



THE MIXING BOWL

By ANNE ALLAN
Hygiene Home Economist

Here's to you, a happy New Year, friends!

This New Year's toast was introduced in England at the Court of Henry VII., with elaborate ceremonies marking the occasion. For this rite, a bowl, like a supper tureen, filled with wassail and cups for everyone present were used. Wassail consisted of hot ale or wine, sugar, nutmeg or ginger, with sweetened apples floating on top. The occasion was marked by a gathering of friends who expressed best wishes for the future while cups were held high, then everyone's agreement was confirmed as each drank wassail.

Today, many hosts and hostesses plan a special buffet supper, or a midnight snack immediately after toasting their friends. We intend to serve tomato and chicken clock salad; Waldorf salad with halved raw cranberries; buttered rolls; relishes, celery curls, carrot sticks; Christmas cake, cookies, coffee.

Other suggestions may be a Make-Your-Own Sandwich Party:

- Spiced Tomato Juice
- Assorted Sandwich Fillings (liverwurst; minced ham; egg salad; different kinds of cheese; cranberry and celery; peanut butter)
- Buttered Bread or Rolls
- Olives
- Pickled Onions
- Mince Tarts
- Coffee

- Fruit Juice
- Creamed Turkey
- Peas in Casserole
- Cheese and Crackers
- Snow Pudding with Holly Sauce
- Fruit Cake and Coffee

- Sliced Chicken, Ham and Tongue
- Scalloped Potatoes
- Cole Slaw
- Apple Salad with Relishes
- Buttered Tea Biscuits
- Cookies
- Tea

- Hot Spiced Apple Juice
- 1 Can Apple Juice
- 1 Stick Cinnamon
- 6 Whole Cloves

Remove top of can completely, then drop in spice. Place the tin of juice on the top shelf of the oven to heat during the cooking of New Year's dinner. Strain hot and serve in cups.

- Creamed Turkey
- 2 cups cooked turkey
- 1 cup peas
- 1/2 cup cooked celery
- 1/2 cup sliced olives
- 4 tbsps. fat
- 4 tbsps. flour
- 2 cups milk
- 1 tbsps. parsley, salt and pepper
- 1 egg yolk

Make a white sauce of fat, flour and milk. Season with salt and pepper. Add parsley and turkey and cook until the mixture is thoroughly hot. Beat the egg yolk, adding two table-spoons milk and pour into the mixture. Cook two minutes, stirring constantly, adding peas, celery and olives. Serve with diced turkey on tea biscuits.

- Snow Pudding
- 1/2 cup corn starch
- 1/2 cup sugar
- 1 tsp. salt
- 4 cups boiling water
- 2 lemons
- 4 egg whites

Mix corn starch, sugar and salt thoroughly. Gradually add boiling water, stirring constantly. Cook over an electric element turned high until thick and clear, about five minutes. Add lemon juice (6 tbsps.) and grated rind and pour slowly over stiffly-beaten egg whites. Yield: 12 servings.

- Cherry Sauce
- 2 tbsps. sugar
- 1 tsp. corn starch
- Pinch salt
- 1 1/2 cups milk
- 1 egg
- 1/2 tsp. vanilla
- 1/2 cup maraschino cherries

Mix sugar, corn starch, salt and one cup milk. Heat in double boiler. Beat egg yolk slightly with remaining milk. Add slowly to hot milk, stirring constantly. Cook until mixture is thick and will coat a spoon (8 minutes). Remove from heat, add flavoring and cherries. Serve on Snow Pudding.

Festive Sandwich Loaf
Remove crusts from a sandwich loaf, cut lengthwise into slices about 3/4 inch thick. Butter each slice lightly. Spread bottom slice with a filling, then cover with another slice and spread with another filling. Continue in the same fashion until loaf is completed.

Spread top and sides of loaf with cream cheese which has been softened with top milk. (It will take three packages of cream cheese and about 1/2 cup milk to cover one loaf.) Chill before serving and garnish platter with parsley, tomato wedges, gherkins and olives. Dot the top with strips of tomato and pieces of green cherries in a poinsettia design.

- Sandwich Fillings
- Egg Salad
- Chopped Ham
- Cooked Dates with Ginger Flavoring

Moscow is being beautified.

Agricultural plenty is India's aim for millions of her undernourished.

Norway has floating "church boats" introduced when Nazi invaders closed churches.

The householders in the town of Cobourg have been given a 50 per cent increase in domestic water rates, necessitated by the expansion program carried out running into \$23,000.

