

Timely RECIPES

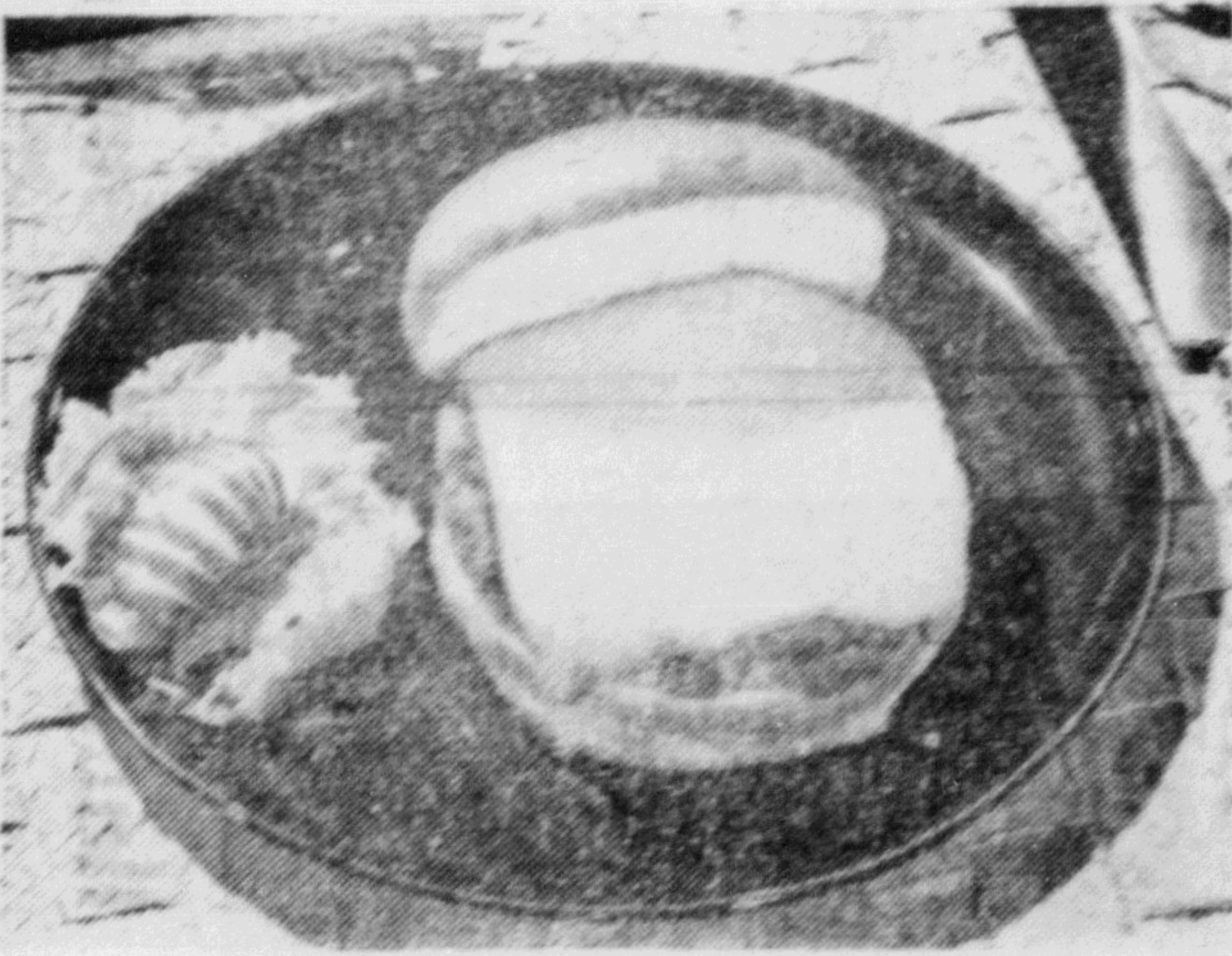
GUMBO WITH RICE

- 6 cups hot cooked rice
- 1 slice ham, diced
- 1 large stewing hen
- 2 tablespoons ham fat
- 1 green pepper, chopped
- 1 small onion, minced
- 1 sprig thyme or parsley, minced
- 1 No. 2 can tomatoes
- 2 okra pods, sliced
- 2 quarts boiling water
- Salt and pepper to taste
- 1 bay leaf

separate rice grains with their full nutritional value. This makes very firm rice grains. (If you prefer more tender rice grains, add 2/3 cup more water and increase the slow cooking time 4 or 5 minutes). Remove the lid, permit the rice to steam dry to the desired consistency and the grains will be separate and fluffy. Never stir rice; lift rice gently with a fork.

