THE MIXING BOWL

BY Anne Allan HYDRO HOME ECONOMIST

Hello Homemakers! Eggs are what might be called "First Aid" foods. In emergences, if handled properly, they can be made into very good dishes such as omelettes. They make delectable desserts — custards and souffles — if cooked slowly and removed from the heat at the right homent.

We talked about custards and souffles recently but what about the omelettes? Omelettes are adaptable and allow for plenty of variation. A plain or jelly omelette for breakfast; a western, cheese or Spanish omelette for dinner — or possibly a fruit omelette for dessert.

Where most omelettes "fall down" is in the cooking. Slow cooking at a low temperature is the secret of a successful omelette. There are two main types of omelette — the fluffy or foamy, and the French. The former has a lighter texture when finished, but if not thoroughly cooked, it falls rapidly.

It is made by beating yolks and whites separately, adding 1 tablespoon of liquid — milk, water, tomato or vegetable juice for each egg. This liquid is mixed with the yolks. When the greased frying pan is hot (but not smoking), the stiffly beaten whites are folded into the yolks and the mixture is poured into the pan. Then the heat is reduced and the omelette is cooked very slowly until set.

For a French omelette, the eggs are beaten very slightly, with the required liquid (one tablespoon per egg). During the slow cooking the mixture is lifted from the bottom as it sets and the pan tipped to allow the uncooked portion to run underneath. Serve from the pan to hot plates.

TAKE A TIP

To fold an omelette: Holding the pan with the handle directly in front of you, loosen the omelette around edges. Now, using a spatula and with the pan tilted slightly away from the handle, start to turn the omelette away from the handle. Then holding the edge of the warm platter, flip the omelette on to the platter, letting it turn right over so that the underside becomes the top.

To test a Fluffy Omelette: Press the top slightly and if there is no finger impression, the mixture is cooked.

FLUFFY OMELETTE

6 eggs, 6 tbsps. water, ¾ tsp. salt, ⅛ tsp. pepper.

Separate yolks from whites. Beat white until stiff but not dry. Add water, salt and pepper to egg yolks and beat. Fold yolks into whites and then pour into hot greased frying pan. Cook over low heat. When the omelette has browned on the bottom (test by lifting edge with spatula), set it in moderate oven to finish cooking for 10 minutes. Fold and serve at once.

VARIATIONS OF FLUFFY OMELETTE

Jelly Omelette — Before folding spread with jelly or jam.

Chicken Omelette — Add ½ cup minced chicken to mixture and spread 1 cup between fold.

Mushroom Omelette—Add 1 cup browned mushrooms to egg mixture

Fruit Omelette—Add 1 cup diced, drained fruit to egg mixture plus 1 tsp. sugar for a 6-egg omelette to serve 6.

BUDGET OMELETTE

1½ cups soft bread crumbs, 1½ cups milk, 6 eggs separated, salt and pepper, ¾ cup grated cheese.

Mix milk and crumbs, let soak then beat smooth. Beat egg yolks, add salt and pepper and combine with bread mixture and cheese. Fold in beaten egg whites. Pour into hot greased pan and cook slowly until firm about 25 mins. Cook in a slow oven for the last 10 mins. —if you wish to brown the top.

VARIATIONS OF FRENCH OMELETTE

1. Spanish Omelette—Add ¼ cup chili sauce.
2. Grand Omelette—Substitute ¼ cup tomato juice for ¼ cup milk.
3. Vegetable Omelette—Fold ¾ cup creamed vegetables into omelette.

HUNTERS' STYLE OMELETTE

Fry 6 slices of pork shoulder and 4 sliced cooked potatoes until brown. Season with salt and pepper and place half of these in the omelette before folding and arrange the rest around the edge.

'Tis said that Eskimos rarely spank heir children. But, when they do, we'll bet they make the fur fly.

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EUGENIA

(Intended for Last Week)

Mr. and Mrs. Fred Graham of Walkerton spent the week end with Mr. and Mrs. Calvin Boyce.

