



Hello Homemakers! Six years ago the New York Women's Advertising Club sponsored a survey "What's Cooking in your Neighborhood?" The purpose was to find out in detail the eating habits of the major nationality groups in the country, evaluate them nutritionally, discover how they are affected by rationing and emergencies, and suggest ways in which the American-born housewife and foreign-born housewife might profit from each other's knowledge.

The results are amazing. Actually food does not conform to any political boundary. The earth is divided into great regions in which all the inhabitants have certain similarities in food habits. If cooking customs vary, at least the basic foods are similar. The different flavour and consistency of these foods with strange names are for us the most interesting features.

In normal times the Greek people eat light breakfasts (a piece of bread, some fruit or a bit of cheese and coffee that is thick and sweet); afternoon dinners of bread, a casserole dish, olives, fruit, nuts, cheese, a salad with olive oil and vinegar and wine; and supper of similar pattern.

Most Greek main dishes begin with onions cooked in oil, then the other ingredients are added. Bread is the most important staple food—so much so that many eat a mouthful of bread in between each bite.

The foods that are eaten in Norway, Sweden and Denmark are rather similar in character, although varying amounts of the same foods are eaten in each of the three countries. In Norway more fish is consumed—fresh, dried or salted, while in Sweden, much sugar is used in cooking. Denmark is a dairy country and uses much cheese and cow's milk and butter.

The liberal use of legumes and cheese makes up for the small amount of meat served in French and Italian dishes. Soups and rich sauces are made inexpensively with meat drippings, leftovers and pieces of any surplus foods. Many French and Italian men are excellent cooks at home and proud of their skill.

Latin people have a great deal of respect for food. They come by it with great toil and therefore make a ritual of many meals. Feast days and family occasions are celebrated with certain dishes—for example, an artichoke pie for Easter-time.

The principle problem in the Far East is that the average person has trouble in obtaining enough food to stay alive. Due to population density and adverse growing conditions, there is a spectre of famine. We used to believe that everyone in the East ate rice, but have learned lately that millions never touch it. The cooking methods of the East (especially China) are the most flexible in the world, for they are characterized by a certain style of cooking rather than a dependence on traditional raw materials. Most food is broken up, shredded into small pieces and cooked very rapidly, steaming, boiling and frying are the common techniques. Also fuel and utensils are never available in quantities. In many instances, the main dishes are put in the centre of a group and each person helps himself out of the common bowl. They say chopsticks, commonly used in China, never touch the mouth, food is dropped into it. At a feast, the number of dishes served increases with the number of guests.

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**CZECH DISH**  
Corny Kuba (Black Jack) — Barley with mushrooms.  
- 8 oz. barley, pearl or broken, 2 cloves of garlic, 1 1/2 oz. godise or pork fat, one-third oz. dried mushrooms, 1 tsp. caraway seeds, one-third oz. of fat for pan, one-third oz. butter or margarine for top of dish.

Wash barley and cook in salted water with caraway seeds until soft. Drain and add clove of garlic which has been mashed with salt and pepper and mixed with goose or pork fat. Cook the dried mushrooms in 2 cups of water and when tender, chop them fine and add to the barley. Put mixture in a greased pan and bake for about 20 minutes in moderate electric oven. Serves 6.

**POLISH DISH**  
Kolachky (Cakes served with coffee)  
- 10 1/2 oz. flour, 4 oz. butter or dripping, 2 cups of milk (approximately), 1 yeast cake.

Crumble the yeast into lukewarm milk about one-third cup. Sift the flour, melt the dripping, and combine all ingredients, adding enough milk to make a stiff dough. Place into greased pan, and set aside in warm place for about 1 hour or until it has doubled its bulk. Roll out on board, cut out with round cookie cutter. Make a depression in centre of each, and fill this with cottage cheese filling. Bake in moderate oven until golden brown, about 1/2 hour.

**Cottage Cheese Filling**  
1 cup cottage cheese, 1 egg yolk, 1/2 lemon rind, grated, a few drops of lemon juice, a few raisins to taste. Mix well.

**GREEK DESSERTS**  
Kataif

Ingredients: Shredded wheat, walnuts, almonds, honey.  
Method: Split shredded wheat, place in buttered pan, cover each piece with chopped nuts soaked in honey. Place in moderate oven and bake with butter. When ready serve with hot syrup made of 2 parts honey to 3 parts water.

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**CHURCH NEWS**  
The United Church  
Rev. R. C. Todd, B.A., Minister.  
Miss Lynda Stewart, A.T.C.M.  
L.R.S.M., Music Director.  
10 a.m. — Sunday School and Bible Class. 11 a.m. Holy Communion; 7 p.m. Evening Worship.  
Subject: "Are Our Funeral Customs Pagan?" Communion after the service for those unable to attend in the morning.  
Friday, Jan. 9th. Preparatory service at 8 p.m.  
"Even a tombstone will say good things about a fellow when he's down."  
St. George's Church  
Archdeacon W. G. O. Thompson, Rector  
First Sunday After Epiphany:  
Holy Communion, 8 a.m. Sunday School 10.00 a.m. Matins 11 a.m. Evensong 7 p.m.  
St. Alban's Church, Glen Williams  
First Sunday after Epiphany:  
Holy Communion — 9.30 a.m. Sunday School — 2.00 p.m.  
First Baptist Church  
Rev. Chas. R. Gower, Minister  
Sunday January 11:  
10 a.m. — Is Our Foundation Sure?  
11 a.m. — Sunday School A Class For All  
7 p.m. — The Perfect Law of Liberty  
8 p.m. — Monday BYPU.  
8 p.m. — Wednesday, Prayer Meeting and Bible Study  
January 18 to 25 — Our Hundredth Anniversary

Knox Presbyterian Church  
Georgetown  
Rev. Chas. C. Cochrane, B.A., B.D., Minister  
10 a.m. — Sunday School and Minister's Bible Class  
11 a.m. — Public Worship  
7 p.m. — Public Worship  
Limehouse Presbyterian Church  
2 p.m. Sunday School and Minister's Bible Class  
3 p.m. — Public Worship  
Norval and Union Presbyterian Churches  
Rev. J. L. Self, B.A., B.D., Norval  
10 a.m. Sunday school  
11 a.m. Public Worship.  
Union  
2 p.m. Sunday school  
3 p.m. — Public worship  
Norval United Church Charge  
Rev. F. J. Dunlop  
Norval  
10 a.m. — Sunday School.  
11 a.m. — Public Worship  
Mount Pleasant  
2.30 p.m. — Sunday School and Public Worship  
Glen Williams  
2 p.m. — Sunday School  
7 p.m. — Public Worship  
Parish of  
Norval, Hornby, and Stewarttown (Anglican)  
Rev. J. E. Maxwell, B.A., L.Th., Rector  
St. Stephen's Church, Hornby  
11 a.m. — Morning Service (except 1st Sunday in month — Evensong at 3 a.m.)  
St. John's Church, Stewarttown  
3 p.m. — Evening Service (except 1st Sunday in month — Morning Service at 9.30 a.m.)  
St. Paul's Church, Norval  
7.30 p.m. — Evensong (except 1st Sunday in month — Holy Communion at 11 a.m.)

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