METHOD: Cut up the chicken and season with salt and pepper. Heat fat in soup kettle. Add chicken and ham, cover and let simmer for ten minutes. Then add onion, pepper and thyme, tomatoes and sliced okra pods. Now add the boiling water and let simmer for two hours. Serve in a tureen. Accompany with a bowl of hot rice. Or serve in soup bowls with a generous mound of hot rice.

PREPARING THE FLUFFY WHITE RICE: To make 8 generous cups of rice, put 2 cups of uncooked rice, 4 cups of cold water and 2 teaspoons salt in a large saucepan and cover with a tight-fitting lid. Bring to a vigorous boil. Then reduce the heat as low as possible and steam for 14 minutes or until all the water is absorbed, leaving the



CHEESE-BEANBURGERS ON BUNS

Combine the beans, onion, pickle and Worcestershire sauce. Add salt and pepper to taste. Split each bun and spread the top half with mayonnaise. Place a mound of the bean mixture on each bottom half of the buns and top with a slice of cheese. Place all halves under a moderate broiler until the cheese is melted and the top halves are lightly browned.

- 1 15-oz. can or 2 cups baked beans, drained and chopped
- 2 tablespoons minced onion
- 4 tablespoons chopped sour pickle
- 1/2 teaspoon Worcestershire sauce
- Salt and pepper
- 6 round buns
- Mayonnaise
- 6 pre-packaged pasteurized process Canadian cheese slices

BUCKINGHAM, England — Edwin Chown, 62, was the only competitor using a horse plow but he won the plowing contest here. Giving his horses a pat, he cast a scornful glance at the tractors used by his rivals.

PRECIOUS MEDICINE — Some Indian sects powder precious stones to be mixed with herbs and water for medicinal purposes.

CHOCOLATE SOURCE — The African Gold Coast is one of the world's biggest producers of cocoa, from which chocolate is made.

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Gyros Go Fishing With Joe Scott

A thrilling two-and-a-half hour battle by Gyro Bob McLuskie of Vancouver for a fighting 43-pound spring salmon at Bines Channel in the Gardner Canal area highlighted a program of coastal moving pictures yesterday afternoon when Joe Scott entertained the Gyro Club with a colorful pictorial delineation of big-time angling exploits of himself and companions.

Not was the program without many a delightful scenic sequence in waters ranging from the Fitzhugh Sound area on the south, northward through the inside passage, into rugged Gardner Canal and Douglas Channel and then across to the Queen Charlotte Islands.

President Don Forward presided over an interested audience of Gyros and one guest in the person of Frank Boreham of Vancouver.

Ben Parker, chairman of the committee in charge, pepped the Gyros up in readiness for the annual Apple Day this Saturday when the service club members and their helpers will take to the streets to sell luscious Macintosh Reds by the apple, the bag or the bushel, funds for playground projects and obligations.

The Gyros are also busy on the telephone these days calling up everyone in the book for box lot orders.

BULWICH, England — The vicar of St. Peter's church here decided not to hold the annual bazaar this year. Instead he asked persons who usually attend, to save the money they would have spent and give it to the church.

Gardening....

MONTH OF SPRING COLOR POSSIBLE FROM DAFFODILS

Daffodils, first major flowers to bloom in the spring, have been cultivated in gardens almost as long as tulips.

While limited in color range, they vary much in form and season of bloom. By using all available types, and selecting early, mid-season and late varieties, daffodils can be kept blooming during two spring months.

Varieties suitable for garden borders are classified as: Large Trumpets, in which the trumpet is as large as the perianth (surrounding petals). Colors include yellow, white and bicolor, in which the trumpet is yellow and the perianth white, or the reverse.

Incomparabilis, with medium length trumpets, of yellow, white, orange, red or flushed pink, combined with perianth of white or yellow.

Barri, with small trumpets or cup, with color range similar to Incomparabilis.

Leeds, having white perianths and white or sulphur medium trumpets.

