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THE MIXING BOWL

BY Anne Allan
HYDRO HOME ECONOMIST

Hello Homemakers! Centuries ago, the Spanish traders took home from Old Mexico the cocoa bean, which they made into a beverage for special occasions. Back in 1720, a great botanist named cocoa, Theobroma, meaning "Food of the gods." Today, people the world over consider cocoa and chocolate staple foods and use both in a great variety of ways.

Chocolate flavour is popular and it is always easy to prepare a cocoa or chocolate food. A cup of cocoa, made nutritiously, encourages the drinking of milk. Furthermore, those who consider the cost of a health giving drink may be surprised to know that you get 80 large cups to the pound of a good brand of cocoa today.

COCOA SYRUP

1¼ cups sugar
½ cup cocoa
1 cup boiling water
½ tsp. salt

Mix cocoa and sugar well together. Add boiling water, continue stirring. Bring mix to a boil and pour into clean jar and store in a refrigerator.

HOT CHOCOLATE

Measure 2 tablespoons of cocoa syrup in a serving cup and fill with hot milk.

MOULDED COCOA PUDDING

⅔ cup cocoa
⅓ cup cream wheat
½ cup sugar
quart milk
1 tsp. vanilla

Mix cocoa, cream of wheat and sugar. Bring milk to boiling point. Add dry ingredients and cook 15 minutes, stirring constantly. Flavor with vanilla. Rinse jelly moulds with cold water; fill with mixture and chill. Serve with custard sauce or cream.

TYROL MUFFINS

Make your favorite muffin batter. Fill each mould half full and place a piece of semi-sweet chocolate on it and fill with more batter. Then place another piece of chocolate on top. Bake in an oven at 400 degs. for 30 minutes.

MAPLE BUTTER TARTS

3 tbsps. shortening
3 tbsps. butter
1 cup brown sugar
4 tbsps. Cocoa
½ cup maple syrup
2 eggs
½ tsp. vanilla
⅔ cup walnuts

Cream the butter and shortening together. Add the other ingredients. Mix well and pour by spoonfuls into unbaked pattie shells. Bake in an oven at 450 degrees for about 25 minutes. Makes 12 parts.

WALNUT SQUARES

½ cup butter
1½ cups granuated sugar
3 eggs
¾ cup flour
½ tsp. salt
3 squares cooking chocolate
1 cup walnut meats
1 tsp. vanilla

Cream the butter; add the sugar gradually; add the eggs and beat well. Add flour, salt, melted chocolate and walnut meats broken in coarse pieces. Flavor with vanilla and place the mixture in a well-greased and lightly-floured pan baking in an oven at 375 degs. for 15 minutes.

TAKE A TIP

1. Try Cocoa Pastry: add 1 tsp. of cocoa for 1 cup pastry flour before you mix in shortening.
2. Try Chocolate Jelly Roll soon: add 6 tbsps. cocoa to a mixture of 6 cups flour.
3. Instant Chocolate Frosting: add 2 tbsps. canned chocolate sauce to ¼ cup boiling water and stir until blended. Mix in two cups sifted icing sugar and spread on cake.
4. Chocolate Filling: Cream ½ cup butter with 4 cups icing sugar and add 2 squares unsweetened chocolate melted in three tbsps. strong coffee. Beat well and fold into ¼ cup cream which has been whipped stiff. Fill torte or cake layers.
5. Orange-Chocolate Syrup: Add 1 tsp. grated orange rind to 1 cup orange syrup.

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RIGID INSPECTION GUARDS LIVESTOCK

The methods used by the veterinarians of the Dominion Department of Agriculture to prevent the introduction and spread of animals diseases in Canada are many. Regulations of the Health of Animals Division not only apply to the importation of animals from other countries and the constant watch for the outbreak of contagious diseases within Canada; but they cover the inspection of stock cars and trucks, the cleaning and disinfection of railway and public stockyards, and the cleansing and disinfection of live poultry crates at poultry processing or killing plants.

The inspection of stock cars and trucks is no small job. In 1948, the cleansing and disinfection of 98,417 cars and 2,972 trucks was supervised by inspectors of the Division.

MORE SPEED—MORE MONEY

Most of us did not become conscious of the effect of speed on the mileage obtained from gasoline until after the introduction of rationing during the Second World War. Other things being equal, more mileage is obtained from a gallon of gas when the car is driven at a slow speed than when it is driven at a high speed.

A motorist who speeds up to reach a filling station when his tank is running low is just kidding himself. Experts have determined that the most efficient and economical speed of a car is about 25 mph and the following statement concerning the relation between fuel economy and automobiles was prepared by the United States Bureau of Standards: "More force is required to propel a vehicle at a high speed than at a low speed, chiefly because wind resistance increases approximately as the square of the speed." Every type of gasoline driven vehicle has its own fuel-saving gait.

