

# THE MIXING BOWL

By ANNE ALLAN  
Hydro Home Economist



**Home Frozen Dishes**  
Hello Homemakers: Once the "dog days" are upon us we begin searching for cooling foods to make the heat more bearable. Home-frozen salads and appetizers can be very tempting indeed. Homemade ice cream is cooling and refreshing—nourishing and delectable—it's no trouble to serve, and simplicity itself to make, with the help of your electric refrigerator freezing trays.

There are really five different types of ices—sherberts, mousses, parfaits, ice cream and ices.

Unfortunately a great many homemakers purchase an electric refrigerator, and without asking any questions or reading directions, attempt home-frozen dishes. They place the mixture in the tray and THEN turn the dial to freezing point—which is the wrong method "rue, the mixture will freeze, but it will be full of large icy particles or layers of ice—be disappointingly tasteless.

For a smooth, rich, true flavour, and fast freezing, the following rules should be closely followed:

1. The finger-tip control of your refrigerator should be turned to the coldest point at least 40 minutes before the ice-cream mixture is stirred up.
2. The bowl and ingredients of the mixture should be thoroughly chilled before mixing. The food will then freeze more quickly.
3. If you want an especially perfect dish, do not try to freeze ice cubes when freezing ice creams, sherberts, etc.
4. Wetting the bottom of the tray causes the tray to freeze to the shelf in the unit and so tends to hasten the freezing.
5. Use recipes tested for the electric refrigerator.

**Recipes**  
**An Excellent Basic Recipe for Ice Cream**  
1 qt. milk, 2 cups sugar, 1-3 cup flour, 1-8 tsp. salt. Mix sugar, salt and flour thoroughly. Scald milk and add dry mixture. Cook until thickened over hot water. Stir occasionally. Chill.  
**Vanilla Ice Cream**  
1 cup basic recipe, 1½ tsp. vanilla 1 cup cream whipped. Whip cream just stiff enough to slightly hold its shape and so it still pours from the bowl. Fold into other ingredients. Stir several times during freezing.  
**Strawberry Ice Cream**

1 cup milk, ½ cup sugar, 1-8 tsp. salt, 1 cup whipping cream, 1½ cups strawberry pulp (put through sieve), 1 tbsp. and 1 tsp. flour, few drops red coloring if desired, 6 tbsp. sugar added to the berries.

Scald milk, add flour mixed with sugar and salt and cook about 15 minutes in a double boiler. Cool, add the strawberry pulp sweetened with the additional sugar and fold in whipped cream. Freeze until firm, stirring once or twice before mixture is frozen in the electric refrigerator. Quantity: 8 servings. Serve with salted nuts.

**Fresh Raspberry Mousse**  
2 cups raspberries, slightly mashed (strawberries may be used), 2 cups sugar, 1 pt. whipping cream, ½ cup milk, 1-3 cup lemon juice. Combine berries, sugar and lemon juice and let stand until sugar is melted. Fold into whipped cream and stir twice before freezing. When almost frozen, stir in the half cup milk. Quantity: 10 servings.

- Take a Tip**
1. Orange rinds can be used in a number of interesting and unusual ways. Preserve the halves and use as a shell to hold a sweet fruit salad.
  2. To improve the flavour of cherry, peach or apricot pie, sprinkle with a few drops of almond extract. Lemon juice will also improve the flavor of fresh blueberry pie.
  3. Keep the dripping from pure pork sausage to enrich the flavor of fried eggs, and for frying potatoes, cottage style or hash brown.

### QUESTION BOX

Mrs. D.A. asks: "Is there any way of beating egg whites, so that they will be very foamy?"

Answer: If you add a pinch of salt BEFORE beating—they will foam up, and be less likely to become watery (if left standing).

Mrs. A.L.L. asks: "Should a tin 'hiss' when opened?"

Answer: This usually means there is a good vacuum in the tin. The 'hiss' comes when air rushes in to fill the vacuum. However, if either end of the tin is bulged, the hissing may be an outburst of gas from the tin—and suggest that the contents are spoiled. Vacuum-packed coffee is the exception.