Mr. and Mrs. Russell Johnson and three children have moved from the village to Richmond Hill, where Russell has accepted a position assisting with farm work. We wish them every success in their new home.

Miss Marge Martin, teacher at McKean's Mill school, was home for the week end.

Miss Leone Johnson of Springhill spent a few days with her friend, Miss Alice Tudor.

Mr. Geo. Williams of Milton visited on Saturday with his parents, Mr. and Mrs. Joe Williams.

We are sorry to report Mr. Robt. Haney on the sick list and wish him a speedy recovery.

Donald Hunter and Donald and Stuart Beckman of Galt spent the week end at the Martin home and enjoyed fishing.

Messrs. Joyce Thomas, Archie Johnson and Albert Brown of Goderich and Will Brown of Clinton spent the week end in the village Mr. Thomas was the only one of the group to land a speckled beauty weighing over a pound.

Our sympathy is extended to Mrs. Henry Falconer and family in their sad bereavement due to the death of her brother, Mr. Thos Harrison of Priceville, on Friday last.

Mr. Roy Genoe was home over the week end from the Barrie district, where he is employed with Hydro.

Mr. and Mrs. Lewis Pedlar of Flesherton and the Partridge family of Rock Mills were Sunday visitors with Mr. and Mrs. Joe Williams.

FUNERAL OF THOS. HARRISON

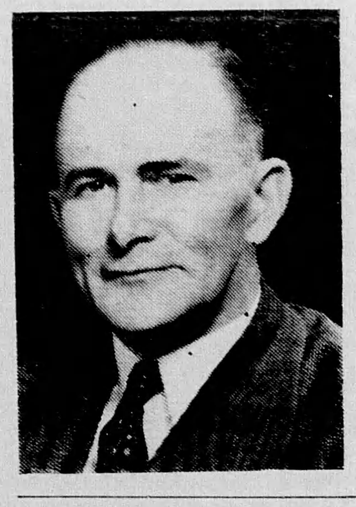
(By Priceville Reporter)

The funeral of the late Thos. Harrison who passed away April 30th, was held Monday, May 3rd, at his late residence at Priceville. Rev. Chas. Cox of Bervie, a former pastor of St. Columba United Church conducted the service, and was assisted by Rev. Muir of Corbetton and Rev. Gandier of Priceville. Interment was made in McNeill's Cemetery, Priceville.

The pallbearers were: four brothers, Joe, Ben, Herb and Hardy Harrison, and two brothers-in-law, Victor Adams and Gordon Geddes.

Friends were present from Durham, Holstein, Mt. Forest, Toronto and Brampton.

An Illinois judge sentenced a man because he was habitually lazy. Perhaps he'll appreciate the stretch.



ROCK MILLS

Colder weather and snow the past few days were not very welcome, but most of the seeding has been completed in this vicinity.

Mrs. Dick Clark is doing nicely in Markdale Hospital and will be able to return home in a few days.

Mr. Walter Russell had the telephone installed last week. Nearly all the people on this line now have the telephone again.

The mill is running again, after being closed down for several days for repairs.

Assesssor Harry Scott of Durham was making his rounds here during the past week.

Mr. Glen Croft of Port Credit was home over the week end.

Mrs. Delbert Hopkins and four children of Thistletown spent a few days with her father, Mr. R. Clark.

The Durham Furniture Company are having rooms decorated in part of the boarding house for Mr. Henry Martin, the sawyer, who expects to move his wife and two children here soon. Mr. Lewis Pedlar is engaged doing the painting.

Mrs. Chas. Newell visited with Mrs. Margaret Whitmore and family at Durham.

Bill Smith had his tonsils removed in Markdale Hospital and is back at the mill now.

CEYLON

Miss Isabelle Irish, Toronto, spent the week end at the home of Mr. S. Hemphill.

Recent visitors with Mr. and Mrs. Robt. Plester were: Mr. and Mrs. Dave Hooker and Mr. Jim Hooker of Colbeck.

