

Chimneys Are Cleared!

Duly then to let minds "rest" or at least in some comfort. Fall winds blow lustily about them, chimneys were cleaned today the workmen grateful to have the chore done on just such a day as this one.

It was summery graced with a prisingly bright sunshine and a love of a loafing, wayish, wind. "What can you see?" we called to James up on the rooftop. "Soot!" he grinned peering down the chimney. "And" he turned to look out above the fields toward the woodlands, "heaps of brush back in the stumps there waiting to be burnt."

The glow of that burning was reflected later against the northern sky as the heaps of tinder—dry and kindled in succession were consumed in a quick rush of flames at the edge of the night. We watched with Granddaughter from the orchard while at our backs the evening star entered its course and the dusk grew its curtains across the hills of the day.

How still it was about! A car momentarily breaking the silence passed in the road, homing we knew; a dog barked somewhere in the distance; a plane flew above a farmer called in his cows to the milking. And now the fires were only points of candle-glow in the darkening shadows over the fields. Presently the lights of the little trucks there, Rob's, and ours, drew away from the scene, each turning home. No danger of the fire spreading out of bounds, the farmers had seen that eventually. "Let's go in now," Granddaughter said with a sigh.

Evenings after their homework is done Jeanie, an ex-school m'am is extremely particular about this because, she says out of her experience "What is the use of sending children to school with lessons unlearned or only sketchily mastered?" one or the other or it maybe the two come along the path beneath the white birch tree to visit though it is often on a brief stay. For on school-nights Granddaughter has set herself an early time for retiring and with sleepy eyelids and all in good time, the Sandman himself leads Mack off home voluntarily to bed.

This evening James was reading when he came, we knitting a few rounds on the first work-sock of Fall. "I want to read you something," she giggled, opening a clipping she carried. James dropped his paper with a smile and drew Mack to the arm of his chair. We have it now, word for word as she read it.

"A lady entered a country store and asked to be shown some linen napkins. The salesman brought a stack of napkins to the counter and showed them to her."

"After carefully inspecting each one. The customer asked the aged question: 'haven't you something really new?'"

"Having heard that before, the salesman showed her another pile of napkins!" these are the newest that the edge runs all around the border, and the centre is in the middle."

"Dear me, yes. I'll take a dozen of those," exclaimed the delighted lady. "We giggled with Granddaughter."

"Hi-m!" James chuckled, isn't that like them! And I suppose," he added with subtle suggestion, "though they were exacting the same as the first, if she had to pay two prices for these—that" he nodded "would please her all the more!"

A nice day this—summery, beautiful. Until tomorrow — — — Diary—Good-night

Dear Mary Haworth. My husband is a brilliant man, a good leader and capable of much happiness. But one day he is up in the clouds, bragging about his brilliant future, and the next day down in the depths of dejection, complaining about his hard miserable life as a child

He is 37 and I am 36. We have been married 15 years and have three children—ages 13, 8 and 5. I was in college and John was a sailor when we met, and from the first we were intensely attracted, although we had very different backgrounds. Two years later we married and went to live in his background, where he had a transport job.

In 1943 he rejoined the Navy for two years and I went to my law and then to a job promoter. I worked as secretary while John was away, rising to the job of private secretary to the company president. On John's return we started again in his home town. I was an early time for retiring and with sleepy eyelids and all in good time, the Sandman himself leads Mack off home voluntarily to bed.

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MARY HAWORTH

Temperament Is Trouble Cause

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signs, slipping back into his old constant ferment; and there does not seem to be anybody who can reach him, at present. What would your suggestions be, to help him out of his unhappy confusion? W.K.

RESISTS JOY
Dear W.K.: Here is your story, cut to a fragment. As I see the picture, John is a compulsively centered man, who compulsively punishes you for having a predisposition to happiness that he lacks. He tries to cut you down, when you try to share happiness with him. And in this mood, at present, he is actively "taking it out of you"—because of a wonderful holiday with your parents this past summer, which even he enjoyed unwillingly.

Such is the immediate meaning of John's latest outbreak of unreason. The larger problem, however, John feels culturally inferior to you, despite his leadership caliber. And he is envious and jealous (resentfully, like a frustrated child), of whatever "advantages" your parental background affords, that his did not.

Apparently you were drawn to John by neurotic affinity, by a familiar sense of having known him always—by the unconscious recognition that, in him, the most familiar traits of your parents (as you had emotionally "known" them) were combined. That is, your mother's authority, and your father's selfregression.

