

## THE MIXING BOWL

BY Ann Miller  
HYDRO  
HOME ECONOMIST

Hello Homemakers! Food stored in the freezing locker gives one a great feeling of security. About this time of year you have probably used most of your frozen fruits and vegetables, and consequently find yourself paying for empty space. Since meat is a good buy at this season, it would be wise to buy a quarter of beef, a rack of lamb, or a side of pork for your locker space. The meat should be cut by experienced meat cutters at the locker plant or the operator could direct you to one. Boning meat has become popular during the last few years because less storage space is required and the danger of bones puncturing the wrapping is eliminated.

The quality of frozen meat is determined by the selection of wrapping for meat and the method of wrapping. It is not wise to attempt to economize on wrapping paper. Regular butcher paper, ordinary waxed paper or grocery store type paper bags will not do a satisfactory job as meat will dry out and "freezer-burn" results. We suggest that you wrap meat in heavy cellophane, seal it, then wrap with aluminum foil or heavy oil butcher paper and seal it with strong sized tape. Tape should be strong to resist handling and moisture, also capable of receiving china pencil marks for labelling and inexpensive. Acetate locker tape is the best if available.

One piece of laminated paper or a piece of aluminum foil placed between chops, steaks or patties to be wrapped together, will permit separation when ready to use without thawing the entire package. In general, each bundle should contain only enough for one meal, but if the portions are separated as described, one or more chops can be removed and the package resealed and placed back in the freezer.

Ground meat must be cooked immediately after thawing. Thawed meat should never be refrozen, therefore ground meat for meat loaf should be packaged in the right amount needed for the recipe if waste is to be avoided. Be sure to label the package according to the recipe for which meat was prepared; for example: favourite stew, Mary's meat loaf, Joe's hamburgs, etc.

### TAKE A TIP

1. The paper must be pulled tightly around the meat and smoothed to drive out all possible air and eliminate air pockets. The package should be smooth and firmly packed to conserve storage space.
2. Do not twist or fold ends of tape. String is not adequate for packaging unless waxed.
3. Place the meat in a large basket and store in a cool place until it is transported to locker plant. Be sure packages are taken to freezer within 24 hours.
4. Poultry is one of the best frozen foods if it is prepared ready for the roast pan — with or without dressing. If they are stuffed the dressing should be lightly seasoned with herbs. Freezing seems to create a stronger flavour of the herbs.
5. Fish which has been cleaned and washed in salty water may be left whole or in fillets. These, too, must be wrapped securely.
6. Eggs, especially fresh ones, are convenient to store if broken into small glass jars, sealed and frozen. In fact we have quite a number of cracked ones from the farm and find it useful to store a small jar of ten egg whites in one container — the yolks in another. These are then taken out for custards or an angel cake.

### THE QUESTION BOX

Mrs. B. T. asks:  
If we buy a half or side of pig how much would we get and what pieces could be put in the freezer, Answer:

An average side of hog will weigh 70 lbs. dressed. If you take it to a locker plant where there is a butcher, the following may be obtained:

From the head (8 lbs.) you can make 5 or 6 lbs. headcheese. From shoulder (17 lbs.) you may ask for two (5 lb. roast) and 8 or 10 chops. From loin (15 lbs.) two (4 lb. end roasts) and 20 to 25 loin chops. From the side (12 lbs.) you will have 2 strips of spare ribs and 10 lbs. of bacon which cut about 20 slices per lb. on machine. From the ham (15 lbs.) you may request 2 roasts, fresh cured or smoked. From the hocks and tallow you will have servings for four. From the trimmings (12 to 14 lbs.) you may render out 7 or 8 lbs. lard. Pieces from shoulder, loin, side and hams could be put into locker, also prepared headcheese and parboiled hocks.



Ann Miller, featured in Irving Berlin's Easter Parade, melody-filled attraction at the Roxy Theatre.

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*Elizabeth Arden*

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**CHURCH NEWS**

**Knox and Limehouse Presbyterian Churches**  
Rev. Alex J. Calder, B.A.  
Knox Church  
10.00 a.m. — Sunday School and Bible Class  
11 a.m. — Public Worship  
7 p.m. — Public Worship  
Limehouse  
1.30 p.m. — Sunday School  
2.30 p.m. — Worship Service

**St. George's Church**  
Archdeacon W. G. O. Thompson, Rector

**PASSION SUNDAY:**  
Sunday School, 10 a.m.; Holy Communion 11.00 a.m.; Evensong 7 p.m.

Lenten Service on Thursday evening at 7.30.

**St. Alban's Church, Glen Williams**  
PASSION SUNDAY:  
Sunday School — 2.00 p.m.  
Evensong and Litany — 3.00 p.m.  
Lenten Service on Wednesday evening at 8.00.

**Georgetown Baptist Church**  
Rev. Chas. R. Gower, Minister  
10 a.m. — Wanted, Reliable Workmen  
11 a.m. — Sunday School  
7 p.m. — The Final Victory  
8 p.m. Monday — BYPU  
8 p.m. Wednesday — Bible Study

**Georgetown United Church**  
Rev. John M. Smith, Minister  
Miss Lynda Stewart, Organist  
Sunday School — 10 a.m.  
Morning Worship — 11 a.m.  
Evening Worship — 7 p.m.  
Fireside Fellowship — 8.30 a.m.  
Six students from Victoria College will be present at both services. A male quartette will provide the music and others of the group will conduct the services and preach. Come and worship with these six future ministers of our church.

**Holy Cross R. C. Church**  
Rev. Fr. V. J. Morgan  
2nd and 4th Sundays:  
Mass at 9 a.m.  
1st, 3rd and 5th Sundays:  
Mass at 11 a.m.

**Norval Charge of the United Church**  
Rev. F. J. Dunlop  
Mount Pleasant  
2.30 p.m. — Church Service and Sunday School.

**Norval**  
10.00 a.m. — Sunday School  
11.00 a.m. — Public Worship  
**Glen Williams**  
2.00 p.m. — Sunday School  
7.00 p.m. — Public Worship

**Ballinfaed Charge of the United Church**  
Rev. O. R. Findall, Minister  
Ballinfaed  
10 a.m. — Sunday School  
11 a.m. — Public Worship  
Church Hill  
1.30 p.m. — Public Worship  
Melville  
2.00 p.m. — Sunday School  
3.00 p.m. — Public Worship

**Norval and Union Presbyterian Churches**  
Rev. J. L. Self, B.A., B.D.  
Norval  
2.00 p.m. — Sunday School  
3.00 p.m. — Public Worship

**Union**  
10.00 a.m. — Sunday School  
11 a.m. — Public Worship  
Communion service at both churches next Sunday. Proprietary service at Union Church on Thursday at 8.30.

**Norval, Hornby and Stewarttown (Anglican)**  
Rev. J. E. Maxwell, B.A., L.Th.

**St. Stephen's, Hornby**  
11 a.m. — Morning Service (Except 1st Sunday in month — Evensong — at 3 p.m.)  
**St. Paul's, Norval**  
7.30 p.m. — Evensong (Except 1st Sunday in month — Holy Communion at 11 a.m.)  
**St. John's, Stewarttown**  
3 p.m. — Evening Service (Except 1st Sunday in month — Morning service at 9.30 a.m.)

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