Sunday visitors at the home of Mr. and Mrs. Luther Duckett were: Mr. and Mrs. Herb Betts, 4th line, Mr. and Mrs. J. P. Stewart and daughters, Linda and Sandra of Toronto, Misses Hilda and Helen Duckett and Mr. Irvin Ward of Toronto and Mr. Walter Shoupe of Brantford.

Mr. Dalton Rutledge of Wingham spent the week end with his parents, Mr. and Mrs. Robt. Rutledge.

Mr. ad Mrs. Ed. Genoe visited on Sunday with the latter's parents, Mr. and Mrs. Russell Dixon, at Markdale.

Mr. and Mrs. Austin spent the week end at Tweed.

Miss Nancy McWilliam of Owen Sound visited on Saturday at her parental home.

Mrs. R. Campbell spent the week end with Toronto friends.

Mr. and Mrs. T. A. McDonald and son, Stewart, visited on Sunday with Mr. and Mrs. Ken Stewart.

Mr. and Mrs. Archie Sinclair of Owen Sound and Mr. Jim Kirkpatrick of Drayton spent the week end at the home of Jas. Sinclair.

Mr. and Mrs. Emerson Wright and family, Mrs. Wright, Miss Kate McKenzie and Mr. Dan McKenzie, all of Feversham, visited on Sunday at the home of Mr. S. Hemphill.

Mr. and Mrs. Alex. Marshall of Holland Centre were Sunday visitors at their parental homes.

Mr. and Mrs. Earl McLeod of London and Mr. and Mrs. John Whittaker of Dundalk spent the week end at the home of Stewart Muir.

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STEPHEN'S CORNERS

(Intended for Last Week)

Mr. Harold Brownridge of Malton spent the week end with his parents, Mr. and Mrs. L. Brownridge.

Mr. George Smith of Toronto visited with Mr. Tels Allison and family.

Mr. and Mrs. Joe Porteous visited on Sunday with Mr. and Mrs. John McLean at Feversham.

Mr. and Mrs. Bill Hollingshead of Collingwood visited on Friday with the latter's parents, Mr. and Mrs. George Priestley.

Miss Laura Allison spent Wednesday in Brampton, where she received further treatment on her arm.

Mr. and Mrs. Lawson White of Flesherton visited recently with Mr. and Mrs. Joe Porteous.

The dance held in Maxwell hall on Friday night, under the auspices of the LOBA, was quite successful, when the proceeds were over $40. Another dance will be held May 14.

Mr. Earl Magee of Islington visited on Saturday wth Mr. and Mrs. Joe Porteous.

A double chin develops when a couple of women meet.

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To The Electors of South Grey

The Drew Government is planning one of the most ambitious Hydro Electric programs ever undertaken by any Government in the history of Ontario. This program entails the spending of many millions of dollars, and it is essential that the Government receives endorsement of this porgram from the electors before embarking on a project of such magnitude.

Specious criticism of the Government's Hydro Electric program by the opposing political parties was in a large measure responsible for the present provincial election, and the Government is referring the whole issue to the highest possible tribunal — The Court of Public Opinion.

I endorse the Government's Hydro Electric program, and I will be unremitting in my efforts on behalf of the people of South Grey until every last farm and village home has this great service made available to it. It is my candid opinion that our interests in this respect have suffered and that the present sitting member has failed pitifully to secure for this great riding of South Grey, the share of Hydro which its importance entitles it to receive. If I am endorsed as your representative on June 7th, I pledge myself to use my best efforts to bring to an end this sense of neglect and frustration felt by hundreds of home owners in South Grey, who have waited patiently, but in vain, for the sitting member to fulfill his promises of service, so glibly given over the past 22 years.

To best serve you own interests in Hydro, as well as in other matters, work and vote for,

Howard A. McCauley,
Progressive Conservative Candidate

IT'S TIME FOR A CHANGE IN SOUTH GREY

PUBLIC MEETING

in the Town Hall
FLESHERTON
MON., MAY 17
at 8 o'clock p.m.

COME AND HEAR

Hon. Thos. L. Kennedy
Minister of Agriculture
and
HOWARD McCAULEY
Progressive Conservative Candidate in South Grey

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