



THE MIXING BOWL

By ANNE ALLAN
Hydro Home Economist

Hello Homemakers! School days mean a change in household routine in many homes where lunches must be packed every morning. No easy job, with foodstuffs, especially butter and meat—necessary for a good sandwich—sky-high in price. Unless a lunch box provides variety, no matter how healthy the appetite, a youngster soon loses interest.

The child appreciates having an attractive container in which to carry his lunch and this should be cleaned and aired every day. A small thermos for hot beverage or soup on a chilly day will be just what he needs.

A general rule for lunch-packing to maintain good health would be to include something hearty, something raw, something sweet, something good to drink and something for a surprise.

Sandwiches top the list of lunch-box energy foods. The fillings usually are rich in proteins which help to ward off that let-down feeling. For example, cheese, minced meat, chopped egg, and vegetable relish mixture of chopped cucumber, tomato and celery or grated carrot and nuts. A bottled salad with bread and butter is not any trouble (as some think). Don't forget the salt and pepper and another small jar of carrot sticks, celery and radishes.

Easy to pack desserts are more of a problem. A wedge of melon, an apple, an orange cut in sections, make good eating. In cold weather, gelatine, cornstarch and rice desserts can be included, but avoid them in warm weather.

Cakes, cookies and individual tarts can be used occasionally. They do add that child's favorite.

Avoid dry lunches. Everything tastes better with a hot or cold cup of soup or beverage. Send chocolate or plain milk or cream soup in a vacuum bottle, keeping in mind that the school child should have a quart of milk a day.

For surprises, well, that depends on the age of the child. Gingerbread men or cereal candy for the tiny tots and potato chips or a few peanuts or colorful serviettes for the others.

Lunch Box Ideas

- (1) Vacuum bottle of tomato soup
1 buttered roll filled with meat relish
1 sandwich of cheese
Crisp sticks
1 fresh peach
- (2) Potato and ham salad
2 sandwiches bread and butter
1 fresh tomato
Package cookies
Milk
- (3) Minced liver sandwich
Whole cooked egg
Buttered roll
Celery and radishes
Slice of jelly roll, apple
Milk
- (4) Scrambled egg and tomato wedges in container
Cucumber sandwiches
Chocolate cup cake
Orange juice
- (5) Bean soup
Crackers and cheese
Grated carrot sandwich
Fruit cup in container

The Question Box

Mrs. G. T. asks for:
Pepper Sandwich Filling
6 red sweet peppers
6 red hot peppers
6 chopped peaches (peeled)
3 lemons
3 pounds white sugar (7 cups)
2 cups cider vinegar

Mince peppers, removing stems and seeds, and cover with boiling water. Allow to stand 1 hour. Drain dry. Add peaches, sugar and rind of lemon tied in cheesecloth. Boil 15 minutes. Remove rinds, add lemon juice and vinegar and boil until mixture jellies. Use as a sandwich filling with cheese.

Mrs. T. C. requests:

Pear Meringues
6 pear halves
one-third cup orange juice
2 egg whites
¼ teaspoon salt
4 tablespoons fruit sugar
2 tablespoons chopped orange peel

Peel pears, halve and dip in orange juice. Arrange pears in a baking dish, cut side up. Fill centres with orange peel and cover with a rounded spoonful of meringue made from the egg whites, sugar and salt. Bake at 300 degs. in an electric oven for 30 minutes and serve warm. Serves 4 to 6.

Mrs. J. M. requests:

Layered Banana Pudding
1 cup sugar
2½ tablespoons flour
¼ teaspoon salt
2 egg yolks
½ tsp. grated lemon rind
1½ cups water
24 vanilla wafers
4 bananas, sliced
2 tablespoons lemon juice
Combine sugar, flour, salt, egg

GOODWOOD

(Sept. 9, 1948)

Mr. and Mrs. Isaac Foskett returned from a holiday on Lake Rosseau.

Mr. Edward Davis of Bobcageon, Mr. Carl Ashenhurst of Timmins, Mrs. Robert Davis and daughters and son from the U.S.A. spent the holiday with Mr. and Mrs. John Ashenhurst.

The high school pupils of the district have a bus from Uxbridge call for them in the morning and bring them home in the evening run by Mr. Tipper of Uxbridge. How lucky the pupils and their parents are having this service performed by the public purse.

Mr. C. B. Reid and son Norman of Montreal spent the holiday with Mr. and Mrs. J. F. Reid.

Mr. J. F. Reid's brother and nephew called on our flash correspondent at Island Grove. Disappointed that he was not there, they had a good visit with his brother Peter and his two daughters.

BLOOMINGTON

(Sept. 9, 1948)

Guests at the E. J. Spence home were Mr. and Mrs. R. McGhee and infant daughter, Miss M. McGhee, Miss J. Fwyn and Mr. D. McGhee of Coppercliff.

The young people held an enjoyable social evening in the form of a corn and weiner roast at the home of Mr. and Mrs. Willis Taylor on Thursday.

