



Hello Homemaker! June the traditional month of weddings is a busy time for most women. Entertaining and being entertained involves much shopping and planning. Amidst all the gaiety it might be well for the bride-to-be, and her mother too, to remind herself of some basic cooking rules. The following have been determined by actual tests on the electric range.

1. Do not use large quantities of water in cooking vegetables. In almost every case, the loss of food value increases directly with the amount of water used. And as the food value goes, so goes the flavor.
2. Add boiling water to all green and root vegetables. The quicker vegetables can be cooked, the less food value they lose and the more attractive and appetizing they stay.
3. Cook vegetables only until tender. Allow 25 to 28 minutes to cook potatoes, carrots, diced beets, etc.; allow 12 to 15 minutes for fresh peas, corn, cut beans, etc.; allow 7 to 10 minutes for spinach, beet tops and shredded cabbage.
4. Serve vegetables immediately. They should not stand and waste their flavour on the kitchen air. Cover with a piece of cheesecloth or a clean, thin tea towel if they have to be set aside for a while.

5. Meat does not require watching in the oven and you need not worry to what stage it will be done after you know the different cuts of meat. Noting the number of pounds of the roast you allow 35 minutes per pound in a preheated electric oven at 350 degrees. Beef will be cooked to a turn. For medium and rare-roast beef, calculate 5 minutes per pound less at the same temperature.
6. Cook sausages and liver in a frying pan without a cover in a very little fat. Drain off fat or juices as it accumulates slowly for 15 minutes.

7. Boil steaks and chops in broiling pan placed 4 or 5 inches below a hot element. Leave oven door ajar and turn in 10 or 12 minutes, depending upon thickness of meat.

8. Cook boiled custards in a double boiler and stir constantly with a wooden spoon. Use a silver spoon to test when it is cooked that is when the egg mixture coats the spoon.

9. Meringues to top puddings should be made with eggs that have been in the kitchen (not refrigerator) air for 1 hour. Beat eggs until they become frothy, then sift in the sugar gradually and continue beating until the mixture stands in peaks when the beater is pulled up.

10. Place tea biscuits and cakes in pans on the shelf about one-third from the bottom. Bake tea biscuits for 12 minutes at 400 degrees and square cakes for 50 minutes at 350 degrees.

11. Bind the rim of a fruit pie with a wet strip of parchment paper to prevent juice from boiling out. Bake this type of dessert for 10 minutes at 450 degrees then reduce temperature to 350 degrees and continue cooking for 40 or 45 minutes.

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Values effective June 10, 11, 12



TENDERS FOR COAL AND COKE
Federal Buildings—Province of Ont.
SEALED TENDERS addressed to the undersigned and endorsed "Tender for Coal" will be received until 3 p.m. (E.D.S.T.) Tuesday, June 16, 1948, for the supply of coal and coke for the Dominion Buildings throughout the Province of Ontario.

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Tenders should be made on the forms supplied by the Department and in accordance with departmental specifications and conditions attached thereto. Coal dealers' licence numbers must be given when tendering.

The Department reserves the right to demand from any successful tenderer, before awarding the order, a security deposit in the form of a certified cheque on a chartered bank in Canada, made payable to the order of the Honourable the Minister of Public Works equal to 10 per cent of the amount of the tender, or Bearer Bonds of the Dominion of Canada or of the Canadian National Railway Company and its constituent companies unconditionally guaranteed as to principal and interest by the Dominion of Canada, or the aforementioned bonds and a certified cheque, if required to make up an odd amount.

Such securities will serve as a guarantee for the proper fulfilment of the contract.

By order,
J. M. SOMERVILLE,
Secretary
Department of Public Works,
Ottawa, May 26, 1948.

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THE QUESTION BOX
Mrs. F. B. asks: Recipe for Lemon Meringue Pie.
Answer:
1 cup boiling water, 5 tbsps. flour, 1/4 tsp. salt, 3/4 cup sugar, grated rind of 1 lemon, 1/2 cup lemon juice, 1 tsp. butter, 2 egg yolks, 1 8-inch lozging have been determined by apple shell.
Heat the water in a saucepan large enough to serve as a mixing bowl. Mix the flour, salt, and sugar; stir

in a little hot water; pour the mixture into the saucepan; stir until the mixture thickens; cover and cook slowly for 5 minutes, stirring occasionally. Beat the egg yolks slightly; add the lemon juice and rind; stir mixture into the saucepan; cook 1 minute. Remove from the electric element; stir into the melted butter. Cool slightly. Pour into baked shells; cover with meringue and brown in the preheated oven of 300 degrees for 15 minutes.
Mrs. J. T. asks: Recipe for Harvard Beets.
Answer:
2 cups boiled beets, cubed, 2 tbsps. butter, 1 tsp. cornstarch; 1 1/2 tbsps. sugar, 1/2 cup mild vinegar, salt.
Melt the butter; add the corn starch and sugar; stir in the vinegar gradually. Continue stirring until the sauce boils. Add the beets; keep warm until the sauce is a rich red. Add salt if necessary. Four servings.

THE WEATHER
Mr. Editor:
(last week)
As the month of May had a difficult time trying to get warmed up, I would call your attention, in this week's summary, to the steady climb in the Maximum column from the 24th to the 28th.
Even though the Max. did settle a bit after the 28th, I'm sure that the poor old weatherman deserves a word of PRAISE this time for a really perfect week-end — no one could wish for much better.
The rain column looks rather bare this week and most all will agree that the gardans would welcome a nice warm shower.
—Ern Batkin

DATE	MAX.	MIN.	RAIN
May 24	62	37	
May 25	63	38	
May 26	69	32	
May 27	73	36	
May 28	81	48	
May 29	70	47	
May 30	78	48	
Average	70.71	39.71	

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