



Hello Homemakers! Purple and gold are predominant colours of the fall harvest festival. Just gaze upon the rich gold of the pumpkins and squash, the deep purple of eggplant and grapes, and you are aware of Mother Nature's artistry. Not only do these vegetables and fruits with their regal colorings attract the eye, they tempt appetites as well, deserving an honoured place on Canadian tables. Today our recipes pay special attention to the last harvest.

**Baked Stuffed Eggplant**  
1 medium-sized eggplant, 1 cup raw mushrooms, 4 tbsps. bacon drippings or butter, ½ cup chopped onions, 1 cup minced ham, ¼ tsp. salt, ½ tsp. pepper.  
Cut slice from top of eggplant or cut in halves lengthwise. Scoop out eggplant to within a half-inch of outer skin. Peel mushrooms and chop them along with scooped out eggplant coarsely. Do not grind. Sauté in bacon dripping or butter with onions for 10 mins. Add ham and seasonings. Fill eggplant shell, cover top with waxed paper and keep in refrigerator until ready to bake. Bake in hot oven (400 degrees F.) until thoroughly heated through and brown (about 20 to 30 minutes).

**Spiced Red Cabbage**  
1 small head of red cabbage, 2 tart flavorful apples, 3 whole cloves, 1 tsp. caraway seeds, brown sugar to taste.  
Cut a medium head of firm red cabbage into shreds put in pot and add 2 tart flavorful apples, peeled and diced, 3 whole cloves, 1 teaspoon of caraway seed, 3 table-spoons vinegar, 1 tablespoon brown sugar or enough to suit taste, 1 tablespoon of butter or other fat and salt and pepper to taste. Add very little boiling water. Cover closely and cook slowly until done, about ½ hour. Serve with roast pork.

**Pumpkin Chiffon**  
¾ cup sugar, 1¼ cups pumpkin, cooked or canned, two-thirds cup milk, ½ tsp. salt, ½ tsp. ginger, ½ tsp. nutmeg, ½ tsp. cinnamon, 3 egg yolks, 1 tbsps. granulated gelatine, ¼ cup cold water, 3 egg whites, baked tart shells, chopped nuts.  
Put ½ cup sugar, pumpkin, milk and seasonings in top part of double boiler. Heat and add to egg yolks, slightly beaten. Return to double boiler and cook until thick. Soak gelatine in cold water and add to thickened pumpkin mixture. Mix

### Siloed Beet Tops Finest Cattle Feed

Over 18,000 tons of protein-rich cattlefeed will be available for Ontario farmers this fall for little more than the asking. With a minimum of effort, they can make use of valuable beet tops which, in past years, have been far too often neglected.

That many beet growers will make use of their tops has already been indicated. Adverse weather conditions throughout the early spring weeks resulted in a low yield of spring grains. Feed shortages and higher prices focus the economy spotlight on the beet top. Reduction in purchases of costly grains and elimination of the need for high-cost concentrates can be brought about by the beet farmer who remembers that a combination of alfalfa, hay and beet tops will provide sufficient high-quality protein to balance most feeding rations. Tests have shown that for every ton of beets harvested, the farmer realizes 200 pounds of dried tops. A ten-ton-per-acre crop, therefore, will give a ton of dry tops to the acre. Experiments have shown that

thoroughly and cool. When mixture begins to thicken, beat egg whites until stiff, beat in remaining sugar and fold into pumpkin mixture. Pour into tart shells and serve garnished with chopped nuts (if desired).

**Grape and Carrot Jam**  
2 cups coarsely grated carrots, 1½ cups water, 5 lbs. slightly underripe Concord grapes, 4 cups sugar, ¼ tsp. salt.  
Combine carrots and water, cook until tender and most of the water has evaporated. Wash and stem grapes. Measure to make 7 cups. Place in another saucepan, crush and add sugar and salt. Mix well, then cook slowly until sugar dissolves and mixture boils, stirring frequently. Rub mixture through fine sieve into large saucepan and add carrots. Bring to boil, cook for 10 minutes or until of desired consistency. Remove from heat and skim. Pour into clean, hot sterilized jars and seal.  
NOTE: Our favourite jam.

