



Hello Homemakers! There is a new generation of lunch carriers this month. Many young children begin school and many walk off with their mid-day meal in a box. Only 17 percent of Ontario's rural elementary schools provide a portion of the noon meal. If more interest could be taken in the child's lunch, the child would show more interest in school studies. Where food can be reheated it is a simple method for the rural teacher to help.

Today, we know that milk is the most perfect food. Many hot dishes may be prepared and taken in glass jars with the name written on an adhesive tape label. Then the jars can be heated in a water-bath at the school. In this instance the school board works with the teacher and equips the school with simple cooking utensils.

Here are suggestions for the hot jar: Cream of Vegetable Soup,

Scalloped Potatoes with Sausage, Stew, Creamed Beef, Creamed Fish, Baked Beans, Corn Scalloped with Bacon, Rice Pudding, Stewed Fruit and Pie Filling. With this main dish prepared the day before, it is wise to wrap up fresh food to complete the lunch.....we refer to buttered brown bread or sandwiches, carrot or turnip sticks, raw tomatoes, radishes or celery, cookies or cake.

There are a few schools where a hot dish is prepared under the supervision of an older pupil or the teacher. This luncheon supplemented by some food brought from home, provides an adequate meal. For example: Baked potatoes scheduled for Monday's hot food may be the cue for mother to prepare meat sandwiches and a jar of pudding. On Tuesday, the dish of baked beans calls for buttered brown bread, a raw apple, cookies and milk. On Wednesday, scrambled eggs may suggest graham muffins, orange, piece of cake and milk. On Thursday, thick vegetable soup goes with egg sandwiches, bunch of grapes and milk. On Friday, scalloped tomatoes and bacon can be rounded out with peanut butter sandwich, carrot sticks and milk.

From these ideas you can tell we are trying to include at least one item from each group of necessary foods: milk, meat, fish, eggs or peanut butter, whole wheat bread, muffins or cookies of whole grain, raw or cooked vegetables or fruit.

Take a Tip
 1. Reserve a space in your cupboard for lunch utensils, wax paper and staple ingredients for sandwiches.
 2. Provide a well-ventilated metal lunch box. Scald it out daily.
 3. Select a tightly covered container with a "gold" lined lid for milk and puddings.
 Sandwiches should be wrapped in wax paper, cover with a damp cloth if stored over night.
 Tuck in surprises such as raisins, marshmallows, or coloured serviette.

The Question Box
 Mrs. T. J. requests:
 Tomato Sandwich Filling
 12 medium-sized ripe tomatoes
 3 onions
 1/2 cup salt
 1 1/2 cups granulated sugar
 4 red sweet peppers
 1 green sweet pepper
 6 teaspoons dry mustard
 1 1/2 cups flour

N. York, Markham, Vaughan, Richmond Hill Councils Discuss Radial Plebiscite

Property owners within the North Yonge Radial Area will be asked to vote on Monday, Sept. 26, 1949, to decide the type of transportation desired on Yonge Street. Councils of the municipalities of North York, Markham, Vaughan and the Village of Richmond Hill agreed to hold the plebiscite on the same day to decide whether Diesel buses should continue or the radials should be put back into operation.

Only property owners as shown on the last revised voters' list within the area bounded by Steele's Ave., Bathurst St., Bayview Ave., York Mills Rd. and Wilson Ave. will be entitled to a vote. Polling booths will be open from 12 o'clock noon until 9 o'clock at night, and will be located as nearly as possible at the same places as for the annual municipal elections.

1 cup vinegar
 Cook tomatoes and onions until soft. Put through sieve. Add salt, sugar and vinegar, then the peppers which have been put through food chopper. Heat this mixture. Add mustard and flour which have been mixed together, with enough vinegar to make a smooth paste. Stir well and cook until thick. Pour into sterilized jars and seal with paraffin. Yield: approximately 3 pints.

Mrs. M. R. requests:
 Cereal Meat Loaf
 1 cup quick-cooking rolled oats
 3/4 cup tomato juice
 3/4 cup tomato ketchup
 1 pound minced lean beef
 3/4 teaspoon salt
 3/4 teaspoon pepper
 1 tablespoon chopped parsley
 1/4 cup finely-chopped onion
 1 cup mashed, cooked, seasoned turnip, cold
 1 cup finely-chopped raw celery
 1 egg
 2 tablespoons fine-flavored dripping
 Combine the rolled oats, tomato juice and tomato ketchup and let stand while mixing the other ingredients. Loosen the minced beef with a fork and sprinkle with the salt, pepper and celery; mix lightly together. Beat the egg slightly and add to rolled oats mixture. Add oat mixture to meat mixture and again mix lightly. Turn the soft moist mixture into a greased loaf pan and smooth the top. Dot top with the dripping. Bake in a moderate electric oven, 350 degrees, about 1 1/4 hours.

The municipalities of North York Township, Markham, Vaughan and Richmond Hill purchased from the City of Toronto in 1930 the portion of the Metropolitan Radials on Yonge St. between the north city limits of Toronto and the north limits of the Village of Richmond Hill.

Under an agreement dated July 17, 1930, and expiring July 17, 1945, the four municipalities entrusted the Toronto Transportation Commission with the operation and management of the railway.

This agreement was renewed for a period of three years, expiry July 17, 1948, and was further renewed for a one year period, expiring July 17, 1949.

To co-operate in the conservation of power, the street car operation was replaced by bus operation on Oct. 10, 1948, and this bus operation is still in force.

With the relaxing of power conservation measures, street car operation is now possible, and a decision must be made whether to

return to street car operation or retain the present bus service.

Only the most essential maintenance was carried out on the tracks and the cars during the past three or four years, pending a decision on the future operation of the railway.

Therefore, should it be decided to return to rail operation, it would be necessary to carry out a number of improvements to the railway, involving heavy capital expenditure of some \$200,000.

But even with this expenditure, there would only be a single track railway, quite incapable of providing a satisfactory and convenient service to the rapidly developing area adjacent to the railway.

It is apparent, therefore, that if it is decided to carry on rail operation then the railway must be doubled-tracked, at a cost, including additional right-of-way, of possibly a million and a half dollars.

When the rapid transit system is constructed by the T.T.C. on Yonge

St. from Front St. to Eglinton Ave. and work on this project will be started in September this year, then it is the intention of the T.T.C. to abandon rail operation on Yonge St. between Eglinton Ave. and the north city limits.

Should it be decided to retain rail operation of the North Yonge Railways, then on the completion of the rapid transit project, the North Yonge Railways will have no connection with the city rail system and would be forced to provide car house, shop and other terminal facilities, involving further heavy expenditures.

It should also be understood that the expenses referred to above could result in an increase of fares becoming necessary.

The Township of Markham as a whole is not financially involved, only those in the first concession may vote, as only their property is held against financial loss.

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