



THE MIXING BOWL
BY Anne Allan
HYDRO HOME ECONOMIST

Hello Homemakers! Spring fever? Eating the right foods helps to overcome that "dull" feeling. One quart of milk for children, one pint for adults—that's the day's quota for good health. But you don't need to drink all the milk. It's just as good for you if you eat it with cereals, in soups, creamed main dishes and vegetables, and in desserts. Whether it comes in bottles, cans, or powdered in packages or creamed as cheese, milk is our most important food.

Note: For prevention of certain fevers, all milk consumed at the farm home and rural school should be pasteurized.

Dinner Chowder
2 cups diced, raw potatoes
½ cup sliced onion
¼ cup diced celery
1½ cups boiling water
3 tps. salt

3 tps. butter or margarine
¼ cup flour
1½ tps. bottled thick meat sauce
3 cups milk
1½ cups grated processed Cheddar cheese
1 tsp. minced parsley
2½ cups canned or cooked tomatoes
¼ tsp. pepper
½ tsp. mustard

Combine first 4 ingredients and 1 teaspoon salt in a deep kettle or Dutch oven. Cover; simmer 15 min., or until tender. Meanwhile, melt butter in double boiler. Stir in flour, then remaining salt, pepper, mustard, meat sauce and milk. Cook, while stirring, until smooth and thickened. Add cheese, and stir until melted. Add to potato mixture with parsley and tomatoes; heat. Serves 6.

Creamed Cabbage and Frankfurters
4 cups shredded cabbage
2½ cups milk
4 frankfurters
¼ cup melted fat
3 tps. flour
2 tps. salt
¼ tsp. pepper
¼ tsp. celery seeds
¾ cup soft bread crumbs

Cook cabbage in milk, covered, until tender—about 5 min. Cut frankfurters in quarters lengthwise; then split pieces in half. Saute in fat in skillet until lightly browned. Remove frankfurters. Add next 4 ingredients to fat in skillet, and stir until smooth. Gradually stir in milk drained from cabbage. Cook, stirring constantly, until smooth and thickened. Arrange layers of cabbage, frankfurters, and sauce in 10" x 6" x 2" baking dish; top with crumbs. Bake in moderately hot electric oven, 400 degs. for 15 mins., or until nicely browned. Serves 4 to 6.

Sliced canned pork-and-ham loaf (1½ cups) may replace frankfurters.

Walnut Prune Pudding
½ cup rice
¾ cup chopped, pitted raw prunes
3 cups milk
one-third cup plus 6 tps. sugar
¼ tsp. salt
¼ tsp. nutmeg
one-third cup broken walnuts
2 tps. grated lemon rind
2 eggs, separated

Wash rice in cold water; drain. Combine with prunes and milk in double boiler; cook, covered, until tender—about 1 hour. Add one-third cup sugar, salt, nutmeg, nuts, and rind. Beat yolks; stir in rice mixture. Pour into 1½ quart casserole. Cool. Beat whites until nearly stiff. Gradually beat in rest of sugar. Heap on pudding. Bake in moderate electric oven, 325 degs. for 20 mins. Serves 6.

Take a Tip

1. You may complete the dinner chowder menu with a green salad and a peach upside down cake for dessert.
2. With Creamed Cabbage and Frankfurters as a hearty supper dish, serve chilled tomato juice first. The sweet part of the meal may be a pastry—apple, raisin or date pie.
3. The unusual walnut rice pudding will be the right choice to serve following a light entree such as cheese souffle with scalloped potatoes and buttered peas.

Cash Tighter Farmers Ask for Credit

"There is no doubt but that production is catching up with demand," according to James Parker, controller of the Wisconsin steel division of the International Harvester Co. Mr. Parker was in Toronto last week to address the annual meeting of the Institute of Internal Auditors, Toronto Chapter.

Farmers are becoming more choosier and are prepared to wait for particular requirements, Mr. Parker told the press in an interview. At the same time, Mr. Parker said, while a large proportion of farmers' purchases are still being made in cash, there is a growing tendency to revert to credit or note purchases common prior to the war.

Competition in the sale of farm implements is becoming much keener, Mr. Parker said. "We are entering a buyer's market; we have now reached the point where we have to go out and sell."

Through its Wisconsin steel division, International Harvester produces half of its own steel requirements. In recent months, Mr. Parker noted, there has developed every evidence that more steel is available to consumers.

"You cannot stress too much the importance of the new iron ore discoveries in Labrador and Quebec," Mr. Parker stated. "The Mesabi iron range is definitely petering out. The United States is counting on Canada as a major source of iron ore once Mesabi is finished. Recent discoveries in Canada are much more important than they appear on the surface."

Experimentally, worn out coal mines will be fired and the gas trapped for commercial uses.