Mrs. James White Succumbed in 85th yr.

A well-known resident of Pickering Township for a great many years, Mrs. James White passed away on Saturday at the home of her son, Walter, Pickering. She was in her 85th year.

Mrs. White was born in England, Mary Ann Mitchell. She came to Canada at an early age and after marriage, her husband farmed in Pickering Township until his death, some 15 years ago. She was connected with both the Anglican Church and the United Church.

Surviving are two sons, Walter of Pickering, and Lloyd of R.R.2, Claremont; four daughters, (Grace) Mrs. Norman Banks of Pickering; (Ethel) Mrs. Walter Sheppard; (Cora) Mrs. Fred Hamilton of Brougham; (Elva) Mrs. Lorne Ravine of Kingston; three brothers, Jim Mitchell of Pickering lake-shore; Frank Mitchell of Cherrywood and Joseph Mitchell on the 7th concession near Brougham; and two sisters, Miss Emma Mitchell of Cherrywood and Mrs. John Thompson of Toronto.

Funeral service was from her late residence with burial in Erskine Cemetery.

UNGRADED TOMATOES

At Sault Ste. Marie, Ont., Dec. 8, George French, Sarnia, Ont., was fined \$25 and costs for offering for sale tomatoes the baskets of which were not properly graded, packed and marked in accordance with the regulations.

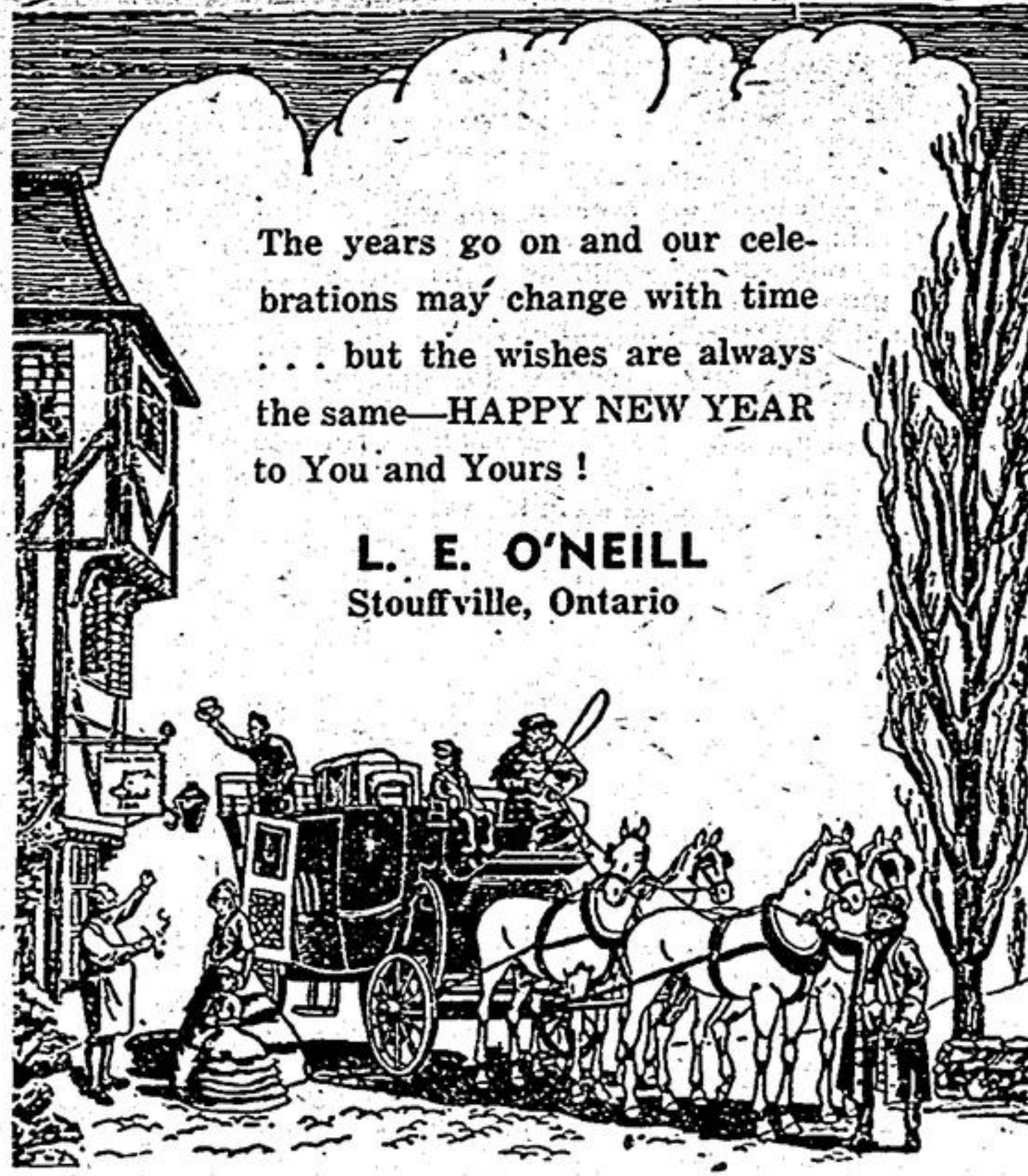
This action was taken under the provisions of the Farm Products Grades and Sales Act by an Inspector of the Fruit and Vegetables Division, Dominion Department of Agriculture, acting on behalf of the Ontario Department of Agriculture.

