cups milk

about 30 mins. Serves S.

ered and in refrigerator.

THE QUESTION BOX

Mrs. L.A. asks: Please tell us

dinner hour is late.

how to freeze eggs?

salt for salt.

mix well.

TAKE A TIP



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



Hello Homemakers! There is no food that is so refreshing and satisfying as milk. Nutri- mins. Stir in flour gradually. tionists will tell you that a Meantime let beef extract cubquart of milk is a quart of food es dissolve in boiling water.

mint. Serves 4. Cream Cheese Soup tbsps. chopped onion tbsp. melted butter thsp flour

cubes beef extract cup boiling water cups milk cup grated old cheese'

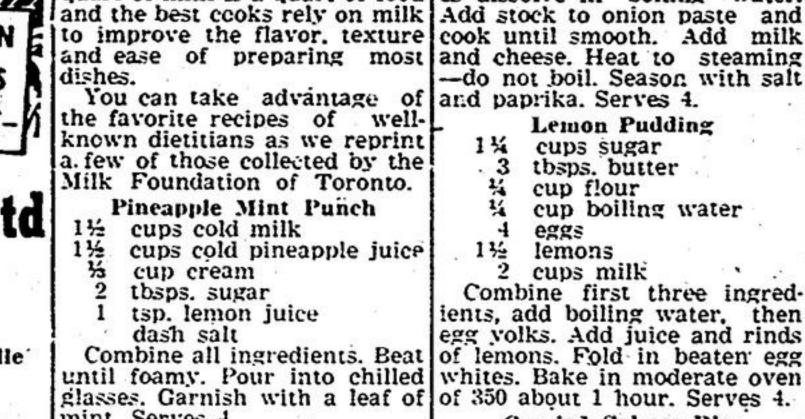
salt, paprika Saute onion in butter for -do not boil. Season with salt

Combine first three ingredients, add boiling water, then egg volks. Add juice and rinds

Curried Salmon-Rice cups cooked rice (7 oz.) cans salmon tbsp. Worcestershire

tsps. salt tbsps. flour tsp. pepper

tsp. curry powder



Answer: Select fresh eggs day old, for freezing. Break each one separately into a clean saucer, and smell before put ting through a sieve or colander. Place about 5 eggs in halfpint containers or 10 eggs in thsps. butter

pint, wide mouthed jars. separate yolks from whites and land, Eire. Norway, Sweden, package 11 yolks with 1 white of an egg. Then package whit. In have confirmed their enes separately. Gently mix





STOUFFVILLE FLORAL -ROSES-

Wedding Bouquets Funeral Designs Cut Flowers MILT SMITH, Prop.

A NUMBER of ancient English churches are replacing their equally ancient roofs, with aluminum. One of these is the Chapel of St. James in the village of Nether Warton, Oxfordshire. Its lead roof, originally laid in 1665, brought £478 as scrap - enough to pay the whole cost of installing the new roof.

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

Entries Coming 1½ 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 casser. Plowing Match

layer half the rice, half the sal-Nine countries, including Ca- ating a similar organization." Itors. mon and half the sauce. Repeat nada, have confirmed their enthis layering once. Sprinkle tries in the first world plowsoft bread crumbs and a table- ing championship to be held spoon of melted butter on top. this October at Cobourg, John Bake uncovered at 375 degs. A. Carroll of Toronto, president of World Championship Ploughing Organization, repor-1. Curry fans may double a ted on his return from Engmount of curry in above relland. Mr. Carroll attended cipe. Those who do not like meetings of W.C.P.O. and the curry may omit and use celery annual meeting of the. British

Ploughing Association. 2. To make 1 or 2 milk shak- | Confirmed entries for the ers, use a quart sealer with the world match are expected rubber ring intact. Shake the from other countries. Four countries, said Mr. Carroll have 3. Be sure to keep milk cov- already chosen their national champions to compete at the 4. A few cookies and a glass match, and others will be seof milk will please cldsters as lected within the next two

well as youngsters about 4 o'- months. clock in the afternoon if the 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 four-day International Match. The International will be held on the grounds of the Dur-ham-Northumberland Counties Home Farm at Cobourg, Ontario. October 6 to 9.

To date, said Mr. Carroll, We believe it is advisable to Great Britain. Northern Ire-

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 wolk in the still 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. Britain will be represented ing 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.

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

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 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 compe-titions 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. Ste-houwer has been named manager of the Dutch team. Mr. Stehouwer intends to enter some O.P.A. open classes him-

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

A prophecy by a pessimist is 47 times more likely to be fulfilled than one by an optimist.

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ALLES AND CONTRACTOR OF THE

fact that the British Plough-

Mr. Carroll said the measure ing Association was a demo- of their success was that since cratic organization which as last fall they have organized sumed leadership rather than a series of area ploughing wait for the government to matches in which 36 horse and lead the way-a common atti- tractor area champions were tude in Germany. They return- named. From these 36 will be ed to Germany intent upon cre- chosen the two world competi-

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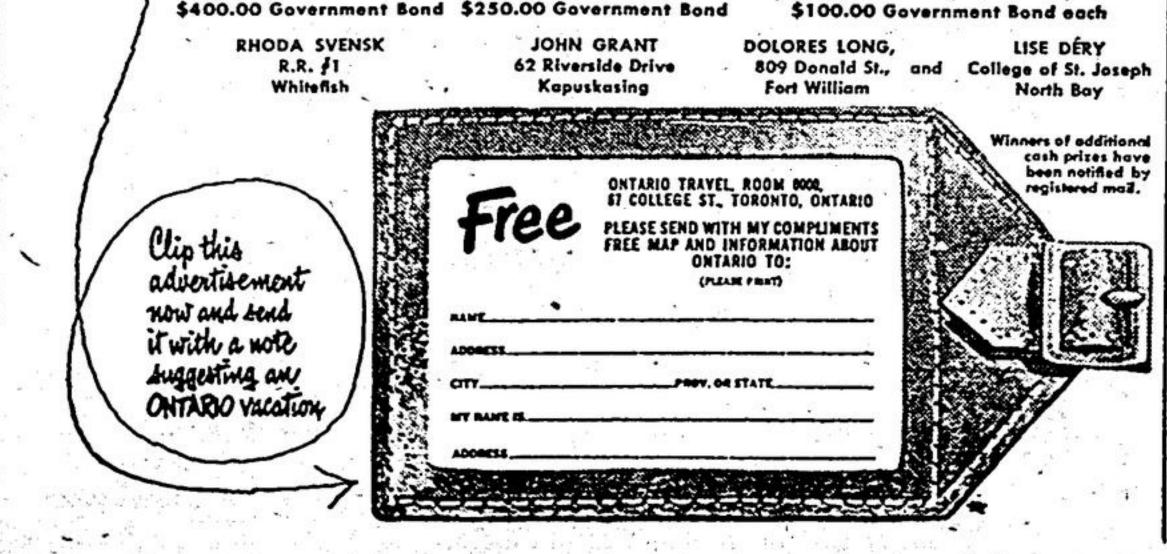
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