



**MAGIC makes my Cup Cakes so light and fluffy!**

### Gingerbread Cup Cakes

Combine  $\frac{1}{2}$  cup melted shortening and  $1\frac{1}{2}$  cups molasses and add 1 beaten egg. Stir until well blended. Mix and sift together 2 $\frac{1}{2}$  cups sifted flour, 1 teaspoon Magic Baking Powder, 1 teaspoon Magic Baking Soda, 1 teaspoon cinnamon, 1 teaspoon ginger,  $\frac{1}{2}$  teaspoon cloves,  $\frac{1}{2}$  teaspoon salt, and add alternately with  $\frac{1}{4}$  cup hot water. Bake in 24-2 $\frac{1}{2}$ " cup cake pans in moderate oven (350°) for 30 minutes. Then blend one 3-oz. package of cream cheese with enough milk to make of sauce consistency. Top each serving with a spoonful.



## THE MIXING BOWL

BY Anne Allan  
HYDRO HOME ECONOMIST

Hello Homemakers! Canadians spend a lot of dollars for meat every week. Do we get the most out of every dollar we spend for meat? If the last survey we took gives an accurate indication of the average cost per serving of meat, then there should be a reckoning somewhere. While reviewing a few do's and don'ts in meat cookery, perhaps you can determine where you may be losing out.

1. Do not sear a roast. A low roasting temperature prevents shrinkage, therefore, saves servings. The meat will be well browned and juicy and the dripping will be light coloured (usable) if a constant temperature of 325 or 350 degrees is maintained.
2. The use of a roast-meat thermometer is economical because it ensures the meat being done to suit your family's taste.
3. Do not cover the meat while roasting because steam will form and give the roast a water-soaked flavour.
4. Less tender cuts of meat are best cooked by moist heat as in braising or in water cooking. A long, slow cooking period for meat pays in better flavour, more tenderness and more servings.
5. Do not boil meat as high temperatures toughen the tissue. In water cooking, keep the water just under the boiling temperature—this is called "simmering."
6. Use skimmed fat drippings for pan frying, spice cakes, muffins and bread stuffings.
7. Bones and inexpensive pieces may be simmered and the liquid combined with left over vegetables, some rice or barley to make good home-made soup.
8. Read directions on prepared or partially prepared meats for best results.
9. Cuts of fresh meat recommended for roasting:
  - (1) Standing or Rolled Rib of Beef.
  - (2) Leg, loin, shoulder, Boston Butt of Pork.
  - (3) Leg, crown, shoulder, Boneless Roll of Lamb.
  - (4) Leg, loin, shoulder, Boneless Roll of Veal.
10. For braising:
  - (1) Beef—rump, round, chuck, heart, liver, flank, brisket, short ribs, neck.
  - (2) Lamb—riblets, neck pieces.
  - (3) Veal—shoulder, loin chops, leg steak, cutlets.
  - (4) Pork—shoulder, loin chops, spareribs, heart, liver.
11. For water-cooking at the simmering point:
  - (1) Plate, shank and corned beef, also tongue, ox tails and heart.
  - (2) Neck and breast of lamb.
  - (3) Shoulder, breast, tongue and heart of veal.
  - (4) Hock, picnics, neck bones, heart, butt of pork.
12. Plan for serving large ham. It is often economical to buy half of a large ham at once to be used in different ways on successive days. For example:
  - Meal No. 1—Broiled Ham slices.
  - Meal No. 2—Baked Ham.
  - Meal No. 3—Minced Ham in Biscuit Jelly Roll.
  - Meal No. 4—Hot Ham sandwich with cole slaw.
  - Meal No. 5—Split Pea Soup made with ham bone stock.
13. Plan for serving large pot roast:
  - Meal No. 1—Spiced Pot Roast.
  - Meal No. 2—Hot Beef sandwich
  - Meal No. 3—Casserole of minced beef and vegetables.
  - Meal No. 4—Cubed Beef in Spiced Tomato Soup.
  - Meal No. 5—Beef Roll in Pastry.

### Barbecued Spareribs

4 pounds pork spareribs  
2 onions, sliced  
 $\frac{1}{2}$  cup ketchup  
1 tablespoon Worcestershire sauce  
 $\frac{1}{2}$  teaspoon chili powder  
1 cup water.

