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THE MIXING BOWL

By ANNE ALLAN
Hydro Home Economist

Hello Homemakers! We paid "high stakes" for tomato plants this year and with this in mind shall cherish them, then use the tomatoes as they ripen. The same is true of all garden produce.

Serve a variety of vegetables in a variety of ways—not the same old thing yesterday, today and tomorrow. In the hands of a good cook a vegetable plate can be colourful, refreshing in flavour and appetizing another way of assuring your family their share of fresh vegetables.

The relish tray with a harmonizing assortment—carrot sticks, pepper rings, tomato wedges, cauliflowerettes, radishes, cucumber slices and whatever. Bring raw vegetables crisp and cool from your refrigerator, cut up leaves and toss the salad with dressing at the last minute.

Peeling vegetables in the morning and letting them soak in water is "out" because such treatment robs them of value. Scrub and cook in their jackets or peel just before they go into the pot where you have heated a little salted water to boiling. Cover closely to get the cooking under way at once. Note the time when steam shows boiling point again and don't overlook to avoid ruining the texture, colour and nourishment. As soon as they are tender, they are done.

TAKE A TIP

1. Unless you are in a hurry, leave vegetables whole or cut in large pieces for cooking.
2. The best way to cook a potato is to bake it but new ones should be boiled quickly to prevent sogginess. Beets, carrots, marrow are delicious steam-cooked in a covered casserole with very little water. This requires ten minutes longer than boiling but three kinds of vegetables can be cooked in the oven at one time—one with a milk sauce, the other with a pie crust over it and the third vegetable plain.

3. If you do have leftovers, store them, covered, in the refrigerator and use them promptly.

BOILED SWISS CHARD
Use young tender Swiss chard. Wash thoroughly. Little or no water need be added in cooking, the water that clings to the leaves is usually enough. Cover until the chard begins to boil, then cook uncovered until tender—10 to 15 minutes. There should be almost no liquid remaining. Drain if necessary. Chop finely, season with salt, pepper, and a little cooking oil.

Older chard. Cut the white stalks into one-inch pieces, cook in water until tender. Chop and add to the leaves which have been cooked as above, or serve separately with white sauce.

POLISH CUCUMBERS
3 large cucumbers, cut in pieces
3 tbsps. of cooking oil
3 tbsps. flour
1 1/2 cups milk
1/2 cup dried bread crumbs
1/2 tsp. salt
pepper
1/2 cup grated cheese

Steam or simmer the cucumbers in a little salted water. Arrange in a baking dish and pour over them a white sauce made with the cooking oil, flour, milk and seasonings. Cover with cheese, then the crumbs, and dot with bits of butter. Reheat in a moderate electric oven.

ONION PIE
Line a pie plate with flaky pastry and fill with layers of thinly sliced, peeled mild onions. Pile them carefully so the pie will be well filled. Beat one egg, add one tsp. milk or water and pour over top of the onions. Season to taste with salt and pepper. Bake in a preheated electric oven of 450 degrees for ten minutes, then reduce to 350 for 15 minutes.

TURNIP GREENS WITH SAUCE
4 qt. saucepan full of turnip greens

1 1/2 tbsps. flour
1 cup sour cream
2 tbsps. vinegar
1/2 tsp. sugar
1/2 tsp. salt
pinch of pepper
2 tbsps. grated cheese
Cook turnip leaves ten mins. and drain well. Combine flour and cream in a saucepan, add vinegar and seasonings and cook, stirring constantly. Serve at once over greens. Six servings.

BETS WITH MUSTARD SAUCE
2 tbsps. mustard
2 tbsps. sugar
1/2 tsp. salt
3 tbsps. flour
pinch of powdered cloves
3/4 cup water
1/4 cup vinegar
2 egg yolks, slightly beaten
2 tbsps. dripping

Mix dry ingredients in top of double boiler. Add water, vinegar and egg yolks. Beat well and add dripping. Pour over five cups of cooked beets.

In
A
Country
Lane

By Lillian Collier Gray

Picnics are activities most people either like very much or do not care for at all. There are always those mortals to be found who just cannot understand why any person gets fun out of sitting on the hard ground and eating cold things in competition with the bugs and ants. These creatures belong mostly to the male species, who do not get tired of the sameness of meal preparations. I don't remember having met many housekeepers who do not enjoy a picnic, even if it does entail work to get one ready. Since the time of Arbor Day picnics, all through the Sunday School, family, farm, and all the other varieties of picnics, this picnicker has been keen about picnics. This week, we were so fortunate as to be included in two.

