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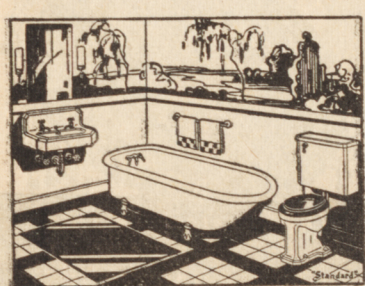
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## GREATEST DREAD LIES IN THANKLESS CHILDREN

**Fatigue and Feebleness That the Encumbering Years Press on Aged Frames Are as Nothing Compared To Spectre of Being Turned Out of Doors.**

"It's terrible, this business of growing old,—terrible!"

The speaker was a woman in her early sixties with a comfortable home and income, two charming daughters, and a kind husband. I was surprised at her vehemence. The terror of old people looking forward to a dependent old age is understandable. And how widespread and deep seated that fear is has been demonstrated by the response to the Townsend plan.

But here was a woman who had nothing of that sort of fear in her declining years. I mentioned something to that effect.

### Why She Dreads Old Age

"Oh it isn't that that makes me say growing old is terrible," she said. "I realize that I am fortunate in that respect. Of course it's hard not to be able to work in my garden any more, and to get fatigued so easily when I travel. You expect that and you don't rebel. But I've just been reading an article in a magazine about a woman who sent her father to an old man's home, and it's made me sick with dread of having my children feel that way toward me when I get old and feeble and may have to share their homes."

I know the article she refers to and when I read it I predicted this very result,—that old people would see themselves in the person of "father" who was sent to an Old Man's Home. And why was he banished from his daughter's home?

### Father's Faults

Well, it seems that father liked to join in on conversations and express his opinion at some length. He used to tell the same old stories over and over again about his Civil War days. He pampered the children. He was hurt if they went off on auto trips without him. He gave advice where it was neither asked nor wanted. He disapproved of his daughter's friends and showed his disapproval in his attitude when they were in the home.

Altogether it was very tiresome and a frightful bore, so his daughter sent the bewildered old fellow to an old man's home to get rid of him, and now she is happy and her friends can play bridge without fear of interruption with wearying stories of by-gone days and the annoyance of some one looking over their shoulder.

Said a young girl who read the article, "If she felt that way about it and wanted to do that, it's her business. I'm not arguing with her on that score. But what makes me furious is to think of all the old people who are sensitive, like my own mother, who will read that article and brood over it and always wonder if their children feel that way toward them. And no amount of denial or reassuring is going to

help, because they will think we wouldn't want to admit how we feel.

### What One Daughter Says

"What I'd like to say to that daughter is 'Speak of yourself' if you're proud of what you've done, but don't give the public the idea that you are the spokesman for our generation.' My parents had to put up with a lot more than that from me when I was a baby—an even after I grew up I guess I wasn't any unalloyed joy to them. And when my turn comes to do a little 'putting up with,' I shall consider it my privilege, not my punishment, to pay back some of the loving care that made my childhood happy."

So I'm passing on what she said in the hope that some one who feels growing old to be terrible may know that all children are not like the daughter who got her ideas into a popular magazine (for perhaps 30 pieces of silver), but remembering the indignation of my young friend, may hope for that great blessing of old age, "the love and gratitude of their children, until they fall asleep."

## Cottage Cheese Is Base of Many Good Dishes

### Menu Hint

### LUNCHEON

Fruit Salad Ring  
Toasted Raisin Bread  
Milk

### DINNER

Lamb Chops  
Cottage Cheese Spinach Casserole  
Vegetable Salad

Berry Pie Coffee, Iced or Hot  
If you buy a pint of cottage cheese you like to use it up while it is fresh, so I am suggesting luncheon and dinner dishes which contain it. I will also give some other recipes for cheese sandwiches that are nice to serve with iced drinks when unexpected company comes to spend the evening.

### TODAY'S RECIPES

#### Fruit Salad Ring

Two pounds cottage cheese, two tablespoons plain gelatin, one-half cup water (cold.) Combine gelatin and water. Dissolve it over boiling water. Cool. Add mixture to cottage cheese that has been forced through a potato ricer or sieve. Pack into greased ring mold and chill until firm. Unmold and serve with favorite fruit salad in center.

