

Outstanding quality has made Salada Canada's largest selling tea.

# "SALADA" TEA



Hello Homemakers! Cream soups, better than any dish we can name, fill the desired need for a nutritious satisfying food. The milk and fat that are apt to be lacking in lunch-box meals and the vegetables that provide so much iron and variety in winter meals are in a cream soup. They are more satisfying than clear soups and not as filling as chowders.

The flavoured vegetables, usually sieved or puréed along with the liquid in which they were cooked, are combined with a smooth creamy white sauce. (A combination of cooked vegetable and one freshly cooked one is a good way of using leftovers).

However, the secret of a good cream soup lies in making the smooth white sauce. Master the basic recipe and you will have the basis for many kinds. (The only exceptions are potato soup and cream of tomato.)

We should stop to consider the well-being of our farmer-neighbour. Local vegetables are being graded and packaged more carefully and efficiently now than in the past. If you ask for Grade 1 potatoes or Highland potatoes you will find them of uniform size, smooth, and free from disease. (The Highland packages come from Dufferin County, the highest garden area in Ontario.) When you purchase turnips and onions look for ones that have had a narrow stem, few roots, and those that are oval and smooth.

There are some who think that potatoes and turnips are fattening in answer to this statement may we say that jams and breads are 36 to 39 percent starch while these root vegetables are only 20 percent. In other words, one medium-sized potato is not more fattening than 1 slice of bread or half a doughnut or one-third serving of apple pie.

Although it is true that potatoes and turnips are a good source of food energy, Vitamin C and iron, it is necessary to remind you that potatoes cooked in their jackets or pressure cooked turnips have the most nutritional value.

### TAKE A TIP

1. For sure success, use low heat. Either the double boiler or the electric element turned "low" provides steady, even, low heat and prevents scorching.
2. Measuring the flour before the fat is a good idea. It saves washing the measuring spoon or cup. We measure 1/4 cup flour then fill the 1/4-cup measure with part butter and part bacon dripping.
3. For cream soup accompaniments we cube fresh bread in half-inch pieces and toast on a cookie sheet in a hot electric oven for 3 minutes. Or we serve cheese bites, salted soda biscuits or rye wafers.
4. Serve hot cream soups in hot soup bowls. Roux garnish with minced parsley or celery leaves.

### Basic Cream Sauce

1/4 cup butter or other fat  
1/4 cup flour  
1 tsp. salt  
3/8 tsp. pepper  
3 cups whole milk  
Melt fat over low heat. Add flour and seasonings. Mix until smooth. Add milk. Cook over boiling water or low heat, stirring constantly, until thickened.

### Basic Cream Soup

(for 4 to 6 servings)  
To the prepared cream sauce, add 1 1/2 cups sieved or mashed cooked vegetables. Reheat over hot water or "Low" electric element.

### Cream of Pea Soup

Cook 2 cups canned green peas and liquid for 5 minutes. Press through a sieve. Make a cream sauce from the basic recipe, reducing the flour to half quantity. The peas help to thicken the soup.

### Cream of Corn Soup

Mix 1 1/2 cups creamy style corn, one slice onion and 1 cup hot water. Cook, covered, over low heat for 15 minutes. Press through coarse sieve. (Should be approximately 1 1/2 cups). Add to 3 cups cream sauce. Sprinkle with paprika.

### Cream Carrot Soup

Mix 1 cup finely grated carrot, 1 cup boiling water, and 1 teaspoon grated onion. Cook, covered, for 10 minutes. Add to 3 cups cream sauce. Sprinkle with 1 tsp. chopped toasted nuts.

### THE SUGGESTION BOX

Mrs. R. K. suggests: When lining cake tins, anchor the paper around the rim with spring clothes pegs as you go around, and do not remove until the batter has been poured in the tins.

Mrs. B. G. suggests: To make a ring tea biscuit, prepare the dough, roll in a long, inch-thick strip and place in circular fashion in a layer cake tin, then place a pint sealer in the centre. Pour an inch of water into the jar and it will not crack in an oven temperature of 400 degrees. When baked in 15 minutes, it can be turned out and filled with creamed chicken or fish.

Mrs. T. M. suggests: Prepare toasted rice for a more tasty pudding. You simply measure the regular packaged white rice (1 cup for 4 servings) and sprinkle into a baking pan, then bake at 400 degrees for 30 minutes, stirring it occasionally with a long handled spoon. As the rice takes on a golden brown colour, it may smoke a bit, but do not be disturbed. After toasting, wash, add milk, eggs, sugar and flavouring and return to oven.

Hello Homemakers! The men at the Crop Improvement Conference are talking about us. They want to know why homemakers do not buy more Ontario potatoes and turnips. We are not among the guilty because we purchase home-grown vegetables whenever possible. Who could pass by such inexpensive, nutritious foods? Ontario growers are producing high quality crops and

### FARM NEWS

## Night Classes End Plan "Open Night"

The Night School classes inaugurated last November at Milton will conclude on Tuesday, March 6th. We understand from Mrs. M. J. Brown, secretary of the local committee, that the following Tuesday evening, namely March 13th, an "Open Night" is to be held at the Milton High School in order that the members of the various classes may have an opportunity of seeing and hearing what has been accomplished in classes other than their own. Incidentally, the general public is also extended an invitation. In so far as we can determine the various courses have been an unqualified success. As a matter of fact a large percentage of those attending are already making inquiries regarding what courses will be available next year. It will be of interest to our readers to learn that of the 330 enrolled, 72 per cent are from the rural sections of the County.

