

## What's new from the Home Economics Branch

### POULTRY PLEASE (Food Forum)

*"Arranged by County or District Home Economists in co-operation with Women's Institutes and other interested groups and are open to everyone in the community."*

A new slant has been added to an already popular product, so Poultry Please is bound to be a hit. The Forum for 1974, has been designed by Miss Margaret Myer, Supervisor, along with her staff of food specialists, Home Economics Branch.

For every season there is a reason for cooking with poultry and eggs. The versatility of these fine Ontario products make them natural choices for meals anytime. Nutritionally valuable for high quality protein, vitamins and minerals, they are available at reasonable costs.

The booklet will arouse your interest, even before you open it, the colour on the cover makes you curious to see the inside. Upon opening, there are lots of ideas for menus for your mealtime planning. Every homemaker will find something new. Do you freeze your French Toast, or for your quick "on-the-run" breakfast, use your blender to advantage?

#### Mealtime Planning

How about a Spring luncheon, serving Turkeyburgers and a crisp raw Spinach salad, dressing your salad up with red peppers, sliced hard cooked eggs and mayonnaise? For the cool days, a **Turkey Chowder** hits the spot, or would you rather make a **Chinese dish**? **Dinner on the Patio**, could be fun or for that special event an **Anniversary Dinner for two**, or when the crowd gets together — try a **Barbecue Supper**. These are the ideas available to you. Most of us like poultry and eggs and these products provide variety, so why not ask for, "Poultry Please".

### BAKED IN A PIE (Local Leaders' Training School)

*"Local Leaders" Training Schools are organized by the County or District Home Economist who sends application forms to all the Women's Institutes in the County or District and to any other groups who request them. A "Summary Day" is held at the completion of the project."*

Twenty-four Training Schools will be held in 1973 to be followed by Summary Days early in the new year. The Food Specialists from the Home Economics Branch, assisted by the local Home Economists are responsible.

How did, Baked In A Pie, come about? It just didn't happen. The ideas came from you — through popular request — listening to your suggestions — then a brain storming session among the specialists — in due time, manuals.

The objectives are to promote nutrition in new and interesting ways: to present new techniques for the experienced and inexperienced; to promote Ontario products; to develop leadership ability; and to present a realistic approach.

The **first** thought, is to dispel the idea that pastry is only for desserts; the **second**, if pastry is used as a main dish, it's not only to use up the leftovers. A **main dish** might very well **start** with ground beef, ham, fish, mushrooms, onions or vegetables.

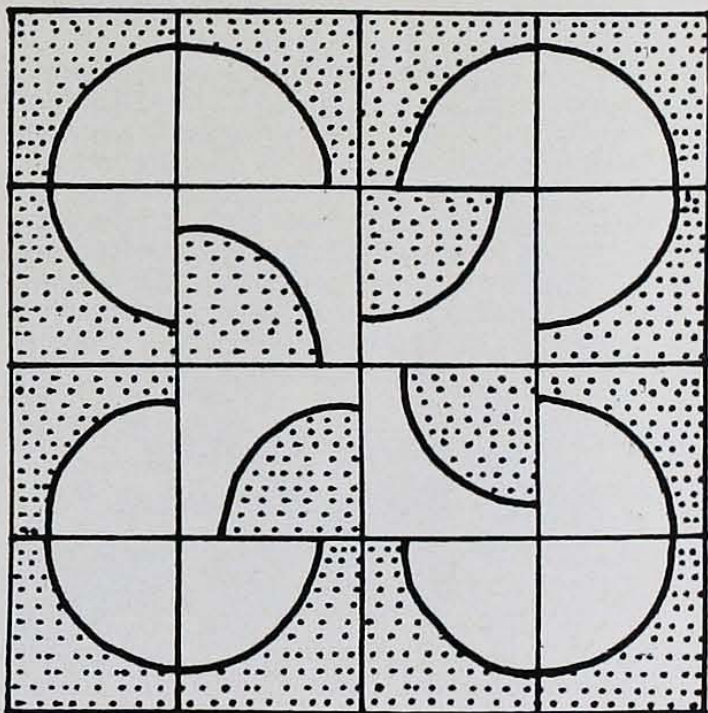
There is an enthusiasm shown by the leaders and a keenness to go back to their groups and teach. Techniques of pastry making might not have changed but there is always some new trick to learn from one another.

When Miss McKercher or Miss Lampman showed the slides at Area Conventions, do you remember the "Crusty Chicken?" It was coated with chou pastry. Do you know how it was made?

Would you make a Quiche? When this question was asked at one of Miss Anne Urquhart's Training Schools, almost everyone said "no", however, after knowing more about this savoury custard type dish, everyone wanted to make it.

BAKED IN A PIE recipes look to economy, nutrition, easy availability of products used, and most important of all — would the dishes be popular in the majority of homes?

## Quilts



One of the many patterns, "Tumbleweed".

### REVIVAL OF AN OLD CRAFT

The Training School for QUILTS has really caught on. Mrs. Layne Paton, Supervisor of Crafts, is delighted with the response and pleased to see younger women attend.

The ancient Craft, which dates back to at least the eleventh century, has been handed down through the ages. It has been said, that the story of a quilt is the record of the human family. Variations of design are as unique as the individual who created them. Sometimes the quality is the only design, sometimes pieced, beautifully appliqued, crazy patchwork, but all can be an accomplishment when finished. Is there a better way to spend your leisure time?

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