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The Mixing Bowl

Hello Homemakers! June the traditional month of weddings is a busy time for most women. Enter taining and being entertained involves much shopping and planning. Amidst all the gaiety it might be well for the bride-to-be, and her mother too, to remind herself of some basic cooking rules. The following have been determined by actual tests on the electric range.

1. Do not use large quantities of water in cooking vegetables. In almost every case, the loss of food value increases directly with the amount of water used. And as the food value goes, so goes the flavour.
2. Add boiling water to all green and root vegetables. The quicker vegetables can be cooked, the less food value they lose and the more attractive and appetizing they stay.
3. Cook vegetables until tender. Allow 25 to 28 minutes to cook potatoes, carrots, diced beets, etc.; allow 12 to 15 minutes for fresh peas, corn, cut beans, etc.; allow 7 to 10 minutes for spinach, beet tops and shredded cabbage.
4. Serve vegetables immediately. They should not stand and waste their flavour on the kitchen air. Cover with a piece of cheesecloth or a clean, thin tea towel, if they have to be set aside for a while.
5. Meat does not require watching in the oven and you need not worry to what stage it will be done after you know the different cuts of meat. Noting the number of pounds of the roast you allow 35 minutes per pound in a preheated electric oven at 350 degrees. Beef will be cooked to a turn. For medium and rare roast beef, calculate five minutes per pound less at the same temperature.
6. Cook sausages and liver in a frying pan without a cover in a very little fat. Drain off fat of juices as it accumulates slowly for 15 minutes.
7. Broil steaks and chops in broiling pan placed 4 or 5 inches below a hot element. Leave oven door ajar and turn in 10 to 12 minutes, depending upon thickness of meat.
8. Cook boiled custards in a double boiler and stir constantly with a wooden spoon. Use a silver spoon to test when it is cooked..... that is, when the egg mixture coats the spoon.
9. Meringues to top puddings should be made with eggs that have been in the kitchen (not refrigerator) air for 1 hour. Beat eggs until they become frothy, then sift in

Cleaning Plant of former Resident Robbed

"The loss from the break-in on Tuesday morning was very small," Percy Hewitt, manager of Whitby Cleaners, told the press there. Mr. Hewitt is a former owner of the cleaning plant in Stouffville which he established and sold last year. He said that stories were going the rounds that suits and dresses to the value of thousands of dollars had been taken.

"It is all covered by insurance," said Mr. Hewitt. "Even my insurance agent's suit was taken but he has a claim in for it." The manager said that eight claims had been filed and there might be one or two more.

The thieves had apparently started a systematic looting of the shop and had removed garments hung under the letters A, B, C and D when they were startled and fled in haste. Mrs. Marston, who lives next door, heard a crash of glass and voices. She turned on a light and it is believed the thieves fled then. Chief of Police Elliott's own suit was hanging under the E's and he came close to having a more personal loss in the break-in.

YOUNGEST ALLIED MAJOR-GENERAL



A major-general at the age of 31, Maj.-Gen. D. C. Spry of the Canadian army, whose promotion to that rank from brigadier-general was announced by Canadian army head-

quarters in France, is believed to be the youngest officer of that rank in the Allied armies. He is the son of the late Major-General D. W. Spry and was born in Winnipeg, Man., moving later to Halifax, N.S.

of two of the Indian tribes. There are 200 different tribes in South America each of which speaks a different language.

ONE-EYED PIG BORN ON FARM AT CONESTOGO

A one-eyed pig with sharply pointed snout was born on the Stroh farm, a mile east of Conestogo, in the Kitchener district. The farm is jointly operated by Walter and Noah Stroh.

The pig, one of a purebred Yorkshire's litter of 14, had no nostrils. It was born dead.

It was normal in other respects. The one eye was in the centre of the head.

The 13 other pigs in the litter were normal.

45 PUREBREDS ARE SOLD AT DRYDEN FARM

Some \$26,065 changed hands to the tune of the auctioneer's chant at the special shorthorn sale held at W. A. Dryden's Maple Shade Farm near Brooklin last week. Cattle buyers from local farms and from numerous points in Ontario, Quebec and U.S.A. gathered about the sale enclosure and under a hot June sun perspired and bid for the choice cattle paraded for their inspection.

