

IZE WINNERS

Mrs. Arthur Crowley, Lemon
Pie,
—Miss Dorothy Smith, Date
Kies,
—Mrs. Frank L. Morgan, Clov-

HONORABLE MENTION:

Mrs. L. Kane, Cabbage Salad;
Douglas Terry, Cream Cheese

Byron Brewer, Whole Wheat

Ed Bearisto, Small Chocolate

Ed Bearisto, Mustard Pick

Margaret Bearisto, Chocolate

Bert Manuel, Mocha Cakes;

C. Horncastle, English

John M. F. McKenzie, Experi-

mentation, Walnut Fudge.

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Grand CULINARY CONTEST

Of Interest to Women

WINNERS OF HONORABLE MENTION IN
THE DAILY MAIL COOKING CONTEST

The following are the recipes for
the exhibits which were awarded
honorable mention in The Daily Mail
Cooking Contest in last Wednesday's
judging, which took place at the Mar-
itime Electric Co., Ltd., store:

Cream Cheese Dainties

One package of cream cheese
1/2 cup butter, Cream and all 1/2 tea-
spoonful of salt, one tablespoon of
milk, 1 cup of flour. Roll thin and cut
with a cookie cutter. Spread half with
marmalade or jelly. Press together.
Bake in a hot oven.

—Mrs. Douglas Terry.

Small Chocolate Cakes

2 cups Swansdown flour, one tea-
spoon of soda, sift three times, cream
with 1/2 cup butter and 1 1/4 cups brown
sugar; cream until light and fluffy;
add 2 unbeaten eggs, one at a time,
beat well after each addition; add
three squares of chocolate, melted;
beat well, add flour alternately with
one cup of milk, a small amount at a
time. Beat after each addition until
smooth. Add one teaspoon of vanilla.
Bake in moderate oven.

—Mrs. Fred Bearisto

Mocha Cakes

One tablespoon of butter, 3/4 cup of
white sugar, yolks of 2 eggs, 1/2 cup of
milk, 1 1/4 cups of flour, 2 teaspoons of
blue ribbon baking powder, 1/4 tea-
spoon essence of lemon. Place one tea-
spoonful of mixture in paper cups.

Icing

Melt one square of chocolate, add
one cup of icing sugar with about a
tablespoonful of milk. Beat well. Tip
cakes out of paper cups and cover
with mocha icing and roll in coco-
nut; put back in paper cups.

—Mrs. Albert Manuel

THE GUEST MEAL

It is a mistake to think that one can
have company without more work.
The invited one will say, "Now don't
go to any extra work," and the hostess
will respond, "No, I won't. I'll
just put on an extra plate."

This is an illusion, to be classed
with the dream that "two can live as
cheaply as one." But to have pleasant
people in the home is worth the ef-
fort.

Fortunately people do not eat as
heartily as our active pioneer ances-
tors did, nor do we demand as great
variety in the menu. The ideal guest
meal contains but few dishes, skill-
fully prepared and delicious, and in
ample quantity. We no longer serve
several meats and drinks, two kinds
of pie and cake, and all sorts of pick-
les, jellies and jams.

An adequate guest meal might con-
tain three courses; an appetizer, such
as a fruit or fish cocktail or soup; a
meat course with potatoes and gravy,
one cooked vegetable, a raw vegetable
salad, rolls and butter; and a simple
dessert. Coffee may be served with
the meat course or the dessert, or
both.

Any soup, except cream soups, im-
prove with standing, and may be made
a day in advance. A cocktail blends
its flavors and is more delicious if
made several hours before it is served
and if left to chill in the refrigerator.
If your meat is a roast, the potatoes
might be put into a baking pan to
bake with it, as also your cooked
vegetable.

Almost any vegetable may be cook-
ed and set off the fire and reheated
when needed, with no loss of flavor,
or you may use a canned vegetable,
to save effort on a company day. The

salad dressing may be made a week
or more in advance. The fresh vege-
tables for the salad may be cleaned
hours ahead of mealtime, wrapped in
a wet cloth and laid in the refrigera-
tor to be assembled shortly before the
meal. The buns may be warmed in
the oven or double boiler.

With a meal as hearty as this, the
dessert should be simple. Crackers
and cheese are becoming more popu-
lar as desserts, with our habit of eat-
ing less. The fruit cup, unless you
have served a fruit cocktail, is a
modern dessert. If not these, the des-
ert might be a frozen one, a sherbet
or water ice or brick of ice cream
purchased at the store or made in the
refrigerator five or six hours before
mealtime. A simple water may ac-
company it. Home-made pie is proba-
bly the most difficult dessert, since
it should be made on the day it is
used, to be its best; but if you are a
skilful pie-maker, there is almost
nothing more pleasing to everybody.

With this sort of management, the
table may be set an hour or two be-
fore the meal, and nothing will be
left for the last minute attention but
seasoning the hot dishes, making the
coffee and the gravy. There is no
reason why the hostess may not come
to the table freshly gownned, nose pow-
dered and unflustered.

The table service should be simple,
with extra supplies set on a small
table or tea wagon near at hand where
the hostess can reach them without
rising. The guests should be expect-
ed to help pass things or reach food
set near them. No guest likes to feel
that he is a burden and everybody
loves the hominess of informality.

SALT BARS USED AS MONEY
IN WILD ETHIOPIAN AREAS

WASHINGTON, D. C., Nov. 18.—
Ethiopia's terrain, over which any
land troops invading the country must
pass, is described vividly by Leo B.
Roberts in an article in the Septem-
ber, 1935, National Geographic Maga-
zine. He also tells of the people and
their customs.

