

The FOOD PRIMER

Is for Ices
Ice Cream or Iced Cakes
Iced Goodies in Autumn
They Have What it Takes.



BY BETTY BARCLAY

Hot meals are now in vogue. Of course we have days when the cold platter or main-course salad of summer seems to appeal, but as a rule we have settled down to hot soup, hot meats and hot tea or coffee.

In spite of all this, we remain true to our old love—the cold or food dainty. Somehow it seems to taste even better when served with other foods that are hot. A short hot, an iced drink during the evening, ice cream—truly these are cold weather dishes as well as summer coolers.

A great deal is being said about vitamins these days. Well, Vitamin C is one of the factors in which the average cold weather diet is most apt to be lacking. The plentiful use of oranges and lemons, therefore, balances most diets in supplying this inadequate factor.

How can these fruits be served more pleasingly than in dishes like the following which are uncooked and thus furnish this healthful vitamin in its most potent form?

Orange Sherbet
(Makes about 1½ quarts)
2 cups sugar
2 cups water
2 cups orange juice
¼ cup lemon juice

Bull sugar and water 10 minutes. Cool, add fruit juices. Freeze to a mush. Add:

2 egg whites, stiffly beaten
1½ cup sugar
1 cup milk
1 cup cream
Combine ingredients. Stir until sugar is dissolved and freeze.

Lemon Ice Cream
(Makes about 1½ quarts)
½ cup Sunkist lemon juice
2 cups sugar
2 cups milk
1 cup cream
Combine ingredients. Stir until sugar is dissolved and freeze.

Fruit Punch For A Crowd
(Makes about 4 gallons—40 large glasses, 120 small)
2 quarts tea infusion (8 cups boiling water poured over 5 tablespoons tea)
2 quarts sugar
1 quart lemon juice
1 quart orange juice
1 quart grape juice
1 quart strawberry juice (or grated pineapple)
2½ gallons cold water
2 cups orange slices (halves, quarters or fancy shapes)
Dissolve sugar in hot tea. Cool. Combine ingredients. Less water may be used and punch poured over block of ice in punch bowl. Halve or quarter recipe to serve a smaller group.

There's Something About a Scottie

By Ted Stone
Those of us who know the Scotch terrier, that stubby-legged, ragged-haired, little freak, have learned to enjoy those traits that seem to be his alone, among all dogs.

He is not what you could describe as the perfect good neighbor dog. But is there a perfect good neighbor dog, unless it is fenced in, or chained? To this, the Scottie is no exception. He will raid a neighbor's garbage can, dig holes in his garden or flower-bed, chase the cat, if he has one, and, as a parting salute, give a few lusty scratches on that new lawn. Yet, if any neighbor talks friendly to him while he is on one of these unwelcome visits, Scottie immediately assumes that distant, I-don't-care-to-meet-you attitude, and trots haughtily away. In one way though, he is considerate; he does his barking and howling at home. He probably reasons that his neighbor can enjoy this sufficiently at a short distance.

At home, Scottie is monarch of all he surveys, or tries to be. He feels that he has a responsibility, and when others than the family are around, he is apt to carry himself noticeably stiff and formal, and words are not necessary to describe his aversion or disgust, a look from him can express. He looks the whole world in the face and fears not any dog. I have seen him bowled over time and again by large dogs, yet he stood his ground, he never turned tail and ran, nor did he howl or bark. He was bewildered. My wife says that he hasn't learned that "Discretion is the better part of valor." I remind her how astonishingly quick he has learned the English language. Though he is not yet two years old, she talks to him the same as she does to me. There are two dogs in the family, or is this merely a matter of relative intelligence? My neighbor says it's stubbornness. He says Scottie reminds him of an old Scot who was walking on a "car track," but didn't want to get off when the car approached, reasoning that the car should give him at least half the right of way.

I hasten to the rescue. I know that Scottie is a fine little pal. I know his characteristics and like them, and he has learned some of mine, and puts up with me as much as I can. The circumstances or conditions happen to be, he is reconciled. He may look at me, as if he were thinking, "This isn't regular, I would like my regular food and my own bed, but if this is what I get, it's O.K." Of course my neighbor can't see my dog as I see him. He is far too considerate to force it on me. And when I look into his face there seems to be something else there that reminds me of a cub tiger, and vaguely there is something else there that makes me think of a baboon. This has no connection whatsoever with what my neighbor thinks of Scottie.