**The Question Box**  
Mrs. J. A. says: Tell me how to pickle beets in the oven.  
Answer:

**Pickled Beets**  
3 to 4 quarts beets, 4 cups cider vinegar, 2 cups water, 1 to 2 cups sugar, 1 tablespoon cinnamon, 1 teaspoon allspice, 1 teaspoon cloves, 1 tablespoon white mustard seed, 1½ tssps. salt.  
Cook beets until tender. Plunge into cold water and slip off skins. If the beets are small, leave whole. If large, slice in even slices or cut in quarters.  
Pack beets in clean hot jars and pour over them the pickling syrup made as follows:  
Combine vinegar, water and sugar. Add spices, mustard seed and salt. If ground spices, place in thick cotton bag, removing the bag before pickles are canned.  
Bring mixture to boiling point, simmer for 5 minutes then pour over beets in the jars. Two or three whole cloves may be placed in each jar, if desired. Partially seal jars.  
Process in preheated electric oven at 275 degrees for 30 mins. Remove; seal tightly and store in cool, dry place.

a pound of dried tops is actually the equivalent of a half pound of grain. In short, tops from one acre of beets will replace 400 pounds of corn and 1,500 pounds of alfalfa hay.

How to go about getting the most value from your tops? Farmers have found that siloing, as soon after topping as possible, produces best results. Rich in a high-quality protein, beet tops are also an excellent source of vitamin A—an essential in the ration if good fattening is to be obtained. Considerable loss in vitamin A results when siloing of beet tops is delayed. On the other hand, if tops are siloed green they will retain their vitamin and nutrient values for a long period.

Tops need no tramping and can be piled on the ground. The settled silage weighs about 50 pounds per cubic foot. A ten-ton-to-the-acre crop of sugar beets should produce 2 to 3 tons of silage per acre.

In feeding the tops it is well to remember that they have definite laxative properties and therefore should be fed along with hay and grain. In daily rations, calves should have no more than eight pounds—cows, beef steers and heifers 25 pounds.

Another beet crop by-product of prime importance to the farmer is dried pulp. Results of tests conducted at leading American experimental stations and agricultural colleges reveal that feeding a ton of dried beet pulp, along with grain and alfalfa, will replace 1,782 pounds of corn and 835 pounds of alfalfa hay in producing gains on cattle or lambs.

When mixed with grains, pulp does much to keep fattening animals on feed without setbacks. This is one of the chief reasons for dried pulp's high fattening value. It is also worthwhile to note that a mixture of grain and pulp prevents indigestion and bloating.

A third beet by-product that no good cattleman ignores is sugar beet molasses. Experimental stations have conducted trials which show that sugar beet molasses have the same fattening value as corn when fed to beef cattle. Highly palatable, the molasses encourage greater consumption of poor-quality roughage. Molasses, however, contain many laxative salts and therefore should be introduced to the ration gradually. Approximately four pounds should be fed each day to fattening cattle.

Certainly, the value of the tops from a single acre of beets should do much to convince the beet farmer of the importance of feeding cattle.

In fact, the combination of beef farming and cattle feeding is not only wise from the economy standpoint, but is part and parcel of good sound agricultural practice. As E. J. Maynard, in his informative book "Beets and Meat," points out, unless a farmer can affirmatively answer the question "to feed or not to feed?" he sooner or later must answer the question "to feed or not to farm?" This is true because farming requires manure and manure comes from feeding. Unless manure is produced on the farm it must be secured elsewhere and securing manure elsewhere is unsound in the long run. Farming without manure means quicker turn-over of tenants and deterioration of the productivity of the soil. The whole system runs downhill. But, with feeding, there is efficient marketing of crops and animals plus production of manure.