There is just one more reason why you should drive slowly and carefully. You will save money and you may even save lives—including your own.

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GEORGETOWN

Georgetown's oldest active businessman, John McBean, died suddenly on Saturday, December 31st at his home on Queen Street at the age of 89.

Wednesday, December 21st was a happy day for Mr. and Mrs. Oliver Shields of Victoria when members of their family gathered at Meadow Brook Farm, Mayfield, for a family dinner in honor of their golden wedding anniversary.

A good time was had by all when the Lions Club and Recreational Commission staged a joint carnival in the arena last Wednesday night. A novice hockey game between the Canadiens and Bruins was refereed by Santa Claus. Novelty and speed races and prizes for costumes were awarded with everyone joining in public skating afterwards.

Mr. E. L. "Jim" Taylor, who sold his local Massey-Harris agency last month to Doug Swackhamer of Brampton, is forming an entirely new organization to undertake the development and manfuacture of farm implements of advanced design. The company will be known as Kelmscott Implements and will operate from Mr. Taylor's farm, R. R. 5, Milton. Mr. and Mrs. Taylor are living on the old Sproat property which they purchased from Lloyd Davison early last year, Mr. Davison in turn purchasing a farm near Glen Williams.—*Herald.*

Under Our Democracy

By Joseph Lister **Rutledge**

It may seem that comment on a civic election that happened weeks ago is overly belated. It happens, however, that we do not wish to discuss the fact of election so much as the methods that brought it about, for they suggest democracy at work.

One interesting point is that the mayoralty contest in Hamilton, Ont., was a real contest fought out between men who enjoyed the respect of the community that believed in their sincere desire to be of service. Too often the seekers for top office have more to gain than the community they would represent. In this case the contestants had more to offer than they had to gain, which is what our democratic processes should mean but frequently do not.

What seems of particular interest in this contest, apart from the quality of the men involved, was that each largely disregarded the customary practices of electioneering. There was less button-holing of individuals, fewer speaking engagements, when public promises are so easily overlooked or forgotten or explained away. Instead, the candidates talked directly to the people through the newsapers. Their presented policies appeared over their own names, a continuing record in cold type against which all accomplishments must be judged.

While this was true of all the contestants, it was particularly so in the case of Mr. Lloyd D. Jackson, the mayor-elect. Mr. Jackson had to meet the arguments that he had absolutely no experience in civic administration, that he was lacking in technical engineering knowledge, that he was not closely in touch with the more pressing problems facing the city. It was rather generally agreed that, because of these lacks, Mr. Jackson had a slim chance. Probably that would have been the case had he not taken these arguments into the open and discussed them frankly. In advertisements written by himself — such as that headed: "What experience do I have to have to be mayor of Hamilton?"—he took these arguments apart. He broke them up into their component parts and answered each fully and simply. He didn't promise broad and far-reaching miracles but a few simple and definite things that anyone could understand. That Mr. Jackson was the head of a bakery operation which he owned, along with some 500 working partners, a large percentage of whom were in daily touch with the public, probably did him much good. If it did, it also suggested to the public a generous spirit of co-operation between the man who was probably the majority stockholder and his less conspicuous partners.

But the essence of the success of this politically unknown contestant was that he took his case to the public through the press. The public read his words and assessed his arguments and every ward in the city gave him a majority. That is what a good, even though politically unknown man, who uses the right means to reach the whole people, may accomplish under our democracy.

ART SHOWS ATTRACT ONE MILLION VISITORS

Since the war, London has staged several exhibitions of art from Europe. These have been of the greatest interest and importance and have attracted more than one million visitors. The British Arts Council gave this information in announcing their intention to reopen the new Burlington Galleries in London.

In A Country Lane

By Lillian Collier Gray

Wonders will never cease! The sun is actually shining. It almost seems an occasion for special rejoicing! The hours of sunshine we have had since Christmas could quite easily be counted on the fingers we are sure. And how much brighter and more cheerful one feels when the air is crisp and sun glistens against the snow. No doubt you have noticed that a scientist is now claiming our freakish weather of the past few weeks is due to the atom bomb Russia exploded.

He didn't say if we would have the same kind of weather if any other country had exploded it! If he is right in his deductions, then we suppose the next bomb may bring perpetual sunshine where this one brought muggy warmth. And the next one after that may precipitate us into tropical weather. We may go down to our Sixteen Mile creek and find an alligator playfully splashing in our icy waters. And if scientists and governments insist on going on toying with these little amusements, eventually we may have to go south to cool off. Well, at least we may know we have nothing at all to fear from the atom bomb.

