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THE MIXING BOWL
HYDRO HOME ECONOMY

Hello Homemakers! Do you know how to make plenty of delectable desserts—and at the same time "sweet tempered"? In this age of counting calories, some people turn down every dessert but fruit. A tart, tangy fruit cup—or fruit moulded in gelatine, makes a popular ending to any meal.

With milk desserts you can make sure that your children get their four glasses of milk, daily. Puddings of the cornstarch type, home-made or prepared, and cream cereal desserts also junkets, ice cream, custards and souffles will solve your problem.

When leftovers are used in any dish it helps the budget. Bread puddings, made flavoured, will be appreciated by guests as well as the family; try them often. Some cooks make the mistake of trying to pack in all the "leftovers" from the bread box. For variation prepare bread pudding with raisins, maple syrup, with a drop of molasses and a smooth blending of spices; caramel bread pudding, or chocolate, topped with jam and fluffy meringue.

Serve every dessert attractively. Use your pretty dishes. Garnish bland desserts like cream puddings with chocolate chips, nuts, or crushed fruit.

TAKE A TIP

1. Bread made of milk or part milk instead of water will have a brown and tender crust.
2. When measuring molasses, grease the cup first. The syrup will run easily and there will be no waste.
3. To prevent pies from boiling over, use strips of wet butter-wrapping paper or parchment paper around the edge of the pie plate. The strips should be an inch and a half wide.
4. The quantity of meringue for pies and puddings can be almost doubled, by adding a teaspoonful of cold water to the egg whites.

Gelatine Puddings
Sweet jellies, sponges, creams and charlottes are the four classes of gelatine puddings.

Sweet Jelly

- 2 lb. granulated gelatine
- 1 cup cold water
- 3 cups boiling liquid (water, fruit juice or coffee)

Soak the gelatine in cold water for 5 minutes. Pour half of the boiling liquid on the gelatine and stir until dissolved. Add the sugar, stir to dissolve it, then add the remainder of the liquid. Pour into a cold, wet mould and chill in refrigerator. Serves 6.

Variations:

Cottage
When this pudding is baked, it is called a cottage pudding. Serve with lemon, fruit, caramel, maple, chocolate or butterscotch sauce.

Cherry
Add 1 cup of fresh or cooked cherries. Bake or steam in individual moulds. Serve with cherry sauce.

Fruit gelatine: Make lemon or orange jelly and add 1-c. prepared fresh or canned fruit when the jelly is beginning to set.

Bread Pudding

- 2 cups bread crumbs
- 1 qt. scalded milk
- 2 or 3 eggs
- 1/2 cup sugar
- 1/2 tsp salt
- 1 tsp vanilla
- 1/2 cup melted butter

Prepare the crumbs, omitting crusts. Cover with scalded milk and soak 15 minutes. Beat the eggs, add the sugar, salt butter and vanilla and combine with crumbs and milk. Bake 1 hour in a buttered pudding dish in a moderate oven (325 degrees). Serves 8.

Variations:

Caramel
Caramelize the sugar of the recipe and dissolve in the milk. More sugar may be added if sweeter pudding is desired.

Chocolate
Melt 2 oz. of chocolate; add to the milk. The whites of eggs may be used for making a meringue, which should be spread over the top of the pudding about 10 minutes before it is removed from the oven. This pudding may be flavoured with 1 tsp. cinnamon.

Orange Marmalade
Add 1 c. of orange marmalade to the mixture and omit the sugar of the recipe.

Plain Cake Mixture for Pudding

- 1/2 cup shortening
- 1/2 cup sugar
- 1 egg
- 2/3 cups flour
- 1/2 tsp salt
- 4 tsps. baking powder
- 1 cup milk
- 1 tsp vanilla

Cream the shortening and sugar and add the beaten egg. Sift together the flour, salt and baking powder and add to the first mixture alternately with the milk. Add vanilla. Turn into greased individual moulds and steam for one hour. Serve with a sauce. The pudding may also be baked at 350 degrees F. for about 40 minutes. Serves 8-10.