### DEEP SEA COFFEE

The battered looking can of coffee, here being examined by pretty Noreen Millward, is a war-time survivor of a torpedoed merchant ship. One of a score of similar cans washed up on an Atlantic Coast beach, the tin had been squeezed into an eight-sided shape by water pressure which American Can Co. scientific tests showed exists at a depth of 1500 feet. When test cans were opened, the coffee had not been affected by the experience and it was still fresh and aromatic.



### D. Holden & Sons

Phone 18401

Stouffville

### EGGS WANTED

BY REG. GRADING STATION

Cases supplied and picked up at your door.

For a reference ask your neighbors about our grade, price and prompt weekly returns.

Write or phone

P. HUTTON,

Grover 8970

40 Kenworthy Ave.

Toronto 13

Are you getting the MOST out of your poultry?



Poultry Profits go up on

### Marmill Laying Meal

Marmill Laying Meal C.L.O. is kept up-to-date and in keeping with results of the latest research findings. It is well balanced, with a good variety of carefully selected ingredients, providing the important proteins from animal, vegetable and marine sources. Its ingredients include meat scrap, whitefish meal, soybean oil meal, yeast etc. Carbohydrates are furnished from sound, re-cleaned grain. The essential minerals in Marmill Laying Meal are provided in both organic and inorganic forms; they include calcium, phosphorus, iron, copper sulphate, iodide, etc.

The Vitamins A and D are supplied from concentrated cod liver oil.

A Complete Line of

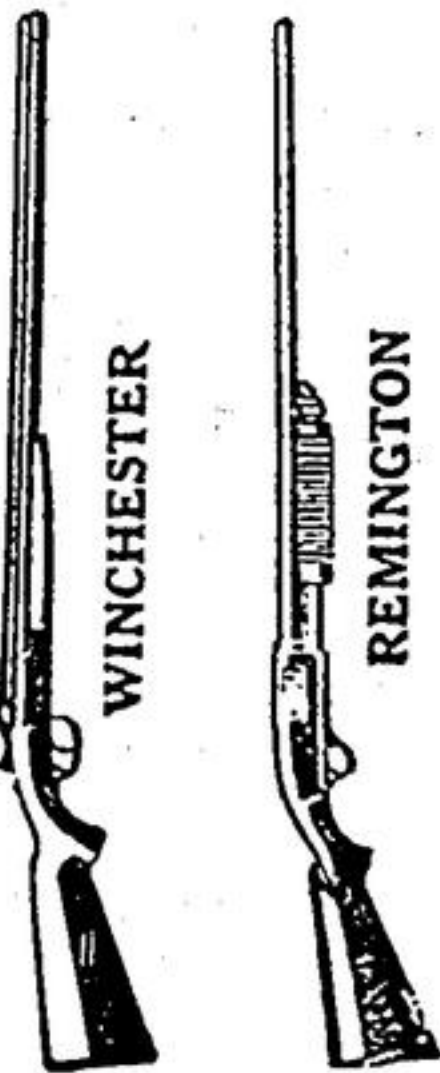
Whole and Ground Grains, Oyster Shell, Grit, Cod Oil and Molasses, Stock Minerals and Tonics, Fly Spray

### Central Feed Store

Phone 277 for Prompt Delivery.

## Hunting Needs

Enjoy the new fall to its fullest with new hunting equipment — make this Hunting Season the most successful ever.



### AGNEW'S Hardware

Stouffville Ont.

## REMEMBRANCE DAY

NOVEMBER 11<sup>th</sup>



### CANADIAN NATIONAL

### PARIS AUTO SUPPLY Ltd.

BRANCH STORE

— AUTO WRECKERS —

at

Stop 9½ Yonge Street  
WILLOWDALE

All kinds of new and used parts

Frigidaire Refrigerators, Electric Ranges  
Connor Washing Machines