

COBALT GIRL GUIDE NOTES

A meeting of the First Company of Cobalt Girl Guides was held in the Community Hall on Monday evening, at 7 p.m., under the leadership of Acting Captain Giovannella.

Guiders in charge were Lieut. Jean Male, Lt. A. Coty and Company leader for the evening was Miss Erica Johnston.

The meeting opened in form patrol formation, dues, and 24 Guides responded to Roll Call.

The Horse-Shoe was then formed and the girls sang God Save The Queen.

The Guides Promise and Prayer were repeated and announcements were made. The Guides then worked on second class tests. This included First Aid Square Lashing and Tenderfoot work. The meeting closed with singing Camp Fire songs and Taps.

FOR THE COOK BOOK

For tasty main dishes—Bake meat and potatoes together.

February's cool breezes and blizzards bring ideal "oven-weather", wouldn't you say? So, what better time than right now for trying out these three potato and meat combinations. They'll be welcomed at either dinner or supper, and if you're thrifty about time, effort and fuel you'll bake a vegetable and dessert right along with them!

Potato and Meat Pie

- 2 1/2 cups mashed potato
1 egg, slightly beaten
1 1/2 teaspoons salt
1/4 teaspoon pepper
Few grains garlic salt
1/2 cup grated cheese
2 cups finely diced, cooked beef

Mix mashed potatoes, egg and seasoning together. Line bottom and sides of a greased 9-inch pie plate with potato mixture. Sprinkle the cheese over the potatoes. Press diced meat into

potato. Heat in a moderately hot oven (375°F.) 15 to 20 minutes, until meat is heated through and cheese is melted. Serve with chili sauce. 5 to 6 servings.

Meat and Potato Pinwheels

Using 1 pound ground beef prepare a meat loaf mixture according to your usual recipe. Between 2 sheets of waxed paper press or roll out meat with a rolling pin into a rectangular sheet about 1/2 inch thick. Remove the top piece of waxed paper and spread the meat with 1/2 cup grated carrots and a layer of mashed potatoes, about 1 1/2 cups, keeping potato layer 1/2 inch away from one end of rectangle. Roll up firmly like a jelly roll, towards the end without potatoes. Wrap in waxed paper and chill well. Cut roll into 1-inch slices. Bake on greased baking sheet in center of hot oven, 400°F., 30 minutes. 6 servings.

SAFER ALOFT

When a passenger plane crashes into a mountain or a swamp there are headlines and everyone hears about it. But, points out The Financial Post, a score of car accidents scattered over the continent on the same day and killing just as many people will only get a few lines in the local press. Yet statistics show that the risk of a fatal accident is far higher on the highway than in the air.

In Canada and the United States last year almost 42,000 people were killed in auto accidents, or nearly 6 per million miles of travel. In fatal civilian air crashes in the two countries during the same period 145 people were killed or well under 2 per 100 million miles of travel.



IF YOU want to keep your cast iron utensils "seasoned" use only soap for washing them. If you regularly use a detergent for dish washing, keep some soap powder in a shaker top container to use on cast iron.

Scouring powder removes many stains from the sink, but yellowish discolorations must be bleached off. Sprinkle bleach over the sink

RECIPE OF THE WEEK

Caramel Apples (Makes 6)

- 1 cup sugar
1 cup light corn syrup
1/4 cup butter or substitute
Few grains of salt
1 cup evaporated milk
1/2 teaspoon vanilla
6 small eating apples

Combine sugar, syrup and salt in heavy saucepan. Bring to a boil and cook to firm ball stage (245°F.). Add butter and evaporated milk slowly so that mixture does not stop boiling at any time. Cook constantly until a medium firm ball stage is reached (236°F.). Remove from heat; add vanilla. Dip washed and dried apples (on sticks or skewers) in mixture, twirling to let excess caramel drop off. Dip in ice water to harden caramel quickly. Place on waxed paper or buttered pan

and let stand for a while before rinsing off. Liquid powdered bleaches may be used.

Save yourself a lot in cleaning time by putting the broiler pan to soak right after you take food from it. By the time you're ready to wash, the pan will be soaked almost clean.

Remember to grease casseroles before you put food in them to bake. Food doesn't stick to utensils which are greased, and this will save washing and scraping.

FACTS AND FANCIES

The pessimist has been well described as the person who only sees the hole on the doughnut. That seems to be the way these gloomsters look or rather half look at business statistics too, declares The Financial Post.

In recent weeks they have been trying to chill all foolish enough to listen with the rawest of raw statistics on business failures. They cite the total number of failures and make shuddering comparisons with the dark days of 1932. They completely ignore the fact that a lot more people and a lot of business firms have been added to Canada in the last 25 years, that totals which might have been grave for 11 million people in 1932 are little more than normal for the almost 17 million people in Canada today.

10,000 concerns. Business failures in Canada for 1956, says same authority, were 53 per 10,000 or less than a third the depth of the depression rate.

As a very wise man once observed: "Figures don't lie but liars figure".

From The Financial Post, Issue of January 11, 1958

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