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Hello, Homemakers! The homemaker is the true home economist of the nation and there are more women engaged in this active profession than in any other occupation. We probably do not consider our jobs as glamorous as the varied careers pursued by some of our sisters; but, like them, we must give our best efforts if we wish to be successful.

Although we try to keep food bills within our allowance, most of us are too busy to keep a regular budget and account of expenditure. Perhaps this is "muddling through" but experience is a great teacher and we tend to rely more upon it than facts and figures.

The garbage can is always an indication of your economy. Check your food supplies constantly and never, never, throw out anything because of neglect. Keep your garbage tin free of wasted food and you will have more money in your purse.

With fats more expensive than ever and a supply to be collected daily we review "Care of fats."

- Be sure to measure meat dripping for gravy making — do not guess and waste it.
- Render meat and fowl trimming by putting through the grinder and heat in double boiler or slow oven. Strain and store in refrigerator.
- Watch temperatures in oven, skillet and broiler to see that you do not scorch dripping.
- Chill soup stock and stews so that the fat floats to the top and forms a firm layer which can be easily lifted off.
- Keep home prepared fats covered in the refrigerator. Strain through cheesecloth before storing to remove any sediment.

**HOT WATER GINGERBREAD**

2 cups less 2 tbsps. sifted pastry flour, 1 tsp. baking soda, 1/2 tsp. salt, 1 tsp. ginger, 1 tsp. cinnamon, 1/2 tsp. cloves, one third cup dripping, one third cup granulated sugar, 1 egg, two-thirds cup light molasses, two thirds cup hot water, (simmering temperature).

Sift flour three measure, add baking soda, salt and spices and stir together on to piece of waxed paper. Cream shortening until fluffy, gradually add sugar, mixing until creamy. Beat egg until light and add to creamed shortening and sugar mixture and beat together well. Combine molasses and hot water. Add dry ingredients to creamed mixture alternately with molasses and hot water, starting and ending with dry ingredients. Fold in gently after each addition.

Turn batter into a greased and floured 8x8x2 inch cake tin and bake at 350 degrees in electric oven for 35 to 40 minutes. Serve warm with banana sauce.

**MEXICAN CORN CHOWDER**

5 slices bacon, chopped, 2 cups (1 can) corn 1/2 cup chopped onion, 1/2 cup chopped green pepper, 1 cup small potato cubes, 1/2 tsp. salt, 1/2 tsp. pepper, 1 tsp. Worcestershire sauce, 1 tsp. sugar, 1 cup thick tomatoes, 1 cup canned consommé, 1 1/2 cups rich milk, 2 tbsps flour, 2 tbsps. dripping.

Cook bacon for about 2 minutes. Add onion and green pepper and cook 2 minutes. Add corn and potatoes along with the seasonings, tomatoes and stock. Cook for 30 minutes covered. Blend the milk and flour. Add to the hot mixture, bring to boil, and cook for 5 minutes. Add butter and serve hot with crackers. Serves 6.

**OXTAIL SOUP**

1 large oxtail, 3 tbsps. butter, 1 1/2 quarts boiling water, 2 tbsps. barley, 1 tsp. salt, 1 onion, finely diced, 1 carrot, finely diced, 1 tsp. chopped parsley, 1 tsp. Worcestershire sauce.

Have the oxtail cut into sections. Wipe off and roll in flour. Melt butter, add the oxtail and brown well. Add the water and bring to the boil. Cover and simmer slowly on electric element turned to low. At the end of an hour add the barley and salt. Cook for 1/2 hour and add the diced onion, carrot and parsley. Add Worcestershire sauce and cook 1/2 hour longer. Some people serve this strained. To me straining detracts from the homemade flavour — so serve it with all the "good" in it. Serves 4 to 6.

**FRIED GREEN TOMATOES**

Wipe tomatoes, do not peel. Cut in one-third slices. Sprinkle with salt. Allow to stand 1 hour. Dip slices in seasoned flour and saute in hot fat until tender (about 8 minutes). Serve on platter around meat.

