

THE MIXING BOWL

BY Anne Allan
HYDRO HOME ECONOMIST

Hello Homemakers! It is a temptation during warm weather to try and substitute cold foods and chilled beverages. However, no matter how tempting a chilled diet may be, it is much wiser to include at least one hot dish in every meal—whether it is a soup, main course or a hot beverage. In our home, we think soup is the most satisfying dish for both the cook and family. It can be prepared with assurance and demands little forethought. Very often left-over meats, gravies, vegetable liquids and tag ends of fresh vegetables which when combined, will produce a soup, needless as to type, but de-

lightful to eat. Mother used to keep the stock pot on the back of the stove all day, but today she uses a well-cooker, pressure cooker or a regular saucepan and quick-cooking ingredients. Instead of making soup stock for several days, only ample quantity is prepared for lunch. Additions of pre-cooked beans, rice or barley will produce a hearty soup and good flavor is added by pouring in a tin of condensed soup.

In case you have a refrigerator cleared of soup makings we give you a recipe for lima bean soup which has a wonderful flavor. Perhaps you have garden greens to make our special onion and spinach cream soup—it is good, too.

Lima and Weiner Soup
1 cup dried lima beans
6 cups cold water
1 onion, sliced
1 tsp. salt
1 tsp. dry mustard
1 tsp. Worcestershire
1 lb. weiners

Soak lima beans in water to cover, overnight. Drain and place in kettle with 6 cups water. Add onion, salt and mustard. Cover, bring to a boil and simmer gently for 2 hours. Rub through a coarse sieve. Return to kettle and place over low heat. Add Worcestershire sauce and sliced weiners. Cook for 10 minutes. Serves 4 or 5.

Spinach — Onion Soup
1 1/2 tbsps. butter
3/4 cup chopped onions
salt and pepper
1 tbsps. flour
3/4 cup chopped spinach
1 1/2 cups milk

Saute the spring onions in melted butter for 5 minutes, then stir in flour and seasoning. Add spinach and milk stirring constantly until thickened. Makes 6 servings

Borsch
(requested by Mrs. T. S.)
1 cup tomatoes
2 cups grated beets
4 cups water
1 onion
1 lb. lean beef
1 tbsps. lemon juice
salt and pepper
4 eggs

Strain tomatoes through sieve. Add grated raw beets to tomato juice. Stir in water and onion and sliced beef. Simmer 30 minutes. Add lemon juice, seasoning and 1/4 tsp. sugar. Simmer 30 minutes. Beat eggs and gradually stir in the hot soup. Serve at once. Yields 4 servings.

THE QUESTION BOX

Mrs. W.H. asks: How can I clean a range oven?
Answer: Since a paste of oven cleaner removes the paint it cannot be applied. Wipe out with ammonia water; rinse using a damp cloth and dry—and do not let water run in the open coils. Let any spillovers dry and then brush off elements. Always be sure to pull the plug from the outlet to disconnect the electric appliance before you begin to clean.

Mrs. B.F. asks: How can I prevent heavy dumplings?
Answer: Here are the precautions:
1. Be sure to sift the flour (1 cup cake) before measuring. Sift 3 times with 2 tps. double acting baking powder. Beat egg and milk (1/2 cup) well and then beat into dry mix.
2. Drop by spoonfuls onto boiling stew or stock.
3. Cover with a tight-fitting cover or a glass pie plate.
4. Steam 12 to 15 minutes. Do not lift the lid.
5. Serve at once.

Coronation Story By Tribune Writer

(by R. G. Simpkin)
(Continued from Front Page)

five heads in an area not as big as the average dining room. They never moved or even tried to avoid the dripping rain as there was no place to move.

Churchill show
On the return to the Palace when Sir Winston Churchill's coach came opposite us it veered from the parade.

Units following were signalled on past and Winnie and his guests together with the mounted body guard stood there to see the balance of the parade.