No other dog I have ever owned would look me straight in the eye without flinching, like Scottie will. Yes, straight in the eye, and hold it, as if he would like to say, "You can't look me down any more, you've met me and I've got mine, and I'm staying with you."—In "Our Dumb Animals."

DECIDED IMPROVEMENT IN PRAIRIE PROVINCES

Word has reached The United Church of Canada that while reports from the Prairie Provinces this Fall indicate a decided improvement over last year, a need for clothing and bedding exists owing to drought in some districts and rust and grasshoppers over a considerable area. The National Emergency Relief Committee of the United Church has been set up again this Fall, and Rev. Dr. E. B. Cochrane, Secretary of the Board of Home Missions, has been appointed chairman. Rev. J. R. Mutchmor, Secretary of the Board of Evangelism and Social Service, is secretary. The Women's Missionary Society and the Women's Associations of The United Church are represented on the committee.

The Committee has sent an appeal to all ministers of the United Church of Canada to bring before their congregations the need for clothing and bedding and used books in the western area.

Again this year the Canadian Pacific Railway and the Canadian National Railway have offered free transportation for bales of clothing and books when they are shipped by recognized church organizations and consigned to United Church representatives in any of the three prairie provinces.

The Committee has been advised that there is no need this year for carload shipment of fruit and vegetables.

A Sultan at odds with his harem thought of a way he could scare 'em; He caught a live mouse in the house Which he freed in the house Thus starting the first harum-scarum.

The Smith's Falls Record-News says it has been told that nothing annoys a woman more than having her friends drop in and find the house looking just as it usually does.

Grading Canadian Dressed-Poultry

Under the new regulations respecting the grading and marketing of dressed poultry in Canada, issued by Order in Council 14th September, 1938, the kinds, sub-kinds, and grades of the Canadian Dressed Poultry Standards are as follows:—

- Chickens—squab broilers, broilers, fryers, roasters, poullards, capons, stags.
- Fowl—hens, roosters.
- Turkeys—young hens, young toms, old hens, old toms.
- Ducks—ducklings, ducks.
- Geese—goslings, geese.
- Pigeons—squab pigeons.
- Guinea—guinea chickens, guinea fowl.

Squab broilers are young chickens weighing not more than 19 pounds to the dozen; broilers, young chickens weighing not more than 28 pounds to the dozen, and fryers are chickens weighing 29 to 42 pounds to the dozen. Roasters are chickens weighing from 43 pounds or more to the dozen. Capons are unsexed male chickens, and poullards unsexed female chickens. Stags are male chickens showing hard spurs and general characteristics approaching the stage of maturity.

Fowl, ducks, geese, old turkeys, and guinea fowl are birds that have no soft, flexible cartilage at the end of the breastbone or keel. They are birds that have come to maturity or have been used for breeding purposes.

Pigeons are old birds that have flown and developed hard muscle and squab pigeons are young pigeons that have never flown.

In grading dressed poultry according to these regulations, the following characteristics must be considered: conditions, conformation, flesh, fat plucking, tears, breaks in the skin, and discoloration. To qualify for any grade under the Canadian Dressed Poultry Standards, poultry must have all plumage feathers plucked from the body, wings, hocks and neck to within one inch of the head, vents flushed, feet and mouth cleaned.

The grades under Canadian Dressed Poultry Standards are: grade Special Milkfed; grade A Milkfed; grade B Milkfed; grade Special, grade A, grade B, grade C.

"A department store advertisement states that when you buy a shirt you give employment to 50 persons. And at least 47 of them," says the St. Catharines Standard, "do nothing but hide pins in the tail."

There is no comparison between highway and railway death rates. Deaths on highways totalled one per thousand registered motor vehicles in Canada in 1937. On the railways there was only one death in 3,500,000 passengers carried.

A FEW REASONS YOUR EYES!

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