Figures Vary

"Ethiopia's population has been
variously estimated at from five and
a half to twelve millions," writes Mr.
Roberts. "I believe about seven mil-
lion is more nearly correct, although
no census has been taken. Officially,
Ethiopia is a Christian country, but
within the confines of the empire
there are also Moslems and pagans.

"In size Ethiopia comprises about
424,000 square miles, or nearly nine
times as large as New York State.
"West of Eritrea and French Soma-
land there is an Ethiopia desert belt
100 miles wide; its lava formations
resemble Arizona malpais country at
its worst. The dry season strikes here
with terrific force; water holes are
far apart.

"In north and central Ethiopia are
five Christian provinces: Tigre, Am-
hara, Gojjam, Wallo, and Shoa; to the
southwest is Kafa, the home of coffee
which took its name therefrom; far-
ther south and east are smaller prov-
inces conquered by Emperor Menelik II.

"West of the desert is one of the
world's most striking topographical
features—an escarpment rising a
mile or more above the arid lowlands.
This massive barrier has isolated
Ethiopian mountain dwellers from the
outside world for centuries.

Hillstones a Menace

"These highland, extend west from
the eastern escarpment some 200
miles, to an equally steep slope on the
west. Much of the area between the
western escarpment and the Sudan
border is unmappped but it is known
that this lowland is densely forested
and the soil is the black, greasy,
gumbo type. In the east and west
lowlands, heat is terrific; on the high-
lands, which vary from 8000 to nearly
15,000 feet above the Red Sea, it is
generally cold.

"Two distinct seasons exist — a
heavy rainy season lasting from June
until the end of September, and a dry
season for the remaining eight
months.

"Hillstorms are a menace; often
the stones are so large that they cripple
mules in a caravan. They usually
occur in December and January. I
saw the ground covered a foot deep
with hillstones that did not melt for
two days.

"Time means nothing here. The
'ishi nahga' (yes, soon) of Ethiopia
is even more common than the 'ma-
nana' of Mexico.

"Highland Ethiopia are essentially
an agricultural people. Teff, one of

the dwarf varieties of millet, is the
principal crop. Some maize is culti-
vated, as well as barley and chick
peas. Pepper is grown extensively
and used daily on meat and bread.
Cattle are large and thousands of
sheep graze on the hills.

Salt Bars As Money

"Village life is placid. The people
are content with few possessions.
Men spend much of the day in the
fields and yet have plenty of time for
gossip. Women are modest; they
work steadily, yet not too hard.

"No newspapers are known, but all
news is broadcast at the markets,
each village having its weekly market
day.

"In the vicinity of Addis Ababa,
coins and the paper money issued by
the Bank of Ethiopia are used as me-
diums of exchange. In the interior,
however, salt bars, which have a
trade value of about half a Maria
Theresa thaler, are a more desirable
currency than silver coins.

"Southern Ethiopia is reported to
have lions. Many types of antelope
are to be found in the high Aruse
country and ibex in the mountains of
northern Tigre; but in Shoa and Goj-
jam game is scarce. There are a few
small gazelles; and hyenas laugh in
the night, but hide during the day.
Baboons and little monkeys are plen-
tiful and respond quickly to decent
treatment. In the lagoons like reaches
of the Blue Nile, as well as in the
lake proper, there are herds of hippo-
potami. I saw as many as 15 at one
time enjoying the water.

"Forests along the Sudan frontier
shelter elephants, lions, and leopards.
"By far the most important factor in
the life of the people of Ethiopia's
highland country is their church.
There is a church on almost every hill
and one every slightly piece of land. It
has been estimated that at the present
time there are between 15 and 18
thousand recognized churches in the
empire.

"Churches are built in groves of
trees and are circular, with successive
round enclosures where all ranks (the
people the deacons, and the priests)
have definite stations. Location of
doors is prescribed by custom; there
being no windows, the interiors are
gloomy. Entrance for the priests is
on the east, for the men on the north;
doors for women open to the south.

"Priests may marry once, engage in
business, administer church-owned
land, lend money, and act as judges in
disputes. They daily hold services of
prayer and chanting, and their fasts
are long and severe".

Bill: "Is you flat furnished or un-
furnished?"
Judd: "To tell you the truth, I
never know until I get home in the
evening. These hire purchase people
are so frightfully fussy."

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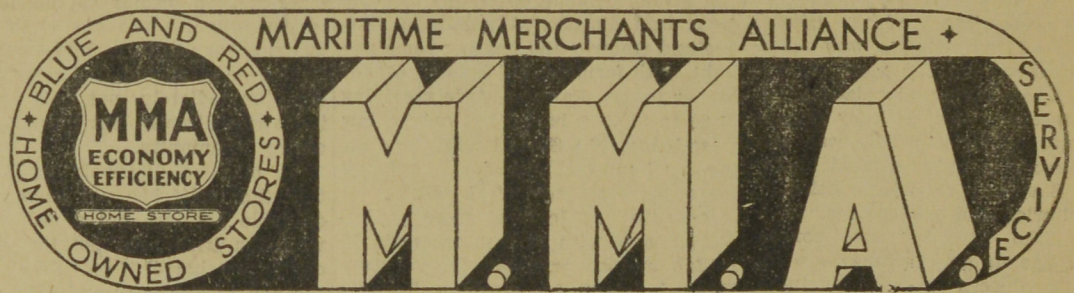
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NONSUCH STOVE POLISH Per bot.	19c	RANGOON RICE 4 pounds	19c
REGAL SALT 2 packages	19c	DANDY TOILET TISSUE 6 rolls	19c
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