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THE MIXING BOWL
Annellan HYDRO HOME ECONOMY

Hello Homemakers! The other day a friend of mine opened her purse and out dropped a number of things including a penny. A compact and comb were retrieved along with the Hydro bill as the penny rolled in the grass. Mrs. D. replied "Never mind, it's only one cent." However as we drove along the highway we recalled how much housework we had accomplished before setting out. It was Mrs. D. who, in one morning, had vacuumed six floors, pressed a suit, mended a rip in a pair of overalls, made a gelatine salad and served two cups of tea using her new electric kettle. For the other jobs she had used electric equipment too and the cost of operating all these appliances throughout the morning was the same amount left in the grass — one penny!

Truly, we should be grateful that these services are billed to us after we have had the advantage of the us of Hydro with 10 days grace to receive a discount. With this in mind we should pick up our pennies and pay within this given period. My father always said, "Take care of the pennies and the dollars will take care of themselves."

TAKE A TIP

1. Defrost the electric refrigerator when the frost becomes pencil thick. This is usually every two weeks. Turn on the refrigerator as quickly as possible after cleaning. This saves the motor from working overtime to establish the normal temperature required to keep foods fresh.

2. If a normal temperature is not being maintained as indicated by the use of a refrigerator thermometer (that is 40 degrees in centre of cabinet), then call a serviceman.

3. When an oily aroma permeates the refrigerator cabinet at this time of year it may be due to the fresh oranges of the juicy type. During May and November it is advisable to store oranges and grapefruit along the walls of the cabinet.

4. If the refrigerator dial has not been turned to freezing for at least 1 hour before trays of ice cream mix are to be placed in the unit, ice crystals will develop in the dessert. This may be partially prevented by covering trays with foil or waxed paper. By the way, excessive amounts of sugar in the dessert prevent fast freezing and ingredients should be carefully measured.

5. Damage to the porcelain of a refrigerator may result from a crash by a kiddie car or sharp object. A small chipped portion may be patched using porcelain enamel paint, purchased from an electrical shop. Follow directions on the can of paint.

6. The motor of the electric refrigerator should be cleaned occasionally. A vacuum cleaner attachment makes this job easy.

7. Foods stored in the refrigerator keep well if in good condition. Let hot foods become cool then cover and place in the refrigerator so that air may circulate on all sides of the dish. Sort foods out everytime the unit is defrosted.

8. Dishes of food should only be stacked if thoroughly chilled or if food has been frozen in freezing unit and is being kept frozen.

9. Wrap all strong flavored foods such as cut melons. Berries should not be washed until just before they are to be served. Very ripe berries will keep for several days if arranged loosely on a tray or plate.

10. Fresh meats should be unwrapped and placed in meat keeper. If the piece is too large and has to be placed on a plate, cover with wax paper.

11. If ice cubes have an unpleasant taste the trays should be emptied and washed in warm water to which baking soda has been added. Rinse twice in cold water.

THE QUESTION BOX

Mrs. T. B. asks for directions making a Banana Whip so that the mixture does not darken?

Answer: **Banana Whip**
3 well ripened bananas
1/4 cup orange juice
Juice of 1 lemon
1/2 cup sugar
Few grains of salt
1 cup whipping cream or evaporated milk
Peel and mash bananas with stainless steel fork or wooden masher. Add fruit, juices, sugar and salt. Stir well and chill 10 minutes in electric refrigerator. Fold in partially whipped cream. Pour into a freezing tray and set it on the bottom of the refrigerator unit. Yield: approximately 1 quart.
Mrs. E. F. asks for Chocolate Ice Cream recipe that is not too sweet.
Answer:

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HOUSE PAINT



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Martin-Senour's "Controlled Chalking" permits a minute quantity of "chalk" to wash off with each rainfall, carrying all dirt and stains with it, leaving a completely fresh, bright surface! Chalking is so controlled that Martin-Senour "100% Pure" Exterior White actually outlasts ordinary paint by as much as three years!



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MARTIN-SENOUR
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"CLEAN UP — PAINT UP — PLANT UP — LIGHT UP"

Chocolate Ice Cream
2 teaspoons gelatine
1/4 cup cold water
2 squares bitter chocolate
1/2 cup confectioner's sugar
1 cup milk
Pinch salt
1 1/2 teaspoons vanilla
1 1/3 cups whipping cream or evaporated milk
Soften gelatine in water 5 minutes. Melt chocolate over the low heat of your range. Add sugar and blend thoroughly. Add milk gradually. Bring to the boiling point, stirring constantly. Remove from heat and add gelatine and salt. Chill in electric refrigerator until thickened. Beat well with a rotary beater. Add vanilla and fold in partially-whipped cream. Pour into a freezing tray and set it on the bottom of the freezing unit. Have the temperature control to coldest point for freezing.