Immediately the shout went up, "We want Winnie," and he leaned out the window and waved. Cheer after cheer broke out from the multitudes.

As the balance of the parade passed the officers in charge of each unit saluted the Prime Minister's Coach.

Mr. Churchill remained there while the Royal Coach approached and the Queen and Duke both laughed and leaned towards the Prime Minister and waved to him. The Duke seemed to really enjoy this incident and I took colored movies. I believe we in Canada House press gallery have an exclusive on this.

As the procession passed out of our view, making a right turn at the Square, there were cheers from the throng. But even then there seemed no rush to move on. I made my way out to the street. It had been a long day, just over 12 hours since I had entered the building, 12 hours and the passing of the greatest pageant the world had ever seen.

Air Force fly past
In less than an hour, as soon as time allowed for the Queen to get to the Palace and take her place at the balcony, the air force fly past began.

I got as close as I could to this but crowds had filled the roads leading to the grounds down which the procession had recently passed.

Around the Palace the people had broken through the police lines and filled the square. The fly-over was most thrilling. Jets and all the latest type of aircraft took part including RCAF.

Those who had stood packed there for 36 hours or more cheered not the planes but the Queen in the window.

All during the night the streets were filled with merriment, dancing and laughter. They who had endured the waiting along the streets were still not exhausted but filled

the pubs and drank and danced and later watched the fireworks display.

With you next week at the Derby.

FOOTNOTE
Canada House needs a clean up. I am not alone in writing this so those papers who may fear losing a printing job during the coming election may or may not use it as they feel best.

We in the Press Gallery at Canada House wish to praise the service given the public in general. However, people at home should know of the gross indifference for catering shown to the five hundred or more people for less than two dollars worth of food.

We are told that the caterers who supplied this service were in no way responsible. Officials of Canada House were asked what they desired and it was service given. Caterers offered to put in trestles for people to eat from but this was turned down. They could have provided more food but were restricted to their contract.

I have a card handed to me by a person who for obvious reasons desires to remain anonymous; but he assured me that the whole mismanagement was on the shoulders of Canada House officials. We wonder what became of the profits.

A representative of the Halifax Herald who sat beside me filed a story on this and it will be in print long before this but let us hope the Ontario Weeklies tell their readers to tell their Members of Parliament Canada House needs a house cleaning.

I saw cups being washed in a bath of water that would have made good pig swill. After a rub with a towel these cups were used to serve tea or coffee.

In the washrooms no paper towels were available and towards the end of the day no paper of any kind. One ordinary kitchen towel hung in the men's room and we need not tell you what it was like.

A Westerner near me said any Women's Institute could exceed the service given on meals.

Another thing noticed was the number of stewards on the galleries to direct people to their seats. They seemed to have friends who had been placed in good seats who by their accent were not Canadians. Yet even on the morning of the Coronation, phone calls from Canadians — we heard continual refusals being given, "sorry, no more seats."

To repeat a remark by a business man from Ottawa, "They have known for years that this place needs a clean up but they do nothing."

Strawberry Festival!

Annual Strawberry Festival under auspices of the United Church Sunday School will be held at

