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THE MIXING BOWL



Hello Homemakers! One of the strangest things about the history of the tomato is that although its origin was South America and Mexico, it was unknown as food for the New World until long after it had been generally accepted in Europe. The Italians, who were the first to eat tomatoes in 1550, for years had considered them an ornamental garden plant. Due to a mistaken idea that the tomato, then known as love apple or gold apple, was poisonous. The species does belong to the Nightshade family, some members of which are very poisonous, but the cultivated tomato is nutritious and much improved in size and flesh. A well-known American statesman, Thomas Jefferson, was the first to grow tomatoes in 1781 in America, and it was not for another fifty years that the fruit was grown in our country. The Italians made the pomodoro famous as a vegetable and spaghetti is hardly spaghetti without tomato sauce. As a food of world-wide importance, the tomato is the newest.

Fresh tomatoes are a refreshing adjunct to any meal simply peeled sliced or quartered and served on crisp greens with a good dressing. Firm quarters of bright red tomato intermingled with tossed salad greens are very tempting even to those men who profess not to like salads. To make a more decorative dish, stuff scooped out centres of tomato with diced celery, chopped chive and minced meat. Broiled tomato slices are delicious with many meats or just served on toast, plain or with cheese sauce. After preparing thick slices, saute in bacon dripping until brown. Add milk slowly to make a gravy, a little grated cheese and pour this over slices of tomato on toast. Serve with crisp bacon.

SAVORY BAKED TOMATOES

- 4 large tomatoes
 - 1/2 cup minced celery
 - 1 tbs. chopped onion
 - 1/2 cup bread crumbs
 - 1/2 cup chopped parsley
 - Salt and pepper
- Cut slice from stem end of tomatoes. Scoop out portion of pulp and press it through sieve. Combine pulp juice with bread crumbs, celery, parsley, onion and seasonings. Fill cavities of tomatoes and top with buttered crumbs. Bake in an oven of 375 degrees for 20 minutes.

TOMATOES and MACARONI

- 1 pkg shell macaroni
 - 1 green pepper
 - 1/2 cup minced pickle
 - 2 tbs. lemon juice
 - 1/2 cup minced pickle
 - 2 tbs. lemon juice
 - 1/2 cup old cheese
 - 2 tbs. lemon juice
 - 1/2 cup old cheese
 - 2 tbs. onion
 - 1 cup flaked salmon
 - Salt and pepper
 - 4 large tomatoes
- Boil one package of macaroni in salted water until tender. Drain and add grated cheese. Set aside to cool, then add chopped pepper, onion, relish, salmon, lemon juice and seasoning. Pile into peeled hollowed tomatoes. Top with a spoonful of mayonnaise. Garnish with pepper rings and serve on chopped lettuce and parsley.

THE QUESTION BOX

Mrs. R. S. requests ingredients of pie filling made of green tomatoes.

Answer:
MOCK MINCE MEAT

- 6 green tomatoes
 - 6 apples
 - 1/2 pound seedless raisins
 - 1/2 pound seeded raisins
 - 1/2 cup citron
 - 1 orange-rind
 - 1 teaspoon salt
 - 1 teaspoon cloves
 - 1 tablespoon cinnamon
 - 1/2 cup fruit juice
 - 1/2 cup vinegar
 - 1/2 teaspoon allspice
 - 1/2 teaspoon ginger
 - 1/2 teaspoon grated nutmeg
- Chop tomatoes, apples and raisins. Add other ingredients in order given and cook until thick. This amount should make three pies.

Mrs. M. C. asks for good catsup recipe using green tomatoes.

Answer:
OLD VIRGINIA CATSUP

- 1 peck green tomatoes
- 1/2 peck white onions
- 3 ounces white mustard seed
- 1 ounce allspice
- 1 pound brown sugar
- 1 ounce cloves
- 1/2 cup dry mustard
- 1/2 cup water
- 1 ounce black pepper
- 1 ounce celery seed
- Vinegar

Chop the tomatoes and onions, sprinkle with salt, and let stand three hours. Drain well and put the pulp in a preserving kettle with the other ingredients. Cover with vinegar, and boil slowly for one hour. Seal in clean, hot jars. Less mustard may be used if a less hot catsup is desired.

