

Home Economists Suggest Herbs To Enhance Food Flavors

Consumer Section
Marketing Service Canada Department
of Agriculture

Herbs
Today, more and more people are becoming interested in herbs. Some home-makers plant herbs in their gardens and many magazines publish hints about using them. The home economists of the Consumer Section, Canada Department of Agriculture have some very good ideas and stories about herbs.

When one of the home economists was in Montreal not long ago, she visited the botanical garden where they grow almost every type of herb as well as practically every type of plant, from common ordinary corn and beans to exotic tropical ones. A botanical garden is a beautiful and fascinating place at any time and well worth a visit if you live near one or are visiting in a city where one is located.

Herbs are as old as the first blade of grass. When early man was searching for food, he found that some green or dried leaves had a characteristic fragrance. He liked this fragrance and he liked the taste of the leaves. As history unfolds, we read, sprinkled in with historic stories, tales of herbs and their uses. In the Bible, we read of mint, rue and cummin and there are stories of Charlemagne planting his royal garden with herbs. On the lighter side, Casanova, we are told, chewed sweet herbs to perfume his breath. Herbs continued in popularity and home-makers in all parts of the world used them right up to grandmother's time. In North America, interest in herbs languished quite suddenly and it is only recently that the old custom has been revived. Today many young home-makers are being introduced to the magic of seasoning for the first time.

Garlic

Garlic is a bulbous European herb. It is a potent seasoning and it makes its presence known if it is used incorrectly. Garlic, when properly used, enhances the flavor of many foods. Many home-makers use garlic in roast meat and far too often, they simply insert the whole cloves or slivers of garlic into the meat. Although this method is not incorrect, it does localize the flavor of garlic instead of sending it throughout the entire roast. It also necessitates puncturing the meat and there is a chance that someone may bite into a whole clove. The home economists of the Consumer Section, Canada Department of Agriculture say that the more practical way of doing it is to mince the garlic clove finely, mix it with a little oil or melted fat and brush the surface of the meat with the fat. This distributes the garlic more evenly.

The same procedure applies with garlic bread. To make it, cut a loaf of either French or rye bread into slices about three quarters of an inch thick. Do not cut right through to the bottom crust, but leave about a quarter of an inch uncut so that the loaf will hold together. Mince a garlic clove very, very finely with your kitchen scissors and mix it with butter. Spread each slice of bread with this garlic butter and heat the loaf in an oven.

Using Herbs

The stories we used to read about rich, warm kitchens fragrant with the scent of spices which hung from the rafters were very picturesque, but not very practical. Herbs have an aromatic seasoning that you want to keep. To do this, store them in a tightly closed jar in a cool place. If you buy green herbs on the market and dry them, it is advisable to buy them before they come to bloom, for at that time, they are tender and have a much more delicate taste.

To dry them, wash them thoroughly, place them in a clean brown paper bag and tie the top with string. Place the herbs in a warm place. It is not advisable to use the oven for drying herbs as the delicate fragrance is destroyed. Once the herbs are dried, crumble or grind the leaves and stalks and store them in a tightly closed clean dry jar. Herbs dried in this way will keep for about a year.

That Body Of Yours

By James W. Barton, M.D.

CHRONIC FATIGUE

Most of us grow tired toward evening but find that the night's rest and sleep has completely refreshed us and we feel equal to facing the day's work and problems. However, there are many individuals of normal health who are not refreshed in the morning, in fact, feel tired all the time. In the American Journal of Psychiatry, Dr. Robert S. Schwab and Thomas De Lorme, Massachusetts General Hospital, state: "If fatigue is out of proportion to the labor done and does not disappear when work is stopped, the complaint is presumably of psychogenic origin, that is, due to emotional disturbances. This means that measures other than rest are required." Physiology teaches that when the brain enters into any physical work, fatigue comes on sooner; that is, when the mind is used in doing physical work. This feeling of tiredness in nervous people is produced by emotional and situational problems and not by physical activity.

Dr. Schwab and De Lorme studied the fatigue curve in 65 "normal" people, 50 patients with myasthenia gravis (chronic fatigue of muscles), 25 with Parkinson's disease (paralysis agitans), and 30 with miscellaneous neurologic nervous conditions, and 40 with symptoms of nervousness but no structural disease of the muscular or nervous system.

