



**THE MIXING BOWL**

Hello Homemakers! Some of our readers who wish to use left-overs without following a recipe have requested information on standard proportions and substitutions.

We promise to publish this from time to time, so if you are interested clip this week's column.

May we thank those who wrote asking for this guide, because we feel it should be useful to many homemakers.

**GUIDE TO PROPORTIONS**

Use 4 egg yolks to 1 quart milk for boiled custards.

Use 1/2 cup cornstarch to 1 quart milk for blanc mange.

Use 3 tps. baking powder to 2 cups (1 pint) flour.

Use 1 tsp. vinegar to each cup milk to substitute for sour milk.

Use 1/2 cup uncooked rice to yield 2 cups cooked rice.

Use 1/2 cup flour to 1 quart liquid for white sauces, etc.

Use 1 tsp. salt to 1 quart water for boiling vegetables.

Use 1/2 tsp. pepper to each tsp. salt.

Substitute 1/2 cup lard plus 1/4 tsp. salt for 1 cup butter.

Substitute 2-3 tps. cocoa plus 1/2 tsp. shortening for 1 square chocolate.

Substitute 1 cup milk for 2-3 cup evaporated milk.

Substitute 1/4 tsp. soda and 2 tps. cream tartar for 1 tsp. baking powder.

**CHOCOLATE CREAM ROLL CAKE**

4 egg whites, 4 egg yolks, 3 tps. cold water, 1/2 tsp. salt, 1 tsp. vanilla, 1 cup cake flour, 1 cup sugar, 1 tsp. lemon juice, 2 tps. baking powder.

Add the salt to the egg whites and beat until foamy. Add one half of the sugar gradually, beating to a meringue in which peaks will stand up when a spoon is lifted from them.

Beat the yolks slightly, add the remaining sugar and beat until thick and fluffy. Add the flavoring and cold water and mix well. Fold in flour and baking powder which have been sifted together.

Push the meringue to one side of the bowl and put the fluffy yellow batter beside it, then fold the two mixtures together carefully. Pour into a shallow tray (about 13 x 16 inches) lined with waxed paper

well greased. Bake in preheated electric oven at 350 deg. F. about 10 mins. When done turn out into a cheesecloth. Remove the waxed paper. Trim off the edges of the cake with a sharp knife. Spread with cream filling. Roll and pin the cloth to hold the roll until cold.

**FILLING**

1 cup sugar, 2 eggs, 1 tsp. butter, 7 tps. cornstarch, 2 cups milk, 1 tsp. vanilla, 1/4 tsp. salt, 2 squares chocolate, melted.

Sift the dry ingredients together, add the wellbeaten eggs, and mix well; add the milk gradually to make a smooth paste, stir and cook until thickened and thoroughly cooked. Remove from the electric element, add the melted chocolate and the butter, beat thoroughly, let cool slightly and add the vanilla.

**SUPPER SPECIAL**

1 pound shell macaroni 2 pounds fresh broccoli.

Drop the shell macaroni into a large quantity of boiling salted water, and cook about twenty mins. or until tender. Drain, rinse in cold water, and reheat. In the meantime prepare the broccoli and cook in boiling water until it is just tender. Drain and cut the stalks crosswise in inch length, reserving the heads for garnish. In the serving bowl place layers of the macaroni alternately with layers of the cut broccoli; arrange the heads of the broccoli on the top. Accompany with cheese sauce.

**CHEESE SAUCE**

4 tps. baking fat, 1/2 tsp. salt, 2 cups milk, 1 onion, minced, 1/4 tsp. pepper, 1 1/2 cups cheese, diced, 4 tps. flour, 1/2 tsp. curry powder.

Melt the fat, and in it cook the onion, stir in the flour mixed with the salt, pepper, and curry powder. Add the milk gradually; when the mixture is smooth add the cheese and place the sauce over hot water until cheese is melted.

**TAKE A TIP**

1. Paint the lower step of your cellar or garage stairs with white enamel. It may prevent a bad fall as it can be seen in the dark.

