

UNCOMFORTABLE KIDS

"Children don't experience physical discomfort as the adult human does. You buy them fleecy dressing gowns and fur-lined bedroom slippers, yet they prefer to walk barefooted on freezing linoleum and stand in howling draughts rather than put these garments on. They can plaster their fingers with an adhesive mixture of congealed marmalade, leaf mould and poster paint and then set about some task requiring delicacy of touch—such as dealing a pack of cards or playing the piano."—Anthony Buckridge on the BBC.



Hello Homemakers! It's quite an art to serve appealing, satisfying meals on meatless days—one that requires a great deal of ingenuity. Fish, cheese and egg dishes are accepted Lenten standbys. In place of gravy, we tend to think of milk

sauces for fish, cheese squares and omelettes. A thin milk sauce may be surprisingly flavored with a very little addition of your favorite herbs or mushrooms, celery leaves and such. Even a spoonful of tart mint jelly makes a difference . . . and there is a new variety of mint jelly on the market this month.

The favorite recipes which we collected this week are from Marie Fraser of the Dairy Food Services.

CREAM SAUCE

- 1 cup hot milk
- 2 tbsps. butter
- 2 tbsps. flour
- ¼ tsp. salt
- ½ tsp. pepper

Heat milk on low burner. In another saucepan melt butter and blend in the flour. Stir in the hot milk and continue stirring until smooth and cooked (about 3 mins.). Sauce may be flavored with any of the following:

- Celery salt
- ¼ tsp. nutmeg
- ½ tsp. Worcestershire sauce
- 1 tsp. minced onion
- 2 tbsps. dry parsley
- 2 tbsps. chopped chives

CURRY SAUCE

- 1 cup cream sauce
- 1 tsp. minced onion
- 1 tsp. curry powder
- 1 tsp. lemon juice

Combine onion, curry powder and lemon juice into hot cream sauce. Serve with fish, eggs or meat.

CROQUETTE SAUCE

- 1 cup vegetable stock
- 3 tbsps. butter
- 1/3 cup flour
- ¼ tsp. salt

Make as a cream sauce.

ALLEMANDE SAUCE

(For Asparagus or string beans)

- 1 cup potato water
- 2 tbsps. butter
- 2 tbsps. flour
- 1 egg yolk

Use water from boiled potatoes. Make sauce with butter, flour and potato water. Remove from stove and beat in egg yolk, and when slightly thickened, add the lemon juice. Serve on cooked asparagus.

TAKE A TIP

1. Although a cream sauce and all its relations are best made in a double boiler it requires 10 to 15 minutes longer cooking and stirring. On an electric range milk mixtures are cooked on low successfully and quickly. Use third position of element or medium heat for large quantities.
2. Use a wooden spoon or a wire whisk to stir a cream sauce.
3. Combine any additions to cream sauce while mixture is boiling so that it will not become watery.
4. For creamed dishes use about half as much sauce as there are solids.

THE QUESTION BOX

Miss H. J. asks: What are capers? Answer: Capers are pickled nasturtium seeds.

Mrs. K. B. asks: Is a cheese sauce or fondue made successfully with processed cheese in place of grated old cheese.

Answer: Cream cheese is as successful as old cheese in sauces, etc. It will be necessary to dice processed cheese as it cannot be grated readily. A few grains of cayenne may be added when creamed cheese is used.

Mrs. A. D. asks: What flavoring can we use other than lemon to improve applesauce made with apples that are mealy?

Answer: Cook apples in canned peach, pear or pineapple juice.

Production and domestic disappearance of processed cheese in 1951 was the highest on record.

PASSING THROUGH

As I stood near the desk of a large hotel in a western city a good-looking young private asked for a room and bath. The clerk consulted his chart and said, "I have a room at \$13.50".

"But I'd like your commercial rates, please," said the soldier.

"Our commercial rates are for—"

"I know—for travelling salesmen", interrupted the soldier. "I'm one. I'm here on leave before travelling to Korea to sell Democracy to the Communists."

"You may have the room—for \$5", said the clerk.—The Reader's Digest.

Lure of the North Increases Yearly

That public interest in outdoor recreation in Ontario's forest and lakeland areas is increasing is indicated by the latest Annual Report issued by the Department of Lands and Forests. Annual sales of Crown Lands for private summer resort purposes have risen sharply since 1943 as have applications for land use permits, leases and licenses of occupation. The number of tourist outfitters' camps in recreational areas has more than doubled during the past eight years.

In 1943, less than 200 sales of Crown Lands for summer resort use were dealt with by the Department's Lands and Recreational Areas Division, but each year's sales have increased since that time until in the fiscal year ending on March 31st, 1950, more than 1,200 transactions involving over 2,500 acres were recorded. Lands use permits leases and licenses of occupation which numbered but 300 in 1943 amounted to almost 3,300 during the 1949-50 season. The ever-increasing demand for accommodation in hunting and fishing areas is evidenced by the more than doubling in number of licensed tourist outfitters' camps of which there were 539 in Ontario in 1943.

Teen Town Topics

Question: What is becoming of Teen Town?

Answer: No one is coming because they think no one will be there.

Solution: Now, we have come up with a bright deduction! If all you chilluns who said no one was going to be there would come to the dance, we imagine that there would be a lovely crowd and everyone would be there!

Now, why not take this piece of fatherly advice and turn Teen Town into the active organization it was a year ago.

Teen Town is your organization and therefore we think that any of your worthwhile suggestions would be heartily welcomed by the council. That is our aim—to make our Teen Town more interesting and entertaining for everyone from 13 to 19. However, to do this, it is necessary to have money and how are we to accumulate any of this cabbage if no one comes.

At a council meeting on Friday night, it was decided to find out exactly who had the say of whether or not Teen Town had the use of the High School every Friday. This we think, would be a major factor as now we do not know until the last minute and therefore it is then too late for any publicity.

Also it was suggested that we hire Tiny Hopkins to organize our dances for a few weeks.

Now don't you think it would be nice if you came to "It" on April 18th and see just how improved Teen Town will be.

FASHION HINT



A new look for spring needn't just centre around your clothes. A new haircut can do wonders for putting some exuberance into spring. The poodle haircut is already well on the way out—it isn't right for enough people. A New York hair style authority declared last week that the trend is to coiffures in which the hair will be short but "attractively so."

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- SARDINES** BRUNSWICK 3 TINS 26c

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CHEESE 1/2-LB. PKG. 31c

- JAM** STRAWBERRY Niagara Kist—Fectin—24-OZ. JAR 41c
- Grape or Plum Jam** 24-OZ. JAR 29c
- ORANGE JUICE** 48-OZ. TIN 27c
- PEACHES** BRIGHT'S 15-OZ. TIN 18c

AYLMER CHOICE BARTLETT
PEARS 15-OZ. TIN 23c

- FLOUR for Pancakes** PKG. 21c
- Pancake SYRUP** McLarens 16-OZ. JUG 33c
- STRAWBERRIES** BRIGHT'S 15-OZ. TIN 26c

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