

THE OLD HOME TOWN By STANLEY



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Hello Homemakers! We've been to the Canadian National Exhibition and what fun. Never saw so much interest in the Exhibition in my life. Little wonder since every exhibitor has gone all out to show us the use of his products.

Of special interest to homemakers is the Shopping School in the "Women's World" at the Coliseum. Here you will find a modern grocery store, and the attendants will give you shopping budgets assembled for low cost, moderate cost and fancy menus. You should pick up copies or write to the Women's Section for them if you can't get down to the Fair.

Careful meal planning and skilful shopping can do much to ease the financial strain on the food budget. Approved methods of cooking and adequate storage facilities are also important and this point is proven by the many attractive displays of the manufacturers in the Electrical Building.

Everywhere at the Fair, visitors are directed and instructed by trained personnel, by illuminated signs, by "active" displays and colourful exhibits. Do go and look at the demonstrations. I can't begin to tell you all about the C.N.E. It's the best I've seen.

Here are a few manufacturer's recipes which we enjoyed.

Basket Salad
Hollow out grapefruit; set scooped-out fruit aside for breakfast. Line shells with endive; fill with drained fruit salad and serve with this dressing.

Nut-Date Dressing
1/4 cup syrup from the fruit salad, 2 tbsps. cornstarch, 1/4 tsp. salt, 1 tbsps. vinegar, 1/2 cup finely chopped dates, 1/4 cup cream or top milk, whipped, 1/2 cup chopped walnuts.

Mix together the syrup, cornstarch, salt and vinegar. Cook, stirring constantly, until mixture is thick and clear. Continue cooking for 3 or 4 minutes longer. Cool slightly; stir in dates and nuts. Fold in cream, whipped light but not stiff. Makes about 2 cups dressing.

Deep South Veal Roll
Remove bones from 2 whole veal cutlets, 1/2 inch thick, flatten cutlets with mallet. Spread each with half of the following stuffing: (Sauté two-thirds cup chopped onions and 1 cup diced celery in 1/4 cup fat. Add 2 tablespoons chopped parsley, 1 teaspoon salt, 1/4 teaspoon pepper, pinch of Rosemary and Savory and 1 cup soft bread crumbs.) Roll up, secure. Brown in 3 tablespoons fat in Dutch Oven. Add one-third cup water, 8 sweet potatoes. Cover, simmer 40 mins. Add 2 1/2 cups green peas, 8 peeled orange slices, 2 tablespoons currant jelly. Cover, continue cooking 20 mins. Eight servings.

Spareribs
The flavors of spareribs and savory celery stuffing blend perfectly. Place dressing in baking dish, cover with spareribs, or place dressing between two matching sections of ribs that are stitched or tied together. Sprinkle with salt and pepper, rub with flour. Bake uncovered at 325-350 degs. F. for 1 1/2 hours.

Creole Fudge Cake
Preparation: Have shortening at room temperature. Line bottoms of two 9-inch layer pans with paper; grease. Set oven for moderate heat (350 degs. F.) Sift flour once before measuring. (All measurements are level.)

Measure into sifter:
2 cups sifted flour, 1 tsp. soda, 1 and one-third cups packed brown sugar, 1/4 tsp. salt.

Measure into mixing bowls:
1/2 cup shortening

Measure into cup:
1 cup milk, 1 tsp. vanilla

Have ready:
2 eggs, unbeaten, 3 squares unsweetened chocolate, melted. Stir shortening just to soften. Sift in dry ingredients, add 1/4 cup of milk, and mix until all flour is dampened. Then beat 2 minutes. Add eggs, melted chocolate, and remaining milk and beat 1 minute longer (Count only actual beating time. Or count beating strokes. Allow about 150 full strokes per minute. Scrape bowl and spoon often.) Baking: Turn into pans. Bake in moderate oven (350 degs. F.) about 30 minutes. Spread seven-minute frosting between the layers and on top and sides of cake, and coat with 2 squares of unsweetened chocolate melted with 2 teaspoons of butter.

Take a Tip
1. Pear and Apple Waldorf Salad: Make Waldorf salad as usual with chopped celery and walnuts, but substitute cut-up raw pears for about half the quantity of apple.
2. Salad Fillings for Pear Halves: Raspberry Jelly with sprinkling of grated orange rind; cottage cheese chopped olives with mayonnaise.

3. Parsley Note: Add 1/4 cup chopped parsley to thin white sauce with minced nasturtium leaves; (1 tbsps. butter, 1 tbsps. flour, 1/2 tsp. salt and 1 cup milk). Pour over cooked carrot cubes and fresh green peas, combined in equal proportions.

4. Seasoning for Beets: Season cubed or sliced cooked new beets with vinegar, grated onion, salt, butter and a dash of nutmeg.

5. Fruit Salad Dressing: Place 3 tbsps. tart currant jelly in a small bowl and slowly add the juice of one lemon, beating with a rotary egg beater until smooth. Add juice of one orange, and one tablespoon each of honey and maraschino cherry juice. Mix well and chill before serving.

6. Quick Luncheon Dish: Make French toast (dip bread into egg-milk mixture, using 1 beaten egg to 1/2 cup milk) and put two sauteed slices together with sliced fresh cooked fruit; serve with hot syrup.

ANNOYING FLIES GOOD FOR DUCKS

Do not be too annoyed if the windshield of the motor car becomes covered with smallish flies or if they swarm into the house at this time of the year, urges H. L. Seamans, Acting Dominion Entomologist. The reason for his plea in behalf of the Caddice flies, improperly called sand or buffalo flies, is that ducks and fishes thrive on them, and well fed ducks and fishes mean food and good sport in season. Moreover, the flies are harmless, says Mr. Seamans.

Just now these flies are particularly abundant along the Niagara, St. Lawrence, the Ottawa and other rivers in Eastern Canada. There are no very effective measures of control, he says, but sprays containing DDT or pyrethrum may help a little. The flies would be much more of a pest if it were not for the fact that they make a good meal for several species of birds while in flight, and that ducks and fishes regard them in the immature stage as a gourmand does caviar.

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BAIL OF \$2,000 SET FOR TORONTO MEN

D. C. Hamilton and John Russell, both of Toronto, were remanded for a week on \$2,000 bail in magistrate's court in Newmarket on Friday morning when they were arraigned on charges of stealing 3,000 feet of lumber and a quantity of sod. The lumber valued at \$250, was allegedly stolen from H. Dike, Mount Albert, in July, while the sod was said to have been stolen from Walter Case, Mount Albert,

GIANT BEANS

It is reported in the Australian Newsletter, says Agriculture Abroad, that edible beans more than four feet long, weighing up to 14 lbs. each, have been grown in the State of Victoria from seeds brought from New Guinea. Once set, the beans are said to grow at the rate of 2 1/2 inches a day.

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Tickets and Information at **Stouffville Motors** PHONE - 170