NEW BOOKS IN THE LIBRARY

Fiction
"Live with Lightning," Wilson; "Three Ships West," Symons; "The Gamester," Sabatini; "The Passionate Pilgrim," Bird; "Young Bush Pilot," Hambleton; "Treason at York," Hayes; "Tales of the Mounted," Brockie; "Both Your Houses," Gibbs; "Mr. Ames Against Time," Child; "Call it Treason," Howe; "Mary," Asch; "Perilous Passage," Mayse; "West of the Hill," Carroll; "The Long Love," Sedges; "Prince of Egypt," Wilson; "Riders of the Purple Sage," Grey; "Valley of Wild Horses," Grey; "The Mysterious Rider," Grey; "Fighting Caravans," Grey; "The Rainbow Trail," Grey; "The Light of the Western Stars," Grey; "Inherit the Night," Christie.

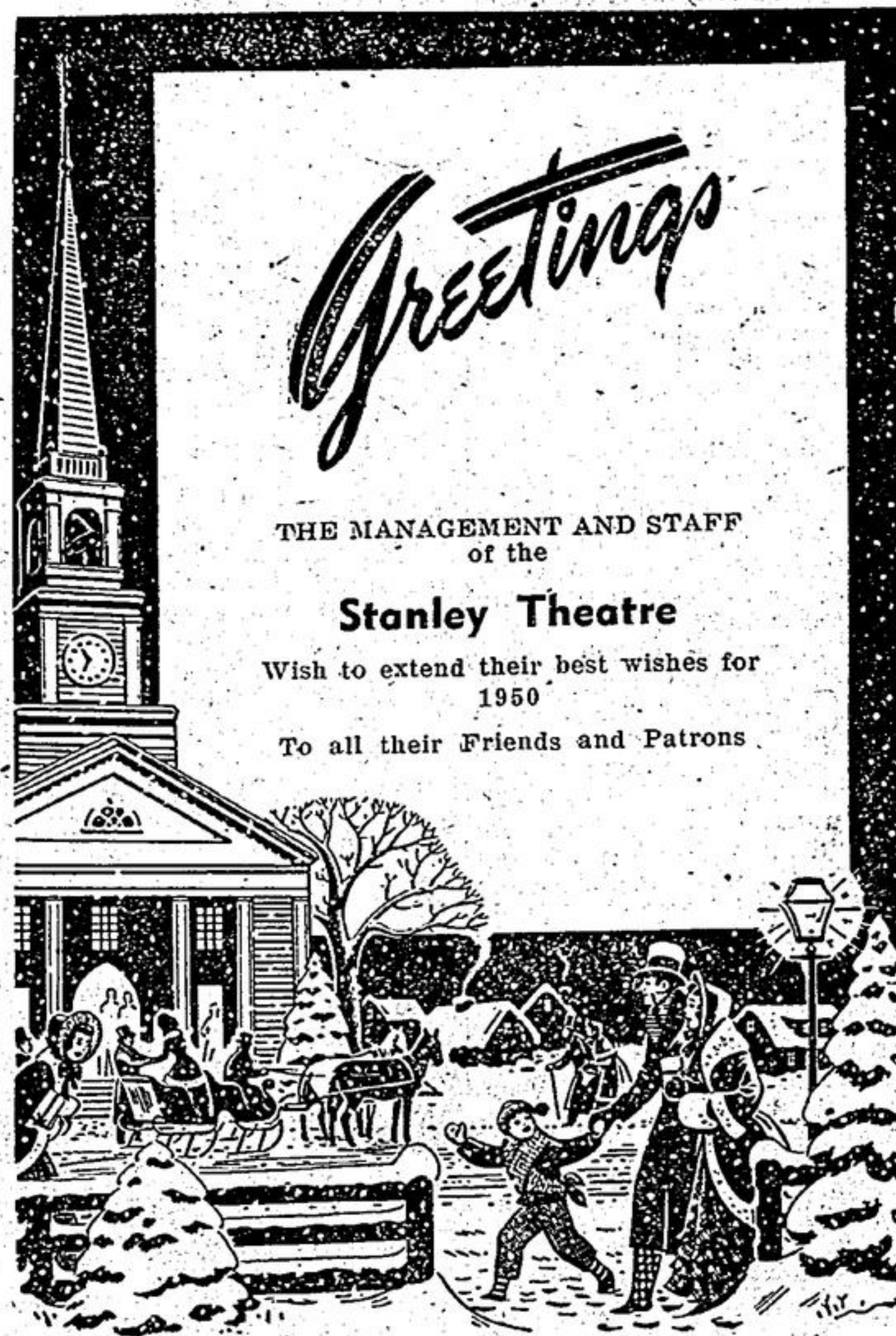
Non-Fiction
"The Old Oaken Bucket," Partridge; "Mackenzie King of Canada," Hardy; "Andy Clark and His Neighbourly News," "Uncle, Aunt and Jezebel" Heman.

