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## ONLY TWO-DAY CHINOOK CAN SAVE STOCK

OTTAWA, March 9.—Alberta cattle men, with nearly a million head of cattle on their ranches and only scant supplies of feed available, are praying for a chinook—a warm wind from the Pacific that will melt snow drifts, under which the grass has been buried since Christmas.

According to Senator Daniel Riley, President of the Western Stock Growers' Association, "only a two-day chinook will save the situation," as the roads in Southern Alberta are impassable, and the ranchers can neither get feed in nor cattle out.

The cattlemen have made no money for several years, owing to successive droughts in the southern portions of Alberta, Saskatchewan and Manitoba. They went into the winter with a serious shortage of feed, and the normal loss of 3 to 5 per cent. of their stock, which is experienced every spring, will be much heavier this year.

### No Profit in Ranching

The biggest ranch in Alberta is owned by P. Burns & Company, and has 25,000 to 30,000 head of cattle. It is in the district south, east and west of Calgary. Other large ranches are in the High River District, where the E. P. Ranch of the Duke of Windsor is situated.

No cattle have been sold off the range since last October, according to Senator Riley. The animals which have been disposed of since that time have all come from feed lots, where they have been fed ground grain—wheat, oats, barley and Argentine corn, which it was advantageous to import via Vancouver on account of the great shipping strike on the Pacific Coast of the United States.

At the present cost of feed and the unsatisfactory price of finished cattle, there is no money to be made on the great ranches of Western Canada. Argentine corn costs from \$32 to \$38 a ton delivered in Alberta and choice steers are now selling at \$6 to \$6.25 per hundred pounds at Calgary. Most of the beef animals which have been shipped from Alberta have gone to St. Paul, Minn., but the Canadian producers are up against a duty of two cents per pound when they approach the border and there is an annual quota of 155,000 head of cattle, which was exhausted before the end of last year.

### Hope for Bigger Quota

The cattlemen are hopeful that the quota may be enlarged and the duty reduced, as the market in the United Kingdom is to offer away for Western Canada to be of much use to Western producers.

Senator Riley says there has been no chinook for 75 days. Some winters they have one every two or three weeks and it is very rarely they experience a spell of severe weather like the present one.

The trials and tribulations of the stockmen have been aggravated by dilatoriness in the administration of the free freight arrangement which was made by the Federal and Provincial Governments and the railways. By this arrangement, feed was to be hauled into the drought areas to save the stock. Serious situations have arisen through delay in issuing certificates which have to be approved by Government authorities at Edmonton before shipments can be made.

An estimate furnished by the Department of Trade and Commerce, reveals a decrease of 180,500 head of cattle of the farms of the three Prairie Provinces on Dec. 1 last, compared with Dec. 1, 1935. The reduction was chiefly in animals in December last than in alone there were 133,000 fewer beef animals in December last than in the previous December.

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## ... OF ... Interest to Women

### MARJORIE MILLS SUPPLIES MENUS FOR WHOLE WEEK

### They Are Provided to Help Housewife Who Must Prepare Meals After Spending the Day at Business --- Use of Left-Overs

(By Marjorie Mills)

Cooking for two can be the most delightful intimate game in the world or it can be a drudgery, a millstone, an obstacle to happiness! And if you are an office worker in the bargain and have to fly home on the five-ten to hustle around the kitchen and rustle up a dinner, it's a problem indeed.

### A Week's Menus

These menus may help the housewife who spends her day from nine to five in an office and who does her cooking for two after hours.

Sunday—Tomato juice, roast lamb, glazed carrots, cauliflower, parsley, potatoes, mint jelly, cup cakes with butterscotch sauce.

Monday—Grapefruit juice crackers, Shepherd's pie, tomato and lettuce salad, gingerbread and whipped cream, coffee.

Tuesday—Cranberry juice, stuffed green peppers, radishes and carrot strips.

Shoe string potatoes (vacuum canned), cup cakes with raspberry jam and powdered sugar.

