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Slow-moving people live the longest, says a doctor. But we wish they'd keep out of department store aisles.

**THE MIXING BOWL**  
BY *Anne Allan*  
HYDRO HOME ECONOMIST

Hello Homemakers! There is no food that is so refreshing and satisfying as milk. Nutritionists will tell you that a quart of milk is a quart of food and the best cooks rely on milk to improve the flavor, texture and ease of preparing most dishes.

You can take advantage of the favorite recipes of well-known dietitians as we reprint a few of those collected by the Milk Foundation of Toronto.

**Pineapple Mint Punch**  
1 1/2 cups cold milk  
1 1/2 cups cold pineapple juice  
1/2 cup cream  
2 tbsps. sugar  
1 tsp. lemon juice  
dash salt

Combine all ingredients. Beat until foamy. Pour into chilled glasses. Garnish with a leaf of mint. Serves 4.

**Cream Cheese Soup**  
2 tbsps. chopped onion  
1 tbsp. melted butter  
1/2 cup flour  
2 cups beef extract  
1 cup boiling water  
2 cups milk  
1/4 cup grated old cheese

salt, paprika  
Sauté onion in butter for 3 mins. Stir in flour gradually. Meantime let beef extract cubes dissolve in boiling water. Add stock to onion paste and cook until smooth. Add milk and cheese. Heat to steaming—do not boil. Season with salt and paprika. Serves 4.

**Lemon Pudding**  
1 1/4 cups sugar  
3 tbsps. butter  
1/2 cup flour  
1/2 cup boiling water  
4 eggs  
1 1/2 lemons  
2 cups milk

Combine first three ingredients, add boiling water, then egg yolks. Add juice and rinds of lemons. Fold in beaten egg whites. Bake in moderate oven of 350 about 1 hour. Serves 4.

**Curried Salmon-Rice**  
2 cups cooked rice  
2 (7 oz.) cans salmon  
1 tbsp. Worcestershire  
6 tbsps. butter  
1 tps. salt  
1 1/2 tps. flour  
1/2 tsp. pepper  
1 tsp. curry powder

3 cups milk  
1 1/2 cups bread crumbs  
Cook and drain rice. Drain and flake salmon and sprinkle in Worcestershire Sauce. Make a sauce in a pan by heating water, stirring in flour, then the milk gradually. Season with pepper and curry. In a casserole layer half the rice, half the salmon and half the sauce. Repeat this layering once. Sprinkle soft bread crumbs and a tablespoon of melted butter on top. Bake uncovered at 375 degs. about 30 mins. Serves 8.

**TAKE A TIP**  
1. Curry fans may double amount of curry in above recipe. Those who do not like curry may omit and use celery salt for salt.  
2. To make 1 or 2 milk shakers, use a quart sealer with the rubber ring intact. Shake the mix well.  
3. Be sure to keep milk covered and in refrigerator.  
4. A few cookies and a glass of milk will please oldsters as well as youngsters about 4 o'clock in the afternoon if the dinner hour is late.

**THE QUESTION BOX**  
Mrs. L.A. asks: Please tell us how to freeze eggs?  
Answer: Select fresh eggs, day old, for freezing. Break each one separately into a clean saucer, and smell before putting through a sieve or colander. Place about 5 eggs in half-pint containers or 10 eggs in pint, wide mouthed jars.  
We believe it is advisable to separate yolks from whites and package 11 yolks with 1 white of an egg. Then package whites separately. Gently mix in container. Seal and label.  
Note: Eggs are thawed in unopened package and used while still chilled, or held in refrigerator 1 or 2 days. The following proportions will give accurate measurement: one tablespoon of thawed egg yolk is equivalent of 1 egg yolk; two tablespoons thawed egg whites are equivalent to 1 egg white and 3 tablespoons of thawed whole egg are equivalent to 1 whole egg.

It's going to be tougher to endure the dog days this summer with so many political tongues wagging.

