

AWARDED \$25,000



THE MIXING BOWL

By ANNE ALLAN
Hydro Home Economist

Hello, Homemakers! Let's give our family that refreshment and relaxation so deserved when the day's routine is over, by serving pleasant, interesting supper dishes. All of us know that fish, eggs, whole-grain cereals, and cheese are basic ingredients of the main lenten supper dish, but too few of us take time to figure out how we can prepare them reasonably and attractively.

It's fun to plan a dish with just a small note of surprise in either shape, texture or garnish. A homemaker who prepares good food can erase many trials and tribulations, without actually raising the budget a few cents.

OATMEAL VEGETABLE SOUP
2 lb. soup bone (½ bone, ½ meat), 2 tbsps. fat, 2 quarts water, 4 tps. salt, ¼ tsp. pepper, 2 cups cooked tomatoes, 1 cup diced carrots, ¼ cup chopped onion, ½ cup chopped celery, ¾ cup oatmeal.

Remove part of meat from cracked soup bone, cut meat into cubes and brown lightly in hot fat. Place meat, soup bone, water, salt and pepper in soup kettle; cover and simmer 2 hours. Cool, strain, and chill sufficiently so that excess fat may be skimmed off. Return stock to kettle and add vegetables. Bring to a boil, then slowly add rolled oats or oatmeal. Cover and simmer 30 mins. until vegetables are tender. Soup meat used in making the stock may be cut in small pieces and added. Serve with finely chopped parsley sprinkled on top, if desired. Yield 8 large servings.

BERMUDA PIE
4 cups sliced mild onions, 1½ cups milk, 6 strips side rindless bacon, 3 eggs, salt, cayenne, unbaked cheese pastry shell.
Parboil the onions in small amount of water. Drain off the liquid. Beat eggs and add to onions. Add the milk, salt and cayenne to taste. Pour into unbaked cheese pastry shell. Sprinkle chopped bacon over the top. Bake in electric oven at 425 degs. for 15 mins. then lower to 350 degs. for 20 mins. Serve hot with garnish of paprika or chopped parsley.

Accompany with crisp salad.
GEOGETTE SCRAMBLED EGGS
4 medium potatoes, 4 eggs, 4 tbsps. cream, salt and pepper 5 or 6 sardines, parsley.

Bake potatoes; slice off the top and take out the inside which may be kept hot in a double boiler to serve at side. Scramble eggs with cream and season. Add chopped sardines and parsley. Fill the potato shell with egg and sardine mixture and serve immediately.

BAKED CHOWDER
1½ lbs. codfish, 4 cups cubed potato, 4 cups cubed carrot, 2 cups sliced onion, 1 bay leaf, ½ tsp. thyme, 1½ tps. salt, few grains pepper, 2 cups water, 4 cups scalded milk, 1½ cups crushed unsalted crackers, ½ cup light cream.

Cut codfish in 1" cubes. Place in kettle; add potato, carrot, onion, bay leaf, thyme, salt, pepper and water. Cover; cook 20 mins., or until vegetables are tender. Add milk. Arrange fish mixture and crackers in alternate layers in 8 individual casseroles. Bake in electric oven, 400 degs. 15 mins. Top each serving with 1 tsp. cream. Brown under electric broiling element.

FISH LOAF
2 cups cooked flaked fish, 1 cup bread crumbs, ½ tsp. salt, ¼ tsp. paprika, ½ tsp. grated onion, 1 tsp. lemon juice, 2 eggs, ½ cup milk, 1 tbsp. chopped parsley.

Mix all together (more milk, if fish is dry). Turn into greased mould; cover. Cook in electric oven, or steam until firm in centre.

NAMED IN ESPIONAGE PLOT

Nicholas Zheivenov, former Russian Tass news agency correspondent at Ottawa, named as one of the Russians tied up in the Canadian espionage ring, made a tour of the Pacific coast, June 19, 1943, under the guidance of three service public officers.

about 30 mins.
CHILI SAUCE DUMPLINGS
Suggested for Fish Loaf. This topping would also be grand, cooked over a lamb or veal stew.