#### Cottage Cheese Spinach Casserole

Two cups cooked spinach, one cup creamed cottage cheese, two eggs, slightly beaten; two tablespoons butter, salt and pepper to taste. Combine all ingredients, place in well buttered casserole, sprinkle lightly with grated American cheese. Bake 30 minutes at 350 degrees F. Serves six.

#### Cheese Ring With Jam (Individual Mold)

One pound cottage cheese, one tablespoon plain gelatin, one-half cup cold water, raspberry or any other favorite fruit preserves. Force the cottage cheese through a potato ricer or a sieve. Soak the gelatin in the cold water for ten minutes. Place this gelatin mixture over boiling water—a double boiler is well to use for this purpose, if convenient. When the gelatin mixture has melted, allow it to cool slightly then add to the cottage cheese. Pack the cheese and gelatin mixture into greased molds, allow to stand in cool place until set firmly. Ring or diamond shaped molds are particularly suited for this, as they allow a center opening in which the favorite fruit preserves may be placed. When ring molds are not available, serve the preserves in a side dish or a spoonful placed on top of the cottage cheese. Any tasteless oil may be used in greasing the molds. This will increase ease with which the molds may be removed.

#### Cottage Cheese Sandwich

Use either white, whole wheat or cracked wheat bread, spread the bread first with mustard and then cover with a generous serving of cottage cheese. Chopped nuts, olives, pimientos, dates or raisins may be added if desired.

(Special to The Daily Mail)

MONTREAL, July 28—The Canadian Pacific Empress of Britain is expected here Thursday from Southampton and Cherbourg with a heavy passenger list. Among those on board are Major Sir Neville Wilkinson, Ulster King of Arms and Registrar of the Order of St. Patrick and Lady Wilkinson; Hon. Air Vice Marshal W. A. Bishop, V.C., Montreal, and G. A. Bogert, President Dominion Bank, Toronto.

... OF ...

## Interest to Women

## EVERY WOMAN A STORY, SAYS FICTION WRITER

NEW YORK, July 30—The most interesting woman in the world, said short-story writer Fannie Ferber Fox today, is the "cat" type—"lovely to look at, and hard to live with."

"I mean, they're the most interesting from a personality standpoint," explained the sister of Edna Ferber, the novelist. "They make better stories than the 'star-dust and sawdust' girls, who are heroines of too much modern magazine fiction."

Women are far more interesting than men, but less likable, declared Mrs. Fox, in discussing one of her favorite theories: "Every woman is a story."

She said women are "the greatest

single source of literary ideas—particularly the ones who are in their thirties, forties and fifties—and are much more fun to watch than men."

"Why? Because they have so many more sides than men," she replied. "They are like books of many pages. They are so changeable, so bewilderingly inconsistent; they have so much up their sleeves."

"Men aren't like that. In social life they are above-board and transparent. They don't have much malice, or a lot of little tricks."

"Men are simply grand, but they aren't everything—hot and cold, mad and sane—all at the same time, as a woman is."

## ONLY FRESHEST VEGETABLES SHOULD BE USED FOR CANNING

### Two Methods Explained

A pressure cooker is a real convenience when it comes to processing jars of peas, beans or corn, but sterilization of these vegetables can be complete without one. Some of you have the following directions filed away for safe keeping while others are depending on them to be repeated. The methods are very simple though there are a few important steps to be stressed.

First of all, the product to be canned must be of the freshest. Peas and beans may be done in quart jars though corn is best in pint jars. You will find that working quickly is also a safeguard to success.

The difference between regular boiler sterilization and pressure cooking is that in the boiler the heat is never above 212 degrees, the boiling point of water, while with the pressure the heat can be increased to 275 degrees at pressure of 30 pounds or 240 degrees at ten pounds, which is used in canning. It is reasonable, then, as such temperature, to decrease the length of time.

First we'll wash the beans, break them and get them into jars ready for the closing and processing.

### Canned Beans

Use only fresh beans. Wash and break in pieces. Pack into jars and for each pint add a teaspoon salt. Fill jars to the top with boiling water and place rubber on top. Half seal and place on a rack in a boiler of hot water with water well over top of jars. Bring water to the boil

and boil for three hours. Remove from water and complete the seal.