Variations:

'Oh Deer!' Animals Face Bumps, Bangs

Why does a deer cross a road? For the same reason as a chicken to get to the other side.

One place where county deer answer the human's age-old and still foolish riddle is between Acton and Milton on No. 25 highway, south of Spysider.

Deer, according to Department of Lands and Forests wild-life officers, are not too different from people. In winter when snows are deep, they gather together in winter "yards" or areas where they are protected from the elements and from predators. Similarly man, in cold weather, stays close by his own fireside and its comforts.

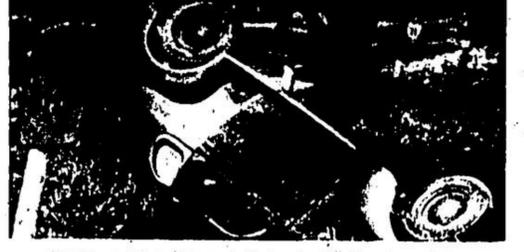
But when the forests green up and the sun shines the impulse to travel far and wide, singly or in pairs, and move about in search of shelter, water and food.

To reach his favourite recreation lands, man has criss-crossed the country with highways. The deer also establish many trails which frequently cross over the roads built by man as the one on No. 25 highway does. At such points of crossing there are often accidents. The deer come off second best in the crashes, although considerable damage may be done to the automobile with probable injury to the driver or passengers.

"Deer, oh deer" is the lament of some district farmers, who often spot herds of deer on their property nibbling. The numbers of deer has necessitated consideration of deer hunts in Halton next fall, and although the Trafalgar and Nelson deer have not yet returned to fear the gun as well as motorists, those in Esqueaux and Massagawa are already in the gun sights of local hunters since township councils have passed resolutions approving deer hunting for residents of the respective townships only.

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FROM MICE TO WOODLOTS, SURVEY COVERS SPEED, ERAMOSA RIVERS

Daily from Acton's Station Hotel and a location in Orangeville, groups of men set out to survey the land—the lay of the land in the Grand River Conservation Authority. Directed by experts, the groups, which are concentrating on tributaries of the Speed and Eramosa Rivers this summer, are also making reports on land use, forestry, wild life and recreation in the near-by area.

A Conservation Authorities Act states that after an authority is set up, the government will contribute a conservation report based on surveys in the valley. The Grand Valley is the largest Authority in the province; it was set up in 1948. One summer is not enough to cover all the watersheds of Ontario's Rio Grande. So this summer, its operation Eramosa and Speed.

A hydraulic study of the whole area is already complete.

A. H. Richardson, chief conservation engineer of the conservation branch of the department of planning and development, is in charge of the survey.

Land use studies will be based on the kinds of soil and the extent and conditions for agriculture and land use. Result will be general recommendations for the use of the land and an estimate of the watershed's capabilities.

Farm woodlots in the area are the goal of the team working on forestry. Forestry students and graduates are among those located at the Station Hotel in Acton. Potential reforestation, permanent forests and areas which should be retained permanently for water storage and the protection of headwater streams are what these surveyors are talking about these days.

Wild life to the north of Acton is being studied with more care than local hunters or fishermen ever awarded it. The fish population is undergoing a rough kind of census. Recommendations concerning game fish in the streams will be of interest later.

Studying recreation for the summer sounds like a good job. If you can get it! But this group is busy and likely as hot as anyone in an office—if not hotter. They are attempting to map and appraise the existing recreation facilities in the valleys and to recommend new ones with special notice of spots for small picnics and areas suitable for short camping periods.

One of the main problems, along with the extensive ones of tagging the soil, wood lots, game and recreation facilities, is one much, much smaller in size.

Many of the trees in the area, as in the Acton district, have been destroyed when the bark was completely girdled by the humble but hungry meadow mouse.

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