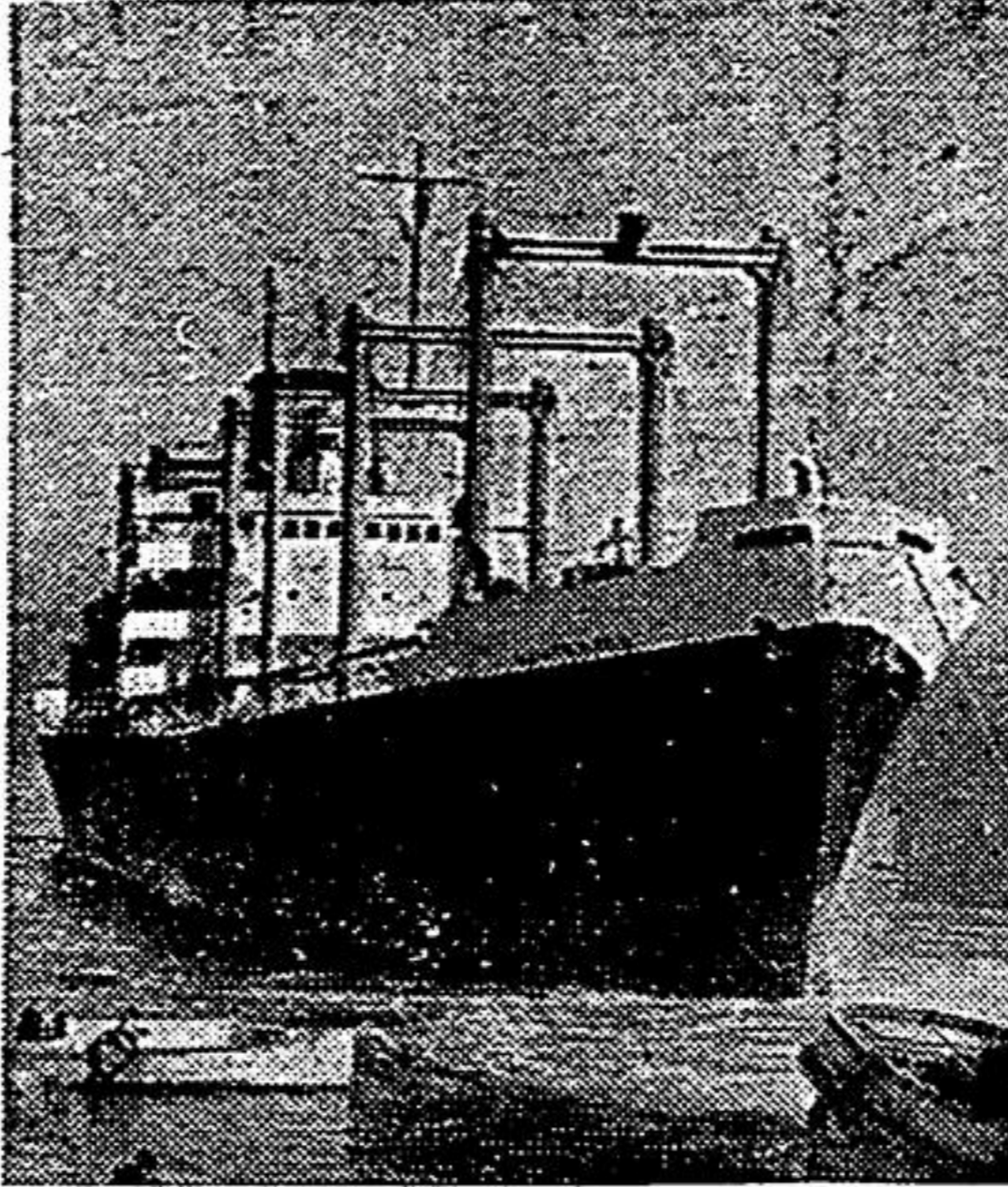
2 cups once-sifted pastry flour, or 1½ cups once-sifted bread flour, 4 tps. baking powder, ½ tsp. salt, 4 tps. shortening, milk or diluted evaporated milk (about 2-3 cup), Chili sauce.

Measure flour and sift with baking powder and salt. Cut in shortening finely, using two knives or a pastry blender. Gradually add enough milk (or diluted evaporated milk) to make a dough which, though soft, is not sticky. Turn onto slightly-floured canvans or baking board and knead with finger-tips for 10 sec. Roll to about 1-6 inch thickness and cut in squares of about 4 inches. Centre each square with a spoonful of drained chili sauce and fold the dough, envelope-style, to enclose the chili sauce—dampen edges to seal well. Place over the top of the heated fish mixture for baking.

Anne Allan invites you to write to her care of The Tribune. Send in your suggestions on homemaking problems and watch this column for replies.

AURORA BUSINESS CHANGE
One of Aurora's oldest business undertakings, Ough's Hardware, passed into new hands last week with Councillor Stewart Patrick, of the Aurora Meat Market, purchasing the business. Since 1882, the late William Ough and later John Ough, have carried on an extensive hardware, plumbing and heating business in Aurora.