Chronicles of... Ginger Farm

Written Specially for The Acton Free Press
GWENDOLINE P. CLARKE

That news from the west that I mentioned last week, yes, I must tell you about it if only to keep the record straight. A friend of mine living near here went to Vancouver for a vacation. En route she and her husband visited friends in Saskatchewan. One of them asked my friend if she knew Mrs. Clarke, author of Ginger Farm, and who at one time lived near Chaplin. Being satisfied on that point she continued, "When you get home I wish you would give this paper to Mrs. Clarke so that she can see for herself that Chaplin is NOT a town on the 'treeless' prairie as she so often says it." The paper in question was a copy of the Regina Leader-Post and in big headlines it had this "Chaplin, the town of Many Trees." And there were pictures to prove it. Partner and I could hardly get the story read quickly enough. Apparently in 1927 four years after we left one man set out to prove that the prairie could grow trees. He set out 500 that year, and they grew and flourished. He continued the planting of trees, year after year, so that today there are thousands, mostly cottonwoods, with a few poplars and elms. The story went on to give the history of the little prairie town, giving many names that were strange to us, but a few that we knew and remembered. One all at once Partner started me by exclaiming, "Holy smoke, can this be Tom's boy?"

"What do you mean?" I asked. "Well, look who wrote this," Partner continued, "George Murphy."

No wonder Partner exclaimed because, when we first went west Partner worked for a farmer-rancher named Tom Murphy and we lived with them for nearly a year. Tom was married and had one son, George. The farm was about a quarter of a mile from the village and the writer of the article says that as a child he remembers "watching a caravan of wheat wagons coming from the south to Chaplin." We are pretty sure, just from that, that the writer of the story is the boy George that we knew. Life is full of coincidences, isn't it?

We are so pleased that the paper was sent to us and I do want to thank my Saskatchewan reader for her kind thought. And I am glad to know the "treeless prairie" of our time is treeless no longer. However, looking back, Partner and I do remember that a few farmers, even then, were making some attempt to grow shelter belts, but when we left they were very far from being trees. The story is very encouraging as it is proof of what can be done to stop soil erosion. We remember the sand blowing across the prairie and the tumbleweed lining the fences, so we are glad to know that at last there is something there to break the wind and stop the drifting sand.

And now we come back to Ontario; back to our own locality, where, yesterday, our local Fall Fair held the spotlight. It was a good fair, well organized, with something going on all the time. And there were so many cattle we wondered whether a second C.N.E. was developing. And were we happy when some of our own neighbors got the red ribbon? And there was the Girls' Pipe Band, belonging to our own county, and so smart in their outfits. The W.I. exhibit was proof positive. If any were needed of what our farm women can accomplish in artistic work, no matter how busy they are with their everyday work. And the people one meets. Old friends, new friends, and in my case so often someone comes along who says "We always have the hometown paper sent on to us and I always enjoy your column." Naturally that pleases me because I want people to like what I write. Although I often wonder why they should! I never expect to set the Thames on fire, but if I can "get next" to the folk who read this column then what more can I ask? Maybe it's a case of "the one touch of nature that makes the whole world kin."

One thing is certain we are all one-kin-in-this latest-mix-up—we've got ourselves into. You can't avoid it whether you stay on fast time

or go back to standard. It's terrific! Imagine taking a trip from here across country. You leave on fast time, at Guelph, you set your watch back and you're an hour slow. And so it goes—all the way down to Montreal. Even the papers don't know how to get things straightened out. The regular radio program gives Lux radio at nine, elsewhere in the paper it says ten o'clock. Oh well... if we get time changes solved then we can try figuring out the startling question!

BRITAIN'S RATION CHANGES

Important rationing changes in Britain were announced last week by the Ministry of Food. Allowance of butter, meat, and bacon are to be increased. Sweet rationing is to be restored and the weekly allowance of sugar reduced.

Greenland's ice mountain, the cap is nearly a mile thick.

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