THE MIXING BOWL

BY Anne Allan HYDRO HOME ECONOMIST

Hello Homemakers! Less meat calls for more skill on your part. Once again a fairer method of distributing the available supply has replaced the rule of first come first served. In our opinion, homemakers will have to 'stretch' their meat more than ever before. The Mixing Bowl suggests a greater use of other protein-rich foods to make your coupons go farther. When you do serve meat, cook it carefully.

TAKE A TIP

1. Remember that meat is a protein food which aids body building and tissue repairing. Other foods which contain protein value are milk, cheese, eggs, fish, lentils, dried peas, dried beans and corn.

2. Serve a rich dressing with smaller portions of meat. Use skim milk and cheese with crumbs to add protein value to the dressing.

3. Serve casserole dishes containing peas, beans and wholegrained cereals.

4. Serve rich soups with protein foods added. Creamed soups are a good addition to a low-protein menu.

5. Add cream sauces to main courses.

6. Cheese used in sauces, salads, boiled vegetables and casseroles adds flavour and goodness.

MEATLESS DISHES

Cheese loaf; Macaroni and cheese; Cheese omelette; Polenta cheese; Eggs lyonnaise; Bean Timbales; Eggs a la King; Eggs goldenrod; Baked beans; Split Pea mould; Bean Tomato casserole; Creamed vegetables; Peanut Butter fondue; Mushroom chop suey; Rice and grilled tomatoes; Egg noodles; Jellied vegetables with egg slices; Scrambled eggs; Corn pudding; Lima bean casseroles; Thick cream soups; Creamed potatoes with hard-cooked eggs; Scalloped potatoes with cheese; Melba toast and chicken livers; Spaghetti-tomatoes and cornbread; Oatmeal and peanut topped casserole; and vegetable plates.

Fish—Breaded, baked with dressing, fried, scalloped, in batter, in casserole, in loaf dishes, in vegetable chips.

THE SUGGESTION BOX

It is important to cook meat carefully to prevent shrinkage and toughening. A meat chart listing the different cuts with corresponding cooking times and temperatures takes the guess-work out of roasting meat.

1. Veal should be cooked longer and more slowly than beef. Since it has less fat than most meats and has too much flavour some fat should be added while cooking.

2. Veal chops and veal cutlets may be coated with flour or egg and crumbs before cooking to help prevent loss of moisture.

3. Braising has been considered the best method for cooking veal but roasting in an uncovered pan in an insulated electric oven is quite satisfactory.

4. Roasting pieces of veal should be placed in a preheated oven at 300 degs.; allow 40 mins. per lb., or roast until meat thermometer registers 180 degs.

5. Every lamb cut, except the flank and neck, should be tender enough to broil or roast. Roasting temperature should be 300 degs. allowing 38 mins. per lb. or the internal temperature according to meat thermometer should register 175 degs.

6. The fell—the thin, outer covering of the lamb carcass—should be left on the leg of lamb, because it helps to keep the juices in and holds the meat in shape for easier carving.

7 .The melting point of lamb or mutton fat is high and it is rather unpalatable if served lukewarm.

8. Pork should be cooked to the well-done stage, because the flavour is better when it is so cooked and because thorough cooking will destroy parasites which are found in undercooked pork. Roasting pieces of pork should be cooked in a preheated oven at 350 degrees allowing 40 mins. per pound or until temperature of meat thermometer reads 185 degs.

9. High oven temperatures for roasting beef affect the flavour and juiciness of meat and cause greater losses by shrinkage. We are assured that good browning can be achieved by searing the meat for a few minutes in a shallow pan placed over a surface element turned High before it is cooked in a preheated oven at a constant temperature of 350 degs. allowing 35 mins. per pound for a well-done roast. To cook small roasts medium-rare allow 32 mins. per pound to obtain maximum number of servings. For rare beef allow 20 mins. per lb. at 350 degs. or cook until meat thermometer register 140 degs.

Note: Enter a meat thermometer in the centre of the roast, not touching bone or fat.

LIVE POULTRY WANTED

Our trucks are in the Flesherton District Monday of each week, to pick up Live Poultry.

We weigh and pay cash for your Poultry at the farm. This is your ideal method of selling, to obtain the top market price.

Phone 70 Clarksburg, or write and make arrangements for our truck to call.

BEAVER VALLEY CREAMERY
Clarksburg, Ontario

"Your Satisfaction is Our Success"

Address For Presentation To Mr. and Mrs. Joe Little

Dear Doris and Joe —

Since the war in Europe is over and peace has been declared, thousands of noble and brave men are returning home to their loved ones, who have waited patiently through long years, sometimes with tears of sorrow and sometimes with tears of joy at the brave deeds done by dear ones away off yonder on the blood stained fields of battle, but now those who have been spared by the kind providence of God are coming back and that is why we are assembled here to-night to spend a few happy hours with you Doris and your husband, who has recently returned home. After you were married we were not granted this privilege as war duties kept you apart so long.

