

Suggestions for Plans to Feed the Family Well Under Ration Conditions

Soy Bean Flour and Flakes Now Available in Limited Quantity. Cottonseed Flour Newly Developed Protein Product Expected to be on the Market Soon.



(By Edith M. Barber)

To feed her family well under rationing, a housekeeper must be alert. Not only must she modify her standard recipes, to make meat and shortening go farther, but she must be on the lookout for new food products and ready to experiment with them. Some of these are beginning to come to the market already. There are a few soy bean products, such as flour and flakes which are so high in protein that they are valuable additions to our nutrition. The newest product to be announced but which is not yet available to the retail market is a protein-high flour made from cottonseed. This is already in use by cracker manufacturers and by companies which make certain prepared mixes for pancakes and other breads.

Dehydrated tomatoes packed in the form of flakes have already been mentioned in the column. I have made some good sauces and soups from these. The flavor is a little more acid than canned or fresh tomatoes, and a little sugar should be added. When the flakes are used for milk soup, a speck of soda prevents curdling.

A banana powder with a very good flavor is available. This is very delicate, and is particularly appropriate for use in a milk shake or an egg nog. It can be used in custards and in cornstarch pudding to which it gives a mild flavor.

Remember when you use soy bean flour to replace part of the white flour that more liquid is indicated. For yeast breads, I mix the liquid and the soy bean flour first, and let it stand a few moments before putting in the other ingredients. From ten to twenty-five percent of the soy bean flour can be used, depending upon the type of flour. When a larger amount is added, the texture of yeast bread is what might be described as "cakery".

Don't be afraid to experiment with new products. Read the labels on the packages, and follow directions.

Banana Powder Milkshake

For 1 cup of cold milk, allow 1 tablespoon of banana powder. Put powder in bowl, stir in milk gradually and beat until well blended. A shaker instead of a beater may be used.

Tomato Sauce

(with dehydrated tomatoes)
4 tablespoons tomato flakes
2 cups water
1/2 teaspoon powdered marjoram
1/2 teaspoon powdered thyme
1/2 teaspoon powdered basil
6 cloves
2 teaspoons sugar
1 teaspoon salt
1 bay leaf
4 peppercorns
1 clove garlic, peeled
2 tablespoons minced onion
2 teaspoons flour.

Put tomato flakes in saucepan, stir in water gradually. Add seasoning and sugar, and cook over low heat about 1/2 hour until liquid has been reduced about one half. Mix flour with small amount of water and stir into sauce. Stir until mixture boils. Strain and use with spaghetti, noodles, or rice. Note: If leaf herbs are used, increase amounts to 1/2 teaspoon.
(Released by The Bell Syndicate, Inc.)

Ladies' Auxiliary Spaghetti Supper Very Successful

Large Attendance. Many Musical Numbers Presented.

Spaghetti and meat balls were served by the Ladies' Auxiliary on Thursday evening at the Canadian Legion Hall. There was a large attendance, and an enjoyable evening was spent.

Mrs. J. Shaw received the guests as they arrived, and Mrs. J. McGarry and Mrs. L. Nicholson were at the door. Entertainment convener was Mrs. A. Bellamy, assisted by Mrs. W. McNear, Mrs. H. Pope, Mrs. B. Richards, Mrs. W. Devine, Mrs. R. Smith, who served the many guests.

Mrs. Grant was kitchen convener, and was ably assisted by Mrs. R. Hart, Mrs. W. Wilkinson, Mrs. E. Tilley and Mrs. J. Smith.

During the evening Mrs. A. Bellamy and Mrs. T. Gay played several piano selections. Mr. N. L. MacNamee, in charge of the Victory Loan campaign, was a guest at the dinner, and he played several popular selections on the

reels of wild life, and picturesque scenes. Various business, was also taken up.

As his first reel Dr. Boutin showed a study of animals, lions and elephants in playful moods, in sharp contrast to some ferocious alligators which snapped and made ugly noises.

The next reel was a delightful series of pictures in colour, taken by Dr. Boutin, himself, of scenes all over Ontario. There were many lovely scenes of Temagami Lake, North Bay, and of lovely Lake Nipissing. Pictures of the Parliament Buildings silhouetted against the sky, and beautiful scenes of Valleyfield were also shown.

A most interesting reel was the one shown by Dr. Boutin of a series of operations taken in the operating room of St. Mary's Hospital, showing operative procedure from incision to sutures, to the patient being trundled back to bed. He also showed pictures of some very unusual cases which he had treated and which with his explanatory remarks, were most interesting.

