

Hello Homemakers! Do you re- salted water. Drain and rinse in call these facts: cheese is rich in sieve. Meantime, fry 5 slices of baproteins and minerals that are so | con, minced and one-third cup necessary for body building and sliced onions. Then add to rice repairing. When compared with along with 1 minced tart apple, 1/4 ersity of Western Ontario. After cheese represents one glass of Spoon into the duck. (Remember ersity of Toronto, Mr. Ford had 15 milk. Finally, cheese tastes as good you may only shoot 1 wood duck.) with the breakfast toast as the Roast in oven of 350 for 1½ or 2 Winnipeg Tribune and the Toronto added treat with apple pie at hours. Cover for first 30 minutes. dinner.

Take a Tip

1. Keep a little grated cheese on and quickly? hand. Place in a twist of alumnium foil, then tuck in a covered jar and store in the refrigerator or ice box. 2. Sprinkle a tablespoon of grated cheese into each baked potato

that has been "bursted". 3. Sprinkle grated cheese over

each dish of cream soup. 4. Add a few bits of cheese to each baked apple. 5. Crumble old cheese into mash-

ed turnip, pumpkin or squash. Cheese Cutlets 2/3 cup grated cheese 2 cups mashed potatoes

4 tbsps. chili sauce 1 cup mashed lima beans 1 tsp. salt

Combine ingredients and shape into cutlets about 1/2 inch thick. Saute in a small amount of fat and serve with celery sauce or hot condensed celery soup. Serves 4. Cheese Casserole

1 cup soft bread crumbs 2 cups milk

2 eggs, separated 1 cup grated old cheese

½ tsp. salt 1 tbsp. parsley

1 cup canned peas. Soak bread crumbs in milk for 10 minutes. Stir in the beaten yolk of eggs. Add cheese, salt, parsley and peas. Fold in stiffly beaten egg whites. Turn into buttered casserole. Sprinkle a few dry crumbs on top. Bake in preheated oven of 350 degrees for 30 minutes. Serves 4 to 6. Cheese - Crust Pie

3 tbsps. butter

3 tbsps. flour 1½ cups milk

¼ tsp. salt 1/8 tsp. pepper

1/8 tsp. mustard 1 can luncheon meat

1 cup canned peas 2 hard-cooked eggs

Heat 1 cup milk and stir in a paste made of butter, flour and ½ cup milk. Add seasonings, cubed luncheon meat, drained peas and sliced cooked eggs. Pour into casserole (10x6x2 inches) and top with

Cheese Pastry: Stir 1/4 cup butter into ¼ lb. processed nippy cheese. Blend well. Mix in ¾ cup sifted flour. Press into a ball and chill in wax paper before rolling out as pastry dough for top of meat pie. Prick rolled out dough before fitting on casserole. Bake in oven of 400 degrees for 20 minutes.

THE QUESTION BOX Mrs. J. R. D. asks: How do you

cook wild duck? Answer: If it's mallard duck. stuff with pieces of soft bread. slices of onions and 2 slices of lemon. Refrigerate overnight, remove and discard stuffing as i will have absorbed any "fish" flavor. Wipe the duck with a cloth dipped in vinegar-water. Stuff the bird with a mixture of boiled rice and fried bacon bits or sauerkraut. Roast in covered pan for 40 mins., then uncover and roast another 20 minutes in oven of 350 de-

Mr. C. B. asks: What can we add to minute rice to induce wild rice flavor and how is the dressing for wood duck prepared?

Answer: If you cannot purchase wild rice, buy brown rice. Boil 1/2 cup brown rice in 1 quart boiling

The appointment of Kenneth S. Ford of Hamilton as the new In- Hamilton and has qualified him ilton Men's Press club, the Toronto dustrial Commissioner for Hamilton District was announced today by T. A. Rice, chairman of club in Hamilton, chairman of the Relations Association. Hamilton District Industrial Com-

Born in Winnipeg, he is the second son of Arthur R. Ford, editor-in-chief of the London Free Press and Chancellor of the Univfresh milk, a one-inch cube of tsp. sage and salt and pepper. graduating in Arts from the Univyears newspaper experience on the Globe and Mail.

> us how to make croquettes neatly In 1867 there were 2,087 miles of railway in Canada; today there Answer: Keep a saucer of flour are 44,084 miles and only Soviet handy and dust your hands with it Russia and the United States have each time you shape meat mixture a greater total mileage of track.

> gently into cone-shaped drinking The first protective tariffs for the cups and turn into muffin tins. purpose of fostering manufacturing

In September 1948, Mr. Ford left Miss M. H. asks: Can you advise

Bake in hot oven for 30 minutes. in Canada were introduced in 1859.



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TRAFALGAR TOWNSHIP

Municipal Elections

Monday, December 7th, 1953 IS YOUR NAME ON THE VOTERS' LIST?

This information may be ascertained by telephoning the Clerk's Office, Oakville 1100 or Milton 92R14 any time between 9 a.m. and 5 p.m. (except Saturdays) or by checking the Voters' List posted up at your nearest school or store.

TO QUALIFY TO VOTE AT MUNICIPAL ELECTIONS YOU MUST BE:

21 Years of age;

A British subject;

An Owner or Tenant,

Or Wife or Husband of an Owner or Tenant;

Farmer's Son;

Farmer's Daughter;

Farmer's Sister.

REMEMBER THE LAST DATE FOR FILING APPEALS

NOVEMBER 21ST

S. A. FEATHERSTONE, Clerk

with a New York firm which had rebral Palsy centre. opened a branch office in Hamilton.

Kinsmen fresh air camp at Hamil- Mr. Ford is married and has ton Beach and has taken an active three daughters.

the Globe and Mail to take a pos- part in the work of the local ition as a public relations writer Easter Seal Committee and the Ce- without an Industrial Commission- Moore has been acting industrial

Mr. Rice stated that Mr. Ford's of Stewards of Centenary United general manager of the Hamilton take over his new duties on Monexperience in Hamilton since 1941 church and is active in a number Chamber of Commerce on January day, November 16. has kept him in close touch with of press and pubilc relations groups. industrial matters in and around He holds membership in the Hamwell for his new position. He has Men's Press club and the Ontario been president of the Kinsmen Branch of the Canadian Public

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The Hamilton District has been 1 of this year. Since that time, Mr. er since the former Commissioner, commissioner for the district in an John H. Moore, resigned to become honorary capacity. Mr. Ford will



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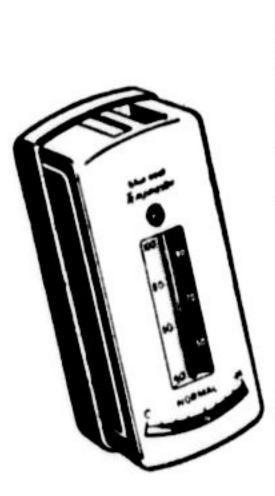
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