Does the second half of the nineteenth century start in 1950 or 1951?



The years go on and our celebrations may change with time . . . but the wishes are always the same—HAPPY NEW YEAR to You and Yours!

L. E. O'NEILL
Stouffville, Ontario



Greetings
THE MANAGEMENT AND STAFF
of the
Stanley Theatre

Wish to extend their best wishes for 1950

To all their Friends and Patrons.

Test Cabbage Juice As Cure for Ulcers

The search for remedies for stomach ulcers is turning up new candidates, among them a nerve-control drug, cabbage juice, a hormone and anti-acid pills, says a despatch from New York.

Some look promising in their first trials—on small numbers of ulcer patients. It cannot yet be said just what each might do to help any sizeable number of the millions who suffer from ulcers each year.

Ulcer Cause Unknown
Just what causes ulcers of the stomach or duodenum, the first part of the intestine, is not known. Excess stomach acids are at least partly responsible. Rapid stomach movements also may contribute. Nerves and anxiety or tenseness apparently stimulates production of stomach acids. Cutting the vagus nerve, leading to the stomach, often leads to healing of ulcers.

A synthetic drug, bantnine, that blocks the vagus nerve, is being studied at Duke University by Dr. Keith S. Grimson and associates. X-rays show that the bad peptic ulcers of 20 patients—all apparently healed. Pain stopped a few minutes after the tablets were swallowed.

Stomach Acids Decrease
The stomach movements slowed down. In most patients, the amount of stomach acid dropped. One question is whether the ulcers will come back. So far, after about six months' use of the drug, they haven't.

Drinking a quart of cabbage juice a day shows promising results against ulcers, Dr. Garnett Cheney of Stanford University Medical School, reports. The treatment still is experimental, and a doctor should direct it, he told the American Dietetic Association.

This approach is based on the idea that one condition for ulcers is lack of normal resistance against acids by the mucosa or lining of the stomach and duodenum.

Animal tests pointed to fresh cabbages and lettuce as effective in curing ulcers in guinea pigs, and even protecting the animals from ulcers. Fresh cabbage juice appears to be rich in the antilucer factor.

Try Hormone Substance
A hormone, anethelone, heals ulcers in animals and now is being tried on humans by Dr. David J. Sandweiss and associates of Harper Hospital, Detroit.

It is a female hormone produced during pregnancy. The reason for trying it is that women who become pregnant get relief from their ulcers during pregnancy.

Trend in education—to teach graduates how to apply text-book learning.

India's genial Prime Minister Nehru spent 13 years in jail, a political prisoner.

MAYFAIR

Restaurant

Monday thru Friday

8 a.m. — 11 p.m.

Saturday

8 a.m. — 12 p.m.

Stouffville Sand & Gravel Limited

are prepared to supply your requirements of Crushed Gravel, Sand, Concrete Gravel Pit Run, delivered or at the bin.