Cut ribs in pieces for serving. Place in baking dish. Put onions over the top, then mix and add other ingredients. Cover, and cook in moderate electric oven (350° F.) about 2 hours. Makes 6 servings.

### Pork Hocks with Cabbage

4 pork hocks  
1 quart freshly cooked cabbage  
Seasoning

Cover hocks with water. Bring to a boil. Simmer  $1\frac{1}{2}$  to 2 hours or until tender. Add cabbage and cook 30 minutes. Serve hocks on hot buttered cabbage. Makes 4 servings.

### Split Pea Soup

ham bone  
1 pound split peas  
2 carrots, diced  
 $\frac{1}{2}$  onion, chopped fine

Cover good-sized ham bone with water. Simmer slowly 2 hours. Remove bits of ham from the bone and add to the broth. Add split peas, carrots and onion. Cover and simmer 1 hour on electric element turned to Low. Season to taste. Makes 6 servings.

### The Suggestion Bob

Mrs. C. M. says: Make mock chicken legs by grinding veal shank and mixing it with egg; roll a spoonful in crumbs and then wrap with bacon.

Mrs. T. R. says: Always soak kidneys  $\frac{1}{2}$  hour in salted cold water before using. Drain; cut in  $\frac{1}{2}$  inch slices, then pour on boiling water.

Mrs. C. W. says: Use grated parsnip in left-over lamb for a good flavoured meat loaf.

Information concerning about three hundred million people in the Western Hemisphere will be gathered in the 1950 census.

Salada Tea Bags are handy for afternoon tea

# "SALADA" TEA BAGS

## Letter from East York Member

Dear People of York East:

The Minister of Lands and Forests, The Hon. Harold Scott, had been telling the members of the legislature for some time, that southern members had no idea of the vastness of the empire which his department administered, and that he wished we could see it, so early last fall arrangements were made by the Cabinet of Ontario to invite all the M.P.P.s to go on a tour of Northern Ontario that we might have a better grasp of the problems and the richness of the resources of that area. Since the trip was to occupy roughly ten days, many of the members felt that they could not spare that much time, but about half of the members did spend some of the time, they were cutting in and out as their circumstances demanded.

As the only member, I presented a problem to the Minister and Mr. P. O. Rhynas, the Personnel Manager of Lands and Forests Department, who was in charge of the trip. Two sleeping cars provided accommodation for the male members of the legislature. Mr. and Mrs. Frost flew as did Mr. and Mrs. Scott. I went on the passenger train and was very comfortable, more comfortable than the brethren except for the awkward hours at which transcontinental trains pass through some of the stations. Terrace Bay and the development of the Pulp and Paper Mill there with its accompanying beautiful town, was the first place that the party all got together. Almost no pulp as such is now exported from Ontario, so if the great pulp mills of United States are going to use Canadian wood they must of necessity move into Ontario.

lengths, and raised up into the mill by a jack-ladder. The first operation is the debarking or possibly one should just say barking, next they are chipped into small bits, and from then on they go into different vats of sulphate bleach. In the first, they are a miserable dirty colour, and the next lot of vats a beautiful golden shade, and the next snow white. The pulp is then ready for the great rollers, which with pressure and heat eliminate the moisture, and the pulp itself is cut into sizeable sheets and baled for shipping to the paper mills. All the women who use kleenex for every conceivable chore including dusting and shoe cleaning as I do, would be interested in seeing this operation. The mill is many stories high with innumerable stairways, so we were quite ready for the very fine dinner that the Kimberly-Clark Company entertained us with in the modern three-story hotel, which they have built in Terrace Bay. It is such a modern hotel that our Royal York and King Edward look quite antiquated in comparison, and from the second and third stories one can get a panoramic view of the shore and the lake. The catch is that the highway around Lake Superior stops short just six miles east of Terrace Bay, which I think will mean a great deficit for the company in its hotel department. If we had enough initiative, (about which we hear so much), we would complete the highway from Duluth to Sault Ste Marie on the north shore of Lake Superior. I know it would be expensive, but it will be done some day, why not now? Americans by the thousands would take the motor swing into Ontario, entering at Duluth and possibly returning by way of the Soo. We Canadians are slow about things like that, then the road would continue from the Soo to Sudbury and North Bay. Of course, one can drive over that part now if brave enough, but it could hardly be called a road which would entice tourists, certainly it is not a highway. The thing we heard most often on this trip was the need of roads. It was stressed at every stop we made.