**Entries Coming For World Plowing Match**

Nine countries, including Canada, have confirmed their entries in the first world plowing championship to be held this October at Cobourg, John A. Carroll of Toronto, president of World Championship Ploughing Organization, reported on his return from England. Mr. Carroll attended meetings of W.C.P.O. and the annual meeting of the British Ploughing Association.

Confirmed entries for the world match are expected from other countries. Four countries, said Mr. Carroll have already chosen their national champions to compete at the match, and others will be selected within the next two months.

The first world plowing championship (restricted to two tractor classes) is being held by W.C.P.O. in conjunction with the Ontario Plowmen's Association's annual four-day International Match. The International will be held on the grounds of the Durham-Northumberland Counties Home Farm at Cobourg, Ontario, October 6 to 9.

To date, said Mr. Carroll, Great Britain, Northern Ireland, Eire, Norway, Sweden, Finland, Holland, and Germany have confirmed their entries.

Britain will be represented by Leslie Dixon, tractor plowman of County Durham, and Reginald Hogg, horse plowing champion from Yorkshire. Mr. Dixon has won some 80 first prizes in British plowing competitions since the war. He still has a long way to go to equal the record of his 73-year-old father who won 263 plowing first prizes and championships in 40 years. Both British entrants plan to enter some of the O.P.A. open classes in addition to the world classes.

The Northern Ireland competitor, Robert J. Carse, Ulster's champion tractor plowman and a bachelor farmer from Carryduff near Belfast, will travel as a member of the British team. The team will be managed by a Scot, William Muirhead of Stirling, past vice-president of British Ploughing Association, and a well-known breeder and judge of Clydesdale horses, S.G. Powell, of Westmorland, president of British Ploughing Association will accompany the party. Also from Ireland will come Alfred Hall and G. T. Weir, secretary and treasurer of W.C.P.O.

Ronald Sheane of Wicklow, and Thomas McDonnell of Louth will carry the banner for Eire. They became Southern Ireland champions at a special test match which saw Eire's top 10 plowmen compete for the national championship. Their manager will be J.J. Bergin, secretary of National Ploughing Association of Ireland for the past 23 years.

Norway's two national champions are Odd Braut and Olaf Nedberg. They will be managed by Tore Wiig. Braut's plow is of Norwegian make and will be shipped to Canada in advance, along with plows for the British and Dutch teams. Braut's 70-year-old father, Arne Braut, himself a plowman of note, intends to accompany his son to form the nucleus of a Norwegian cheering section.

The Swedish champions will be chosen next month at a National Plowing match at which the winners of 12 area competitions will compete. They will be managed by Bengt Svenson, a director of W.C.P.O. The names of Finnish competitors and their manager have yet to be announced. The Dutch champions have not yet been chosen, but Arie C. Stehouwer has been named manager of the Dutch team. Mr. Stehouwer intends to enter some O.P.A. open classes himself.

West German world competitors will be chosen at the first federal plowing match at Cologne. Mr. Carroll said that the stimulation of interest in match plowing in Germany was very gratifying to the W.C.P.O. Last November Germany sent special observers to the British National Match. They took lots of notes and asked many questions. They were very impressed by the

fact that the British Ploughing Association was a democratic organization which assumed leadership rather than wait for the government to lead the way—a common attitude in Germany. They returned to Germany intent upon creating a similar organization.

Mr. Carroll said the measure of their success was that since last fall they have organized a series of area plowing matches in which 36 horse and tractor area champions were named. From these 36 will be chosen the two world competitors.

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ONTARIO TRAVEL compliments the winners in the recent letter-writing contest. The appreciation of the Department is expressed to each student of the thousands who submitted an entry. They wish also to thank those teachers throughout the Province who cooperated with students in making the Contest such a success.

**Winners in ONTARIO students letter writing contest:**

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It is a neat example of how, while most metals have been getting more expensive through the centuries, the cost of aluminum has been going down. Aluminum Company of Canada, Ltd. (Akan)

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