Cowboys, villains, hero and heroine of the wild west were pictured in the last reel, and drew many a laugh.

On behalf of the meeting, Mrs. Punkari thanked Dr. Boutin for his kindness in showing the pictures, and all are looking forward to again seeing those lovely pictures.

Mrs. Punkari then called upon the secretary for the minutes of the last meeting which were adopted as read. The treasurer, Miss Rita Thrasher, gave the annual report which showed the

Alumnae to be in good financial standing.

The secretary, Miss Aileen Maher, was then called upon, for the annual report, this review of the Alumnae's activities showing that much worthwhile work has been accomplished.

The annual election of officers took place, with the results as follows:— President — Miss Aileen Maher. Vice-President — Miss Rita Thrasher. Secretary — Mrs. J. Morris.

Treasurer — Miss Annette Millette. The retiring executive thanked the members for their co-operation during the past year. A delicious lunch completed the evening, after which the meeting adjourned.

New Chairman of Women's Northern Rationing Committee

Mrs. Wm. Flannery, of North Bay Succeeds Miss Grace Morgan in Important Post.

Mrs. William Flannery, wife of a prominent North Bay barrister, has accepted the chairmanship of the Women's Regional Advisory Committee for Northern Ontario following the resignation of Miss Grace Morgan, also of North Bay. Mrs. Flannery, who has been a

member of the executive of the committee since its inception, is well qualified for the post. She has done important work for the Board in all phases of this voluntary organization, commonly known as the Consumer Branch of the Wartime Prices and Trade Board. Her appointment was made at an executive meeting held recently.

Tribute was paid to Miss Morgan for her leadership in organizing many of the branches of voluntary committees in Northern Ontario, and for the service that she had rendered in the establishment and maintenance of price control.

The Northern Ontario Advisory Committee recently was highly praised for its organizational work, by Byrne Sanders, director of the Consumer Branch, who said that the women of the Northern Ontario committees were well versed in price control regulations and rationing. She said they were doing Canada a great service by explaining price control of consumers so that they could better understand what the Wartime Prices and Trade Board was doing for them.

A resolution at the executive meeting was sent to all members urging them to explain to consumers in their communities that the extra pound of sugar allowed until May 31 for sweetening rhubarb was in addition to the regular ration of sugar. It was explained that the spare blue coupon "B" in ration book No. 2 was to be used for the purchase of the extra pound of sugar which is

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sufficient for the sweetening of five pounds of rhubarb.

Eight Births Recorded at Timmins This Week

Born — on April 5th, 1943, to Mr. and Mrs. Michael Kywerga, 184 Maple N., at St. Mary's hospital — a daughter (Alice Josephine).

Born — on May 3rd, 1943, to Mr. and Mrs. John Cooke, 42 Messines avenue — a daughter (Ethel May).

Born — on March 31st, 1943, to Mr. and Mrs. William Neamtu, 3 Carlin avenue, at St. Mary's hospital — a son, (Daniel Gabriel).

Born — on April 18th, 1943, to Mr. and Mrs. John Hazen Jones, 196 North Rd. — a daughter (Carol Violette).

Born — on April 21st, 1943, to Mr.

and Mrs. Frank Stanley Richards, 4 Balsam north, at St. Mary's hospital — a daughter (Bernice Mary).

Born — on April 14th, 1943, to Mr. and Mrs. Bud Wesley Snider, 78 Cameron S. N. — a daughter (Bonnie Evelyn).

Born — on April 22nd, 1943, to Mr. and Mrs. Adrien Gagnon, 134 Poplar avenue, at St. Mary's hospital — a son (Joseph Henry).

Born — on March 26th, 1943, to Mr. and Mrs. Arthur Morin, Val Gagne, Ont., at St. Mary's hospital — a son (Joseph Andre Marcel).

Book of War Humor — A Chaplain preached a forceful sermon on the Ten Commandments, leaving one private in a serious mood. But eventually he brightened up. "Anyway, he consoled himself, 'I never made a graven image.'"



"When will the war be over, Daddy?"

"THIS war will be over, darling, when children all over the world are free to play as you can without being bombed and machine-gunned by air raiders.

"This war will be over when bad men are no longer able to drag mothers and fathers from their children and put them in prison camps or to work as slaves in a strange country.

Hasten the day when with thankful hearts and profound relief we can say to our children "The world is free again."

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