Poets, with white perianths and small red or orange cups. Jonquills which are not suited for a cold climate, except with heavy protection. They bear fragrant flowers in clusters.

There are also small flowering varieties suitable for rock gardens, and cluster-flowered varieties called "poetas" which are attractive in flower arrangements.

Double-flowered daffodils are more curious than beautiful, but many like them for flower arrangements. Among all these types there

are some varieties which blossom early, and others which are late, though most varieties blossom between the two extremes. To prolong the flowering season it pays to search out these early and late kinds and make sure that a few of both are included in your planting.

Early varieties include: Trumpet Aerolite, all yellow; Mrs. E. H. Krelage, all white; Beertheba, all white; Incomparabilis, Fortune, orange trumpet; Sir Watkin, yellow trumpet.

Late varieties include all the poets narcissi, the double Daphne and Alba Plena Odorata; the Barri Fireball, with orange cup, and the Incomparabilis Dick Wellband, with orange trumpet; and the all-yellow large trumpet variety Successor.

Daffodils can be grown in locations which are shaded after the leaves of trees and shrubs develop. Because by that time daffodil blooms have gone, the so-called pink varieties should show in light shade, since the flush of pink which is seen faintly in their apricot trumpet fades away in the sunlight.

It is important to plant the bulbs early enough so they start growth and form roots before being frozen. Freezing will destroy dormant bulbs, and they will decay during the winter, but growing bulbs are rarely injured by cold, though they are destroyed by poor drainage.

The Washington Monument, one of the tallest masonry structures in the world, is 555 feet high.

HISTORIC RAILWAY

The railway between Stockton and Darlington in England, using Stephenson's steam locomotive, was opened in 1825.

LENGTHY RULE

Rameses II, one of the most famous of early Egyptian kings, reigned 67 years in the 13th century B.C.

BIG INCREASE

Venezuelan coffee exports in the first half of 1951 were about 75 per cent more than the previous year.

Barbara Brent's BUYS AND WHY'S



MONTREAL, Oct. 18th — Do you remember the Queen of Hearts in Wonderland? "Very important. Write that down!" she'd exclaim, the famous trial. Well, this is something "very important" about your family will declare is unequalled. I know you'll be thrilled when you discover how economical, and how simple a Jell-O dessert is to prepare. Those seven glorious "looked-in" fruit-fresh flavors look tremendous. The most wonderful desserts and salads you've ever seen. Yes — "Very important. Write that down" — Jell-O for dessert tonight!

It's A Grand And Glorious Feeling to be buying Canada Savings Bonds once more. I get a tremendous lift from going into the BANK OF MONTREAL and putting my name on the line... these bonds are such a marvelous investment. Imagine getting 2 1/2% on short-gilt-edged securities... that's the interest rate you earn if you hold them till maturity. And they're always cashable at their full face value of 100%. Like most people, I'm buying mine on the installment plan — just 2 1/2% down and the balance over the year. Fits into my Personal Planbook routine as if they were made for each other. Why not put your name on the dotted line today? You can buy a Canada Savings Bond for as little as \$2.50 down at any branch of the B of M.

Dinner Becomes A Gala Occasion when there's luscious, lemon pie for dessert. Yes, everyone looks forward to really good lemon pie — zesty, tangy and exciting — so don't disappoint them! Make your lemon pie will be delicious by using SUNKIST LEMONS — they're the finest, juiciest lemons to be had! I make a point of insisting on them when I want to make pies, cake-ings or cookies with real, honest-to-goodness lemon flavour. And I like them for flavouring salads, vegetable juices, meat and — of course, fish dishes, too! There's simply nothing like the fresh lemon flavour of plump, juicy Sunkist Lemons. Ask your grocer for them tomorrow... all you want for your cooking!

Your Favourite Beauty Companion comes in a brand new container... just wait 'til you see it! — wonderful WOODBURY DREAM STUFF in the new dream compact for your face. Frosty white against sky-blue, it's light-weight, yet durable as can be, thanks to new miracle plastics! And there's nothing to spill or break! And out of this new "luxury" compact comes the sheer flattery of Woodbury Dream Stuff... tint, foundation and powder all in one. Just fluff it on with its own downy puff... it will give your complexion heavenly colour — velvet softness... the "powdery" look, because it's Woodbury! Ask for Woodbury Dream Stuff (five shades to choose from) in the new dream compact — only \$1.00 — or in the blue-and-gold box — just 75c.

