

Nova Scotians Eat Most Fish Food

Recent official figures confirm what most Canadians have long believed that Nova Scotians eat more fish than the residents of any other province. The maritime province has an annual per capita consumption of all forms of fish of 16.88 pounds, it was revealed.

British Columbia stands second in the eating of all forms of fish, first in canned fish. The standing of the other provinces in per capita fish consumption is as follows: Quebec, 9.68 pounds; New Brunswick, 8.56 pounds; Manitoba, 8.40 pounds; Ontario, 8.35 pounds; Prince Edward

Island, 7.45 pounds; Alberta, 7.12 pounds; and Saskatchewan, 4.26 pounds. (Newfoundland figures are not available). Incidentally, Canada is well down the list of the world's fish-eating nations which is headed by Japan with a per capita consumption of 83.3 pounds.

STOP THESE DROWNINGS

An "uninkable" bathing suit has been invented. Made of buoyant material sandwiched between a double layer of water repellent fabric, the costume has been praised by expert swimmers, non-swimmers and children who have tested it. Expert divers say it causes quick leveling off, removing all fear of hitting the bottom.



Fellow Homemakers! Keeping the delicate color and flavor of raw vegetables while cooking is like preserving the fragrance and shade of fresh-cut flowers for a flower exhibit. Like flowers, they should be fresh and kept in a cool place. To retain the fresh fragrance prepare only a short time before cooking and wherever possible, leave skins on. Use a minimum of water for boiling and watch the clock for end of cooking period. This will make the all-round difference, although a lot depends on the quantity amount of water and the cooking facilities.

TAKE A TIP

1. Try a cheese sauce or hot butter on green beans, baby carrots, summer squash or shredded cabbage or well as on the new potatoes.
2. Use a dash of vinegar on hot spinach or cabbage.
3. Pickle small whole beets and keep on hand for re-heating later with the thickened vinegar, served as a sauce.
4. The favorite additions to our vegetables, according to Canadian customs, are a sprig of mint for potatoes, minced green pepper on carrots, cheese on cauliflower and toasted crumbs on tomatoes. However a plain milk sauce may be used on any vegetable.
5. A combination of vegetables may be cooked together in a pressure cooker, or boil in separate saucepans, and then mix together. Interesting twosomes are tomatoes and onions, corn and diced carrots, peas and cauliflowerettes.
6. White and red colored vegetables retain their color when a teaspoon of vinegar is added to cooking water if it is very hard.
7. Too much iodized salt on white vegetables may tend to leave a purplish tinge.

Lima Beans
 3 1/2 cups fresh limas
 1 1/3 cups milk
 2 tbsps. cornstarch
 3 tbsps. butter
 1 tsp. sugar
 1 tsp. minced parsley
 1/2 tsp. salt
 Paprika

Shell enough lima beans to make 3 1/2 cups. Heat in inch of water in saucepan to boiling. Add limas and teaspoon of salt. Cook covered, 25 minutes. Meantime heat 1 cup milk. Make a paste of cornstarch, sugar, butter and seasonings with 1/3 cup milk. Add paste to milk and cook about 10 minutes on element turned low. Pour sauce over beans. Serves 6 or 7.

Baked Carrots
 18 small carrots
 1/3 cup margarine
 1/3 cup sugar
 1 tsp. salt
 1/3 tsp. cinnamon
 1/3 cup boiling water

Scrape carrots and place in casserole, cream margarine, sugar, salt and cinnamon together; add water and blend well. Pour over carrots, cover and bake at 350 degrees for 1 1/2 hours. Serves 6. Note: Plan oven meal of meat loaf, steamed potatoes and berry cobbler.

Southern Corn Dish
 3 cups cut fresh corn
 3 eggs, slightly beaten
 1/2 tsp. pepper
 1 tsp. salt

3 tbsps. melted fat
 3 tbsps. sugar
 1 cup hot milk

Combine corn and remaining ingredients. Pour into greased baking dish and bake at 325 degrees for about 40 minutes. Serves 6 to 8. Note: A wonderful addition is 1/2 cup chopped walnuts and 2 tps. minced onion.

THE QUESTION BOX

Mr. H. W. asks: How long should we cook 8 cobs of corn?
 Answer: When you use a saucepan filled one-third full of boiling water and place the trimmed cobs in it, allow 7 minutes from the time water begins to boil again. Keep the pan covered. Drain immediately and cover with tea towel.