On the north shore of Lake Superior about one hundred and fifty miles east of Fort William was chosen as the sight of the Terrace Bay development in forests where only the deer—I am not sure about the antelope—played before. A company from Winnipeg brought huge machines to build a model town. The Kimberly-Clark Company had built one pulpwood town in Ontario previously at Kapuskasing, and they wanted this one to be even better. There are only seven models of houses but the town is so artistically set out among the trees that seldom is there a repetition of the same type of house on a block or crescent but where it occurs some change is made in the paint or shutters or some part of the exterior making the repetition inconspicuous. I was not in any of the houses because I couldn't be a lady and go to the tea parties, and be an M.P.P. and see how kleenex is made out of trees at one and the same time, but Mrs. Frost and Mrs. Scott, who were in some of the houses tell me that they are really delightful: comfortable and roomy and artistic. Of course, being an ornery creature, I couldn't help wondering why our governments, federal, provincial and municipal, couldn't have done as well in building housing projects as an American Pulp and Paper Company.

It is an interesting thing to go through the pulp mill itself, the woods operations are a very considerable distance north of the mill, and the logs are brought down by water, cut in sixteen foot

The other incident of outstanding interest at Terrace Bay was viewing the great hydro development of Agusabon. To achieve this, a river that drained a lake northward was drained south into Superior by which a drop of hundreds of feet was obtained, all which made Charles Cox, M.P.P. for Fort William very annoyed and gave him material for innumerable speeches in the legislature accusing the government of having the development close to the Kimberly-Clark Pulp and Paper Mills for their benefit rather than at the head of the lakes for Ontario's benefit, but I will not enter the scrap between the Liberal member from Fort William and the Government of Ontario.

At the end of this interesting visit, I came smack up against one of my middle of the night take-offs. The train wasn't to pass through Schreiber until three in the morning so after consulting with the driver of one of the buses that had been at our disposal all day at Terrace Bay I returned with him as the only passenger in the bus arriving at the hotel in Port Arthur at 3.15 a.m.

Agnes Macphail, M.P.P. for York East.  
41 Pepler Ave., Toronto 6, Ont.

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## Visits John Deere Plant in Illinois

Precision engineering, scientific quality control, and modern production methods that would do credit to the finest factories in the world are used in the manufacture of John Deere farm implements, according to Fred E. Byer of Stouffville who took in a five-day tour of John Deere plants in western Illinois and eastern Iowa. These controls and methods not only contribute to the outstanding quality of John Deere farm implements, said Mr. Fred E. Byer, but are to a large degree responsible for the fact that John Deere products have not increased in cost as much as most other lines of "hard" goods since the war.

The first three days of Mr. Fred E. Byer's tour were spent in Moline and East Moline, Ill., where five of the sixteen John Deere manufacturing plants are located. In Moline, Mr. Byer saw the John Deere Plow Works, established more than 100 years ago and "home" of world-famous John Deere disk tillers and John Deere Truss-Frame moldboard plows; the John Deere Wagon Works, where rubber-tired wagons, beet and bean tools, stalk cutters, and crop dusters are made, and the John Deere Planter Works, largest corn planter factory in the world, which—among other implements—produces corn planters with 60-acre daily capacity. In Moline Mr. Byer also saw the John Deere testing and research laboratories where highly-trained specialists are employed in never-ending search for new ways to improve John Deere implements.

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# Please God! Not to Mine!

Not to mine, this horrible crippler.

Not to mine this thing with the long scientific name, poliomyelitis, this thing that means misery and pain in the language of the little ones.

Not to mine to wear a brace, to hobble, to limp.

Not to mine to hear the laughter of others, to watch them at play, to cry the bitter tears of childhood lost forever.

Please God! Not to mine!

And let me help those to whom it does come, this crippler, this destroyer.

Let me give to help the helpless:

Let my dollars and my prayers go with these little ones; that some day, some time, children everywhere will walk without fear, free of childhood's greatest enemy, Poliomyelitis.

I am glad I have the privilege of giving to the Canadian March of Dimes.



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