

**Legion Notes**

**LET PLAYERS END THEIR DART TOURNAMENT WITH SUCCESSFUL BANQUET**

Forty-five Members of the Dart Teams Held Banquet and Plan to Continue Tournaments

Last Saturday afternoon saw the majority of those who had entered the Dart Tournament assembled in the banquet hall upstairs in the legion rooms. An exceptionally good chicken dinner had been pre-

pared for the members by Mrs. Jim Blair, Mrs. Bill Hewitt and Mrs. Henry Shepherd. The number of chickens needed for thirty-five people positively surprised us, and just where some of these little fellows "stow" an entire chicken will always amaze us! And the ladies went all out on a dessert of home-made apple pie and ice cream.

After the meal, treasurer Fred McCartney gave a financial report of how the dart teams stood financially. A small balance was shown. Fred then asked the ladies in, and

expressed the thanks of everyone present, for the wonderful way the ladies had treated them. Joe Emmerson moved a hearty vote of thanks.

Henry Shepherd then suggested that the meeting adjourn to the recreation room and plans be discussed for a future tournament. A nice gesture on the part of the boys (prompted a little by Dutch) was the clearing of the table and carrying their dishes out to the kitchen.

Fred McCartney was asked to act as chairman for the meeting and asked for suggestions from the floor. It was moved and passed that Ed Francis be secretary-treasurer of the league. A total of six teams were suggested, with a maximum of six players per team. It was also decided that at least four members should be present for a game, or said team would lose by forfeit. One thing that had caused a certain amount of criticism and discussion in the last tournament, was the occasional habit of a team who, being short a player, hunted around and brought in a non-member of the league to play. It was felt that such practice would not be allowed in the next series.

Gerry McCallum spoke, briefly, and said how much he had enjoyed the series, and that he and his team had been very fortunate in winning the past tournament.

A great deal of discussion took place on the advisability of trophies and shields, etc. but as the meeting was becoming a fairly lengthy one, it was decided to call a meeting for next Saturday afternoon in the Recreation Room, at 4 o'clock to choose the six captains, and arrange final details. All dart players are asked to attend. Henry Shepherd then moved the meeting adjourn.

MAYBE SOMEONE can be persuaded to put up a challenge cup for annual competition in the dart league. There is already one cup, for the singles championship, donated a couple of years ago by Ray Whitmee, for annual competition.

THE FRIDAY NIGHT parties have become quite the event around the Legion Hall. We understand that the Hall has been jammed full the last few Fridays. Music is supplied by Jack Armstrong and his orchestra. Harry Hale has been supplying entertainment and acting as master of ceremonies.

JIM MURPHY managed to time his request for a little help on Saturday nicely. He needed a few of the boys to give him a lift and he managed to snag the dart players as they came downstairs from their banquet. Results... Jim got the room cleaned out and dart players got a bit of much needed exercise after their meal.

THE REGULAR meeting of the Branch is Thursday night. A good crowd attended the last one, but a great many more should be on hand. How about everyone turn-out this time?

HAVEN'T HEARD ANY more about the proposed band for the branch. Wonder who's winning on the topic "What kind of a band?"

GUEST AT THE Legion Hall on Saturday, March 4th, will be members of the Sergeants' Mess, of Brampton. The NCO's of this mess have entertained members of Branch 120 on many occasions, and are sure of a warm welcome here.

THE BRANCH is sponsoring a competition in both the Public and High Schools in the form of an essay. The subject will be "My Idea of Canadian Citizenship" and the prizes will be \$10, \$5 and \$3. Judges will be appointed locally. The winner in each school then has the opportunity to enter in a province-wide competition, sponsored by Provincial Command. The prize is an all-expense trip to Ottawa.

Natives of the West Indies, who regularly chew sugar cane, are said to have better teeth on the whole than Canadians.



**THE MIXING BOWL**  
Hello Homemakers! In some European countries, cheese is the staple food. Too many Canadians do not pay enough attention to cheese. They never seem to realize that cheese is a good food, regarding it solely as an accessory. — something to be cut in, silvered, and served of our Canadian cheese. It yields with apple pie.

There is a lot of value in a pound of cheese. It contains the protein and fat from a whole gallon of milk, to say nothing of calcium, minerals and some vitamins. To be really shrewd, plan budget meals using cheese, during Lent. Of course, you would not serve a cheese soufflé to a hungry man who has been cutting wood for a day, but the average white-collar worker enjoys a change from heavy meals. There are many cheese dishes such as cheese omelette, cheese omelette which are more filling than soufflé.

Cheese plays an important part in adding flavour to other foods. The bread and butter, for example, appreciated when baked with cheese, add character. They are great with a blanket of hot cheese sauce over a steak and from you wonder why you did not try this before. Hot cheese poured over halves of hard-boiled eggs, or over a good upper dish.

Finally, that old custom of serving cheese and biscuits at the end of the meal, is, for our part, a piece of resistance.

**CHEESE SOUFFLE**

- 1 cup cheese
- 3 eggs
- 1 cup milk
- 3 tbsps. flour
- 3 tbsps. fat
- 1 tsp. salt
- Pepper.

Make a white sauce of milk, flour, fat and seasonings. Add the cheese and beaten egg yolks and stir until the cheese has melted and the yolks are set. Fold in stiffly beaten egg-whites. Pour into a greased dish, or individual molds, and set in a pan of hot water. Bake in a moderate electric oven (375 degrees) fifteen minutes, or until the egg-white is set, and serve at once. It begins to fall as soon as removed from oven.

**BAKED RICE AND CHEESE**

- 3 cups cooked rice
- 2 cups cheese
- 1/2 tsp. salt
- Cayenne
- 1 cup milk
- 2 tbsps. butter
- Crumbs

Put a layer of cooked rice in a greased-baking dish, cover with a layer of grated cheese, season with salt and cayenne. Continue adding layers until the dish is almost full. Add enough milk to come half-way to the top of the rice. Cover with crumbs, dot with butter and bake in a moderate electric oven (375 degrees) for 15 to 20 minutes.

**CHEESE BISCUITS**

- 1/2 cup grated cheese
- 1 cup shortening
- 1/2 cup flour
- Cayenne
- 1 egg yolk

Mix the cheese and flour, then cut the shortening into this mixture, add a little cayenne pepper and moisten with the yolk of the egg. Roll out to one-quarter inch thickness, cut into long, narrow strips and bake in a very hot electric oven, 500 degrees, for 10 minutes.

**MEXICAN RAREBIT**

- 2 tbsps. fat
- 1 sliced onion
- 2 cups grated cheese
- 1 egg
- 1 cup creamed corn
- 1/2 tsp. salt
- 1/2 cup canned tomatoes
- 1/2 cup bread crumbs
- 1/2 tbsps. buttered toast

Melt the fat in the top of the double boiler over direct heat. Add the sliced onion and cook until slightly softened, but not browned. Set over hot water, add the cheese and stir constantly until the cheese is melted. Mix beaten egg, salt and corn and stir into the cheese mixture; then add the canned tomatoes and crumbs. Allow the mixture to heat through and serve on toast.

**TAKE A TIP**

1. Cottage cheese is very tasty when flavoured with one of the following: chopped parsley, caraway seeds, chopped olives, or pimientos.
2. Add cream cheese to cereal for breakfast, heat just long enough to melt.
3. Spread grated cheese on thin crackers, season with a dash of paprika and heat in a hot oven until cheese is just melted. Serve with soup or salad.
4. Cheese Soufflé may be baked in large custard cups and served as a cheese course for supper.

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