**STUFFED CUCUMBERS**

8 large cucumbers, two-thirds cup minced cooked meat, two third cup boiled rice, 1 tbsps. minced parsley, 1 tsp. minced celery,

1 teaspoon salt, 1 teaspoon pepper, 1 egg, 1 cup tomato juice, 1 tsp. minced onion. Peel cucumbers, cut in halves lengthwise, remove centres. Boil for 10 minutes in 1 quart water to which has been added 1 tablespoon vinegar. Drain. Blend the meat, rice and seasonings with egg and stuff hollows of cucumbers. Place in buttered baking dish, pour in tomato juice, cover and bake for 2 hours at 350 degrees. Pour off stock into saucepan, add 1 tablespoon butter blended with 1 tablespoon flour and cook until thickened. Serve the sauce with the cucumbers. Serves 8.

**CONSERVATION SUGGESTIONS**

- To shorten time of cooking 3/4 cup rice in cold water for 2 hours.
- Make drop cakes instead of large square cakes to save time and electricity.
- Keep a check on the foodstuffs in the refrigerator and use leftovers and perishable in order that refrigerator does not have to operate overtime to keep them.
- Honey or grapefruit juice is a good substitute sauce for use instead of cream.

Artist: An impatient landlord: "In a few years time people will look up at this miserable little studio and say, 'Daakes, the famous artist used to work there'." Landlord: "If I don't get the rent by tonight, they'll be able to say it tomorrow."

Irving: "How did you make out with your school exams?" Bill: "Oh just like Napoleon." Irving: "What do you mean?" Bill: "I went down in history."

**HALTON JERSEYS IN THE NEWS**

Halton County Jerseys have been very much in the news of late with a yearling heifer from the herd of Featherstone Bros., Oakville, selling for \$1,600.00 in the famous Sale of Stars at Columbus, Ohio. At the Provincial Show and Sineco, Halton Jerseys from the herd of Maurice C. Beatty, more than held their own, winning many of the outstanding prizes and championships.

Recently, a large number of Jerseys have qualified in Halton County. Several of them are daughters of the Grand Champion bull, Brampton Basti, Ward in the Beatty herd.

A splendid record has been produced by the herd of Kenneth Ella, Rockwood, where Echo Lodge Hearty Kitty, 131558, at 6 years in 305 days produced 10,754 lbs. milk, 341 lbs. fat with a test of 5.03%.

Featherstone Bros., report several cows that have finished records including Avonlea King's Princess 2nd, 135224, with a junior three-year-old record of 7,622 lbs. milk, 457 lbs. fat in 305 days, with a test of 6 per cent.

Lloyd Crichton, Georgetown, who has been doing exceptionally well in the show-ring during the past season had several cows qualify, one of which is Norval Noble Mavis, 149399, with a junior four-year-old record of 9,527 lbs. milk, 428 lbs. fat, in 305 days, with an average test of 4.49 per cent.

Jack D. Leybourne, Rockwood, Ontario, has a senior two-year-old qualifying in 305 days.

At the recent Kingsdale Sale at York Mills, Ontario, Gerald Graham of Graham Farm, Georgetown, purchased the Jersey cow, Graham Farm Marie, 145154, which was originally bred at the Graham Farm. Since Mr. Graham got Marie home, he has been informed by the Canadian Jersey Cattle Club that her last record has been received from Ottawa and it is 9,825 lbs. milk, 622 lbs. fat, in 365 days, with a test of 6.33 per cent.

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**WHAT PRICE DEMOCRACY?**

Democracy is without price... no one can ever take it for granted or assume it is paid for in full. It is an inheritance we are duty bound to pass on... not only to the next generation, but to our fellow men everywhere who have yet to enjoy its full benefits.

Democracy grew from a great ideal... that all men are born free and equal and are deserving of the same privileges. It can live on only if we constantly strive to fulfill this ideal and protect the priceless freedoms won.

Moderation is one of the chief safeguards of democracy. By being moderate in our thinking, in our actions, and in our pleasures, we are living democratically.

As The House of Seagram has so often stated, by being moderate in all things, including the enjoyment of whisky, we are acting for the common good.

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