The first major application of atomic power to commerce likely will be in propelling ships.

4. Custards may be cooked in the electric oven after the heat has been turned off and the casserole meal has been taken out for the table.

5. Junkets are nutritious milk desserts to have on hand for the children.

6. Milk served on cereal is less expensive and more nutritious than cream.

WILDERNESS GROCERY
(By Gilean Douglas in Saturday Night)

The Indians, pioneers, and prospectors who once lived in or near my cabin in the Cascade Mountains, B.C., found a use for almost every growing thing. These uses, who pride ourselves on our ingenuity and make-do spirit, have usually neglected or ignored.

All of my teas, except those I grow in my herb bed, come from the wilderness; elderflower, clover, fireweed, Labrador, mint, ginger, camomile, sage, dandelion root, and violet. Salads using mustard, dandelion, sorrel, wild onion, plantain, lamb's quarters, shepherd's purse and many other wild shoots and sprouts are no novelty. Sourdough—potato yeast, flour and water mixed and put away in a crock until it has a very nasty smell indeed—is my steadfast friend and one whose friendship grows better year by year. The more I use it for bread and biscuits and flapjacks the whiter and sweeter it becomes, although mine is only a fledgling compared to the twenty-year-old concoctions of some human "sourdoughs" I know.

The presence of nettles near my cabin is stingingly evident, but I have vanquished them enough to use them as greens or in soup and found them excellent. The Indians wove them into cord and the cord into fishing nets, besides using the root and the leaves for food. Europeans and Asiatics—as well as the fairy-tale princess with the eleven brothers—have made fine linen from nettles for centuries. Dogbane was also used by the Indians for fish nets, and its milky juice makes a fine india-rubber.

Onions need no introduction and when they are combined with miner's lettuce you have a delicious salad. Miner's or Spanish or Indian lettuce has been used as far back as anyone can remember. It saved many a pioneer and gold miner from scurvy, eaten raw or as greens with salt pork. Stephen Powers in his "Tribes of California" says that the mountain Indians used to leave quantities of this lettuce near the nests of large red ants. After the ants had run through it the Indians would take it up, shake it off and eat it. It then had a sour taste which resembled vinegar: the formic acid of the ants instead of the acetic acid we know. In England miner's lettuce is called winter purslane and is grown in vegetable gardens.

The roots of the yellow arum, that first spring wildflower of my mountains, have a peppery taste when raw but are quite palatable when cooked. The Indians used to combine them with scrapings from the inner bark of hemlock and roast them for hours in a covered pit. This food saved them from starvation many times, as it does the bears now when the winter has been hard and long and they are gaunt from hibernation. The young shoots of fireweed, salmonberry and squawberry are also eaten at this time and are quite as good for man as for beast.

The roots of wild clover are even

60-CYCLE CHANGE
HERE IN FALL OF 1950

Change from 25 cycle to 60 cycle is likely to take place in Stouffville in the late summer or early fall of 1950 according to a communication received by the municipal council from the Ontario Hydro Dept. Some surveys in connection with the job are already in progress.

The Department estimates that every meter in the town will be changed within a four-day period.

The first area to be affected by the changeover will be Scarborough where conversion is scheduled for this fall.

more delicious and the Indians thought them a great delicacy when dipped in fish oil, as the also considered the inner bark of the hemlock when treated in the same manner. They used to dip the roots of yampah or ipomoea in the fennel family whose flowers resemble those of the carrot—are my favorites by far—and I have even transplanted them into my vegetable garden. They are good eaten fresh, roasted, boiled, dried, baked or fried in butter. Squirrels love them and in the mountains above my cabin they lay in great stocks of them for winter.

Milkweed was one of the most important items in the wilderness grocery of old days. The Indians obtained sugar from the dew which collected on its flowers and ate the delicious young shoots. Cords for fish nets were made from the bark and stem, while ripened seeds were used for padding quilts, as were also those fireweed.

The famous British cruiser Ajax that fought the German Graf Spee at the outbreak of the last war will be scrapped.

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about
TRAVEL RATION REGULATIONS?

It saves time and trouble when you familiarize yourself with the regulations regarding travel to the United States before you set out on your trip. Here are the facts:

1. The allowance for pleasure travel during the current ration period of November 16th, 1948, to November 15th, 1949, is \$150 U.S. per person (\$100 in the case of children under 11 years old).
2. A Form H permit, obtainable at any bank, is required to take out of Canada amounts exceeding \$10 U.S. or \$25 U.S. and Canadian funds.
3. Special allowances are granted for strictly business travel where your application is certified by your employer.
4. Applications for larger amounts of U.S. funds for travel for health or educational purposes may be made on special forms obtainable at your bank.

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