

**A Biscuit Meat Roll that's Budget Wise**



**Delicious... made with MAGIC**

Mix and sift into bowl, 2 c. once-sifted pastry flour (or 1 1/2 c. once-sifted hard-wheat flour), 4 tsp. Magic Baking Powder, 1/2 tsp. salt. Cut in finely 3 lbs. shortening. Make a well in centre, pour in 3/4 c. milk and mix lightly with a fork. Roll out dough to a 1/4" thick rectangle, 8 1/2" wide. Mix 1 lb. minced lean beef with 1 tsp. salt, 1/4 tsp. pepper, 1 finely-chopped small onion. Spread meat mixture over biscuit dough to within 1/4" of edges; beginning at one end, roll up like a jelly roll. Place in greased loaf pan (4 1/2" x 8 1/2"). Bake in moderately hot oven, 375° about 1 hour. Serve with heated chili sauce or brown gravy. Yield—4 or 5 servings.

**FAMOUS HORSEMAN TO JUDGE AT ROYAL WINTER FAIR**



Lord and Lady Allerton

One of Britain's top-ranking horse judges is coming to Canada to judge at Royal Winter Fair, Toronto. A well-known figure in the hunting field, Lord Allerton, who, with Lady Allerton, has been invited to officiate at the fair, will be visiting Canada for the first time. Lord Allerton was judge this year at Revesby and district agricultural committee's show in Lincolnshire, Eng., and won many prizes in point-to-point riding before the war. Until recently he held the position of field master of the famed Fernie hunt.

**MAN NEEDS 200 STITCHES AFTER HE WHIPS BIG BEAR**  
Fairbanks, Alaska, Oct. 13—Dan Luddington fought a close-in bout with a grizzly bear and won, but he was in hospital today with 200 stitches.  
Luddington met a she-grizzly with her cub head-on near Summit Lake.  
"My rifle failed to fire the first bullet," he recounted, "and she got me down. She was pouncing, maul-

ing and raking me with her claws and I was trying to get away and at the same time, reload my rifle. "It seemed like my head was in her mouth when I got another shell in the chamber. I managed to get my rifle around while she was dragging me by one leg. "The bullet hit her in the chest and she dropped."  
Luddington painfully inched himself a mile to a road where he was picked up by a truck.



Hello Homemakers! If your pepper and tomato plants were hardy enough to survive the hot spell in May, they will probably be maturing now faster than you can use them. Pepper Relish and Apple Chutney may be your answer to this problem. There are many pickling recipes of which include peppers and tomatoes but we believe these two will make history in your kitchen. The relish recipe makes 3 pints and the chutney 6 pints, so use half of each of the ingredients in the second recipe if you wish.

**Pepper Relish**

Peel 27 pickling onions and put through food chopper. Hand chop 5 seeded green peppers and 6 seed-

ed red peppers, the sweet kind, not the hot variety. Add 1 1/2 cups sugar, 1 tablespoon salt, 1 pint vinegar, 1 tablespoon celery seed and 2 tablespoons allspice.

Bring to a boil and simmer 30 minutes, stirring frequently. Pack hot in sterile jars.

**Apple Chutney**

Put 12 tart apples (peeled and cored), 12 peeled tomatoes, 12 small pickling onions, 3 large green peppers and 3 large red sweet peppers, seeded, through the food chopper.

To this mixture add 2 tablespoons salt, 3 cups vinegar, and 3 cups sugar. Tie 4 tablespoons ground allspice in piece of cheesecloth and put the bag in the kettle.

Bring to boil and simmer slowly one hour. Stir frequently. Remove spice bag. Taste. Add more salt, if desired. Pour into sterile jars.

**Take a Tip**

1. A boiled potato is a humble thing. It needs colour—a dash of paprika or a sprinkle of chopped parsley can pep up plain fare.

2. Squeeze boiled potatoes through a ricer and sprinkle with grated cheese.

3. Rub peeled potatoes with a clove of garlic before placing them around roast of meat.

4. Left-over potatoes diced and tossed into cream sauce or concentrated cream celery soup makes a good supper dish. Sprinkle with parsley.

5. Split big baked potatoes and scoop out part of the centre and put in scrambled egg or sandwich filling.

6. Diced, cooked beets, chilled and served with a little sour cream seasoned with grated horseradish may be to your liking.

7. A couple of peaches sliced among slivered carrots and cooked in a covered casserole with very little salted water makes a tasty vegetable dish.