A Red Ribbon Cook needs a red ribbon range... and that's exactly what I have — my new FRIGIDAIRE ELECTRIC RANGE! It's lovely to look at — with its Lifetime Porcelain finish and high back panel. And there's a built-in Lumaline lamp that lights the entire cooking area. This new range cooks like "magic" — with Radiant Cooking Units which are so much faster, yet use less current. But words can't describe its "wonder-oven" that bakes and broils at the same time — gives me a two-temperature oven automatically controlled by the Cook-Master Clock Control. I hope you'll see the Frigidaire Electric Range soon, at your nearby Frigidaire dealer. Ask him about his generous trade-in offer and easy payment terms.

Just How does Dentocein, the new penicillin tooth powder, reduce tooth decay so effectively? That's a question you've probably wanted to ask, ever since you read that DENTOCEIN reduced decay 55% in a 2-year test among school children (which, incidentally, was 5 times the reduction reported for a leading university's announced formula). Here's the answer: Penicillin stops the formation of enamel-eating acids more effectively than any other substance known. It is the only anti-decay ingredient that provides continued anti-decay action — up to 24 hours. That's why Dentocein gives such remarkable results with just morning and evening brushing. Tastes wonderful, too. Really cleans teeth. 75c for 3 months' supply. I suggest you try Dentocein, right away.

As Every Experienced Homemaker Knows — no matter how good food you buy or how expert you are at preparing it, meal-getting depends on good cooking utensils. That's why aluminum is a favourite in so many Canadian kitchens. You see, aluminum is friendly to food... it protects its purity, taste and flavour... assures its cleanliness and wholesomeness. What's more, aluminum distributes heat evenly and quickly... therefore economically. Light, durable and clean... aluminum cooking utensils are used in homes across Canada. All reasons why you can't go wrong when you buy aluminum!

A Letter From A Reader says "I'm so glad I read about your column. It's difficult to find out about the best method of feminine hygiene as it's such a taboo subject. I'd just like to say that ZONITOR is as effective as I'd hoped they'd be!" Yes, thousands of women find ZONITOR the most satisfactory method of feminine hygiene. These graceful, staining, white vaginal suppositories are dainty, completely germicidal — yet absolutely safe to use on the tissues. For further helpful facts on the subject of feminine hygiene — simply write to Barbara Brent, 1411 Crescent St., Montreal, P.Q. and I'll send you a free booklet in a plain envelope.

Husbands Are Often Slow getting started with their "home-owner" chores — but once they've begun — shutters get taken down — cellar gets cleaned — leaves get burned — work quick! Add that often means sore muscles after "grin" inwards! Well — don't just let your husband "grin" inwards! Buy BEN-GAY (Banne Bengel) just smooth-out it on where hubby hurts. Its soothing warmth gives wonderfully fast relief from the pain of sore muscles, chest colds, rheumatism or neuralgia! That's because BEN-GAY contains up to 2 1/2 times more of those two famous pain-relieving agents — methyl salicylate and menthol — than 5 other widely offered rub-ins. Contains skin-soothing lanolin, too! Better keep Ben-Gay handy! — just 75c a tube!

Getting Ready For A Merry Party Season This Winter? You'll want a new "formal" for yourself... and for your daughter, too. How her eyes will sparkle at the beautiful "Prom" dresses you make for her — when they're fitted to perfection with LIGHTNING SLIDE FASTENERS! You'll want Lightning Style 702 for your let's-go-dancing dresses... it's soo-fine, so flexible, yet so strong. And, of course, Style 702 has that exclusive Lightning automatic "garters" to spell your fun! Yes, Lightning Slide Fasteners will be a truly important part of your "Belle of the Ball" look this Winter. Ask for them in the familiar red and black package!

You Couldn't Ask For more in a bath-tub accessory! Coral — Blue — Yellow Green... just wait 'til you see these good-looking C-I-J Sponges! And of course, C-I-J Sponges are ideal for your own and baby's, too! And in your kitchen, you'll find the most wonderful job of dish-washing... square shape gets into the corners with their special... and so long-lasting... Ask for C-I-J Colored Sponges at grocery, drug, variety, or department stores. The label is your assurance of quality. BUY CANADIAN SAVINGS BONDS

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