



Hello Homemakers! Is there anything that tastes so good as a bowl of steaming hot soup on a chilly day? Clear soup is a first course for dinner and the more substantial cream soups and purees for supper or lunch. And the folks who carry

lunch boxes like the vacuum bottle of soup better than anything else. There is a wonderful variety of chowders, legume soups and cream soups that no one kind need be served often. Of course, thrifty homemakers realize that soup offers

an excellent opportunity to use left-over vegetables, bones and trimmings from meat.

TAKE A TIP

1. To remove excess fat from hot soup skin off with a meat spoon, then remove the remainder by passing a paper serviette over the surface.
2. If soup is too salty drop some sliced raw potatoes into soup and boil for ten or fifteen minutes.
3. Mince one slice of onion and add to most soups for flavor.
4. Monosodium glutamate added in the quantity of 1/4 tsp. to 1 qt. soup brings out the best of meat and vegetable flavors.

Super-Soup

- 1 lamb shank
- 3 pints cold water
- 2 tsp. salt
- 1 1/2 cups pearl barley
- 2 cups celery
- 1 pint tomatoes
- 1 large onion
- 1 cup chopped carrots
- 1 cup grated carrots

Pepper to taste
Bring shank slowly to boil in water to which salt has been added. Add barley and another pint of hot water. Boil gently for two hours. Add vegetables and salt and pepper to taste and simmer another two hours. Add a little more water if necessary. Makes 8 servings.

Lima Bean Soup

- 2 cups lima beans
- 1 small grated turnip
- 1 cup tomatoes, canned
- 1 stalk celery
- 2 cups grated carrots
- 3 tps. salt
- 1/2 tsp. pepper
- 8 cups water

Bring shank slowly to boil in water to which salt has been added. Add barley and another pint of hot water. Boil gently for two hours. Add vegetables and salt and pepper to taste and simmer another two hours. Add a little more water if necessary. Makes 8 servings.



THE SERMON ON THE MOUNT is heard in Columbia Pictures' "Salome" which stars Rita Hayworth and Stewart Granger, lower left, in color by Technicolor, at the Roxy Acton Monday and Tuesday. Charles Laughton also stars.

Wash and soak beans overnight in three cups cold water. Next day cook till tender then mash and rub through a sieve. Add other ingredients and cook till tender, about one hour. Add more water if necessary.

Squash Soup

- Squash
- 2 or 3 small onions
- A lump of butter
- 1/2 tsp. thyme
- Salt and pepper to taste
- Milk

Peel squash and cut in pieces. Boil with onion finely cut in a small

amount of water till tender. Mash and add seasonings, butter and milk. Heat to boiling point and serve at once.

Economical Tomato Soup

- 1 1/2 cups canned tomatoes
- 1 tsp. sugar
- Few grains pepper
- 1/2 tsp. salt
- 1 pint milk
- 2 slices onion
- 1 tps. butter
- 1 tps. flour
- 1 cup cooked mashed potato
- 1/2 cup cooked peas

Heat tomatoes and sugar (strain if desired). Add seasonings. Scald milk in double boiler with onion. Melt butter, add flour and blend well. Add scalded milk (first removing the onion). Add tomatoes to the milk slowly. Beat well. Add potatoes and peas, reheat and serve at once.

Ontario Hydro Speaker Tells Y's Men Of Frequency Standardization Problems

Frequency standardization — "a tremendous problem in co-ordination of equipment and manhours" which involves the electric power cycle conversion of over 5,000,000 units in 13,000 square miles of densely populated and heavily industrialized Southern Ontario, was explained in deft terms here Friday evening to members and guests of Y's Men's club.

Significant reasons for this conversion, the guest speaker elaborated, are to eliminate the inconvenience caused moving families when a different cycle area is encountered; to allow Southern Ontario, if the need arises, to buy power from 60 cycle sources, to gain the advantage of novel electrical equipment made for 60 cycle only.

However, Mr. Beecroft added, the main reason over these and other factors can be found in post-war expansion of industry and increase in domestic consumption. Twenty-five cycle power, the speaker indicated, cannot nor will not meet the demand.

Acton, the speaker noted, is scheduled for change-over next fall. Soon the vast program of preparation will reach an effect to this locality, followed by actual conversion operations. He went on to outline procedures and relate some typical problems which will be characteristic of "C-Day" here.

Following his remarks interspersed with laugh-provoking anecdotes, Mr. Beecroft showed a film dealing with conversion planning, methods and direction. A question period followed the film.

The guest speaker was introduced by club secretary John McGeachie and thanked by John Moles.

President J. Greer informed members that the local club has adopted a Y's Men's Club in the Philippine Islands. The plan in the project is to exchange ideas and information and to extend what support is possible, it was pointed out.

Bob Ridsdale told of plans to form a quartet in the Club and called for support from vocally enthusiastic members. John Moles reported Y's Men in St. Catharines are supporting a 4H club which exhibited turkeys. He suggested the Acton club executive might consider a similar project.

WHEN I HAVE TIME

When I have time, so many things I'd do

To make life happier and more fair

For those whose lives are crowded now with care:

I'd help to lift them from low despair.

When I have time

When I have time, the friend I love so well

Shall know no more these weary toiling days.

I'll lead her feet in pleasant paths always.

And cheer her heart with words of sweetest praise.

When I have time

When you have time? The friend you hold so dear

May be beyond the reach of sweet intent;

May never know that you so kindly meant.

When you have time

Now is the time? Ah, friend, no longer wait

To scatter loving smiles and words of cheer.

To those around whose lives are now so dear.

They may not meet you in the coming year.

Now is the time!

Anon

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