



### THE MIXING BOWL

By ANNE ALLAN  
Hydro Home Economist

Hello Homemakers! Most of us consider using a spice in a standard cake or bread mixture for variety of flavour. We frequently use cinnamon, cassia, nutmeg, cloves and allspice for their fragrance. Many years ago these spices were considered suitable gifts for kings. They were used as perfumes, bath oils and medicines for the most part. When they were used in food the people knew spice was added to camouflage the tainted flavour.

According to history, merchants set sail around the world to obtain spices. It was said that Christopher Columbus was lured to the west to find a new route for the spice merchants. We also read of the English gradually gaining possession of the Indian Empire as the spice trade increased.

The various spices are derived from different parts of different plants. For instance, cloves are the dried flower bud of the tropical clove tree of Zanzibar, off the east coast of Africa. Cinnamon is a fragrant spice known since Biblical times and is the pulverized inner bark of the under branches of the laurel tree. It grows about 30 feet in height and flourishes from Ceylon to Arabia. Cassia is similar in flavour to cinnamon and is sometimes substituted for it but it comes from the bark of a different laurel plant. The leaves, the fruit and the root of the laurel all yield oil of much value. Years ago the oil was used for making candles. Mace and nutmeg grow on the same tree which grows anywhere in the West Indies and Madagascar. There you find extensive groves of nutmeg trees which grow to the age of

nine years before bearing fruit. The nutmeg is the kernel. By the way, this tree attains a height of 60 feet and is an evergreen. It has pointed leaves and pale yellow flowers which hang in drooping clusters resembling lilies-of-the-valley. As the fruit ripens the fleshy part becomes hard; finally splits open at the top disclosing a bright scarlet membrane partly covering the nut. From this membrane comes the mace we like for our fruit cakes. Grandmother used to buy the nutmeg and grate it on a small three inch curved grater. Allspice so named because the mariner who discovered it believed it could be used for other spices, is grown in Jamaica where it grows in wet, humid areas.

Our familiar black pepper which is now so hard to obtain, is the product of a climbing shrub grown in the East Indies and other tropical climates. The plant bears a small green berry about the size of a pea which turns red upon ripening. When the berries begin to change colour, they are gathered, cleaned and dried in the sun. As they become black they are sorted and sold as peppercorns. Ground and sifted they form the real black pepper used in flavouring meats and pickles.

Now that you may have read about spices, you may wish to make aromatic cake or a different flavoured batch of muffins. Here are some recipes.

#### Spice Cake

- 1 cup thick sour cream
  - ½ teaspoon soda
  - 1 cup sugar
  - 2 eggs
  - ½ teaspoon salt
  - 3½ teaspoons baking-powder
  - ¼ teaspoon cloves
  - 1½ teaspoons cinnamon
  - ¼ teaspoon nutmeg
  - ¼ cup nutmeats, if desired
  - 2 cups flour
- Stir the soda into the cream until it foams, then add the sugar and beat well. Beat the eggs till light and add to the first mixture. Mix

### MISSING FROM HER HOME SINCE DEC. 12



Sirrka Koivu, 22, pretty Finnish brunette from Toronto, has been missing from her home since Dec. 12. Although her purse and some clothing were found near the Humber River. She is a good swimmer and police have discounted the drowning theory. Sirrka had \$4,000 in the bank, but only \$2.35 with her, police report. A telephone call received by the missing girl is the mystery link in the search. Foul play is feared.

### Weekly Crop Report Shows Winter is Here

Winter weather has put all livestock in winter quarter, weekly reports from Agricultural Representatives to the Ontario Department of Agriculture indicate. However, the fall was the best in many years and a large acreage has been plowed for crop next year.

Turkeys are not plentiful. They are high in price but also of high quality. High for turkeys in Western Ontario is 70 cents; Geese 60 cents; ducks 50 cents and chickens 46 cents.

In Southern Ontario turkeys are selling all the way from 65 cents up to as high as 90 cents per pound.

In Lincoln the demand for turkeys far exceeds available supply, and the birds are selling as high as 70 cents wholesale.

In Oxford there are 7,824 cows bred artificially by the Oxford County Holstein Breeders' Artificial Insemination Unit during the year ending October 31st.

Reforestation in Oxford has given the growers a valuable cash crop. Evergreen trees are being sold out of the plots for \$1 and \$1 each.

In Central Ontario, food dealers report little or no movement of Western grains. For the first time in many years, farm laborers are also finding it difficult to obtain work.

Milk and cream production is exceptionally low in Muskoka and Parry Sound area.

In Eastern Ontario dressed poultry demands are heavy with good prices prevailing. In Frontenac the holding of cattle for wintering is lower than usual. The TB area test is continuing and the number of reactors is remarkably low.

In Northern Ontario keen demand for turkeys, geese, ducks and chickens is reported and prices are good. It snowed four inches on Sunday, December 12, and another two inches fell on each of Wednesday and Thursday nights. Potatoes are selling at 1.60 per 75 pound bag FOB farm.

In Thunder Bay area new prices for milk came into effect on Dec. 15. The price now is \$4.58 for primary milk and \$3.28 for secondary.

### SOEKARNO HELPS BATTLE ILLITERACY



President Soekarno of the republic of Indonesia (right), devotes a part of his spare time to teaching reading and writing at an open air school at Sarangen, Java. The battle against illiteracy in Indonesia

rates only second in importance to the battle currently raging between the Dutch and Indonesian forces. Soekarno is among the Indonesian officials now under arrest.

### THE GROWING YEARS

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and sift the remaining dry ingredients and add them to the first mixture gradually, stirring and beating until the batter is smooth. This may be baked in a sheet or as individual cakes. Bake in a moderate electric oven (375 degrees) 20 to 30 minutes.

**Bran Coffee Cake**

- 1 cup pastry flour
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 2 teaspoons baking powder
- 2 cups bran or bran flakes
- ¾ cup seeded raisins
- 1 egg
- ¾ cup sweet milk
- one-third cup light molasses
- 3 tablespoons melted butter

Sift together flour, salt, soda and baking powder. Add to bran and raisins. Beat egg well, add milk and molasses. Combine the two mixtures and add cooled, melted butter. Place in buttered pan (8x8). Sprinkle top with the following ingredients blended together:

- 2 tablespoons flour
- 1 tablespoon cinnamon
- 3 tablespoons sugar
- 3 tablespoons soft butter
- ½ teaspoon mace

Bake at 400 degrees in electric oven for 35 to 40 minutes.

**Curried Tomato Rice**

- 3 cups cooked rice
- 3 tablespoons butter
- ¼ cup diced onion
- 2 teaspoons curry powder
- ¼ teaspoon salt
- 2 tablespoons butter
- 1½ cups tomato juice
- ½ teaspoon of Worcestershire sauce

Prepare rice. Melt butter, add onion and saute until brown. Add curry powder, salt and flour. Blend into a paste. Add tomato juice and sauce, cook until thick. Add the rice. Serve hot. Serves 6.

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