



Hello Homemakers! Anyone who works with food acquires tricks-of-the-trade which is the result of a constant effort to simplify cooking and save time. We are on the perpetual look-out for new ideas. The other day we watched a demonstration by the Home Economist of a meat packing company and learned many ways to save waste and to prepare different pieces of meat.

Here are some secrets which will appeal to you:

1. To avoid left-over roast beef, ask the butcher to saw the long rib bone of roast at two inch intervals. Cut off short ribs, and freeze and use later for braised pot roast.
2. The roasts of beef (sirloin, rib, rump) should be cooked in a moderate oven of 350 degrees allowing 35 minutes per pound. No searing, no water, no cover are necessary. Sprinkle with

salt when partially cooked.

3. Buy a shank half of ham for economy. Stand it on cut surface and split it lengthwise, allowing the knife to follow the bone closely. The thick, boneless "cushion" is excellent for slicing and braising. The bone-in piece can be simmered and used in salads, sandwiches, casseroles and soups.
4. Experts suggest baking chops and steaks in preference to frying unless you have a good heavy skillet.
5. Broiling with the door partly open is the best way to cook steak. To prevent the meat juices from drying on the bottom of the pan when a small quantity is broiled use a small flat pan. Place smaller pan on regular range broiler pan.
6. To make flank steak fillets, place a strip of inch-thick salt pork lengthwise down the middle of meat. Roll the meat around salt pork and place skewers at 1½ inch intervals. slice roll between skewers. Cook fillets like Swiss Steak and serve with tomato sauce.
7. To open canned meat, cut out both ends of can below the rim. Push contents out whole by pressing thumbs against one end. This method applies to loaves, not meat with sauce. Chill the meat before you slice it to cut attractive servings. Use cookie cutter for a special occasion when you serve a cold meat platter. Then mince the trimmings for sandwich filling.
8. When you need a large quantity of bacon bake it. Slightly overlap slices of bacon on rack of a shallow pan, and bake twelve to fifteen minutes on top shelf of hot oven at 425 degrees. No turning is necessary.
9. To save fifty percent baking time, shape meat loaf mixture into individual servings. Use the same favorite recipe... it is only the size of the loaf that changes not the flavour.
10. Before freezing ground meat to be stored, shape it into individual patties and stack them with heavy wax paper in between the layers. Then roll in laminated paper and put in freezing unit.
11. Use two forks, instead of one,

**AMAZING FACT! Maxwell House contains choice Latin-American coffees — the best obtainable. Yet it costs only a fraction of a cent more per cup than the lowest-priced coffees sold!**



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**In In "Round The World Trip" Kate Aitken Finds Talk of War Is General**

"The world is talking of war—a Third World War. Nowhere do they talk of peace." Mrs. Kate Aitken made these statements in St. Paul's Church, Peterboro, to more than 1,200 women. She was speaking in Peterboro under joint sponsorship of St. Andrew's Church W.A., George St. Church W.A., Group Five, and St. Paul's Ladies' Aid.

"Today's World" was the title of Mrs. Aitken's address. It was based on a recent world flight which took her to China, Japan, Burma, India, Egypt, Palestine, Germany and England. She was away from Toronto and her work for only 17½ days.

Interested mainly in women's activities all over the world, Mrs. Aitken obtained her lodging with native families in all the world centres she visited. This enabled her to give a vital account of the way women and children live, eat and work in other countries; their homes and fears; their attitude toward peace and international understanding.

The Germans are intense about the war they are sure is coming she said. They have been in two world wars out of which they have gained nothing. In this third conflict they will amount to something and will accomplish some of their desires.

**Offers Two Weapons**

Two powerful weapons with which women can fight a third terrible war and turn thoughts of the world to peace were offered by Mrs. Aitken.

"There is the weapon of prayer which I am afraid we have allowed to rust in our hands," she said. "People who are smart enough to pray wisely can bring peace, but these people only turn to prayer

to turn meat while it is cooking. Lift meat with one fork and guide or turn with the other. This method avoids excessive spattering of fat.

12. To flour small pieces of meat, put the flour, seasoning and meat into a paper bag, fold the top of the bag and shake it for a minute or so until pieces are covered with flour.

**Mock Duck**

- 1½ lbs. round steak
- 1 tsp. chopped parsley
- ½ tsp. salt
- ½ tsp. chopped onion
- 1½ cups bread crumbs
- 1 tsp. summer savory or thyme
- ½ tsp. pepper
- 1½ tbsp. melted butter

Trim bone and extra fat from meat, wipe with damp cloth and place on board. To make more tender, pound with wooden potato masher or edge of heavy plate. Mix crumbs, onion and seasonings, add melted butter and spread over meat. Roll up and tie in shape. Place in roasting pan and pour 2 tablespoons dripping melted in a cup of boiling water around meat. Cover tightly. Cook in moderate electric oven of 350 degrees 1½ to 2 hours. Uncover the last half hour of cooking. Serve with brown gravy.