"A normal person doing voluntary physical work develops fatigue of the muscles and a general feeling of tiredness. When the desire to continue and the wish to stop exactly balance, the work ceases. After a few minutes, the man has recovered and can start again." An individual learning to ride a bicycle, horse, drive a car or play golf becomes very tired during the first two or three lessons because he uses his brain as he tries to remember his instructions. This means then that the feeling of tiredness begins in the brain and resting the muscle of patients with chronic fatigue due to continuous use of the brain as in anxiety (chronic fear) is a waste of time. The treatment must get at the cause of continuous use of brain as by every day emotional disturbances. Encouragement and assurance may help the individual to continue work even when tired but there is finally a limit reached where even an electrical stimulus fails.

For a number of years physicians have been using the drug protri-

Suits Are Short Story For Spring

By Galle Dugas
NEA Woman's Editor

NEW YORK (NEA)—The suit story is a short story this spring. That's because the suit jacket this year is short and fitted—the one suit silhouette with greatest significance.

Suits are feminine, out in lightweight fabrics that can be worn well into the early days of summer. These fabrics are mostly the silk mixtures, thin worsteds, alpaca, chinos, flannels and tweeds that are loosely woven and therefore without the heavy bulk usually associated with tweed.

Though the jacket is shorter, skirts generally are slim, in keeping with the slim and straight silhouette of almost all spring clothes. As for skirt length, it's midcalf but looks shorter because of the narrow look.

Despite the fact that skirts are somewhat shorter, suits have a modest, quiet look due partly to the ladylike, lightweight fabrics in which they are cut and partly to the fact that colors are more subdued. Navy is again a prime spring favorite, followed by grey and beige. Blues generally are strong, ranging from the light shades to those with a pinkish cast.

There are many suits this year with low-necked collars and crescent-shaped sleeves. And the Empire influence, seen in dresses, appears in suits in the form of detail or seaming under the bust.



Suits and ensembles with suit look both have flexibility in styling this spring. There is a variety of jacket lengths and styles. Some are boxy, some are short-cropped, some are semi-box jackets. Dress-and-jacket ensemble with suit look (left) is by Sophie de Saks Fifth Avenue in a gray Lesus. Dress-and-jacket ensemble with suit look (right) is by Ben Zuckerman. Beige paint brush tweed edged with white braid binding (right) has soft look. There's a six-gore skirt in this Ben Zuckerman design.

The Stars Say --

By Genevieve Kemble

For Tomorrow

TODAY'S vibrations favor routine schedules rather than the inauguration of new programs or drastic changes in household routines or other domestic matters. Give further consideration, if you must, to plans and projects affecting your future welfare, but postpone action until a more propitious period.

Where business is concerned, keep a watchful eye on opportunities to get ahead. Taking on extra work or cheerfully accepting responsibilities shunned by others, could do much to earn the approbation of superiors. The evening hours are excellent for romance, courtship and cultural activities.

For the Birthday

If tomorrow is your birthday, your horoscope indicates that during the next two months ambitious plans with far-reaching and lasting objectives should be pushed with the proverbial vim and vigor.

ELLEN'S DIARY

By An Island Farmer's Wife

And still fall lingers in the lap of winter-fog dims the crowns of far hills, showers descend, streams run. And somewhere in his near or farther retreat, the snow king sleeps.

So without hindrance of delaying weather, the round of our farm-work continues—while a bluejay pipes his tune in the orchard and a crow, or was it perhaps a raven of the crew that unmolested have domiciled for years in a woodland at Alderlea that today on black wings flew a fancied course above the spruces in the valley? Wild ducks, and beloved creatures of the air and lone places, autographed prettily our parchment of the morning as did the Darby and Joan of the pigeons offering intriguing endearments to each other as they companionably gleaned grains about the yards.

The choring comes with a regularity and insistence which may not be disregarded; it is there for the early riser and it does not quite end with the dusk. The milking, not with the undertaking of the other seasons and therefore done by hand, brings Rob and Jamie, and usually the younger fellow through the evening to the chore.

We have sometimes looked upon the three, listened a moment to their conversation, and then realizing that intimate circle, not being in that intimate circle, turned silently away. But not before we had a nice picture in mind: of the stable, so comfortable, and bright with the new lights, of the cattle in straw-strewn stalls. And a man at an old, old, task of the farm, a lad of twelve offering a supper of milk to a friendly calf and a little fellow seated on a sill, a favorite cat held close in his arms.

