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## THE MIXING BOWL

By ANNE ALLAN  
 Hydro Home Economist

Hello Homemakers! "All cookery rests upon an egg," a famous French chef once remarked. The wisdom of those words is fully appreciated by home cooks when for one reason or another eggs are scarce. When you have to do without eggs, you realize how much they contribute to the preparation of good food.

At present, eggs are plentiful, so why not widen the scope of your cookery while you can? You know the versatility of the egg. It may be served in the shell or plain, out of the shell—boiled, poached, fried or as an omelette. Combined with meat, vegetables and sauces, eggs become the main dish of lunch, supper or dinner. If you incorporate air into eggs by beating, they act as leaveners in cakes and souffles. In custards, puddings and sauces, eggs are thickening agents. They are used in making ice creams to prevent the formation of ice crystals. When hard-cooked, eggs are effective garnishes for salads and vegetables, adding to the nutritive value of the dishes. In brief, this general survey shows the uses of eggs in every day home cooking.

Since you are familiar with egg cookery, you will know the advantage of using low temperature for cooking eggs. Below-boiling or simmering temperature for soft-cooked or hard-cooked eggs prevents toughness.

### TAKE A TIP

1. When preparing hard-cooked eggs for salads, pour boiling water over them and let simmer for 20 minutes. Then plunge at once into cold water. You will find that this will prevent the formation of the dark ring on the yolk. Adding a little salt to the water in which the eggs are cooked (1 tsp. salt to 1 qt. water) makes shells peel easily.

2. When frying eggs, use one tsp. of bacon fat for each egg. Keep the electric element turned low. A teaspoon of hot water added to the fat helps to prevent the egg white becoming tough.

3. When poaching eggs, use a fairly deep pan with slanting rim. The water should be about 2 inches deep in the pan. Add 1 tsp. salt and 1 tsp. vinegar to 2 cups water to prevent eggs from spreading. As the water begins to boil, slip the raw eggs in from a saucer held close to the water. Cover and steam on surface of the range as the water should not boil while cooking.

### EGG DISHES

Serve poached eggs on toast points with turnip greens; on halves of broiled tomatoes with cheese sauce; with corn and diced bacon; with peas and split rolls; on potato cakes or corned beef hash.

Scrambled eggs may be served as follows: With finely chopped green onion or chives, along with baked sausages; with corn and diced meat; with cooked peas and carrots. Omelettes, either plain or fluffy may be served with greens and creamed potatoes; tomato sauce and broiled weiners; baked tomatoes and green beans.

Egg and Potato Pie is a good all-in-one dish. Place mashed potatoes in greased casserole. Arrange sliced hard-cooked eggs on top. Cover with cheese sauce and bake in moderate oven until heated through.

Egg Mornay is an attractive dish. Place poached eggs on toast, cover with white sauce, sprinkle with grated cheese and put under broiler element for a few seconds.

Eggs a la king are hard-cooked eggs sliced in cream sauce served on hot cornbread or split biscuits.

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## VARISITY TEACHER



Thorbjorg Jonsdottir, tall and blonde from Iceland will be part of the faculty of home economics at the University of Manitoba this fall. In class she will be known as "Doris Johnson." She has been teaching teaching for past two years in Iceland.

### ALSIKE SEED \$20 BUSHEL

According to the Weekly Crop Reports, alsike seed is being picked up in York and other counties at around \$20 a bushel. The yield was average, and farmers will do very well.

The Report also says that in Muskoka district farmers are trying to dispose of their seed flocks owing to the increasing devastation caused by dogs.

To make it an authentic dish add cooked mushrooms and broiled bacon.

Egg sauces are numerous in variation. A favourite is chopped cooked eggs added to plain white sauce then seasoned with a little curry. Serve on rice or rice potatoes.