**Veal Loaf**

- 2 lbs. veal
- salt
- ¼ cup milk
- 1 tbsp. chopped cress
- ½ cup dry bread crumbs
- ¼ lb. fat salt pork
- pepper
- 1 egg
- 1 tbsp. lemon juice
- 2 tbsps. tomato catsup
- 1 onion

Select lean veal, remove skin, and chop fine along with salt pork. Add crumbs, lemon juice, tomato catsup, seasonings, and minced onion which has been browned in a little fat. Beat egg and add to first mixture with milk. Mix well and pack in muffin tins and bake in slow electric oven of 350 degrees for about 1 hour.

**Broiled Steak**

Wipe meat with damp cloth and trim off extra fat; place meat in heated broiler which has been rubbed over with fat, broil under pre-heated broiling element of electric range. Season when partly cooked. Allow 10 minutes on each side for 1-inch-thick, well-done steak.

**The Question Box**

Mrs. R. S. asks for mayonnaise recipe using mineral oil:

**New Mayonnaise**

- 1 egg
- 2 tbsps. sugar
- 1½ tsps. salt
- 2 tsps. dry mustard
- ¼ tsp. paprika
- ¼ cup malt vinegar
- two-thirds cup mineral oil
- 3 tbsps. cornstarch
- 1 cup milk

Place egg, sugar, seasoning, vinegar and oil in mixing bowl, but do not stir. Make a paste of the cornstarch and ¼ cup milk and stir in remaining milk. Cook the starch mixture over low heat until thick, then add to the ingredients in the mixing bowl. Beat all together briskly with a Dover beater. Cool before serving at it will thicken more.

**CHURCH OF ENGLAND MAY JOIN WITH UNITED CHURCH IN CANADA**



Reunion report on joining of Church of England and United Church in Canada is studied by five leading Canadian churchmen at session in Emmanuel College (Theologi-

cal college for the University of Toronto), Toronto. Left to right are: Bishop W. T. Hallam, Saskatoon; Dr. Gordon Siso, secretary of the United Church General council; Most

Rev. G. F. Kingston, Halifax; Dr. Harold Young, secretary board of colleges, United Church; Rt. Rev. Willard Brewington, Toronto.

when they are scared to death." "Individual thought with comprehension" is the second weapon she suggests. "If every woman accepts responsibility for world peace and understanding, and con-

tinue to make some forward act for good it will bring peace closer."

A slap in the face by his wife restored a New Yorker's eyesight. Now the lucky fellow can see how to dodge.

Barbers in a U.S. town struck for more pay. A razor else!

"A person who sleeps in a trap is violating no law," rules a judge. Maybe not, but he is playing rather loose with the law of gravity.



**It's been a busy year!...**

This week many thousands of Canadians will be reading the story told in Imperial Oil's annual report. It is a story of how, to meet your needs Imperial last year found more crude oil, produced more crude, refined, distributed and marketed more oil and products than ever before.

To do this we had to spend a lot of money. We sent men ranging over thousands of square miles in the search for new oil fields—and we found new oil. We built new ships... new pipe lines... new refining units... new marketing facilities... and a host of other things. Again last year we spent more money than we earned, but it was an investment in Canada's future as well as our own.

We raised most of the money we needed by borrowing and by selling some of our major investments; the rest was earnings put back into the business after paying dividends.

On the year's business we made a profit of less than a cent a gallon on products sold. This amounted to 4 and 9/10ths cents out of each sales dollar we received.

It was a busy, successful, interesting year. When it began we were sometimes hard pressed to meet all your needs; when it ended supplies were assured. It saw new oil discovered, making Canada less dependent on foreign supplies; new equipment added, helping to serve Canadians better with the products they need.

**Bringing you oil is a big job—and a costly one.**

**If you're interested in facts...:**

1948 set new records in all phases of Imperial Oil's operations. If the wells drilled by the company to find and produce oil in Canada during 1948 were placed end to end they would total 163 miles. Five large tankers were added to the company's fleets; the Leduc pipe line was extended to Edmonton, and plans progressed for a pipe line from Edmonton to Regina; 4,711 tank cars moved more than 150,000 car loads of crude oil and products. Imperial's eight refineries processed an average of 135,027 barrels per day, a new record. Sales totalled 1,819,000,000 gallons. On its operations the company earned \$16,873,163—a profit of 93/100 of a cent per gallon for each of the 1,819,000,000 gallons sold. From its investments the company earned \$5,958,907.

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