The first of these festivities was in one of the beauty spots of Perth county. Beside the Avon river at Stratford. To be explicit as to location, we had our lunch on a little landscaped island in the Avon river. We crossed a rustic foot bridge, found a table and benches under the most spreading willow tree we've ever seen, and there, with the sun going down in a golden glory behind the city's spires, we enjoyed our supper. A dozen or more wild ducks gabbled around our feet, and fed greedily on hunks of sandwich, tomato, and cake crumbs. The great white swans glided majestically by. We never try to become too friendly with a swan. They are arrogant birds that can be quite ferocious if they wish, despite their dignified beauty. Perth county is mostly a great fertile area of flat or gently sloping land, with fewer streams than in Halton, and fewer woods. We like hills and woods and streams. The Avon river is beautiful, and we know another lovely spot, at Bimini, the site of the Perth Presbyterian United Church camp. Last autumn we spent two perfect days there at a Farm Forum conference, and wished it might have been a week.

Our other picnic was down in the lovely nearby valley where we were chased by an angry dog last May. No dog this time, and very pleasant company in the shape of four girls and their mother. We splashed in the creek where it winds its clear way over sand and pebbles. We lay on the grass and revelled in the loveliness of trees and sky. We noticed all the narrow paths in the grass made by the little animals going down to drink. Wouldn't it be exciting, we thought, if mama woodchuck or even mama skunk should emerge from his house door and lead all the little woodchucks or skunks down to drink! I suppose animals have sometime to travel considerable distance to get water. Or maybe they have that problem solved in some way we humans wouldn't think of.

It's lovely in our lane these days. Warm August days, cool evenings. I saw a great flock of Monarch butterflies playing in the lane one afternoon. I had never seen so many together before. Possibly they, too, are gathering for the trip south. Seems only a few weeks ago that it was spring, and a great Luna moth was beating its wings against the kitchen window, frantic to get in to the light.

A farm paper this week carried a few lines we thought worth copying into our book of thoughts. It is a prayer of Dr. Peter Marshall, Chaplain of the U. S. Senate, and one we thought particularly fitting for the times. "Lord in the crowding difficulties of these days, help me to be a part of the answer, not part of the problem."

The Warrior's Day Council which conducts the Warrior's Day parade at the Canadian National Exhibition assures the management that there will be 50,000 veterans of the Navy, Army and Air Force in the parade with more than 40 bands. American Legion posts from various centres across the border will be represented and will bring their drum and bugle corps.

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Bruce McKerr
PHONE 453W

**Technique of
The Big Lie**

By Joseph Lister Rutledge

We don't know whether Hitler originated the idea that if you make a lie big enough, almost anyone will believe it, but he certainly used the idea and gave it common currency. The sad thing about it is that, in our very fallible ways, there is a certain amount of truth underlying the contention. People do seem to have an amazing capacity for accepting as truth figures that would make any amateur economist gag.

A fairly recent instance was the newspaper and radio story of a retailer who was found guilty of imposing a 218% profit on a transaction in nails. This hearty figure was accepted by innumerable people as a simple fact, and so became another of the unwarranted reflections on our system of enterprise.

Had these profits been actual we wouldn't have been writing this piece, but would have been sharing the resentment that was so general. Presumably the 218% came into the matter somewhere, and the figure itself isn't disputed, but, as presented, it was one of those juicy big lies that seem to muddle the thinking of otherwise intelligent people.

Now, just what might be an honest and reasonable profit in the building trade market we would not know, but even in a most generous mood we would hardly say it might be 218%. That sort of reflection was all that the commentators needed. They recognized the bigness of the figure, if not the lie, and they knew also that being ammunition for the willing critic, it would be well received. So why look farther? Had they looked farther, however, they undoubtedly would have recognized that the 218% would only have been a profit under very unusual circumstances, to wit: if the merchant hadn't needed a store in which to carry on business, if he didn't have to finance the stock, if he didn't have to pay himself or his clerks anything for services, if light and heat and power were supplied free, if the property and stock went on forever in unimpairment efficiency and value, if insurance companies would carry his considerable risk without any charge, and the city generously supply its services and protections without taxation. But 218% less these deductions was probably no more than any reasonable citizen would have thought a fair return for the risk and effort. That is the technique of the big lie.

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