Mrs. S. G. asks: How do you cook and serve celeriac?
 Answer: Pare celeriac and cut into cubes. Place in a saucepan, add a cup of boiling water and a tsp. of salt for 2 cups vegetable. Reduce heat as soon as it boils and simmer about 20 minutes or until tender. To serve season with salt, pepper and butter.

Mrs. E. M. asks: How much fritter batter do you add to fat and how long do you cook?
 Answer: Drop fritter batter by tablespoonfuls into hot fat. (Any diced, cooked vegetable may be added to batter prior to deep frying.) Cook about 5 minutes, or until browned. Drain on absorbent paper.

Why Roads Heave Subject Of Tests

The nation's 164-million dollar question and one of interest here at the present time, why roads become potholed, heaved and broken up will soon get a thorough examination.

The examiners will be a group of highway experts named by the Canadian Good Roads Association. Their job will be to find out how much punishment roads can take and how good road surfaces must be to carry present-day traffic.

CGRA has been invited to participate in a test being conducted in the United States by the Highway Research Board, the federal and state governments and industry.

A specially-constructed bituminous Idaho road will be subjected to a constant pounding by day and night of a fleet of giant trucks of varying weights up to 40,000 lbs. The results will be analyzed and from them will come answers to some of the nation's controversial questions on road wear.

The group will watch the construction of the Idaho road, the actual testing by truck and will analyze the final results in terms of what they mean to Canada.

Pilots' Equivalent 44 World Tours

More than one million one hundred and eleven thousand air miles flown—the equivalent of 44 times around the world; 32,280 department personnel, government officials and other authorized passengers carried; more than 3,350 tons of supplies and equipment transported. So reads a summary of the log books of the 45 provincial air service planes operated by the Department of Lands and Forests during the fiscal year ending March 31, 1951.

During the past year, from 25 bases distributed throughout Ontario, from Toronto north-west to the far off Patricia area and north to Hudson's Bay, and from Pembroke west to Kenora, department pilots continued to carry out their almost ceaseless patrols.

Detecting, observing and reporting on forest fires, photographing them from the air, and flying in men and equipment to fight them, they also flew seriously injured or dangerously ill persons from lonely outposts and logging camps to the nearest medical centres. Winter and summer, they watched for poachers and carried conservation officers into the more remote regions: transported biologists on wildlife and waterfowl censuses—and facilitated the work of fur management officials in visiting hinterland trapping areas lacking roads.

A new Otter aircraft (formerly known as the King Beaver) will be thoroughly field tested this summer from Sault Ste. Marie and next winter from Sioux Lookout air base. Judging by recent prototype performance it should prove as satisfactory an addition to the air service as was the smaller but efficient Beaver.

July Meeting Held By Mission Circle

The July meeting of the Baptist Mission Circle was held in the church with the president, Mrs. Landsborough, presiding. The song "Work for the Night is Coming" was sung and Mrs. Bulmer led in prayer.

Mrs. Cohen and Mrs. Bulmer were in charge of the devotions. Mrs. Chapman read the Scripture. Mrs. Cohen read a poem and Mrs. McCutcheon led in prayer for the Church and the pastor who is ill in the hospital.

Mrs. Landsborough conducted the business, the minutes of the last meeting were read by the secretary Mrs. Dunk.

Mrs. Landsborough gave a report on the Presidents' Rally she attended in Kitchener.

It was moved and seconded that the allotment be up to \$125. This year. Plans were made for the picnic to be held in August at the home of Mrs. Feld.

Song "Jesus shall reign where'er the sun" was sung and Mrs. Chapman closed in prayer. A social half hour was enjoyed by all present.

Poet's Corner

JASON'S SUNSET

Jason had said: "Our sunsets must be seen To be believed." And so we took the road

That wave its winding ribbon through the green Of spruces. At the hill's crest his abode

Surveyed the plain. From windows we were shown A painting by the master of them all:

The Artist who could take bold scraps of sun And splash their splendour on a mountain wall;

Or turn a somber hill-road to a gay Plaid ribbon. When we left the hill behind

We each took with us on our homeward way The treasure we had climbed the hill to find;

For beauty brimmed the coffers of the night

Long after Jason's road was out of sight.

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