The Ladies' Aid meeting with Mrs. Norton in charge was held at the home of Rev. and Mrs. G. W. Brown. The program included a Bible quiz by Mrs. Tindall, readings by Mrs. M. Barnes and Mrs. E. Norton, and a talk by Mrs. Tranmer. Lunch was served by the hostess.

Mr. and Mrs. Graham of Cope-town were recent visitors at Mr. A. W. Story's.

Mrs. N. Rae visited with relatives in Reach Township.

Mr. and Mrs. R. Leask and family of Greenbank were with her parents, Mr. and Mrs. W. A. Fockler, on Sunday.

Mr. and Mrs. H. Shantz of Shrigley, Mr. H. Kee and children of Orangeville and Mrs. McFadden of Durham were visitors at the O. H. Tranmer home, also Mr. and Mrs. Freetby of Brantford, and Mr. and Mrs. Giles of Toronto.

GORMLEY

(Sept. 9, 1948)

A number of folks around here were attending the Exhibition.

Miss Velma Brillinger left Monday to attend Messiah Bible College at Grantham, Pennsylvania.

A very pretty wedding took place last Saturday in the United Missionary Church, when Miss Marie Pike and Mr. Douglas Mansbridge were united in marriage. Mr. and Mrs. Mansbridge will live on Winona Drive, Toronto, following their honeymoon in Northern Ontario. We wish them much happiness.

Mr. and Mrs. W. C. Witterhalt of Newark, N.Y., and Miss Marge Huff of Brantford visited with Mrs. Pelling Friday.

Rev. Archie Doner was the speaker at the Heise Hill Church Sunday morning and evening.

Miss Joyce Harvey spent Sunday with Miss Margaret Bennett.

Mrs. E. Jones visited with Mrs. Fannie Heise in Toronto one evening last week.

Misses Vera, Velma, Jean and Mildred Brillinger were entertained in the Henderson home Sunday evening.

Misses Vera and Velma Brillinger, Misses Freda and Blanche Henderson and Miss Miriam Heise spent a few days holidaying in Muskoka.

Mr. and Mrs. Wm. Vanderbent and Mrs. Clifford Winger spent a few days at Canadian Keswick.

Mr. and Mrs. Carly Robinson and Judy spent the holiday in the Pelling home.

Mr. Jim Fraser and Paul Jones spent the holiday with Mrs. E. Jones.

Miss Catharine Pelling arrived home last week after spending the summer in Algonquin Park at White Fish Lodge.

Mr. and Mrs. Asa Steckley, Mr. and Mrs. Burns Steckley visited at Mr. and Mrs. Henry Steckley's on Sunday.

Miss Ruth Gooding commenced her teaching duties on Tuesday in the North Leaside School, Toronto. Miss Helen Henry spent the weekend with Mr. and Mrs. Andrew Hutchinson.

Miss May George of Winnipeg is staying with the Moorbys for a few days. She is to be married Sept. 29th to Belle Armstrong's brother who is a bookkeeper in the pulp works in Dryden, Ont.

Mr. Ernie Jeffery of the Toronto General P.O. staff was also vacationing with the Moorbys.

yolks, lemon rind and water. Cook until thick. Cool. Line bowl with wafers then bananas. Sprinkle with lemon juice. Cover with custard mixture. Repeat layers. Chill in electric refrigerator 2 to 3 hours. Garnish with whipped cream and colored almonds. Serves 6 to 8.



REGULATIONS

applying to certain uses of

ELECTRICITY IN ONTARIO

The Hydro-Electric Power Commission of Ontario announces the following regulations made under the Power Commission Act and to become effective at midnight, September 13th, 1948.

PART I

WATER HEATERS

- 1.-(1) Unless water heaters operated by electrical power are—
(a) equipped with thermostatic control, and
(b) installed in or on tanks which are thermally insulated,
no municipality or municipal commission receiving electrical power from the Commission shall supply or use or permit to be supplied or used by any person the electrical power or any part thereof for the operation of water heaters installed or replaced after the 1st of November, 1948.
(2) No person shall take from any municipality or municipal commission any electrical power received from the Commission and use it for the operation of water heaters in a manner contrary to the provisions of subregulation 1.
(3) No person shall take any electrical power procured from the Commission and use it for the operation of water heaters in a manner contrary to the provisions of subregulation 1.

2. Ontario Regulations 237/47 are revoked.

PART II

SPACE HEATERS

- 3.-(1) No municipality or municipal commission receiving electrical power from the Commission shall supply or use or permit to be supplied or used by any person electrical power or any part thereof for the operation of air-heaters, grates, radiators, boilers or any other device for space heating in hotels, tourist cabins, shops, offices and commercial premises.
(2) No person shall take from any municipality or municipal commission any electrical power received from the Commission and use it in a manner contrary to the provisions of subregulation 1.
(3) No person shall take any electrical power procured from the Commission and use it in a manner contrary to the provisions of subregulation 1.