Wednesday—Half grapefruit, liver and bacon, hearts of lettuce, spinach, sweet potatoes, gingerbread with boiled icing, cottage cheese and crackers, coffee.

Thursday—Celery stuffed with cottage cheese, Swedish meat balls, grilled tomatoes, buttered noodles, ambrosia and cookies.

Friday—Chopped egg canapés with clam cocktail, broiled scrod and melted butter, parsleyed potatoes, buttered peas, ripe pears or strawberries and cream.

Saturday—Tomato juice, baked beans and brown bread, French fried onions, cole slaw, apple sauce and cookies, coffee.

### Cream Farina Date Meringue Pudding

2 cups cooked cream farina  
2 egg yolks  
2 egg whites  
½ cup milk  
½ cup sugar  
1 cup chopped dates  
1 teaspoon vanilla

Add beaten egg yolks to cream farina and mix well. Stir in milk, then all remaining ingredients except egg whites. Pour into buttered baking dish, place in pan of water, and bake in a slow oven, 320 to 350 degrees F., 30 to 40 minutes. Cover with meringue made of two stiffly-beaten egg whites and 2 tablespoons sugar. Return to oven to brown meringue. Serves four or five.

Left over cream farina, may be scrambled with eggs, ham or other left over meats, with parsley added, and by the way, creamed eggs are delicious when served over buttered cream farina.

### Cream Farina Cheese Puff

1½ cups grated cheese  
1 cup cooked cream farina  
¼ cup hot water  
Dash of pepper  
4 egg yolks

## IN THE MOVIES LOVE IS FROSTING ON THE CAKE

(By Ruth Cameron)

I think sometimes I'll go to the movies equipped with a pencil and notebook and keep tally of the number of times the word love is spoken or sung during the evening.

I won't pick out any specially hot show, just any typical picture with a predominant love interest—as 95 per cent. of them have—and with perhaps a song feature to go with it.

How many times do you suppose I'd record the repetition of the word?

To say nothing of all the words that belong with it—adore, dream, moonlight, stars above, alone, heaven, and all the rest of the parade.

I also wonder if any one else ever has the feeling which I sometimes have when the hero is rolling his eyes and opening his mouth wide in some tender song about the power of love, that I could easily stand hearing about something else for a change.

I saw one movie recently in which the love interest was decidedly minor. The struggle of the son of a man who was put to death for a crime he didn't commit, to find the real criminal and justify his faith in his father, supplied the major thrills; love came in as it comes into life, as part of the pattern, not as the only pre-occupation of most of the characters. Seeing that play was like going out of a superheated room into the clear, bracing outdoors.

4 egg whites  
½ teaspoon salt  
Add hot water to cream farina, then cheese, beaten egg yolks, salt and pepper. Fold in stiffly beaten egg whites. Pour into greased baking dish or separate molds and bake in a slow oven, 320 degrees F. to 350 degrees F. until firm, about 20 minutes. This serves five or six.

### Boston Oatmeal Faces

¾ cup shortening  
1 cup brown sugar  
2 eggs  
2 cups all-purpose flour  
1 teaspoon soda  
½ teaspoon salt  
¼ teaspoon nutmeg  
¼ teaspoon cinnamon  
2 cups rolled oats  
½ cup sour milk  
1 cup seeded raisins  
½ cup chopped peanuts  
Currants, candied cherries.

Cream shortening thoroughly, then blend in the sugar. Add the beaten eggs. Mix and sift the dry ingredients, add the rolled oats. Combine with the creamed mixture alternately with the milk. Stir in the raisins and the peanuts dredged with a little flour. Chill and roll to ¼ inch thickness. Cut in circles and decorate with currants and sections of candied cherries to look like faces. Place on a buttered baking sheet and bake in 375 degrees oven for 12 minutes. Makes 90 cookies.