HEAD-ON CANDOR
You married a man who would continue to leave you on the outskirts of love and awareness—as your parents had consistently treated you, in childhood, arrogantly undermining your self-esteem (or sense of worth), by unapologetic negligence.

Thus in relation to John you've been a glutton for punishment, because always hoping, with fixed immaturity of feeling, that some day (some year), he, the parent-proxy, would magically change, and open his heart, and love you wholly.

It is your blind childish accommodation to John's rampant unfairness that steps up his irritation, and causes him to add insult to injury, by labeling you a poor weak character, etc. Your long suffering of his confused split-behavior progressively adds to his unreason — by depriving him of terse road-signs to sanity. Your mother's "raging bull" reaction was healthier, and sharply improved him, for a time.

In my judgment, the marriage counselor fell down on the job—applying salve, so to speak, where major therapy is required. It is no help to John to burn incense to his ailing ego. And as of now, he is drifting toward serious paranoid sickness, and mental isolation from reality — mainly for lack of drill in sound self-management.

My urgent advice to both of you is—study Dr. Abraham A. Low's book "Mental Health Through Will Training" (The Christopher Publishing House, Boston, Mass.), which shows real people in process of "being made whole." M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of this newspaper.

LET'S EAT

Frozen Foods Need Care To Protect Food Values

By IDA BAILEY ALLEN
How much nutrition is present in frozen foods? T is a question we often hear.

For answer, we quote a recent study by the authoritative Wisconsin Alumni Foundation, in which 51 frozen foods were tested for nutritional values.

These included 51 frozen vegetables, fruits and juices, 27.562 packages of them taken from the regular commercial production of more than 30 freezing plants throughout the country.

The tests showed that, in general, frozen vegetables, fruits and juices furnish high levels of vitamins, vitamin A and protein and appreciable amounts of the "protective foods" needed for adequate human nutrition.

But to retain these nutritional values, frozen vegetables, fruits and juices must be properly stored at home and be properly cooked.

ZERO TEMPERATURE
All frozen foods purchased must be put at once into the freezer or freezing compartment of the refrigerator. The temperature should be zero. Every freezer owner should purchase a freezer thermometer.

If they are to be used the same day, frozen foods may be refrigerated and then they will partly thaw.

In cooking frozen vegetables, read and follow directions on the package. Measure, don't guess, the amount of water. Cover the utensil.

Cook only until bite-tender. Don't overcook. Vegetables are balanced before freezing and the fibers are softened by the freezing process. They cook in at least 1-3 less time than fresh vegetables.

When cooked, a little liquid may remain. Do not discard, for it contains valuable vitamins, minerals and soluble proteins. Add butter or margarine and seasonings of your choice. Serve with the vegetables.

Tomorrow's Dinner Tossed salad with cut asparagus, chicken or lamb stew; potato pattie dumplings; frozen mince pie, coffee, tea or milk.

All measurements are level recipes proportioned to serve 4 to 6. Chicken or Lamb Stew. Turn 2 (10-12 oz.) pkgs. frozen chicken or lamb stew into a saucepan. Set in a large frying pan containing 2 in. boiling water. Cover, simmer, while preparing the rest of the dinner.

Serve topped with potato pattie dumplings. Potato Pattie Dumplings. Thaw 1 pkg. (12 oz.) quick-frozen potato patties. Break up with a fork. Add 1-3 c. flour, 1 tsp. salt, 1/2 tsp. pepper and 1 beaten egg. Form into balls containing 1 tbsp. each. Roll in additional flour. Drop into rapidly boiling salted water. Cover. Lower the heat and boil 15 to 20 min. Drain. Remove from the water. Drain immediately in a strainer or as vegetable with melted butter.

Stew - Seasoning Trick of the Chef: If using commercially frozen chicken or lamb stew, add 1/2 tsp. marjoram, 1 tsp. Worcestershire sauce and stir in 1 c. thick canned tomatoes.

No Cigars For Twins In Nigeria

CALGARY (CP) — A Canadian mother giving birth to twins usually is thrilled and when a multiple birth of three or more children occurs, the event becomes big news.

Not so in Nigeria says Lady Ibiham of Uruuru, Nigeria, a medical missionary who is concentrating her energies in the field of welfare and is giving her fellow countrymen the benefit of her training and education.

Lady Ibiham is the wife of Sir Francis Akuna Ibiham, Nigerian representative to the World Health Organization and privy councillor who was knighted for distinguished service in Nigeria.