GOODWOOD UNITED CHURCH

on

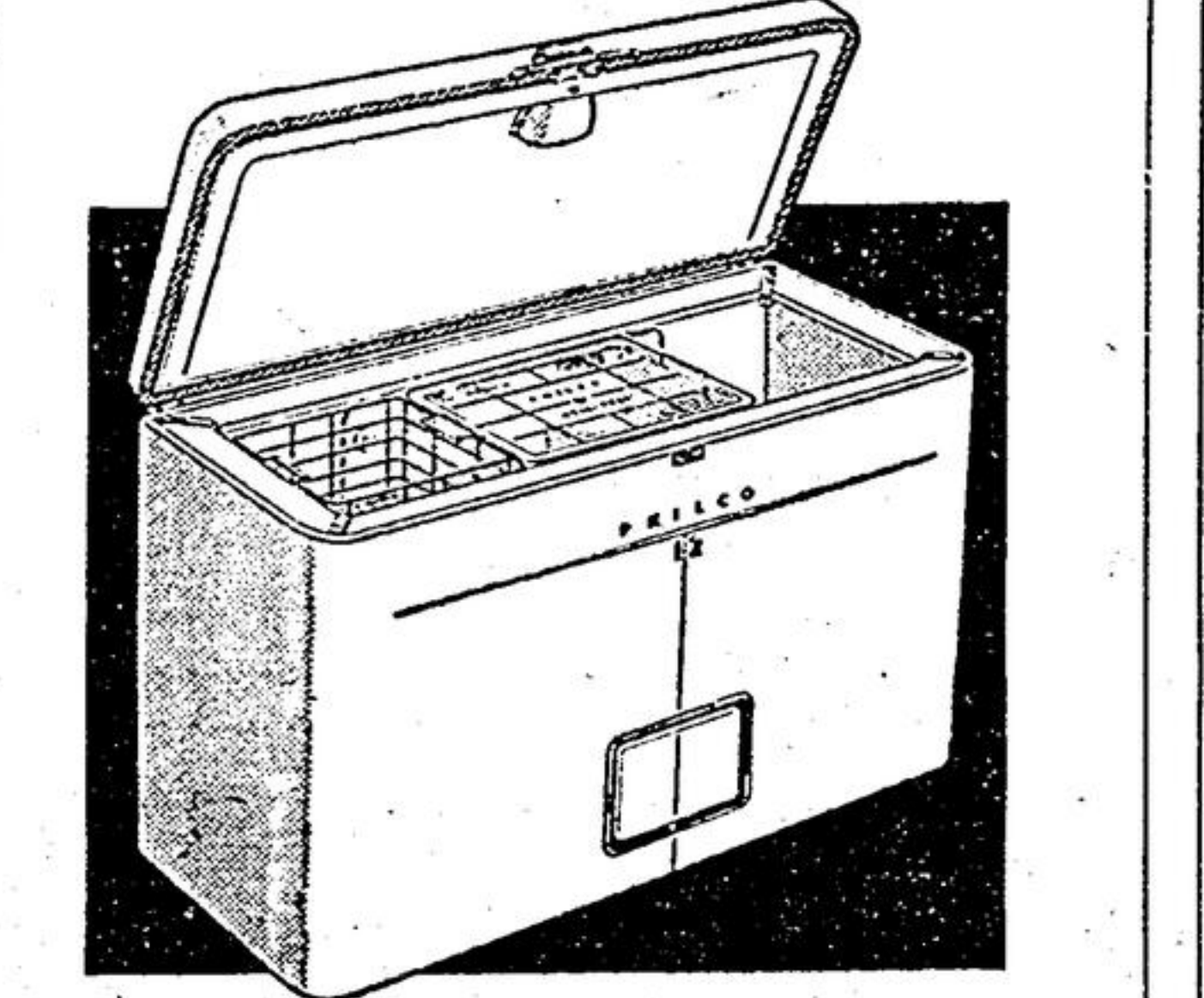
Thursday, June 25th

The program consists of a play entitled "Here Comes Charlie"

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Wednesday & Thursday — June 24 & 25

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 - 1949 Chevrolet Deluxe Coach — Two-tone gray finish, heater and defroster. Have a look at this beauty.
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 - 1948 Dodge Deluxe Coach — Heater and defroster, low mileage car, spotless condition.
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 - 1947 Pontiac Torpedo Coach — A very popular model, heater and defroster. One owner.
 - 1941 Chevrolet Coach — Heater and defroster, mechanically good.
 - 1941 Dodge Sedan — Heater and defroster. Bargain.
 - 1939 Dodge Coach — Heater and defroster.
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 - 1950 Chevrolet 1/2-ton Pickup — Heater and defroster.

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