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... OF ...

**Interest to Women****FLAVOR BOILS OUT OF VEGETABLES IF TOO MUCH WATER IS USED**

(By Frances Blackwood)

**MENU FOR WEDNESDAY**

Breakfast  
Pineapple Juice Cereal  
Sausage Cakes With Gravy  
Toast Jam Coffee  
Luncheon  
Stuffed Tomato Salad  
Nubread and Cream Cheese Sandwiches  
Cup Custard Tea or Coffee  
Dinner  
Stuffed Rice Balls String Beans  
Avocado Salad Jelly Roll  
Coffee

A word tonight about the cooking of vegetables. There really is an art to this.

We all know cooks who douse a saucepan of vegetables with cold water and set them on the stove with the fire turned as high as it will go—and just trust to nature to take its course. That not only spoils the vegetables, but it runs up a useless fuel bill. When water reaches the boiling point the fire below it should be turned so that it is just hot enough to keep the water at a real boil—no more. Boiling water doesn't get any hotter whether it boils furiously or merely at a sedate and careful pace.

Many vegetables are best cooked with very little water. Spinach and carrots and peas and crisp, delicate string beans that have been cut in shreds—none of these need much water for their cooking and all of them have a delicious flavor of their own when cooked with as little water as can be managed. No more, really, than clings to them after washing. Seasoning properly counts, too. And with the vegetables mentioned a tiny bit of sugar—half a teaspoonful when you are cooking enough for a family of five or six, will bring out unsuspected natural flavor.

White potatoes, cabbage and all the cabbage family need plenty of hot water in the cooking. But care must be taken here not to overdo the cooking. Cabbage, when dropped in to boiling water, will cook to a delicate tender whiteness in 20 minutes. It doesn't take much longer for broccoli if it has been properly prepared—nor for sprouts, and less, if anything, for cauliflower. If you cook these vegetables too long they lose their delicate flavor and become bitter and unpleasant or as with cauliflower, completely tasteless. All the cabbages and most of the root vegetables should be cooked uncovered—also any vegetables such as spinach or peas or asparagus that you wish to have retain the fresh green color.

In seasoning, add salt just about when the vegetable is tender. And, at this time of year, when potatoes

are old it's a good trick to add a slice of onion to them when you boil them—the onion is discarded later and its flavor can't be detected—but it does give the potatoes something of their new taste. It does the same thing with peas that are just a little too long on the vines, too. And peas up canned lima beans no end.

If you have been wondering what is the matter with your vegetable cookery—bear these points in mind. You'll find it answers that question and helps lower the fuel bill at the same time.

**A Cup Custard**

2 cups milk  
1 cup grated bread crumbs  
5 tablespoons sugar  
Pinch of salt  
1 tablespoon butter  
1 egg  
3/4 teaspoon vanilla  
Chopped dates, seeded raisins or prunes.

Butter custard cups and cover the bottom with one layer of the fruit chosen. Combine the milk and butter and heat to a scald. Mix the crumbs sugar and salt. Pour the heated milk over these crumbs and cover and set aside until cooled. Beat well and stir in the beaten egg, mixing it in thoroughly. Stir in the vanilla. Pour this over the fruit in the cups (you may use one large pudding dish if you prefer, and bake in a moderate oven for about 45 minutes. Serve either hot or cold, with or without cream as you wish. Hot with a hard sauce is good upon occasion.

**Stuffed Rice Balls**

1 cup rice  
2 slices onion  
1 bay leaf  
2 eggs, beaten  
1 cup flaked salmon  
1/4 cup finely chopped onion  
1 cup tomato pulp  
Seasonings.

Combine the cup of raw rice with the slices of onion and the bay leaf and cook in plenty of water until rice is tender, about 20 minutes. Then turn into colander to drain. Fry the chopped onion gently in 2 tablespoon butter or other fat until tender. Add the salmon and the tomato and continue cooking until it is nearly dry. Season it with salt and pepper to your taste. Mix the rice with one beaten egg. Shape into balls with a large kitchen spoon. With a small spoon, make a hole in the centre of the balls and fill this with salmon mixture. Replace rice scooped out for the hole. Roll the balls in the remaining beaten egg then in crumbs and either fry in deep fat, or place in a buttered pan and brown in the oven and serve with a cream sauce.

**SHOWING INTEREST IN OTHERS' AFFAIRS****Ruth Cameron Explains Why We Like to Pass Opinion On Our Neighbors' Likes and Dislikes**

(By Ruth Cameron)

"Why, it makes me positively miserable to see her spend her money so foolishly and get so little out of it." A woman said that to me yesterday about her neighbor.

Why does she feel that way? It doesn't in any way affect her, doesn't prevent her from using her own money wisely. It isn't, in the old phrase, "any skin off her nose."

Why do so many of us feel that affronted way when we see people doing something or other that is contrary to our idea of good practice?

Maybe it's looking at Christmas presents before Christmas, which we don't do ourselves because we think it's more fun to have them all at once on Christmas eve.

Maybe it's driving their cars in a way that we feel sure will wear the car out sooner.

**Colors, Children or Games**

Maybe it's wearing colors that we consider don't become them.