2. Try varnishing your old copper screens to make them last one more year.

3. Remove rust stains produced by leaky pipes by rubbing with a cloth dipped in vinegar and salt.

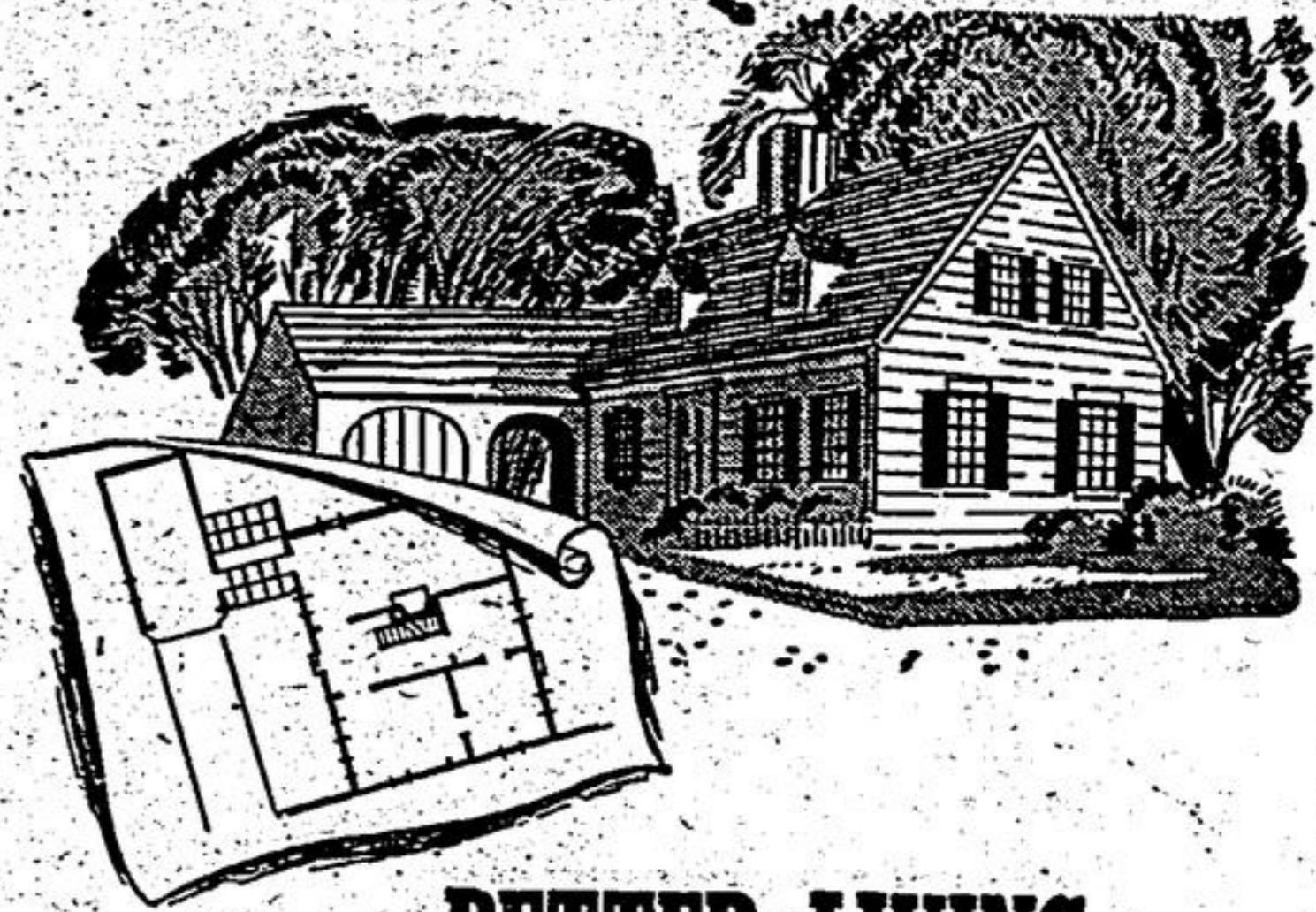


First woman-in-the history of marksmanship to hold the indoor rifle championship of Canada is Mrs. Gordon Barnes of Wyoming, Ont. She scored 1,797 out of a possible 1,800 to win the 1944 championship—to take a title held jointly by four men. Record targets are shown to her two daughters, Donna, five, and Patsy, four, by Mrs. Barnes.