Plant Phone — 125J
Office Phone — 370

BEST WISHES

for

THE COMING YEAR

to all our

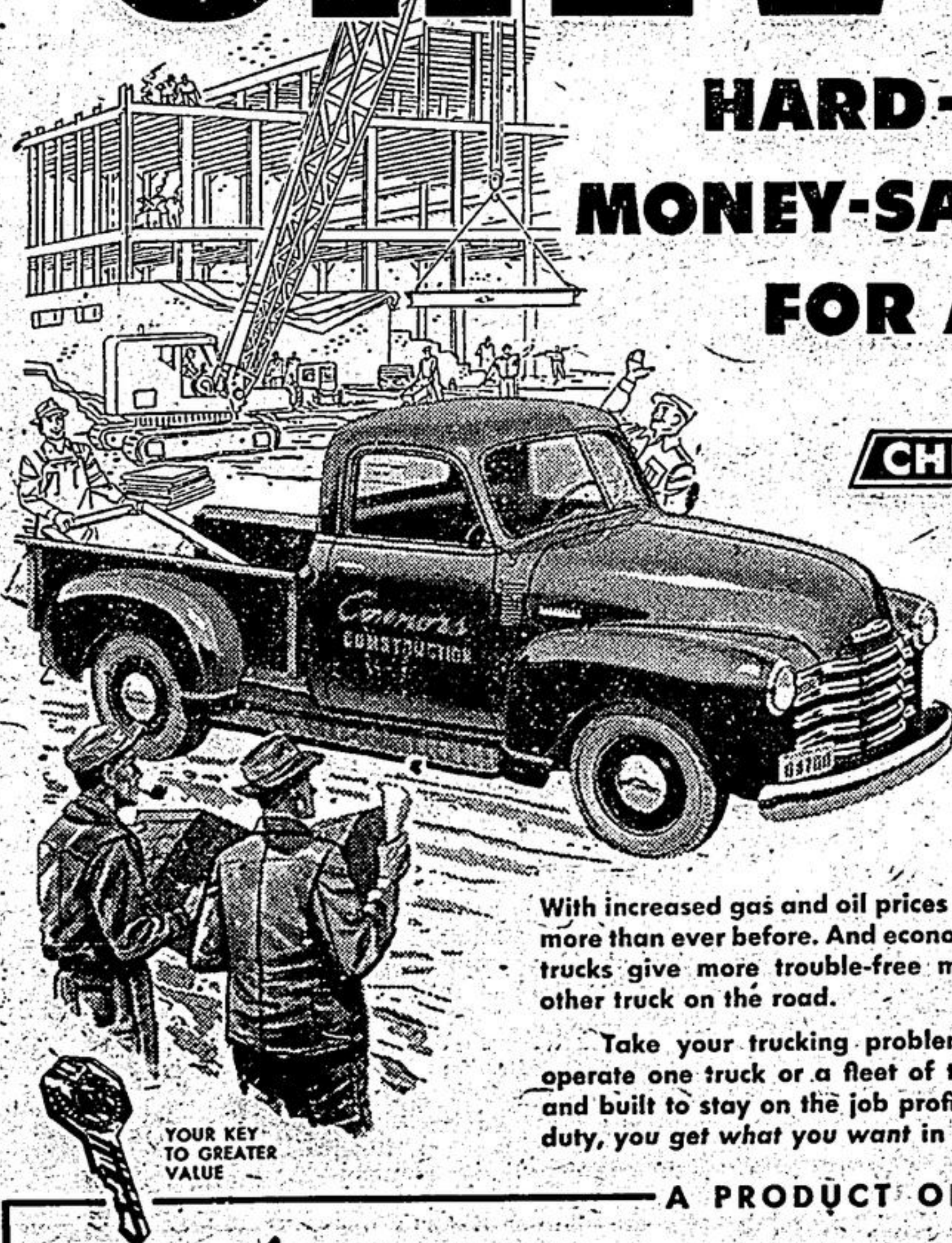
Customers & Friends

THE CENTRAL FEED STORE

Elmer Daniels, prop.

CHEVROLET

**HARD-WORKING,
MONEY-SAVING TRUCKS
FOR ALL JOBS**



With increased gas and oil prices in effect, truckowners must insist on economy more than ever before. And economy is what Chevrolet is famous for. Chevrolet trucks give more trouble-free miles of money-making operation than any other truck on the road.

Take your trucking problems to your Chevrolet dealer. Whether you operate one truck or a fleet of them, he can show you Chevrolets designed and built to stay on the job profitably. Panel, stake, light, medium or heavy-duty, you get what you want in Chevrolet.

A PRODUCT OF GENERAL MOTORS

CHAS. COOPER, Claremont

CT-449B