By day the cleaning and feeding goes on and the bedding of horses, cattle, pigs; and now too the penned flock of sheep led by a handsome distrustful male adds its demands to the rest.

In the neighborhood, in a move perhaps more important than one could imagine, to their delight two boys have recently come into the ownership of a pair of ewes.

"Pats?" replied to our query, "Continued on page 9"

lines will convey my wishes for your happiness. Affectionately, Mary.

Q. Is it all right at the table to eat all of one particular food at once, instead of a bit of each—for instance, all your potatoes, then your salad, then your meat? A. It is proper for one to eat one's meal in whatever order preferred.

Q. Is it considered bad manners for one to sip coffee or tea while chewing on food that is already in the mouth? A. Yes, this is very ill-bred.



Cook's Corner

LOBSTER ESCALLOP

(Serves 8)

- 1/2 lb tin lobster
- 1 (10 oz.) tin mushroom soup
- 1 (10 oz.) tin fresh milk
- 1 (10 oz.) tin with soft bread crumbs
- 2 tablespoons butter
- Salt and pepper to taste
- 1 egg beaten (or egg yolks)
- Bake at 375 degrees from 20-35 minutes or until set.
- More milk and crumbs can be added with another egg to make more servings.

—E. Adele Macdonald, Alberton, W. I.

Morning Smile

In the office of the manager of a large department store a woman customer was complaining. "I can't understand," she said, "why your shop-walker had to be so unreasonable. I asked him a simple question, but before he answered he wanted to know where I came from. Why must he know that?"

Better English

By D. C. Williams

1. What is wrong with this sentence? "She was born the tenth of January, and the news was broadcast by the local radio station."
2. What is the correct pronunciation of "Iran" and "Iraq"?
3. Which one of these words is misspelled? Mackintosh, madamoiselle, magnanimous, massacre.
4. What does the word "elicit" mean?
5. What is a word beginning with emb that means "undeveloped"?

ANSWERS

1. Say, "She was born on the tenth of January, and the news was broadcast."
2. Pronounce the I in each word as e in me unstressed, the a as in ah, accent second syllable.
3. Mademoiselle.
4. To draw out or forth; to evoke. "Despite constant questioning, they could not elicit a satisfactory answer from the man."
5. Embryonic.

Modern Etiquette

By Roberta Lee

Q. Please suggest a note a man's sister, who is living in another state might write to her brother's new fiancée? A. Dear Betty: I have just heard of your engagement to Bob, and I am happy to know that you are to be a member of our little family. Of course, I hope to see you very soon, but until then these few

Anne Adams Patterns



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DOROTHY DIX'S COLUMN-

Adolescent Problem

Book On "Facts Of Life" Disturbs Teen-Age Girl

DEAR MISS DIX: So much is being said about telling young people facts of life, one wonders what to do. I gave my daughter a book to read, and had a terribly upset girl on my hands. She cried and said "Who wants to know all that at teen age!" She was disturbed about this for a long while. Don't you think we are pressing our young people too far? A young man told me that in college nothing was left unsaid, and that he didn't like it in mixed classes.

AN INDIVIDUAL PROBLEM

ANSWER: How fast a teen-ager should be sped on the road to complete knowledge of life is such an individual matter that only the parents, perhaps with the help of someone who knows the child, can judge. Some girls and boys can assimilate a large amount of information, other must be instructed more gradually. The best is to answer questions frankly, but without too much embellishment. Giving a young girl a book on sex to read is apt to do more harm than good. To teen-agers love is a thing of full moons, rosy clouds daydreams, and the ideal man. To have this romance set down in a matter-of-fact way of only ONE aspect of love, is bound to be somewhat disillusioning. Books written specifically to present the so-called facts of life (though there are some facts beyond their scope), naturally have no traffic with the stuff of which dreams are made. Such literature is meant for parents to read, so they can pass it on at the opportune time.

Robbing love of all its mystery is doing the young no favor. Something should be left for the morrow, or the next year, or later. No knowing.

Continued on page 9

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How Can I!!!

By Anne Ashley

Q. How can I put out chimney fires?
A. A chimney fire can often be put out by throwing a few handfuls of common salt into the furnace. Close all doors and windows first.

Q. How can I preserve the flavor of fish?
A. When boiling fish, add a little lemon juice to the water. This will help keep the fish whole and also preserve its flavor.

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