Anne Allan invites you to write her care this paper. Just send in your questions on homemaking problems, and watch this little corner of the column for replies.

### JUST A BEGINNING

Halifax Herald  
It is just announced that "what is perhaps the largest single order of its kind for the products of a similar industry in the Maritime Provinces" has just been received by Star-of-the-Sea Handicrafts at Terence Bay.

This order is for 500 dozen of the articles manufactured by the Star-of-the-Sea Handicrafts. The order includes men's hand-woven scarves, ladies' hand-woven scarves and turbans. And it is added that, on the testimony of buyers from Canada's largest firms, "no finer work of its kind is done anywhere on this continent or overseas". There is no need to review the history of Terence Bay, its hard conditions, its struggles, its rise from distressing trials, to understand that here is a lesson—and a positive inspiration.

These are not facts about one small village alone; they are facts about Nova Scotia—of the possibilities that exist all along the shoreline of this province.

Let us look on Terence Bay as the example, as a beginning, and not as a completed task. For if, through cooperation, industry and self-help, this little village can do this, a duplication of it is possible in scores of other communities from Cape North to Cape Sable.

### LIGHTNING STRIKES MANSE

The electrical storm which swept over this locality on Monday evening last struck the manse of St. Andrew's Presbyterian Church, demolishing the brick chimney. No further damage was done.

### LANDS LARGE FISH

While casting in the old canal east of the lock gates recently, Raymond Burns landed an 11 pound pike which measured three feet long. Raymond, who resides in Cornwall, is spending the holidays visiting his relatives here.

We miss so much in this life, because we often pass by the little things. We are ever looking forward to great achievement, instead of making the most of trifles.

### HELPFUL HINTS ON WATERING LAWN

Artificial watering can have a beneficial or detrimental effect on lawns, depending on whether it is properly or improperly applied. In the case of established lawns, watering is not essential to keep the turf alive, except on very light, sandy soils, but it can be used to great advantage during the warm, dry months, says J. H. Boye, Division of Forage Plants, Central Experimental Farm, Ottawa. Only sufficient water should be applied to maintain the grass in a slowly growing, healthy, vigorous condition but it should be done thoroughly so that the soil is moistened to a depth of 4 or 5 inches. Sprinklers are preferable to hand watering, as the latter method is usually neither thorough nor uniform. A weekly sprinkling is usually sufficient during dry weather except on the lighter soils. Frequent light sprinklings are not recommended since they tend to restrict the grass roots to the surface of the soil, thus reducing their feeding range for nutrients and moisture and making the turf more susceptible to drought and heat. Light sprinklings also encourage the growth of shallow rooted weeds.

Overwatering can also have a detrimental effect on grass by promoting a rapid succulent growth which is susceptible to disease and other adverse conditions. Overwatering to the extent that the soil becomes saturated for long periods causes proper aeration is not possible.

Watering is a problem on terraces and slopes, since these dry out rapidly, particularly on southern exposures, and because the amount of run-off is great. Water should be applied very slowly and permitted to soak in deeply on such areas.

In shady areas the amount of evaporation from the soil surface and grass leaves is relatively small and consequently less moisture is required than on open areas. When shade is provided by trees, more water is required than under normal conditions, because the trees remove large quantities of moisture from the soil. In such cases the soil should be moistened deeply.

## Govt. Is Studying After-War Problems

"We are making plans for a great national public health policy in Canada, a plan of cooperation with the provinces, a plan of education, of correlation and coordination," declared Hon. Ian Mackenzie, Minister of Pensions and Health, in an address to the Canadian Club at Quebec City recently. He added that the plan, "will ensure that those who return from overseas will not return to a devitalized homeland," and that it, "will endeavour to ensure such economic conditions that the right to health will be accompanied by the power to attain health."

Stating that the Dominion Government had already given thought to what must be affected when peace returns, Mr. Mackenzie said plans had been laid down for the demobilization and for the after-care of the returned fighting forces; for pensions to those who have earned pensions; for the treatment of the disabilities of those rendered unfit, and "for the treatment of all those who have enlisted, for one year after the time of their discharge." There would also be preference of employment, in the Civil Service as well as in industry, for those who have served he added.