If pressure cooker is used jars should be placed on rack with water to just cover the rack. Pressure is brought to ten pounds and allowed to remain for 40 minutes. If you have the cooker you will know about the little details which must be watched.

This same method is used for canning peas.

Then there is another method which people use for some of the non-acid vegetables and some of you will prefer this to the longer period. This method is used only for the water bath method of sterilizing, not the pressure cooker.

### Acid Method

(For peas, beans, asparagus and greens.)

Add one teaspoon salt and one tablespoon vinegar or lemon juice for each pint of vegetables and fill jars to top with boiling water. Process, with water over tops of jars, for one and one-half hours then remove from water and complete the seal.

Don't try to save rubber rings from one year to the next, either those that have been used on jars or those that have been left over. They are such a small item compared to the fruit, or vegetable and the time required for the preparation that it is not worth taking a chance on having things spoil. Age and heat are both hard on rubber.

## WARNED AGAINST MUSSEL POISON

**Nova Scotians Informed  
After Investigation  
of Two Deaths**

HALIFAX, July 30—Nova Scotians were warned today by Hon. F. R. Davis, minister of health, of a strong toxic poison capable of causing death common in mussels at this time of year.

The poison has not yet been definitely isolated or classified and no neutralizing agent has been found to offset its effects. It is not destroyed by boiling, Dr. Davis said.

The government warning was issued following an investigation of the deaths of two people in Digby Neck and the violent illness of four others after eating cooked mussels.

Investigators found the poison was not of the form that affects only people sensitive to certain foods and that it differed from the type caused by putrefactive changes in shellfish or contamination of water, Dr. Davis said.

### URGES CONVENTION

#### AT EARLY DATE

VANCOUVER, July 30—A Liberal provincial convention should be held at "the most propitious time," Premier Pattullo said in an address in the executive of the British Columbia Liberal Association meeting here today.

"I am inclined to believe," he said, "that there are a number of matters that will be more clearly crystallized in the near future and will place us as Liberals in a better position when we next appeal to the people."

"We must see to it that our next proposals—our last programme being in process of complete fulfilment—are very definite and very practical for the benefit of the people at large."

### DURHAM BRIDGE

Mrs. Ernest Brooks of Woodstock spent a few days at Hillview Lodge recently.

Mrs. Porter from Blissfield is visiting her daughter, Mrs. Jack McNeill.

The friends of Clifford Hanson will regret to learn he is in Montreal for medical attendance.

Fred Shields has recovered and is able to be at work again.

Rev. S. Gregg of Fredericton spoke very acceptably to the people of the United church of Canada in the absence of their pastor, Rev. J. T. Shanklin.

Miss Blanch Haining and Mrs. Mabel Coy of Fredericton were guests of Mr. and Mrs. George Bradley on Sunday.

Mrs. Hannah Clowater, who has been so seriously ill since Sunday is somewhat improved today.

AUSTRIA—Belief that the Heimwehr will throw in its lot with Monarchists was voiced when it was made known that Strahemberg was on his way to meet the former Emperor Zita in Italy.

BRITAIN—Viscount Hallham, Lord Chancellor, has been ordered to take a complete rest from his State duties. While his condition is not considered serious he is seeing no one for the present.

GERMANY—Hans Kerl, head of the Nazi Department of Church Affairs, has had all equipment in the offices of the Protestant Confessional Synod seized and has given orders to all public officials to have nothing to do with the organization or its pastors.

PALESTINE—A private of the Second Lincolns was killed and two others wounded today when a patrol was ambushed near Tulkarem. The patrol was believed to have inflicted heavy casualties on its attackers.

## SUMMER COMPLAINT CAUSES MANY DEATHS AMONG INFANTS

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**SPECIALS FOR  
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SHORTENING—2 lbs. for 25c  
Libby's Beans, Large, 2 cans 25c  
Corned Beef, 2 cans for 25c

## LOOK!

### Combination Sale

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1 can Tomatoes  
1 can String Beans  
2 lbs. Carrots  
1 lb. Onions

**ALL FOR 98c**

and

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