In Uruuru, Lady Ibiham and Sir Francis have charge of an 80-bed mission hospital supported by the Church of Scotland. Lady Ibiham was trained as a nurse in London. In Nigeria, multiple births have long been considered unlucky by the natives. Only animals reproduce in numbers, they believe.

The superstition has led to the neglect of twins and if a Nigerian mother were to present her husband with quadruplets or quintuplets, she would bring disgrace to herself and her family, Lady Ibiham said.

With her husband, Lady Ibiham is making a tour of (Canada) West African colony, a land of 73,000 square miles with a population of 33,000,000.

She said that efforts in Uruuru now have dispelled the custom of nudity among women. It takes about a year, she said, to convince native women that they are more attractive, and respectable, when covered.

To help further dispel superstitions about multiple births, Lady Ibiham is taking a picture of the Dionne quintuplets in Nigeria when she leaves Canada.

BEDEQUE W. I.

The annual and regular monthly meeting of the Bedeque W. I. was held on Tues., Nov. 6 at the home of Mrs. J. H. Bowness. Twelve members and two visitors were present. The president presided and the meeting opened by singing the Institute Ode and reading the Mary Stewart Collection.

The minutes of the previous annual meeting and last regular meeting were read and approved. After a brief address by the president, the reports from the treasurer, the sick, Red Cross and school committees were heard.

The nominating committee then brought in the new slate of officers for the ensuing year as follows: President — Mrs. Geo. Henderson; vice president — Mr. J. H. Bowness; Secretary — Winnie Smith; treasurer — Alethea Noonan; school — Mrs. Henry Arsenault; Winnie Smith and Mrs. Lloyd Jewell; sick — Mrs. Davis Jewell and Alethea Noonan; Red Cross — Mrs. A. A. McInnis and Mrs. Ernest Johnston; press — Alethea Noonan; buying committee — Mrs. Geo. Henderson and Mrs. Walter Bowness.

A vote of thanks was tendered the retiring officers. Fifty dollars (\$50.00) was voted for the Spring-bill Disaster Fund and to be forwarded immediately. Collection amounted to \$2.15.

The program consisted of riddles and a very humorous reading by Mrs. Earnest Johnson on how she dispelled the custom of nudity among women. It takes about a year, she said, to convince native women that they are more attractive, and respectable, when covered.

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PRESS STRIKE

BUENOS AIRES (AP) — Argentina today faced the prospect of no newspapers, at least for several days. A country-wide printers' strike for higher wages began early Monday.

SPEEDING TO RESCUE

NAGASAKI, Japan (AP) — An American rescue ship was speeding here Monday night to aid a Japanese diver at the bottom of the sea with a painful, prolonged case of the "bends." Yoshio Ovama has been living on the floor of the ocean almost continually for a week trying to recover.

GREAT ARTIST

Sir William Orpen, the British painter who died in 1931, started in a school of arts at Dublin at age 11.



THE HEINZ CHEF SUGGESTS THIS WEEK

HEINZ CREAM OF MUSHROOM SOUP

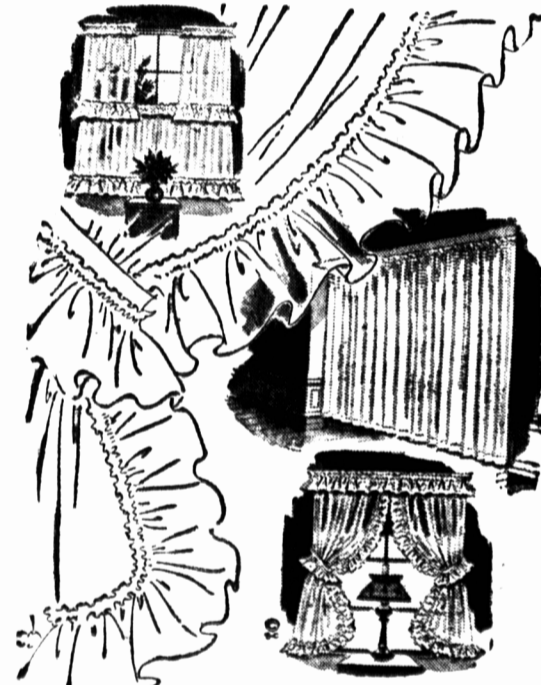


It's a feast for hungry eyes and a treat for tummies too—Heinz velvety smooth blend of sweet, thick cream and tender young mushrooms. Seasoned to perfection and cooked ready to serve. Try some soon!