PART III

LIGHTING

- 4.-(1) No municipality or municipal commission receiving electrical power from the Commission shall supply or use or permit to be supplied or used by any person electrical power or any part thereof for—
(a) lighting of interiors of shops, show-windows and offices except,—
(i) not more than 2 watts per square foot of gross floor-area of the shop during business hours, and after cessation of business with the public to enable the staff to work;
(ii) not more than 20 watts per lineal foot of width of show-windows of shops between 4.30 p.m. and 9 p.m.;
(iii) not more than 2½ watts per square foot of gross floor-area of an office; and
(iv) for the protection of property after business hours not more than 5 watts per 100 square feet of gross floor-area of a shop or office but not exceeding 60 watts per shop or office;
(b) lighting of exterior signs;
(c) exterior flood- or outline-lighting for decorative, ornamental or advertising purposes;
(d) lighting of out-door Christmas trees;
(e) lighting of parking-lots, used-car lots, service stations, out-door industrial premises and out-door playing fields except,—
(i) not more than 15 watts per 100 square feet of parking-lot space while open for business;
(ii) not more than 15 watts per 100 square feet of that portion of used-car lots used for

display space while open for business and not more than 5 watts per 100 square feet of the used-car lot after cessation of business;

(iii) not more than 100 watts per gasoline pump in a service station, exclusive of lights inside the pump-meter compartment, while the service station is open for business;

(iv) not more than 15 watts per 100 square feet of whatever part or parts of out-door industrial premises is in actual use for work in progress and not more than 5 watts per 100 square feet at other times and not more than 5 watts per 100 square feet for protective lighting of that part actually occupied by installations, or used for the storage of materials or equipment; and
(v) not more than 60 watts per 100 square feet of playing area of an out-door playing field only while in use;

between sunset and sunrise;
(f) lighting of,—
(i) marquees; or
(ii) sidewalk-canopies

on hotels, theatres and restaurants except not more than 2 watts per square foot of floor space or sidewalk-area covered by the marquee or canopy;
(g) lighting of exterior entrances or exits of commercial premises or residences except not more than 100 watts for commercial premises and not more than 25 watts for residences; and
(h) exterior lighting between sunrise and sunset.

(2) The lighting permitted for shops during business hours under sub-clauses i and ii of clause a of subregulation 1 shall include the lighting of interior signs, merchandise-displays and show-windows.

5. No person shall take from any municipality or municipal commission any electrical power received from the Commission and use it in a manner contrary to the provisions of subregulation 1 of regulation 4.

6. No person shall take any electrical power procured from the Commission and use it in a manner contrary to the provisions of subregulation 1 of regulation 4.

7. Subregulation 1 of regulation 4 and regulations 5 and 6 shall not apply to,—

(a) (i) lighting of air-ports and transportation terminals;
(ii) lighting for police, fire and property-protection services, traffic lights, traffic and warning signs; and
(iii) lighting required by law;

(b) hospitals;

(c) lighting for interior domestic purposes;

(d) lighting of a single exterior sign, not exceeding 60 watts, to designate,—
(i) an office of a medical or dental practitioner, embalmer or funeral director, or pharmaceutical chemist;

(ii) an ambulance, telephone or telegraph station; or
(iii) premises providing sleeping accommodation for travellers.

PART IV

8. In these regulations,—
(a) "shop" means any building or a portion of a building, booth, stall or place where goods are handled or exposed or offered for sale, or where goods are manufactured and which is not a factory; but shall not include any part of a building used for office purposes; and
(b) "office" shall mean a building or part of a building occupied and used for office purposes only.

PENALTY PROVIDED BY THE POWER COMMISSION ACT FOR VIOLATION OF REGULATIONS

Any person refusing or neglecting to comply with any direction, order, regulation, restriction, prohibition or control made or exercised by the Commission under this section shall be guilty of an offence and in addition to any other liability incur a penalty of not less than \$100 and not more than \$500 and a further penalty of not less

than \$100 and not more than \$500 for each and every separate day upon which such refusal or neglect is repeated or continued.

The penalties imposed by or under the authority of this section shall be recoverable under *The Summary Convictions Act*.

SUSPENSION OF REGULATIONS AS TO CERTAIN AREAS

Parts II and III of the foregoing Regulations are suspended with respect to the following—

- (a) The Territorial Districts of Algoma, Cochrane, Kenora, Manitoulin, Nipissing, Rainy River, Sudbury, Thunder Bay, Timiskaming;
- (b) the Territorial District of Parry Sound, except

the Townships of Carling, Christie, Conger, Cowper, Ferguson, Foley, Humphrey, McDougall and McKellar, the Town of Parry Sound, and the Village of Rosseau.

(c) Exhibitions and fairs held in 1948 by societies under *The Agricultural Societies Act*.

If further clarification is required please contact your local Hydro office.

THE HYDRO-ELECTRIC POWER COMMISSION OF ONTARIO