A newscast on New Year's day informed us we may now invest in an atom-proof room in our home, and we may obtain atom-proof suits to wear while the explosions are going off. Just slip into the suit, and presto, you're there when the dust has cleared away! Or are you! Seems to me you might find yourself sitting on the edge of Mars. Perhaps one of those flying-saucers some people believe are air craft from another planet will come along and give us a lift back to our own earth. Or perhaps we'll decide to stay on Mars. It might be safer.

This all adds up to the fact that we are living in a wonderful time Full of possibilities, both good and bad. Some of the possibilities just scare you half to death when you contemplate them. Just the problem confronting the rural population now regarding prices, food surpluses and so on is enough for us to have to find solution to.

And methinks there is going to be something else to work out in this new discovery that has been made whereby wood can be converted into food. Yes, wood! Oh, we won't be able to go out and cut a limb off the maple in the front yard, put it through a food chopper, and bake it in the oven. It isn't quite that easy. But it is easy enough that right at the present time five tons a day of this food is being manufactured by the British in Jamaica. Maybe that is why they don't want our eggs.

Dr. Glensinger, chief of the Forest Products Branch of U. N. Food and Agricultural Organization, thinks this discovery will change the whole human race. We Canadians have lived so long in the shadow of possible surpluses, and consumers here have so long been accustomed to plenty, that we do not reaize very clearly what it means to never be without hunger. And it has been estimated that the world supply of food is still a little below the level of 1938-39, while there are 200,000,000 more people to eat it.

The problem is an urgent one, and even if our embarrassing surpluses could be got to these people, there would still be not nearly enough to drive away hunger Necessity is the mother of invention, and this discovery that wood can be made edible may be a great blessing, even while it creates new problems to be solved.

This process sounds comparitively simple. It is the conversion of wood cellulose into sugars by digestion with acid; then conversion of the sugars into vitamin-rich, protein-rich food by means of yeast and ammonia. If any inventive reader would like to do a little experimenting, he might have a new product to put on the market. It might even make margerine take a back seat! Agriculturalists will wonder what other synthetic thing is going to come along to complicate matters for them! They will wonder if they might not just as well sit back and take it easy, and just produce sufficient food for their families. Only they have to derive an income from something in order to buy clothing, fuel, machinery, fertilizer, and a few hundred other things. Well, maybe they can grow more wood, because eventually that product may be in short supply, too. Yes, it is surely a wonderful world! But indeed a most mysterious and puzzling one!

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OAKVILLE

He'll be ninety-five on Sunday, but Fred Snowball, Oakville's oldest citizen, isn't going to bother with a celebration this year. "It will be just another day," he told the Journal reporter when interviewed at his Robinson Street home this week.

First fire siren of the new year, an unusually prolonged blast, shrieked through Sunday's mid night fog to route many volunteer firefighters from early post-holiday slumbers. Location of the fire—in the basement of the town's Bell Telephone Co. exchange building—was the reason for the unaccustomed vehemence of the siren.

After months of delay and discussion, a definite proposal for supplying the village of Bronte with badly needed water was placed before Trafalgar Township Council at its first meeting of the year, on Tuesday, by George Power, township engineer.

Charged with the theft of a $1000 diamond ring from the home of her employer, L. F. Clement, Shedden Street and Gloucester Road, Phyliss Lawrence was arrested at her home in Bronte Tuesday afternoon.—*Trafalgar Journal.*

REMOTE CONTROL

Remote control is a phrase that sums up one of the features of an industrial age. The word brings up a picture of a quiet office filled with automatic recorders where a few men watch the dials and, from the information they secure, regulate the operation of machinery perhaps miles away.

The system may be excellent in running a generating station or some types of manufacturing process. It is not necessarily well suited to the process of government. The men in a control room may tend to forget what may be the final purpose of the process they are controlling. Provided they act properly according to the information given them by their dials, it makes little difference whether they know little or much about the process as a whole.

The delusion that governing a country resembles the operation of a complicated machine leads inevitably to a bureaucratic state, where civil servants act on statistical information without regard to the purpose of government or the wishes of the people. Remote control by a central government may be efficient in a dictatorship. Its value is questionable in a democracy, where government is supposed to be by consent of the governed.—The Printed Word.

In Canada a white woman who marries an Indian becomes an Indian legally and an Indian woman who marries a white becomes a white.

RUBBER TRACTOR SPRING

Rubber springs which take the "jerks" and "bumps" out of riding a tractor, are reported in The Financial Post. They consist of a thick layer of especially compounded rubber sandwiched between two metal plates. The rubber is fastened to metal by a special brass plating process. Mounted in pairs on a tractor seat, the springs cushion initial shock and level out the sharp rebound which normally occurs with the use of a heavy steel spring.

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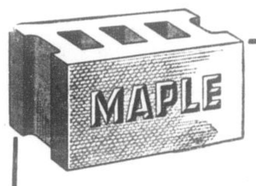

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