Or bringing up their children in too indulgent a habit. Of course, if we had contacts with the children that feeling might go back to some personal stake in the matter, since over-indulged children often cause discomfort to others as well as to their parents, but I mean entirely aside from any personal stake.

Maybe it's looking at the end of a story and, we say, spoiling the story by that weakness.

Maybe it's refusing to learn to play some game, when we feel sure he would enjoy it if he would only learn. And again I don't refer to the case where we want to play it with the person involved. I am talking purely about the sense of affrontment that comes from seeing some one doing something that we feel is foolish from the point of his best interests, though we aren't affected at all.

You Can't Use Your Measuring Tape Is this a good way to feel? Does it show generosity? Is it something creditable? Does it make people better citizens?

I asked myself all these questions while my friend went on telling me some of the foolish things her neighbor spent her money for. "And she needs a new linoleum in her kitchen terribly, and she had the money laid aside for it and then she saw a set of breakfast china that she didn't need at all, and she came home with that."

And I decided that, as usual, the answer to most of my questions was "Yes and No."

Am I my neighbor's keeper? Yes, to some extent. It's good to feel a certain interest in your neighbor's welfare. It's also good to remember that in some ways it's none of your blooming business.

And also that no two people can possibly have the same reaction and that what your neighbor gets out of life can't be measured by your measuring tape of happiness.

**Even If It's Worst Thing in World**

If you hate to see someone looking at the end of the story, that is because to do that spoils it for you. But it doesn't necessarily mean that it spoils the story for him. He may prefer settling the mystery or the question or denouement that makes him read hurriedly, so that he can read at his leisure and savor the story better.

People who let this tendency get too much of a hold on them are not good to live with. And as a rule they seldom accomplish much in the way of helping. Because—haven't you noticed it—they almost always arouse an antagonism that makes other people determined to do their own way, even if it's the worst way in the world.

**GOING "PRACTICAL"**

The Board of Education of Paulsboro, N. J., has decided to give up instruction in foreign languages and confine the efforts of its public school system to fitting students for 'life,' observes the Baltimore Sun. This means, according to the Board of Education, making better housewives of the girls and more efficient workers of the boys.

This ought to bring on a lot of talk reviving in new form that old argument as to the 'practical' side of the classics which was raging 20 years ago when the revolt against the disciplinary function of Latin and Greek reached widespread proportions. It is probably true that the high school at Paulsboro, N. J., cannot provide instruction as complete and diversified as that encountered at Oxford or the Sorbonne, but that does not dispose of the fact that the Paulsboro school authorities seem content with a somewhat limited definition of 'life' and with a not exactly all-embracing view of the function of a housewife or a worker in the local industries.

After all, there is no harm in a Paulsboro housewife knowing that in France they speak French even if she hears the language spoken by an earnest normal school graduate who has never been there. Nor would it materially lessen the efficiency of a Paulsboro worker to have been rushed through Cicero's "De Senectute," thus learning something more about old age than can be acquired by signing up for an old-age pension. In Paulsboro even trigonometry is too 'impractical' to be taught in the high school.

Whatever the local difficulties, which account for the Paulsboro view of the function of public education, it is plain that had the world been content with the Paulsboro idea all these centuries, the race would have got only a little way out of the swamps.

OTTAWA, Feb. 15—Premier Aberhart faces insurrection if he does not get busy and set in motion a bill to cover the eleven-point Social Credit programme.

J. P. Rowe, Social Credit member for Athabasca, is on the spot as the lone rebel, faced with adequate action by the caucus.

The difficulty about the adequate action seems to be the fear that he is not alone—though he wrote a letter home that caused all the trouble. It would probably have been taken before this if John Blackmore, the group leader in the House, could have felt sure that Mr. Rowe was the sole member of the revolt.

**HEALTH**

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**SLEEP**

Everyone realizes the need for a proper amount of sleep and at no time is this more necessary than during childhood. In her anxiety to get her young child asleep many a mother has walked the floor for hours, a practice which is not only harmful to the infant but one which may be disturbing to the whole household. All this can be avoided if proper habits of sleep are instituted at birth. This is best done by placing the crib of the infant in a room of its own which is quiet, well-aired and easily darkened. After a dry diaper has been put on and the infant placed in a warm comfortable bed, no other device should be necessary to induce him to go to sleep.

The child should always be put to bed while awake. In other words, he should learn to fall off to sleep in his own bed. If the child cries, see that he is not too cold, or too hot. See that he is dry, and—if a young baby—that he has no gas on his stomach, and then leave him alone. If you pick him up just once or twice, next night he will cry for the sole purpose of being picked up. It is essential that when you put your child to bed you should leave him alone.

It has been computed that while a child is exercising he is using over four times more energy than while sleeping. Keeping this fact in mind, it is apparent that over-active children require longer periods or more periods of sleep than other children do.

Sleep disorders in older children are characterized by difficulty in getting to sleep at night, restlessness, tossing, talking in the sleep, grinding of the teeth, nightmares and sleep-walking. As a rule these complaints are not due to physical causes but are seen in nervous or highly strung children. This child is unable to sleep properly and must not be confused with the spoilt child who is unwilling to sleep.

Regularity of sleep—plenty of it and no fussing with the child that just wants to be pampered all tend towards making the child healthier.

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