

# Help The Red Cross "SALADA" TEA

## THOROUGH INSPECTION ASKED BY TURNIP MEN

Turnip Growers of the Province report that their recent meeting at the Ontario Crop Improvement Association, was the most successful yet held.

Among resolutions approved was one asking that quality be maintained by rigid inspection, for both export and domestic markets by the marketing inspection staff of both Dominion and Provincial Departments of Agriculture.

Another resolution condemned the practice of consignment shipping and "peddling" by truck, as factors which tend to demoralize markets. Considering that annual

export output in Ontario often reaches two and a half to three million bushels, it is considered that Ontario turnips should be widely advertised with assistance by both Ottawa and Ontario Departments.

The meeting commended work done by the Ontario Agricultural College, Dept. of Entomology, toward control of aphids and maggots and the Soils Dept. for demonstration work in cultural and fertilization. A request was made that work on these two phases be continued and expanded.

The total population of Canada's ten provinces at December 1, 1949, was 13,707,000.

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### MAGIC RAISIN SCONES

Mix and sift into bowl, 1 1/2 c. once-sifted pastry flour (or 1 1/2 c. once-sifted hard-wheat flour), 3 tps. Magic Baking Powder, 1/2 tsp. salt. Cut in finely 4 lbs. chilled shortening and mix in 1/4 c. washed and dried raisins and 1/4 c. lightly-packed brown sugar. Combine 1 slightly-beaten egg, 1/4 c. milk and a few drops almond flavoring. Make a well in dry ingredients and add liquids; mix lightly with fork, adding milk if necessary, to make a soft dough. Knead for 10 seconds on a lightly-floured board and pat out into greased pie plate (7 1/2" top inside measure) and mark into 6 pie-shaped wedges. Bake in hot oven, 425°, about 18 minutes. Serve hot with butter or margarine. Yield—6 scones.



# MOTHERS!

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Hello Homemakers! As usual, March winds are gales! These are days when meals should be of the hearty type and during the Lenten period there seems to be a good market for fish. You can order sufficient variety and make interesting variations to serve fish often without monotony.

By the way, we think it's a matter of how you answer as well as what you say when asked, "What's for supper?" You may say, "Good tasty chowder or Sweet and Savory Sauce on Pickered or Jellied Tuna Salad or French Fried Haddock." We suggest you never reply to above question with one word, "Fish," especially with your nose turned up.

**Crumble, Chowder**  
2 lbs. cod or haddock  
1/2 lb. salt pork  
1 cup fish stock  
1 small onion  
4 medium potatoes  
1 bay leaf  
2 cups milk, scalded  
1 cup hot water  
Salt and pepper  
Crumbled soda crackers

Free fish from skin and bones and cut into pieces. Cover skin and bones with cold water and simmer 20 minutes to make fish stock. Discard skin and bones. Fry salt pork, add minced onion and brown. Add potatoes, fish, fish stock, bay leaf and boiling water. Simmer covered for 15 minutes or until fish is cooked. Remove bay leaf. Add hot milk, salt and pepper. Serve piping hot over crackers.

**Frozen Tuna Salad**  
1 cup tuna, flaked  
1 can condensed tomato soup  
1 tsp. lemon juice  
1/2 tsp. cayenne  
1/4 cup minced pickle  
4 eggs, hard cooked  
4 tps. salad dressing

Mix lightly the tuna fish, soup, lemon juice and seasonings. Pour into moulds or greased custard cups, and cover with foil. Set in freezing compartment of refrigerator until firm.

Turn out and serve with hard cooked eggs sliced and topped with salad dressing.

**Steamed Fish with Sweet-Sour Sauce**  
Wipe fish and cut into servings. Season with salt and pepper. Place fish, along with 2 or 3 bay leaves, a dash of vinegar and a carrot, in a piece of aluminum foil or piece of cheesecloth. Place on metal top jar rings in bottom of saucepan. Add boiling water to cover, bring to a boil and simmer, covered. Allow 10 minute per pound after boiling point is reached. Serve with Sweet 'n' Sour Sauce; Make a paste of 2 tps. cornstarch and 1/4 cup cold water. In top part of double boiler, over boiling water, heat 1/2 cup brown sugar and 1/4 cup vinegar. Slowly add cornstarch mixture stirring as sauce thickens. Cook covered until there is no longer any starchy taste and sauce is clear—about 10 minutes.