**FIRE AT WHITEVALE**

Last week (Wednesday) fire destroyed the house of Mr. Hugh Case, Whitevale. The fresh wind fanned the flames and the roof of the barn at the Baptist parsonage garage caught on fire, but this was extinguished. Some of the Markham and Brougham fire brigades were also for help.

The fire started in the roof and was first noticed by neighbors who rushed in and said to Mrs. Case "Your house is on fire." Before much assistance arrived it was a mass of flames. The Pickering and Brougham fire brigades were also in attendance.



**BETTER LIVING THROUGH PLANNING**

Of course it's fun to look forward to happier living in the future. But planning for better living now, is fun too—and so practical. There is a way you can do it; you can make your home look newer and smarter, and feel more comfortable and satisfying with a Colour Styling Plan using C-I-L Paints. They're particularly suited for the purpose; they're sold in your community by a man who's wise in the ways of home decorating and restyling. He's your C-I-L Paint Dealer; he'll gladly help you plan for better living now. Ask him for his expert advice just as you consult your architect on home construction and design.



PRESERVE — PROTECT — BEAUTIFY

**RICHES HARDWARE**

STOUFFVILLE,

ONTARIO

**Marmill Chick Starter**

ANALYSIS: Protein 18%, Fat 3.5%, Fibre 4.5%

Marmill Chick Starter is a starting ration that has given satisfactory results, year after year. Rapid growth, strong bone, good feather development—these result from the feeding of Marmill Chick Starter. It contains every ingredient essential for good growth, health and vitality, all scientifically balanced.

Continue the feeding of Marmill Chick Starter until the birds are six weeks old. At one week to ten days, start giving a light evening feed of Marmill Chick (Scratch) Feed in hoppers. Increase this evening feed which, when the chicks are five weeks old, may be changed to Marmill Developing (Scratch) Feed. At six weeks of age they should be receiving 60 per cent Marmill Chick Starter and 40 per cent Marmill Developing Feed.

**CENTRAL FEED STORE**

Phone 277

Stouffville, Ont.

**Do You Know ...**

Only women can buy soap in Cuba: it was so scarce men and boys were buying it on a speculative basis. Canadian farmers selling rationed goods such as butter, maple syrup and honey must pick up coupons from the purchaser and mail them to the rationing office in envelopes provided by the latter. A merchant in Woking, England, who sold two combs above the ceiling price was fined \$750 and \$50 costs. Whispering campaigns about rationing coming of such-and-such an item start buying panics which cause inflation. The motion picture "For Whom The Bell Tolls" was kept out of the country until it could be shown at regular prices: the WPTB kept the bell tolling a little longer because the boosted price would have been inflationary. The cost of fuel and lighting in Canada has gone down 4.8% since 1941. Farmers can get small arms ammunition to shoot predatory birds or animals provided the registration certificate for their firearms is taken to the nearest ration office first. A Toronto merchant sold a car for the declared price of \$1200 which was \$4 above the ceiling: when the WPTB investigated they found he had actually sold it for \$1750 which was \$554 above the ceiling and consequently he was later fined \$150 and costs and had to pay back the overcharge too. If a resident of a hotel dies the hotel must turn his ration book over to the undertaker or to the local ration board.

..... an Ontario farmer, visiting the United States recently, discovered that grass seed for which he paid 35c a pound in Canada was \$1.50 a pound in the U.S.

**York County Seeding is Month Ahead**

Ontario's record-breaking winter has become a record-breaking spring, agricultural officials reported today.