8. Two chives cooked with lima beans in the pressure cooker will renounce any bland, mealy flavour.

**The Suggestion Box**

Mrs. C. C. Suggests:

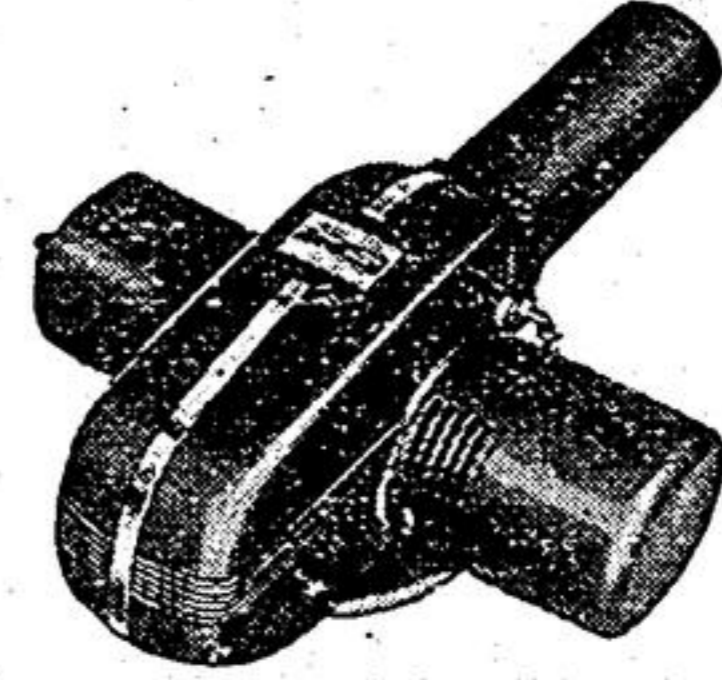
**Dutch Spinach**  
4 slices bacon, diced  
3 cups chopped raw spinach  
3 tablespoons flour  
1 1/2 cups hot water  
2 tablespoons sugar  
1 tablespoon vinegar  
3/4 teaspoon salt—dash of pepper  
2 hard-cooked eggs  
Fry bacon until crisp; add bacon to spinach. Add flour to drippings and blend thoroughly. Add hot water and cook over low heat until thick, stirring constantly. Add sugar, vinegar, and seasonings. Pour over spinach. Stir well until wilted, and garnish with sliced, hard-cooked eggs. Serves 6.

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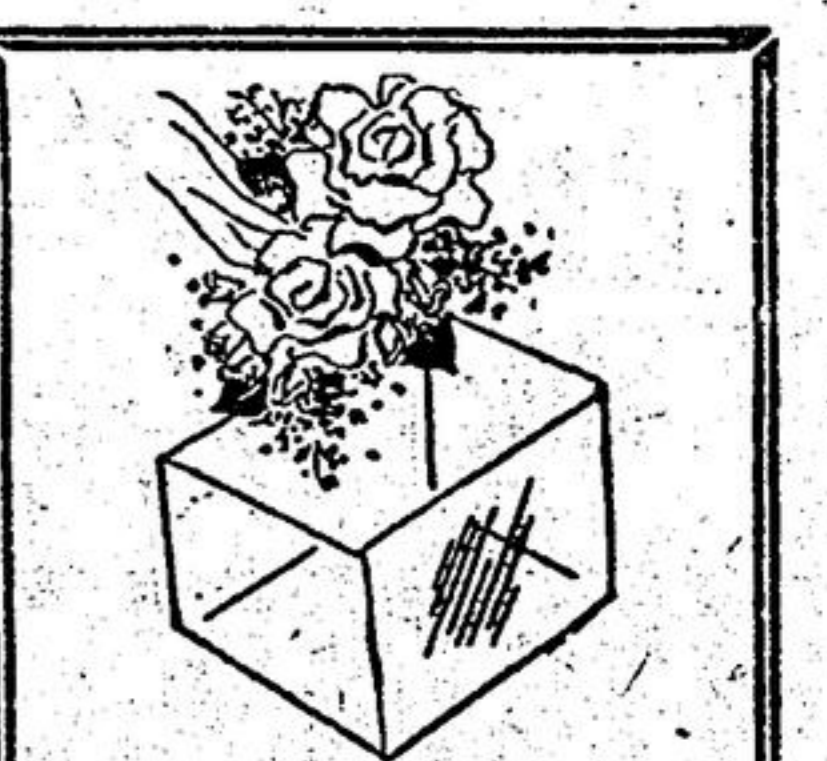


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Mrs. J. R. suggests:  
**Cabbage-Apple Slaw**  
1 banana  
1/2 cup sliced apples  
1/4 cup French dressing  
2 cups shredded green cabbage  
1/2 cup of diced celery  
Drop sliced banana and apples immediately into the French dressing to avoid discoloration. Combine with remaining ingredients; toss with fork until thoroughly mixed. If desired, serve cream mayonnaise with this.

Today's Canadian worker earns for each hour he runs a machine more than the worker of 80 years ago earned for a whole day's effort.

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