**French Fried Fish**  
Purchase Whitefish, filets of Halibut, Smelts or Flounder for deep fat frying.

Clean, wipe as dry as possible with paper towelling. Sprinkle with salt. Dip in flour, then beaten egg and crumbs. Fry in deep fat at 370 degrees or fat that browns a cube of bread in 40 seconds. Drain (after 5 to 7 minutes cooking) on absorbent paper.

- Take a Tip**
1. After handling raw fish, rub hands with salt and rinse to remove fish odour.
  2. Dishes which have held fish will be sweet again if soaked in water to which has been added 1 tsp. mustard. Wash well.
  3. Cook fish in cookery parchment or aluminum foil to prevent cooking odours.
  4. Allow 2 cups dry crumbs for stuffing a four pound fish.
  5. Allow 15 minutes per pound for baking stuffed fish in electric oven of 400 degrees.

## Florida Spuds Bought By U.S. To Peg Prices

We are indebted to Mr. George Cober of Markham Township for a copy of The Sarasota Times-Tribune which he sends us from Florida where he is enjoying a holiday, as has been his custom in previous winters. We note that Uncle Sam is worried about the surplus potato crop on which huge sums of money have been spent to support a floor price. The Times-Tribune carried a report from Washington as follows:

"Uncle Sam is finding himself plagued with surplus potatoes from the 1950 crop even before he has got rid of surpluses from the 1949 crop.

The Agriculture Dept. has bought more than 11,000 bushels of early potatoes grown this year in Florida. The purchases were made in an effort to keep grower prices from dropping below levels required by law. It paid about \$2.50 for 100 pounds for the Florida spuds.

The department is now in the process of buying a surplus of about 45,000,000 bushels still remaining from last year's crop. The bulk of these potatoes will be dumped—that is, made available to farmers for livestock feed and to non-food uses at nominal prices or free of charge.

Stocks of merchantable potatoes from the 1949 crops still held by growers and local dealers Feb. 1st totalled 118,800,000 bushels, or more than a fourth of last year's production of about 400,000,000 bushels.

It is likely, officials said, that the government will have to buy one bushel out of every three of the Feb. 1 stocks. Officials now estimate that the price support program

for the 1949 crop may cost upwards of \$100,000,000. The cost for the 1948 crop was nearly \$250,000,000.

What the 1950 program will cost is a question which can be answered only after the crop is in. Potato harvest begins in southern states as early as January. It continues through the winter, spring, summer and fall.

The 1950 crop will be supported at an annual average rate of \$1.01 a bushel compared with \$1.10 for the 1949 crop. Support rates vary, however, by season of harvest, type, and time of marketing. Rates are highest for the very early potatoes grown in southern states for the winter market."

## BIBLE QUESTIONS ANSWERED BY THE VOICE OF PROPHECY

Question—It is really important to us today whether Christ did or did not rise from the dead?

Answer—Most important, "For if the dead rise not, then is not Christ raised: and if Christ be not raised, your faith is vain; ye are yet in your sins. Then they also which are fallen asleep in Christ are perished." I Corinthians 15: 16-18.

Q.—Didn't God give this earth to Satan after He made it?

A.—Let us read Psalm 115: 16: "The heaven, even the heavens, are the Lord's: but the earth hath He given to the children of men."

Q.—I believe that everything in the Bible is literal. Am I right?

A.—Apparently not, for we read in Habakkuk 2: 11; "For the stone shall cry out of the wall, and the beam out of the timber shall answer it." This clearly is figurative language, for a stone or piece of timber does not actually cry or speak. Figurative language and prophetic symbols are often used by Bible writers.

## Barbara Brent's **BUYS AND WHYS** A WEEKLY INFORMATION SERVICE



**MONTREAL**—Show me the hostess who wouldn't like to know the secret of making a really delicious cake! There's nothing like a wonderful cake to establish a woman's reputation as a good cook... and there's nothing like SWANS DOWN CAKE FLOUR to assure the success of a cake! I've found that Swans Down makes consistently finer, fluffier cakes... cakes you'll enjoy serving to your friends! And you'll get real pleasure from making cakes with Swans Down, too. For, when you use Swans Down, you're playing extra safe—using flour milled by specialists in making cake flour—flour that's made from the choicest of soft wheat and sifted over and over again 'til it's 27 times as fine as ordinary flour!