THURSDAY NIGHT IS FOTO NITE OFFERS \$200 and \$145



BEAVER SHIPS RETURN: Canada and the United Kingdom were linked again by the famous Beaver line when the Canadian Pacific's new cargo liner Beaverdell docked at Saint John, N.B. in March at the end of her maiden voyage from Liverpool. The turbo-electric fast freighter in making her initial crossing of the North Atlantic in less than seven and one half days demonstrated the service which will enable her and three sister ships to replace the original five vessels of the Beaver class which were lost during the war. A fine example of the latest developments in marine design and engineering, the Beaverdell features widespread use of electrical installations. Her propelling unit is turbo-electric, in which steam generated electrical power at high voltage drives the motor which turns the propeller shaft. Electric winches also are used to speed the transfer of cargoes between

ship and shore. Almost one quarter of the huge cargo carrying space on the Beaverdell is refrigerated for safe transport of perishables. Electric fans ventilate all the holds, while "tell-tales" and long distance recording thermometers enable the ship's officers to keep a close check on the cargoes, at all times. Other peacetime uses of "war-baby" developments in use on the ship include radar, gyro-compass, and the latest radio telegraph communication sets. The new 10,000-ton vessel was given a rousing welcome upon her arrival at the busy port where she discharged 6,000 tons of cargo, some of it rubber from Singapore, and loaded Canadian farm produce—including meat, eggs and flour—for the United Kingdom. At right, Mayor J. D. McKenna of Saint John congratulates Captain B. B. Grant on the return of the Beaver line to the North Atlantic fast freight service.

Couple to Live in Gormley

The wedding of Frances Doreen Smith, daughter of Mr. and Mrs. Harry A. Smith of Gormley and Lloyd Franklin Harvey, son of Mr. and Mrs. Frank Harvey of the same place was solemnized on March 23rd, in Mt. Pisgah United Church with Rev. E. C. Moddle, officiating. Ferns, daffodils and mauve stalks formed the floral setting. During the signing of the register Mr. Roland Moddle sang "Because," accompanied by Miss Arvilla Forrester at the organ.

Given in marriage by her father the bride wore a gown of white satin fashioned on princess lines, finger tip veil caught with flowered headdress and carried a shower bouquet of pink roses. The only sisters of the bridal couple attended. Mrs. Aubrey Barker as matron of honour wore a mauve crepe floor length dress matching hat and carried a bouquet of yellow roses. Miss Joyce Harvey as bridesmaid wore a yellow crepe floor length dress with matching hat and carried a nosegay of mauve sweet peas.

Mr. Fred Clubine of Stouffville was best man and Mr. Aubrey Barker and Mr. Allan Doner acted as ushers.

After the reception at the home of the bride's parents, the bride donned a three piece grey ensemble, black accessories and Russian squirrel furs, the gift of the groom. The couple will reside in Gormley. The date chosen was the twenty-eighth wedding anniversary of the bride's parents.

The Tribune appreciates being notified of any unusual animal births, spring lambs, etc.

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Public Enemy No. 1

CANCER

● Cancer is exceeded only by heart disease as a cause of death. Because it frequently means long and cruel suffering, and is the disease we dread most, it is most decidedly ranked as Public Enemy No. 1.

Yet cancer in its early stages usually causes no pain. That is why relatively few cancers get any treatment in their early stages when most of them can be cured by radium, x-ray or surgery.

Cancer of the lip may be mistaken for a cold sore that does not heal. The first sign of cancer of the throat may be hoarseness. Cancer of the stomach, in its early stages may be mistaken for indigestion.

To cut down the death rate from cancer in Ontario (5193 Ontario people died from this disease in 1943) funds are now being raised and a drive is being organized in this province to conquer cancer. Here are the objectives of this campaign:

1—To organize and operate fully equipped cancer clinics at suitable centres where people may be examined, and, if necessary, treated according to the newest scientific methods.

2—To pay a portion of the cost of treatment of cancer for those needing financial help.

3—To pay travelling expenses to and from clinics if needed.

4—To conduct an energetic program of cancer research in Ontario.

As a citizen of Ontario you are asked to contribute to this very worthy cause. Your donation may help put such measures into effect as will save the lives of some of your loved ones—even your own life. It may help to free the world forever from the dread scourge of cancer.

This appeal is for an objective of \$2,000,000 to provide for a three-year program of cancer research, treatment and province-wide service.



GIVE TO CONQUER CANCER

ONTARIO CANCER FOUNDATION

This organized drive against cancer is a joint effort of The Ontario Cancer Treatment and Research Foundation and The Canadian Cancer Society.

Give your contribution to your Local Branch or send to 22 College Street, Toronto

SAYS YORK COUNTY UNDER-FORRESTED

Speaking recently in Markham, Major G.R. Lanes, for 20 years with the forestry service, said the minimum amount of land which should be forested to retain the proper moisture is from ten to fifteen per cent. York county, he said, had about eight per cent forest area. He referred to the reforestation which had been done in this county, the and bought and reforested being the property of the county. He remarked that it was surprising how the owner's valuation of land jumped when selected for reforestation—land on which the owner had complained of not being able to make a living.

Farmers are well advised to retain some wood on their properties if possible, said Major Lane. If they wish to plant trees on the farm, they can be secured free from the government, except for transportation, and full instructions for planting and care will be given.

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