### THE SUGGESTION BOX

Mr. B. K. says: Garlic Dill Pickles are something I can make and here is how:

Select cucumbers 2 to 3 inches long. Cover with brine of 1 cup coarse salt in 1 gallon of hot water. Add 2 tps. mixed whole spice, 1 medium clove garlic, 1 tsp. vinegar, 1/2 tsp. alum and 5 tops of dill blooms. Put in cucumbers and seal.  
 Mrs E B gives us a Mustard Pickle prize recipe:

4 qts small cucumbers cut in pieces, 1 cauliflower in florets and 2 qts small onions Place onions and cucumbers in cold brine (2 cups salt to 4 cups water) and place cauliflower in hot brine Cover Let stand overnight Drain well and cover with the following dressing: 1 cup flour, 2 tps. tumeric, 1 tsp. mustard, 2 tps. celery seed, 2 cups white sugar and 8 cups vinegar. Mix together and boil until thick. Pour over pickles while hot and bottle in jars.

Mr. L. C. likes Red Cabbage Pickle:

Sprinkle 4 tps. salt over 4 qts. sliced red cabbage. Mix well and let stand overnight. Drain. Add 1/2 tsp. pepper and 1/4 cup mustard seed and place in crock. Add 2-3 cup sugar and 1/4 cup mixed pickling spices (tied in a bag) to 2 qts. vinegar and heat to boiling. Pour over cabbage. Cover and store in cool dark place.

### TURNIP APHIDS PREVALENT IN ONTARIO COUNTY

A large number of turnip growers in Ontario County are experiencing difficulty in controlling turnip aphid. These aphids multiply very rapidly and usually migrate across a field, eventually covering the entire field.

Aphids are the most difficult insect to control, owing to the fact that they suck the juices out of plants causing them to wilt. They only feed during the warmer part of the day and the use of arsenate of lime, D.D.T., and other insecticides is of no benefit in their control. A great deal of experimental work is being done with different materials to control turnip aphids, but none yet have proved satisfactory.

It is by no means advisable to use D.D.T. owing to the fact that this insecticide along with other insecticides kills off all beneficial insects that tend to feed on the aphids, thus destroying the only means of control at the present time. The small red ladybird beetles feed heavily on aphids and they are a great help in the control.

The only chemical control is a gas that would suffocate the aphids, such as blackleaf forty and a soap spray, but to obtain a reasonable kill the cost is too great.

Where turnip aphids are noticed on the edge of the field, it is advisable to harvest four rows of turnips far enough ahead that will prevent the spread of them across the entire field.

In years to come it might be, advisable, where possible, to leave a good headland around the entire turnip field, wide enough that the disc might keep the ground cultivated to prevent aphids coming fence rows.

## Polish Veterans for York County

Announcement has been made that 4000 Polish Veterans with farm experience are being brought to Canada to work on farms and it is felt by both provincial and federal officials that these should help materially in helping out farmers who require steady help. They will be placed with farmers on a yearly contract but of course both parties must be satisfied.

These men who have been screened carefully by Canadian officials should arrive early in October and our Agricultural Representative, W. M. Cockburn, of Newmarket, has asked for at least 36 of these veterans for York farmers. Having taken their training in Scotland and been in contact with their English speaking allies, many can understand our language. Those interested should apply at once to the nearest National Employment Service Office or the Agricultural Representative for the necessary forms.

### STATION AGENT AT LORNEVILLE IS TRANSFERRED

C.N.R. Station agent at Lorneville for the past 25 years, R. S. Davidson, has been transferred to Markham. On the occasion of their departure, Mr. and Mrs. Davidson were honored by the residents when a community presentation was made at Lorneville school. Gifts included a set of hand-painted pictures and a chenille bedspread. Mr. Davidson has replaced Mr. Snider, retired agent, who will continue to live in Markham.

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**SOUTH ONTARIO PLOWMEN'S ASSOCIATION**  
**PLOWING MATCH**  
 on  
**Thursday, Oct. 10th**  
 will be held this year on the farm of  
**Elmer Powell**  
 One Mile South of Columbus