The programme on March 13 will provide an opportunity to see something of the work accomplished in such handicrafts as wood-working, oil painting and leather-work and we think many visitors will be surprised. Frankly, we personally have been amazed at the progress which has been made by many in these three fields. The respective fashion parades to be staged by the groups in elementary clothing, advanced dressmaking, and tailoring, should be equally as interesting. Then there will be some numbers by the Choral Group and last, but not least, there will be opportunity to hear something of the highlights of the courses in Farm Business, Effective Speaking, and Farm Machinery, the members of which groups are equally as enthusiastic about their courses as those in other courses to which we previously referred.

### FARM NEWS

## Halton Juniors Stage Parliamentary Debate

A bill which would permit rural municipalities to set up "Graded Schools" was the subject of the parliamentary debate held in the High Schools at Milton last Friday evening. The Government was composed of the Milton, Brookville, and Norval Juniors and the opposition, of the Palermo and Acton groups. The bill was introduced by "Minister of Education" John Copley of Brookville Juniors, with "Prime Minister" Stan Jay and "Minister of Agriculture" Evelyn Course the heavy artillery for the government, while Opposition leader George Pelletier assisted by Lloyd and Bill Vivian of Palermo and Mac Sprol of Acton provided most of the ammunition for the opposition. George S. Atkins was the dignified speaker of the House, with Dick Course as Clerk; Ross Wilson as sergeant at arms; and Jack Ferguson as the efficient page. In general the young people on both sides of the House made some able presentations. The bill finally passed with a large majority. The programme also included an excellent sing song ably led by Dave Pelletier assisted by Anita Cowan at the piano; humorous skits by the Milton Junior Farmers and the Brookville Junior Farmers, and a reading by Mae Wingfield of Norval Juniors.

The evening concluded with a dance to music supplied by Alex Near and His Orchestra.

### IN THE MAIL BAG

#### Still Thinks Parks Board Statement Needed

Georgetown, Ont. February 17, 1951

Dear Sir: I noted with interest item submitted by C. Davidson in the issue of the 14th in which he upholds the work of the Board of Parks.

In my request for information regarding the financial status of the arena, I cast no aspersions on either the operators or operations of the enterprise, but merely asked that a statement be forthcoming giving the public the figures pertaining to operating the arena, to which they are justly entitled.

Should there be any hesitancy in supplying this information, it will, of course, be necessary for the taxpayers to insist that the "town fathers" procure same and publish without delay.

Yours truly,  
Ed A. Peters

### KIND THOUGHT

The judge has just awarded a divorce to a wife, "And," he said to the husband, "I have decided to give your wife \$50 a month." "That's fine, Judge," the man said, "and once in a while I'll try to slip her a couple of bucks myself."

## LOW PRICE RAYON CORD GUARANTEED TRUCK TIRE

The Marathon is bargain-priced—yet it's a quality-built tire in every way—a tire that will give you more for your money than any other tire in its price class... more than tires selling at even higher prices. Drive in... we're truck tire specialists.



6.00-16 4-ply rolling rayon cord ONLY \$37.40

1103

## GOOD YEAR MARATHON SAXE MOTORS

PHONE: 152 W

DODGE DESOTO SALES & SERVICE

A COMPLETE LINE OF GOODYEAR TIRES, TUBES, LIFEBOARDS AND BATTERIES



Pack up your togs and enjoy the fun and thrills at the popular skiing spots. The bus will take you there—and home again in carefree comfort.

### FARES ARE LOW

(Round Trip - Subject to Change)	
SUNDRIDGE	\$ 10.75
HUNTSVILLE	8.95
COLLINGWOOD	6.40
GRAVENHURST	7.15



Rose Bar Restaurant  
PHONE 89 - MAIN STREET

You'll never miss...



...YOU PUT INTO A GOVERNMENT ANNUITY

BUT small amounts with compound interest mean independence for the years when you want to take it easy.

Government Annuities are backed by the Resources of Canada.

No Medical Examination Required.

Thousands of Canadians, not covered by pension plans, have taken advantage of a low-cost Government Annuity to guarantee their future security. Others, covered by pension plans, use a Government Annuity to supplement their retirement income.

Annuities Branch

## DEPARTMENT OF LABOUR

ARLTON F. GREGG  
Minister

A. MacNAMARA  
Deputy Minister

Mail this Coupon today POSTAGE FREE

Annuities Branch, Department of Labour, Ottawa.

Please send me COMPLETE INFORMATION about Canadian Government Annuities.

NAME (PRINT CLEARLY)

ADDRESS



14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W

14W