"The maintenance of individual liberty, the preservation of democratic institutions, must be our guiding stars in the future, he asserted, but predicted that "some restrictions may be required during the period of mobilization."

Mr. Mackenzie foresaw that "the controls of industry may have to be kept in force until the new economy, reborn under new inspiration, is in full sway."

Predicting that a plan of reconstruction for Canada "must be coordinated with the plans that must be made in the United States and in other portions of the Empire." He named the following as some of the problems under consideration:

"The reasonable mobility of labor; the reorganization of industries for peace-time purposes; the organization of Canadian agriculture on secure standards—to return a secure living for the farmer and his family; the planning of timed public works, that can be initiated at the close of the war so that they may absorb a small amount of skilled and much unskilled labor; the development of Canadian export industries that can employ Canadian labor in Canada by supplying goods to overseas markets.

Pointing to development of our great natural resources, and progressive development of highways to "link us closer together in the Dominion and to link our great centres of scenic beauty closer to the travellers who come from friendly lands," Mr. Mackenzie asserted that there must be:

"Above all and transcending all, the development of a great national scheme of social security, by which the masses of our people shall never again know those fears that come from insecurity and poverty and want and distress."

"Never again, I hope and pray," said Mr. Mackenzie, "shall you and I know the Canada that we knew before this war broke upon us; when unemployment and relief and distress and hunger and poverty and want were rampant in the richest country in all the world. The new day, the new order, the new plan, must bring, will bring, a remedy for all that."

He declared that if old dogmas and old doctrines old philosophies of government cannot solve the problem, then we must look to newer remedies and newer faiths. The heart of the world that is to come will be determined upon a complete solution of a problem that has baffled the statesmen of former years.

Looking to the world at large, the speaker asserted that peace must be based on collective security which rests upon "collective force and collective preparedness, and not upon collective idealism. There must be actual, practical sanctions, contributed by all."

Democracy must be nurtured and strengthened, and "even the standard of living, that is precarious in some nations, should be universalized and maintained by a real League of Nations which will be the guardian of the liberties and comforts of mankind."

"I believe," he declared, "that after the agony and the anguish of these tragic days have passed—the finest days in all the world will be ahead; that those days will see the greatest rallying in the history of the world of the children of the city of man to the cause and inspiration of the city of God."

He believed, too, that we shall conclusively "win this war upon which we have engaged as crusaders of Christianity."

Mr. Mackenzie stated his belief that the masses of the people themselves are giving tremendous thought to fundamental principles, and that peace will not be decided by a "junta or a cabal, or any clique of rulers." It will be a peace dictated by the peoples themselves, he asserted, and post-war problems will be solved by the will of the masses of the people.

### NEVER TOO OLD

(Chatham News)  
You are never too old to engage in war work. In Kidderminster a group of war workers, the youngest of whom is 66 and the oldest 90, and including 110 octogenarians, are busily engaged making mops for the navy.

### AGAINST THE JURY SYSTEM

The jury system has been condemned in this newspaper on numerous occasions as being obsolete and antiquated. No more glaring illustration is needed than a recent murder trial in Toronto. At the first trial, the jury stood 10-2 for conviction and at the second trial, the poll showed 10-2 for acquittal. The evidence was practically the same at both trials. Obviously there is plenty of room for improvement in the jury system in this country. As it stands now in this particular case, twelve have believed him guilty and twelve not guilty. Undoubtedly, the jurors must be of various degrees of intelligence and responsibility. A man's life ought not to depend upon the lack of intelligence of a group of men selected at random. Nor should the public be exposed to the danger of having a murderer turned loose because the jurors are stupid or prejudiced. The problem is admittedly a difficult one but we believe that a competent jury of preferably legal men, traversing the various assizes throughout the country, would be more acceptable and satisfactory. The result of the two trials to determine the innocence or guilt of this Toronto man, stamps the present system as ridiculous.—Tweed News.

### HATS SHOULD BE DOFFED

All hats should be doffed to the women of Canada for the manner in which they have conducted the war effort.