**You Need Never Be Caught**, like Mother Hubbard, with a bare cupboard when unexpected guests drop in! Thanks to the HEINZ chefs, you can have seven HEINZ MAIN COURSE MEALS waiting on your shelves for just such emergencies! Yes, 7 out of the 57 Heinz Varieties are main course dishes! And so good—so very easy to prepare! Four luscious kinds of Heinz Oven Baked Beans—Heinz Cooked Macaroni—Heinz Cooked Spaghetti in Tomato Sauce with Cheese—and, newest variety to come from the Heinz kitchens—Heinz Cooked Spaghetti with Meat! "Stock up" now on these luscious, "Lucky 7"!

**When In Doubt**, serve home-made muffins—muffins made with CALUMET BAKING POWDER! Calumet's double action—first in the mixing bowl, then in the oven—insures the light, even tenderness of muffins, tea biscuits and cakes. For a special treat, I suggest this muffin variation.

**SPICY CRUST MUFFIN**  
2 cups sifted flour  
2 1/2 teaspoons Calumet Baking Powder  
2 tablespoons sugar  
3/4 teaspoon salt  
1/3 cup shortening  
1 egg, well beaten  
3/4 cup milk  
2 tablespoons sugar  
1/4 teaspoon cinnamon

Sift flour once, measure, add baking powder, sugar and salt; sift into bowl. Cut in shortening. Combine egg and milk; add all at once to flour mixture. To mix, draw spoon from side of bowl toward centre (15 times) turning bowl gradually. Chop spoon through batter (10 times). Then stir only until all flour is dampened (only about 5 strokes). Turn into greased muffin pans, filling each about 2/3 full. Mix sugar and cinnamon; sprinkle over batter. Bake in a hot oven (400 deg. F.) about 25 minutes. Makes 10 large muffins.

**A Festive Frosting** can turn even a "plain Jane" cake into a handsome beauty. And for gorgeous frostings, I do like BAKER'S UNSWEETENED CHOCOLATE. The full, rich chocolate flavour and velvet smoothness of Baker's Chocolate does wonderful things to a frosting—in fact all my chocolate cookery. Baker's is all pure chocolate, with nothing added and nothing taken away. Try adding 2 or 3 squares of Baker's Unsweetened Chocolate, melted and cooled, to your Seven-Minute Frosting just before spreading. It's a delicious topping and one I know the family will enjoy.

## ALMIRA

(Last Week's News)  
Miss Verna Wideman of Kitchener Bible School was home for the weekend.  
Mr. and Mrs. Peter Stickley visited Sunday with Mr. and Mrs. W. Reaman of Richmond Hill.  
Miss Mabel Shank of Markham has been spending a few days with Mrs. Allan Wideman.  
Mr. and Mrs. John Timbers spent

Sunday with Mr. and Mrs. Henry Grove of Markham.

Mrs. Allan Wideman, Mrs. Peter Stickley spent Tuesday at the home of Mrs. Edgar Stickley of Victoria Square. The occasion was a quilting bee.

Canadian companies produced in 1948 soaps, washing compounds and cleaning preparations to a record value of \$67,587,000.

## POPULAR EVENING SNACK



Most housewives meet a continual demand by all members of the family for an evening snack. Often times it seems difficult to achieve much variety in these impromptu "lunches". Nutbread will always be a sure-fire hit and what's even more important it's not difficult to prepare. Whether it's "just the family" or company drops in, the "chef" is sure to receive compliments on her shredded wheat nutbread.

**NUTBREAD**  
1/4 cup sugar  
1/4 cup orange marmalade or dark corn syrup  
2 eggs  
1 teaspoon vanilla  
1 1/4 cups sifted flour

3 teaspoons baking powder  
1 teaspoon salt  
4 shredded wheat biscuits, finely rolled  
1/2 cup chopped nuts  
3/4 cup milk  
2 tablespoons melted shortening

Combine sugar, marmalade or corn syrup, eggs and vanilla; beat well. Sift together flour, baking powder and salt; combine with shredded wheat and nuts. Add dry ingredients alternately with milk to first mixture; stir in melted shortening. Pour into greased loaf pan (10 x 5 x 3 inches). Bake in moderate oven (350° F.) 50 minutes. Remove from pan. Cool; store overnight for easier slicing.

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