"In farm work progress, it is one of the earliest springs on record," said W. M. Cockburn, agricultural representative for York county. "Everything is a month to five weeks ahead of schedule. Sixty to 70 per cent of the seeding in the county is now completed, the land has dried out so rapidly. On many farms seeding is completed and only on low, heavy land has the soil remained wet and seeding been delayed.

"Orchardists have to spray according to the stages of bud development," he added. "But spraying is now in progress. This does not become necessary in a normal spring until more than five weeks later than this date."

Mr. Cockburn said that the early spring has been a big help in the labor situation.

**GOD'S WORLD**

God's world it is despite the scars  
God's world it is despite the scars  
Disfiguring its weathered face;  
God's world despite the woes and wars

Which mar its universal grace;  
For every vernal season's round  
Re-clothes the violated ground  
And over it exults abroad

"The world belongs anew to God."

God's world it is despite the wrongs  
Obliterating what was fair;  
God's world despite the strangled songs

And gladness silenced by despair;  
For every Spring's returning tide  
Is like a message heaven wide  
From every flowery grave and sod

"The world belongs anew to God."

God's world it is despite its stark  
And unredeeming humanness;  
God's world, to be the shining mark  
Of love to reach and lift and bless;  
Till every waste with music fills  
And Nature's jubilation thrills  
All Earth and Heaven with the land

"The world belong's anew to God."

The foregoing poem was written by Walter S. Percy, son of the late Rev. and Mrs. Percy of Stouffville, so well remembered by residents of the town 40 years ago. It was forwarded by Miss Elizabeth Percy, sister of the poet, from Honolulu, to friends in town.

Send The Tribune to absent friends.

**ARRESTS HEDY'S EX.**



Fritz Mandl, former husband of Hedy Lamarr, is reported under arrest in Buenos Aires. The Argentine government announced it was seizing his big metal and plastics company in round-up of Axis nationals.

Clip this and mail it overseas—airmail today.

**A Message from GEORGE DREW**

to all with Relatives and Friends Overseas

ARRANGEMENTS have been made by the Ontario Government for members of all the Armed Services overseas to vote in the coming Ontario election by placing a ballot in a ballot box for the candidate of their own choice. The arrangements which have been completed for the Ontario vote are the best which have yet been made for any Active Service vote. The Government, however, can only make the arrangements for taking the vote. What is equally important is that those who are overseas know the name of the candidates, the party they are supporting and have a sufficiently clear picture of the issues to decide how they should vote. That can only be done if those at home supply them with information. May I strongly urge every wife, mother, father, sister, brother or friend of those overseas to write and tell them all they can about the coming Ontario election. By clippings from newspapers, by editorial comment, and by personal explanation, a clear understanding can be given of what is really at stake in this Ontario election.

One of the things which will cause the greatest difficulty in the minds of those overseas, particularly those who live in large cities, is to determine which Riding they live in. Maps will be available, but even the best map sometimes leaves doubt when the voter has been away from home for a long time, or as is true in so many cases has never voted before. This difficulty will be increased because of the difference between the boundaries of Dominion and Provincial Ridings.

I would suggest that you write immediately, by airmail, to all with whom you are in communication and tell them the Riding in which they live and give them what information you can about the party and the candidate in the Riding where they are entitled to vote.

I should mention that every member of the Armed Forces overseas of any age is entitled to vote. They, above all others have the right to vote. They have preserved for us that free system of Government which depends upon the choice of our own representatives. Our job here at home is not only to make sure that they have the chance to vote but also to do everything possible to make sure that they are able to vote with knowledge of the real issues in the election.

For the sake of convenience, I am suggesting that you simply cut out this message and address it to someone overseas giving the information required. Each one of us here at home has a responsibility to help them to choose the Government which will have so much to do with their future in the years of peace. May I again urge you to write at once, by airmail, not only to those closest to you but to as many as you know in any of the services outside of Canada. Tell them what Provincial Riding they reside in at home—then the name of the candidate and any further information you can supply.

Yours sincerely,

Your Provincial Riding is

Your Candidate is

*George A. Drew*