In every city, town, village, hamlet and country place the work has gone on.

For the Red Cross, the Navy League, the soldiers, British war victims, and every worthwhile endeavor.

Even in hours of relaxation busy needles have continued to click.

Thousands of dollars have been raised by means of rallies, teas, concerts, dances and bazaars, and willing hands have been held out to welcome the refugees from the old land.

In every way they have been a stimulating influence to the men who should be proud to fight for such women.—Winchester Press.

### COLOSSAL CHEEK

(Brockville Recorder-Times)  
What colossal cheek for Mussolini to boast about Italy's performance during a year at war when that year has cost him and the Italians 550,000 square miles of territory, about 250,000 casualties and a good share of the Italian navy, while the Italian air force has been reduced to virtual impotence.

An Australian taxi-driver has inherited a title. Many a taxi driver would be satisfied with title to his taxi.

Pause... and refresh



DRINK **Coca-Cola**

### CONTROL OF MOSQUITOES

When hungry and filled with blood lust, the female mosquito is a fierce and persistent biter. The males, of course, do not suck blood, as their mouth-parts are too feeble to pierce anything but delicate plant tissues, and moreover they lack the biological urge of the mother mosquito which must have blood to mature its eggs and to carry on the noxious race.

It is difficult to do much about these mosquitoes once they are on the wing. The best time to attack them is before they emerge from the water in which they breed. All mosquitoes develop in quiet water.

In Canada, most of them are produced in temporary shallows such as snow-water pools, rainpools, and the flooded margins of ponds, lakes and streams. Their eggs are laid during the warmer months but usually do not hatch until after passing through the winter under the snow blanket, on the dead leaves and soil in low places.

When the snow melts and rains fall and the ground is flooded, the egg hatch. The larvae develop slowly when the water is cold, more quickly as the sun warms it, and when they reach the full-growth transform into pupae and emerge a short time later as winged adults.

The largest number of mosquitoes usually develop from late April to early June, and it is during this period that action to control them is most effective. Other mosquitoes breed all summer in such places as

rainwater barrels. The larvae and pupae breathe through tube-shaped organs that are forced through the water surface to the outer air.

When a little petroleum oil is poured on the surface this penetrates the tubes poisoning or choking them. Thus, while they are helpless and concentrated in the water, great numbers can be destroyed. Another, even better method, is to drain away the shallow collections of surface water which form temporarily in the fields and woods in spring and are a prolific source of mosquitoes.

### IN THE EVENING OF LIFE'S DAY

"If I can put some touches of rosy sunset into the life of every man or woman," said George Macdonald, "then I feel that I have wrought with God."

To make an old person happier, more comfortable, more hopeful—that is to "put the touch of rosy sunset into human life." It is a special privilege of youth to cheer old age. How naturally an old person turns to a young person for sunshine. In some respects, youth and age are as like as sunrise and sunset; and it seems to be God's blessed will and plan that each should turn to the other for the things each lacks.

It is in the power of every young person to bring sunlight into the life of some old person—to impart that "touch of rosy sunset" which is so sweet to the aged pilgrim.—Select-ed.



## CANADIAN INDUSTRY AN EMPIRE BULWARK

Never in the history of human conflict has industrial capacity, skill and production efficiency counted for so much as it does in the present national emergency.

Fortunate indeed are we, therefore, that Canada's comparatively young but virile industrial set-up had been developed to its present high efficiency, otherwise we could not have made the contribution expected of us and so vital to the success of our cause. Management and men of industry, quick to respond to the call of Empire, mobilized its forces with remarkable adaptability, swinging rapidly into production of much needed mechanized units, munitions and equipment of all kinds.

Rounding out our national activities in a more balanced economy, Canadian industry has in addition to serving well the home market, developed a substantial and profitable export business. The industrial areas, too, provide ready and profitable markets for our own agricultural products. But great as may be its peace-time contribution to the wealth of Canada, Canadian industry rises to new attainments in the contribution being made in producing the requirements of mechanized warfare.

Massey-Harris is proud of the part it has been permitted to play in the development of Canada so far and in the defence of its dearly treasured traditions and of democracy in general.

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