Doris, **you have always** been a resident of this neighborhood, a faithful attendant of the church here and often assisted on many programs as well as a willing helper in any good cause. Your willingness and kindness were always appreciated. You may well be proud of your husband, Doris, no honour is too great; no privilege is too much to offer those heroes when they return to us. It is to these men that we owe our freedom to day, **freedom from the** cruel power of Hitler.

Words are inadequate to express to you, Joe, how much we honour you for your share in the gigantic struggle **for freedom's** cause. As you two now, with your little daughter are about to settle down in a home of your own we wish to show our deep appreciation for both of you by asking you to please accept this table and money which convey our very best wishes for future happiness and prosperity, and may God's richest blessings be upon all your undertakings.

Signed on behalf of your friends and neighbors, (Mr. and Mrs. Ben Hanley, Lois Williams, Bryce Hanley).

Joe made a neat reply thanking all for their kindness to him and his wife.

Visitor—It isn't often that I get such a good dinner.

Little Tommy—Neither do we, Mister.

ROCK MILLS

The weather took a sudden change from the warm spell we have had and on Sunday night there was a very heavy frost most of the garden stuff and flowers were frozen.

Mrs. Jas. Linton of Proton spent a week with her brothers, William and James Russell.

Mr. and Mrs. Dick Clark and Bill motored to Toronto and spent the week end with relatives there.

Mr. and Mrs. Chas. Newell spent Saturday in Owen Sound.

A number from here attended the Dundalk Fall Fair last Friday.

We extend our heart felt sympathy to Mrs. Herb Hawkins in her very sad bereavement by the tragic death of her husband.

Misses Eunice Dobson and Marjorie Newell of Grand Valley and Ruby Dobson of Owen Sound were recent guests at the Dobson home.

Rev. J. R. Wolstencroft of Oshweken supplied the pulpit here recently and delivered a fine sermon. Mr. Wolstencroft was a former pastor here and his manw friends were glad to see him again.

Mrs. F. J. Seeley has resigned as teacher here.

Mrs. George Akitt and Sharon accompanied Mr. and Mrs. Gordon Beaton of Markdale to Detroit where they are spending two weeks with relatives.

Regardless of the weather a large crowd was on hand to see the ball game at Rock Mills on Saturday between Rock Mills and Vandeleur. The game went the full nine innings and Rock Mills came out on top It was Rock Mills eleventh win of the season. Seeley pitched sensational ball for the winners, while Buchanan worked hard for the losers. Frank Betts umpired the game. Rock Mills players are Laurie Russell, C; Les Seeley, P; Lloyd Partridge, 1st; Vernon Atkinson, 2nd; T. Bemrose, 3rd; Bill Stevens, Short; Geo. Akitt, R.F.; D. Campbell, C.F.; G. Bemrose, L.F.

Dr. F. W. Ottewell Passes

Dr. Frederick Walker Ottewell passed away August 24 in his 71st year. He is survived by his wife, two sons, Gordon of San Francisco, and Burton of Ladner, and one daughter, Bonnie of Vancouver. Also two sisters, Miss Olive Ottewell and Mrs. James Holman, both of Toronto; two brothers, Victor Ottewell, of Minnesota, and Cedric Ottewell, of Mich.; also an aunt, Mrs. Allie Heslip, of Toronto, and three grandchildren, Mary, John and David Ottewell, Ladner.

Dr. Ottewell practised veterinary medicine in Delta for over thirty years.

Born in Ontario, he graduated from the Ontario Veterinary College in 1904, and practised in Feversham and Thornbury, Ontario, for several years. In 1912 he moved to Ladner. He served many years on the Council of the B.C. Veterinary Association, and was an honorary member at the time of his death.

He was fond of his garden, and interested in bowling, being one of the original members of the Ladner Lawn Bowling Club.

The funeral service was held in New Westminster on August 28, with Rev. C. R. McGillivray officiating. Burial was in Forest Lawn Memorial Park. Pallbearers were C. H. Davis, J. P. Smith, N. McCallan, A. McCallan, H. D. Ellis, and Dr. G. D. Pinder. — Ladner (B.C.) Optimist.

Card of Thanks

Mr. and Mrs. Alex. English desire to express their grateful thanks to neighbors and friends for the many kindnesses shown them and asistance rendered in their recent bereavement and for cards, letters and flowers received.

SEND IN YOUR RENEWAL.

Died

HAWKINS — At his home on the 10th Concession, Osprey on Thursday, Sept. 13th, 1945, Herbert Cecil Hawkins, beloved husband of Kathleen Pedlar, in his 44th year.

The funeral was held on Monday, Sept. 17th, with a short service at his late residence at 2 o'clock p.m., followed by a public service in Rob Roy Church at 2:30 p.m. Interment was made in Rob Roy Cemetery.

ST. ANDREW'S PRESBYTERIAN CHURCH

PRICEVILLE

Service of Worship: 11 a.m.
Subject: "We of His Creation."
Sunday School: 12:15 p.m.

We have it that this year's bathing suits are barely big enough to keep a girl from being tanned where she ought to be.

HONEY

Customers will be supplied Honey in their own containers all day Friday, Sept. 21, and Saturday morning, Sept. 22. Come early to make sure of your supply.

