of cereal. There are good reasons for the popularity of Gerber's 5 Cereals—Rice, Barley, Oatmeal, Wheat and Mixed Cereal. They're famous for bland, but distinctive flavors, and an ultra-smooth, pleasant-feeling texture. Pre-cooked and ready to serve, with milk, formula or other liquids. List but not least, Gerber's 5 cereals are fortified with iron, calcium and B-vitamins; offer an abundance of energy-giving calories. Gerber-Ogilvie Baby Foods Limited, Niagara Falls, Canada.



From Tea Plant To Tea Pot

will grow bigger and better in the development of the island fishing industries.

Hon. Eugene Cullen, Minister of Natural Resources congratulated the members on such a good turn out. It is no accident that today there is a floor price on butter and eggs," he said, "these came about through the co-operation of the farmers of P. E. Island and other provinces in a build-up which reached a national level in the National Federation of Agriculture." The same can be achieved through similar action on the part of fishermen and can result in a higher level of living, to which they are entitled."

YORK POINT MISSION BAND

The March meeting of the York Point Mission Band was held in the School on March 4, with the president, Lois MacKinley in the choir. The opening hymn was "Jesus Bids Us Shine". The Scripture was read by Lois MacEwen. Barbara Robertson received the offering.

The treasurer, Willard MacPhail then gave the quarterly report. This was followed by a story from World Friends by Wilma MacPhail. A group, namely: Linda Dochendorff, Lois MacEwen, Lois MacKinley, Patsy MacEwen, Wilma MacPhail, Donnie MacEwen, Willard MacPhail and Jimmie Robertson, sang "Tell Me The Story of Jesus."

The meeting closed with the hymn, "Jesus Loves Me," the Mission Band Purpose and Prayer. Lunch was served by the committee.

One of the world's finest coin collections is in the Fitzwilliam museum at Cambridge University, England.



The self-contained Indian or Ceylonese tea plantation may cover anything from 300 to 3,000 acres. Each plantation has its own factory where the tea is processed after plucking. The carefully cultivated tea bushes never grow very tall, for they are kept pruned to a height of three or four feet. The bushes are plucked at fairly frequent intervals, depending on the altitude of the plantation, climate, and sturdiness of growth, and the operation is carried out by skilled women who know by experience which leaves to take. A normal plucking is known in the trade as "two leaves and a bud" and consists of exactly what the term says. If

the plucker takes more than two leaves and a bud it is called "coarse" plucking, and if she takes less it is "fine" plucking. Plucking is a highly skilled business, but is only the start of the many stages that the tea must go through before it is ready for the pot. The freshly plucked tea is transported to the factory by hand, by truck or by aerial ropeways. On arrival, it is spread out in thin layers on cloth or wire mesh to wither. Air passes through the leaves, evaporating the moisture in them, and leaving them soft, but still with their natural green colour. The withering process takes from 12 to 24 hours. Next the tea is put into rolling

machines which bruise and twist the leaf, thus squeezing out the juices which are then exposed to the air and begin to ferment. At this stage the tea changes colour and begins to look more like the tea that comes from a package. After rolling, the tea is again spread out in thin layers for further fermentation. By now looking completely different from the green leaf that went into the factory, the tea is fed into a drying machine which causes hot air at a carefully regulated temperature to pass through the leaf in order to dry it still further. The final drying (or firing) process completes the journey of the tea through the factory, except for its sorting or grading into various sizes of leaf. When the tea has been graded, it

is given a final examination before being packed into plywood chests, lined with metal foil.

French Budget

PARIS, (AP)—France's National Assembly has approved a budget anticipating nearly \$9,000,000,000 in government income this year. But with military expenditures still to be figured, the intake is expected to fall about 10 per cent short of spending.

The assembly approved the measure Sunday by a vote of 392 to 211. It anticipates an income of 3,090,500,000 francs (\$8,800,000,000).



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