### Lobster Newburg

4 tablespoons butter  
2 cups diced lobster meat  
½ teaspoon paprika  
1-3 teaspoon nutmeg  
3 egg yolks  
1 cup cream  
¼ cup sherry  
Salt.

Melt butter in a double boiler. Add lobster meat, stir and cook for three minutes. Add paprika and nutmeg and cook for one minute longer. Beat egg yolks add cream and then add the rest of mixture. Cook and stir these ingredients over low heat for 2 minutes. Do not permit them to boil. Add sherry and salt if required and serve the lobster at once on hot buttered toast. Serves six.

### Inexpensive Pound Cake

½ cup butter  
2 cups sugar  
3 cups pastry flour  
2 teaspoons baking powder  
3 whole eggs  
½ teaspoon salt  
1 cup water  
1 teaspoon lemon extract

Cream butter well with electric mixer. Add sugar gradually. Add sifted flour and salt with the water and flavoring. When blended drop the whole eggs on mixture and sprinkle over them the baking powder. Beat once more and bake in a tube pan for about one hour at 375 degrees F.

## ST. PATRICK'S DAY GAMES FOR ALL

### Cynthia Proctor Suggests Old Favorites and New Ideas

(By Cynthia Proctor)

Games for young and old are in the spirit of the good saint of Erin's Isle.

### Wishing Well Game

A well can be made from paper painted to represent bricks. In olden days young people learned their fate by looking down the well—so they will at your party because at the bottom are rolls of paper tied with green ribbon for boys and orange ribbon for girls. Each person draws one and reads his fortune. Here are some for the girls:

Health, wealth and joy.  
If you take the right boy.

A boy with dark eyes  
Has been telling you lies.

Great joy there will be  
With the first one you see.

And for the boys:  
Curly hair a very pretty look.  
But ask yourself—how does she cook?

A blue-eyed girl is best for you.  
Because she's most apt to be true.

If you continue to tarry  
I'm afraid you won't marry.

### Shamrock

Pass cards numbered from 1 to 12 in green ink. Each card has a green pencil attached to it. The hostess reads the following questions, the answers to which can be spelled from letters in the word "shamrock." The players write the answers to each question as asked. A shamrock-shaped box of gumdrops or mints would be a good prize for the one who gets the most answers. Here are the questions:

1. What is the Irish national flower?  
2. An Irish city?  
3. A man's name?  
4. Money?  
5. A disguise?  
6. A vehicle?  
7. A popular food?  
8. One of the months?

We aren't going to give you a head start, if you happen to read this column before you are asked to play the game, but you can be thinking about it.

### Harp Cut-ups

Give each guest a cardboard cut in the shape of a harp about four or five inches long, and a pair of scissors and the first instruction is to cut the cardboard into four pieces like a jigsaw puzzle, as ingeniously as possible. The four pieces are then shuffled up and at a signal are passed to the neighbor on the right. Everybody attempts to piece out the puzzle again, and as soon as some one has finished he must shout out that he has succeeded. The cards are then shuffled and promptly passed to the right once more, and the same procedure is followed for about 20 minutes. Whoever pieces together the most squares wins. The prize may be a chocolate harp covered in gold and green paper.

### Picking Potatoes

Dress up large and irregular shaped Irish potatoes with a green frill of crepe paper. Supply each guest with small flat mustard spoons, lay a potato in front of each guest and ask them to pick up the potato with the spoon without the assistance of your other hand, or your feet, or any of the furniture. Obviously, the larger the spud and the smaller the spoon, the more fun everybody will have. Give prizes of those mock potato candies that are on sale in the candy departments as St. Patrick's novelties.

### Biting the Corks

You need only a cork for each player. The trick is to stand five feet away from a cork and then, using one hand only for support, to bend down, lean over without moving the feet and pick up the cork in your teeth. Then the player must get back on his feet again, still using only one hand. This is a game that can be played in pairs or the whole party divided against itself.

Experience goes to show that the more democratic a country the longer the Honours Lists.—Mr. Baldwin.

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