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THE MIXING BOWL

By ANNE ALLAN

Hydro Home Economist



Hello Homemakers! Just as the Pilgrim Fathers gathered to give thanks for the harvest of the new land so can we. Our spring season was wet and late yet our farmers did not lose hope and today we are humble in our appreciation of the products of our fields. So on Thanksgiving Day, we will give thanks and resolve not to waste the good things from the harvest while others are starving. The Thanksgiving dinner therefore can be seasonal and inexpensive, with simplicity the keynote.

THANKSGIVING MENU

- Hot Tomato Juice
- Roast Turkey, Dressing
- Potatoes Turnips
- Green Lima Beans
- Carrot Salad
- Squash Pie Ice Cream

CARROT SALAD

2 cups grated carrots, 1 cup grated cabbage, one-third cup nasturtium seeds or chives, one-third cup French Dressing.
Toss vegetables together. Pour on Dressing just before serving.

FRESH LIMAS

Bring salted water to a boil (about an inch in the bottom of saucepan). Add a quart of shelled green limas and cook 25 to 35 minutes (depending upon freshness of beans) in tightly covered pan. Serve them with salt, pepper and butter or make a cream sauce using the pot liquor for part of the liquid and top milk thickened with cornstarch.

SQUASH PIE FILLING

2 cups stewed and sieved squash, 2 cups whole milk, 1 cup brown sugar, 2 eggs, 1/2 tsp. salt, 1 tsp. vanilla, 1 tsp. cinnamon, 1/2 tsp. ginger, 1 tbsp. butter, melted.

Beat the eggs and add to the milk. Add spices and salt to sugar and squash and blend well. Add to milk and egg mixture along with vanilla and melted butter. Pour into pastry-lined pie dish and bake in an electric oven 350 F. for 50 to 60 minutes.

THE QUESTION BOX

Mrs. S. W. asks: Recipe for Spiced Tongue.

Answer: Spiced Tongue
1 beef tongue, dash of all-spice, 1/2 tsp. cloves, 1 tsp. chopped thyme, 1 tsp. chopped marjoram, dash of salt and pepper, 3 lbsps. lemon juice.
Cover tongue with boiling water. Add spices and lemon juice. Simmer gently about 3 hours, or until tongue is tender. Remove skin and roots before serving.

Mrs. N. C. asks: Ice cream recipe using cereal cream and coffee.

Answer: Coffee Ice Cream
1 1/2 cups 18 per cent cream, 2 whole eggs, 2 egg yolks, 1/4 tsp. salt, 1/2 cup sugar, 1/2 cup strong hot coffee, 2 egg whites, 1/2 tsp. vanilla, 1/4 tsp. almond extract.

Scald cream in double boiler. Beat whole eggs and egg yolks with salt and half-cup sugar. Pour in a portion of the scalded cream slowly, blending in as added. Stir in hot coffee slowly, too, and return the mixture to the double boiler. Cook over hot water, stirring constantly until mixture is thickened and smooth. Do not overcook, as mixture will curdle.

Remove from heat and cool. Beat egg whites until stiff, gradually add remaining quarter cup of sugar. Fold egg whites into cooled custard mixture. Add flavorings. Turn into freezing tray. Freeze at "fast freeze" stirring occasionally during the freezing. Yield: Eight servings.

1947 Regulations for Migratory Game Birds

The Minister of Mines and Resources, Ottawa, has just issued the Regulations regarding migratory birds for the current year.

A summary of the Regulations as they apply to Ontario follows:

OPEN SEASONS — Both dates inclusive:

Woodcock — September 27 to October 27.

Wilson's Snipe — October 4 to October 31.

Ducks (other than Elders), Geese (other than Brant), Rails, Coots and Gallinules.

Northern District (defined below), September 27 to November 10.

Throughout the remainder of the Province; October 4, to November 17, except that in the Counties of Essex, Kent, and Elgin the open season for Geese (other than Brant) shall be from November 17 to December 31.

The Northern District of Ontario is defined as that part of the Province lying north and west of a line described as follows: Commencing at the southwest angle of Bruce County; thence in a general easterly direction along the southerly boundaries of Bruce and Grey Counties to the southwest angle of Nottawasaga Township in the County of Simcoe, along the south boundaries of Nottawasaga, Sunnidale and Vespra Townships to the line of mean high water of Lake Simcoe, along the said line of mean high water on the south side of Lake Simcoe to the northwest angle of Brock Township in the County of Ontario, and along the north boundary of Brock Township to the centre of King's Highway No. 12; thence southerly along the centre line of the said Highway to the centre line of the right-of-way of the Canadian Pacific Railway in the vicinity of Myrtle; thence in a general easterly direction along the said centre line to the city of Peterborough, along the centre line of King's Highway No. 7 to the west boundary of Lanark County, along the west and south boundaries of Lanark County to the line of mean high water on the north side of Rideau Lake, and along the line of mean high water on the north side of Rideau Lake and Rideau River to a point opposite the northeast angle of Grenville County; thence southerly along the east boundary of Grenville County to the northwest angle of Dundas County; thence easterly along the northerly boundaries of Dundas, Stormont, and Glengarry Counties to the inter-provincial boundary.

EIDER DUCKS

North of the Quebec-Cochrane-Winnipeg line of the Canadian National Railway; September 27 to November 10.

CLOSE SEASONS

There is a close season throughout the year on Brant, Swans, Cranes all other shore birds except Woodcock, and Wilson's snipe and all migratory non-game and insectivorous birds. The possession of migratory game

birds killed during the open season is allowed in Ontario until March 31 following the open season.

BAG LIMITS

Ducks (exclusive of Mergansers): 7 in any day, of which not more than 1 may be a Wood Duck, 14 in possession at any time; Geese (other than Brant), 5 in any day, 15 in possession at any time, 25 in any season; Rails, Coots and Gallinules, 25 in any day, Woodcock, 8 in any day, 100 in any open season; Wilson's snipe, 8 in any day, 50 in any open season.

GUNS, APPLIANCES AND HUNTING METHODS

FORBIDDEN—The use of an automatic (auto-loading) gun with a magazine that has not been permanently plugged or altered so that it cannot carry more than one cartridge, or rifle, or swivel or machine gun, or battery, or any gun larger than number 10 gauge, or any weapon other than a gun or a bow and arrow; and the use of live birds as decoys, or of any aeroplane, powerboat, sail-boat, or night light, and shooting from any motor or wheeled vehicle to which a draught animal is attached. The hunting of migratory game birds by the use of aid of baiting with grain or other artificial food is prohibited.

Persons using blinds or decoys for hunting on waters of Hamilton Bay and Rondeau Bay, see Regulations.

The shooting of migratory game birds earlier than one-half hour before sunrise or later than one-half hour after sunset is prohibited.

The penalty for violation of the migratory bird laws is a fine of not more than Three Hundred Dollars and not less than Ten Dollars, or imprisonment for a term not exceeding six months or both fine and imprisonment.

FALL FAIR DATES

ACTON	Oct. 3, 4
Markham	Oct. 2, 3, 4
Streetsville	Oct. 4
Waterdown	Sept. 30, Oct. 1
Erin	Oct. 11, 13
Woodbridge	Oct. 11, 13

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