Experts in the livestock business proclaimed the show of purebred Scotch Shorthorns to be the finest offered for sale in the district for a considerable time. The cattle,

owned by W. A. Dryden and Son, brought prices ranging from \$240 for "Annette 57th" purchased by B. Bigg of Tiverton, to \$1,400 for "Miriam Rosewood" and calf, bought by Claude Gallinger, Tofield, Alberta.

45 Animals Sold
There were 45 lots offered for sale comprised of eight bulls and 37 cows with the latter class topping the sale average by \$106. Bulls averaged \$496 and cows \$602 while \$579 was calculated as the average sale price per lot on the day's bidding. Some lots comprised cows and calves.

the sugar gradually and continue beating until the mixture stands in peaks when the beater is pulled up.

10. Place tea biscuit and cakes in pans on the shelf about one-third from the bottom. Bake tea biscuits for 12 minutes at 400 degrees and square cakes for 50 minutes at 350 degrees.

1. Bind the rim of a fruit pie with a wet strip of parchment paper to prevent juice from boiling out. Bake this type of dessert for 10 minutes at 450 degrees then reduce temperature to 350 degrees and continue cooking for 40 to 45 minutes.

The Question Box

Mrs. F. E. asks: Recipe for Lemon Meringue Pie.

Answer:
1 cup boiling water, 5 tbsps. flour, 1/2 tsp. salt, 1/2 cup sugar, grated rind of 1 lemon, 1/4 cup lemon juice, 1 tsp. butter, 2 egg yolks, 1 8-inch pie shell.

Heat the water in a saucepan large enough to serve as a mixing bowl. Mix the flour, salt, and sugar; stir in a little hot water; pour the mixture into the saucepan; stir until the mixture thickens; cover and cook slowly for 5 minutes, stirring occasionally. Beat the egg yolks slightly; add the lemon juice and rind; stir the mixture into the saucepan; cook 1 minute. Remove from the electric element; stir in the melted butter. Cool slightly. Pour into baked shells; cover with meringue and brown in the preheated oven of 300 degrees for 15 minutes.

Mrs. J. T. asks: Recipe for Harvard Beets.

Answer:
2 cups boiled beets, cubed, 2 tbsps. butter, 1 tsp. cornstarch, 1 1/2 tbsps. sugar, 1/2 cup mild vinegar, salt.

Melt the butter; add the cornstarch and sugar; stir in the vinegar gradually. Continue stirring until the sauce boils. Add the beets; keep warm until the sauce is a rich red. Add salt, if necessary. Four servings.

TELLS OF LIFE AMONG WILD BOLIVIAN TRIBES

After 21 years in the wilds of South America, Leslie F. R. Harwood is finding it a little difficult to settle down to the ordinary way of Canadian life.

Mr. Harwood is touring the province on furlough speaking to various branches of the Evangelical Union of South America.

This missionary's work for the most part has been among the forest Indians in Bolivia.

There among the Chane Indians he has carried on his work despite the witch doctors of the tribe and the drinking feasts held regularly.

"The Chanes have always been friendly but it is the wild Satsiracua Indians further up the Parapiti River who are hostile," he said in an interview today.

"On my return to Bolivia this fall I am hoping to drive a caravan down the river and somehow contact the Satsiracua Indians."

"The tribe fights with huge clubs with which they beat their victims to death and with poisoned arrows," he said. "The Satsiracua also are said the practice crude rites."

Although Mr. Harwood has set-up two missionary centres among the Chane Indians they have been loath to give up their witch doctors to whom they look to cure illness and bring rain.

Other uncivilized customs of the Chanes include the burial of their dead in mud floors of their one-room thatched huts and the holding of drinking feasts which sometimes continue for weeks.

The missionary's district includes some 13 villages in which some 4,000 Chanes reside. The villages are almost a five-day truck ride from the nearest railway station and Mr. Harwood estimates he travels 3,000 miles a year on horseback visiting the tribe.

Mr. Harwood knows the language

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