P. R. HOWELL, Flesherton

NORTHERN MOTOR SERVICE

Domestic and Commercial, Split — Two and Three Phase, High Speed and Low Speed Electric Drills. Workmanship Guaranteed. Prompt rewinding service on electric motors of all kinds —

J. MIDDLETON

753 - 2nd Ave. E. OWEN SOUND Phone 782

NEGLECT CAN STEAL YOUR BUSINESS

• No business can afford to face risks which should be covered by insurance. Let us analyse your needs, explain how insurance can protect your business from loss in many ways and arrange planned Pilot policies to cover all eventualities.

We write Pilot Insurance to cover selected risks in Automobile, Fire, Personal Property Floater, Burglary, Cargo, Elevator, Teams, Plate Glass, General and Public Liability, Fidelity and Surety Bonds.

H. W. KERNAHAN
Flesherton
Representing
PILOT INSURANCE COMPANY

RATIONED MEAT IN LOCKERS
must be declared

All consumers who store rationed meat in lockers must declare in writing to the nearest Ration Branch Office the quantity of rationed meat they had in storage on September 10, 1945

Rationed meats include all cooked, canned, fancy and "red" meats. For a full list of rationed meats, see the Consumer Meat Coupon Value Chart. Copies are available at all Ration Branch Offices.

COUPONS MUST BE SURRENDERED FOR STORED MEAT

Consumers must surrender coupons for all meat held in lockers over and above 4 lbs. for each person in the household at a rate of 2 lbs. per coupon. However, no more than one-half of the "M" coupons in the ration books of the consumer and his household need be surrendered.

USE THIS DECLARATION FORM

R.B. 218 **RATION ADMINISTRATION — WARTIME PRICES AND TRADE BOARD**

CONSUMER'S STATEMENT OF MEAT HELD IN COMMERCIAL COLD STORAGE, TO BE FILED WITH THE RATION BRANCH WITHIN 30 DAYS OF THE START OF MEAT RATIONING

Ration Book 5 — Prefix and Serial No. (Declarant's Own Book)

Number of persons in household including myself, hired help and boarders.....

Name of Declarant.....

Address.....
No. Street or R.R. No. City or Town Province Telephone No.

1. **SERIAL NUMBER OF EACH PERSON'S RATION BOOK**

Name ..... Name .....
Name ..... Name .....
Name ..... Name .....

(If space is found insufficient, use designated space at back of sheet)

2. Total weight (lbs.) of all rationed meat held as at start of rationing 1945 .....lbs.
3. Deduction of 4 lbs. for each person.....x 4 (Number of Persons) .....lbs.
4. Difference between items (2) and (3) for which meat coupons to be surrendered .....lbs.
5. Total number of meat coupons required for net total (item 4) on basis of 1 coupon for each 2 lbs. (gross weight) .....coupons
6. Total meat coupons surrendered herewith (being required number) but not more than 50% of total M coupons in the ration books of the household .....coupons
7. Name and address of commercial cold storage building where meat stored.....
Name
Address

I, the above Declarant, hereby certify the above statements to be true and correct and to contain a full disclosure of all meat owned, controlled or held by me in any cold storage locker in any commercial building or in space in a cold storage plant as at start of meat rationing 1945.

Dated.....1945 .....
Signature of Declarant

NOTE: Under the Board Order, operators of cold storage lockers or of commercial cold storage buildings are required to report to the Board the names and addresses of persons to whom they rent space for the storage of food.

300 M.B. 7-45

***CLIP this form,* fill it in, and send it with your coupons to the nearest Ration Branch.**

LOCKER OPERATORS ARE REQUIRED TO REPORT TO THE BOARD THE NAMES AND ADDRESSES OF PERSONS TO WHOM THEY RENT LOCKERS

— RATION ADMINISTRATION —

THE WARTIME PRICES AND TRADE BOARD

MRA-7

MEN FROM THE ARMED FORCES FOR FARMING

Any personnel in the Armed Services, wishing to be released for farm work at any period of the year, should now be advised to:—

(a) Apply to their Commanding Officer for release for farm work, stating past farm experience, giving reasons for request.
(b) Give location, type and size of farm, wherever possible.
(c) If possible, submit a letter from a parent or former farm employer and a letter from municipal or other official in home locality, indicating need for services.

Agricultural Labour Survey Committees have been set up by the Federal Department of Labour, to co-operate with the Armed Services in the release of men for farm work.

These Committees represent the Provincial Department of Agriculture, the Armed Services and the National Employment Service. They are prepared to advise farmers or Service personnel on any problems concerning such releases. For further information write your *Agricultural Labour Survey Committee*, care of Mobilization Registrar, at Charlottetown, Halifax, St. John, Quebec, Montreal, Kingston, Toronto, London, Port Arthur, Winnipeg, Regina, Edmonton, or Vancouver.

DEPARTMENT OF LABOUR

HUMPHREY MITCHELL, Minister of Labour — A. MacNAMARA, Deputy Minister

(45-W-60 E)