LADY BOWLERS

Red Feathers Capture Lady Bowlers Honours

The Red Feathers, captained by Mrs. George Greensward, won the championship of the ladies afternoon league at the Lucky Strike, with a total pinfall of 9429 in the playoffs. Mrs. Hugh Dickie's 269 was high single and Mrs. Jack Saunders had a 643 high triple. The winning team was composed of Mrs. Greensward, Mrs. Dickie, Mrs. Gordon Harley, Mrs. Cyril Brandford, Mrs. Claude Reid and Mrs. Ernest Forgrave.

The playoffs lasted four weeks and total pinfall decided the standing. Team standings were:

Red Feathers (Mrs. Greensward)	9429
Meteors (Mrs. T. Niven)	8997
Seven Jets (Mrs. Ace Bailey)	8920
Flying Saucers (Mrs. D. Sargent)	8892
Hopfuls (Mrs. H. Goldham)	8710
TeaTotals (Mrs. F. Spire)	8518
Pantry Raiders (Mrs. L. Tracey)	8480
Go-Getters (Mrs. Bob Harris)	8393
Ripper Jets (Mrs. Herb Hancock)	6197

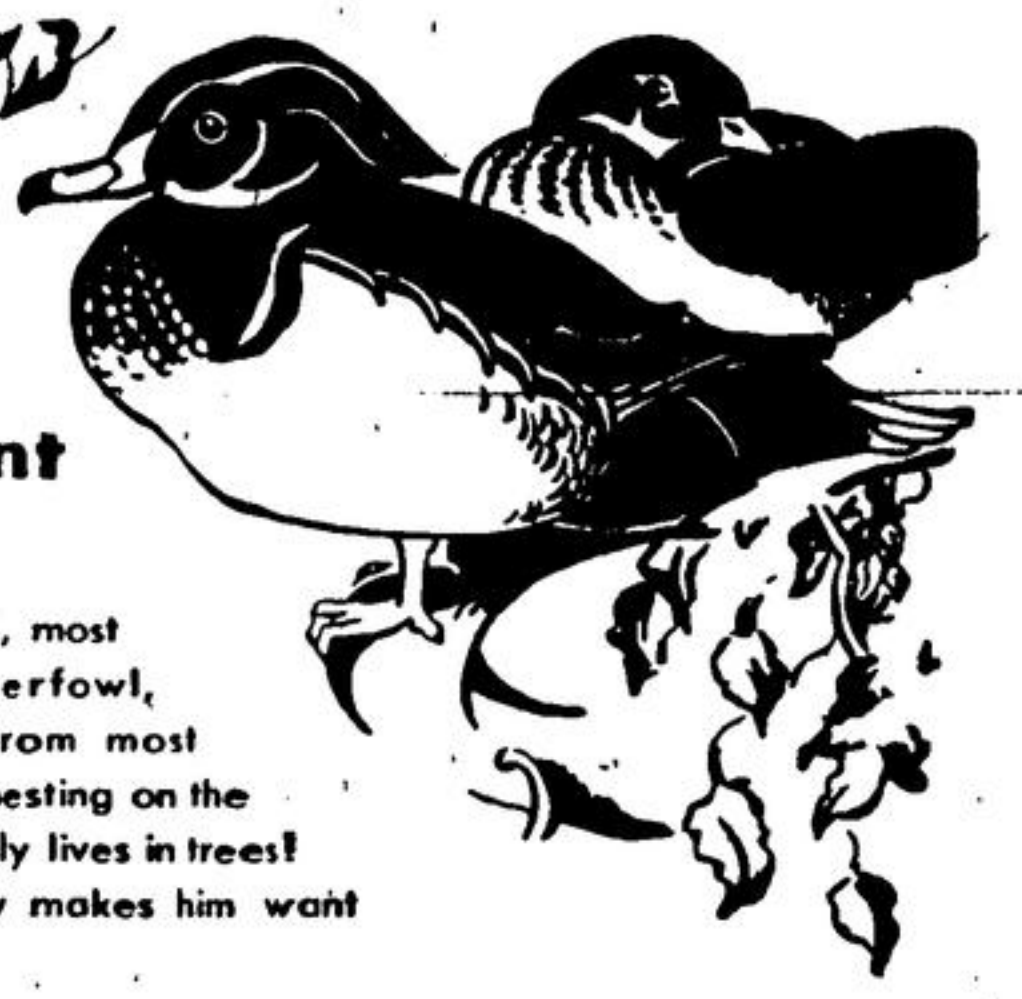
High singles for the week were Mrs. Goldham 266, Mrs. Trevor Williams 239, Mrs. Hancock 238. High triples: Mrs. Goldham 621, Mrs. Williams 600, Mrs. Gordon Harley 576.

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