HEINZ SOUPS

FRESH UP YOUR HOME FOR THE HOLIDAY SEASON

GET NEW WINDOW BEAUTY WITH THESE DRAPERY MATERIALS AND CURTAINS



We have just the tonic in exacting Drapery Materials and Curtains that will bring freshness and color right into your home in time for the gay holiday season.

The house furnishings dept. at Moore & McLeod's has designs for every room, simple or intricate in screen prints—all fully guaranteed washable.

You will also find a complete stock of Drapery Cord Traverse Track, Drapery Hooks, "Easy Pleat" Tape and Hooks to give your Drapes that professional pinch pleat look.

DRAPERY MATERIALS PRICED FROM 1.00 to 3.95 PER YD.

ALSO SAMPLES AVAILABLE FOR SPECIAL ORDERS

DRAPERY LINING SATEEN 1.25 Per Yd.

Curtains

Luxurious Curtains in precilla frilled or tailored curtains in Dacron—Nylon and Rayon. Sizes from 36" to 120" wide x 81" to 90" long.

PRICED FROM 4.50 TO 16.95 PER PR.

Venetian Blinds

Horizontal or the new "Vertical draw cord" type that serves as drapes when drawn. All Flexaluminum Aluminum, Per Sq. Ft. "Siesta" Vertical Venetian Blinds. Stock sizes Aluminum Blinds. 20" to 36" wide. Each

From 95c to 1.10 Per Sq. Ft. 2.15 5.50

Phone Our Drapery Department



And Ask For Mr. McInnis or Mr. Burke

And we will come to your home and measure for, and give estimates on, the cost of drapery, draw cord track, Venetian Blinds, Floor Covering, etc.

STORE HOURS

MONDAY, TUESDAY, WEDNESDAY, THURSDAY 9 A.M. — 5 P.M. FRIDAY — 9 A.M. — 9 P.M. SATURDAY 9 A.M. — 12.30 P.M.

CUSTOM TAILORED DRAPES

MADE TO YOUR OWN SPECIFICATIONS Only a seamstress who knows the importance of perfection can make drapes hang perfectly and sewn precisely to the last placed seam.

ASK FOR SEAMSTRESS ON THIRD FLOOR

MOORE & McLEOD Limited

DRESSED FOR DINNER



In keeping with the richness of current fashion, fine silk emerges as a favorite fabric. Black pearl de sole is used to excellent effect for a handsome dinner dress that should have quite a career. The yoke and long sleeves are of black imported lace. The frock has a charming bodice the slit at the top revealing the lace in a flattering manner. Fullness is achieved through the hips by means of a released tuck from the defined waist which dips to a V in back.



So You Can't Sleep

Worries keep you awake? Have to take pills to put you to sleep? Learn the secret of relaxed restful sleeping, the "ABC Round Robin" and the "Sleep Exercise" for refreshing worry-free sleep. Read "Sleep Without Pills" in the NEW Star Weekly this week.

And speaking of sleep suggests Quilts. The Star Weekly's \$8,000 Quilt Contest offers you and your friends a chance to win some big cash prizes by proving your skill as needlewomen. Read all about this big money Quilt contest in the NEW Star Weekly this week.

ANOTHER EASY RECIPE FROM THE

FIVE ROSES



ENGLISH SALLY LUNN

2 cups Five Roses Enriched Flour 1 cup milk
1 tsp. salt 4 tbsps. butter
1/2 tsp. sugar 8 eggs, separated
4 tps. baking powder

Sift dry ingredients three times. Rub butter in, using pastry blender or tips of fingers. Beat egg yolks thoroughly, add milk and stir in dry ingredients. Fold in stiffly whipped egg whites. Pour into buttered muffin tins. Bake 30 minutes at 400°F.



This recipe is one of hundreds to be found in the revised, illustrated Five Roses Guide to Good Cooking.

Send for your copy right now. Just mail your name and address and \$0.10—

Lake of the Woods Milling Company, Limited, Montreal—Toronto—Winnipeg

FIVE ROSES

CANADA'S MOST RESPECTED NAME IN BAKING

NOW! DAINTY RICE Cooks as fast as any!

Here's the new fast way!

No Washing! No Rinsing! No Draining!

- 1 Put 2 cups of water, 1 tsp. salt in a large saucepan with a tight-fitting lid. Bring to a rapid boil.
- 2 Add 1 cup of Dainty Rice to the briskly boiling water; let it return to the boil.
- 3 Cover tightly, turn heat to simmer and leave without stirring or peaking for 14 minutes.

More than twice the rice for your money as pre-cooked brands!

Perfect Rice every time with DAINTY RICE!