

THE MIXING BOWL

BY Anne Allan
HYDRO HOME ECONOMIST

Hello Homemakers. Is there anything that tastes so good as a bowl of steaming hot soup on a chilly day? Clear soup is a first course for dinner and the more substantial cream soups and purees for supper or lunch. And the folks who carry lunch boxes like the vacuum bottle of soup better than anything else. There is a wonderful variety of chowders, legume soups and cream soups that no one kind need be served often. Of course, thrifty homemakers realize that soups offer an excellent opportunity to use left-over vegetables, bones and trimmings from meat.

TAKE A TIP

1. To remove excess fat from hot soup skim off with a metal spoon, then remove the remainder by passing a paper serviette over the surface.
 2. If soup is too salty drop some sliced raw potatoes into soup and boil for ten or fifteen minutes.
 3. Basic recipe for cream of vegetable soup: Melt 2 tbsps. butter on medium heat and blend in 4 tbsps. flour with 1 tsp. salt and 1/4 tsp. pepper. Stir in 2 cups milk until thickened. Add two cups sieved, cooked vegetables with the juice. Heat to simmering and serve.
 4. Mince one slice of onion and add to most soups for flavour.
 5. Monosodium glutamate added in the quantity of 1/2 tsp. to 1 qt. soup brings out the best of meat and vegetable flavours.
- Super-Soup**
1 lamb shank
3 pints cold water
2 tsp. salt
1 1/2 cups pearl barley
2 cups celery
1 pint tomatoes
1 large onion
1 cup chopped carrots
1 cup grated carrots

Pepper to taste
Bring shank slowly to boil in water to which salt has been added. Add barley and another pint of hot water. Boil gently for two hours. Add vegetables and salt and pepper to taste and simmer another two hours. Add a little more water if necessary. Makes 8 servings.

Lima Bean Soup
2 cups lima beans
1 small grated turnip
Small minced onion
1 cup tomatoes, canned
1 stalk celery
2 cups grated carrots
2 tps. salt
1/2 tsp. pepper
8 cups water

Wash and soak beans overnight in three cups cold water. Next day cook till tender then mash and rub through a sieve. Add other ingredients and cook till tender, about 1 hour. Add more water if necessary.

Squash Soup
Squash
2 or 3 small onions
1/4 tsp. thyme
Salt and pepper to taste
Milk

Peel squash and cut in pieces. Boil with onion finely cut in a small amount of water till tender. Mash and add seasonings, butter and milk. Heat to boiling point and serve at once.

Economical Tomato Soup
1 1/2 cups canned tomatoes
1 tsp. sugar
Few grains pepper
1/2 tsp. salt
1 pint milk
2 slices onion
1 tbsps. butter
1 tbsps. flour
1/2 cup cooked mashed potato

Heat tomatoes and sugar (strain if desired). Add seasonings. Scald milk in double boiler with onion. Melt butter, add flour and blend well. Add

Canada's Climate is Said to be Changing

The climate of Canada has been getting warmer, says Geo. W. Robertson, meteorologist for the Division of Field Husbandry, Soils and Agricultural Engineering at the Central Experimental Farm, Ottawa. A study of long term weather records at six stations in different climatic zones across Canada reveal that both summer and winter average temperatures have risen during the past 45 years. In general this warming up amounted to one or two degrees but at Fort Vermillion in northern Alberta it was nearly five degrees.

The temperature data for this study were taken from the records of six weather stations located at Experimental Farms across Canada. These stations are: Nappan, N.S.; Ottawa, Ontario; Brandon, Manitoba; Lethbridge, Alberta; Agassiz, B.C.; and Fort Vermillion in extreme northern Alberta.

During the summer season, May to October inclusive, the mean temperature for the six stations increased from an average of 53.0 degrees during the first 15 years of the 45 year period to 54.3 degrees during the past 15 years. Similarly during the five winter months the average temperature warmed up from 18.4 degrees to 20.3 degrees. The average temperature at the six stations for the unusually mild winter of 1952-53 was 24.6 degrees, 4.3 degrees higher than the average for the past 15 years.

Ottawa records show the least change of the six stations studied. During the winter the average temperature at Ottawa rose from 20.0 degrees in the early years of the period studied, to 20.7 degrees during the past 15 years. During the past 5 years, however, the av-

erage climbed to 23.6 degrees. Summers at Ottawa have actually been getting cooler although the trend the last few years was rather indefinite. The average temperature dropped 0.7 degrees from 57.9 in the earlier years to 57.2 for the past 15 years.

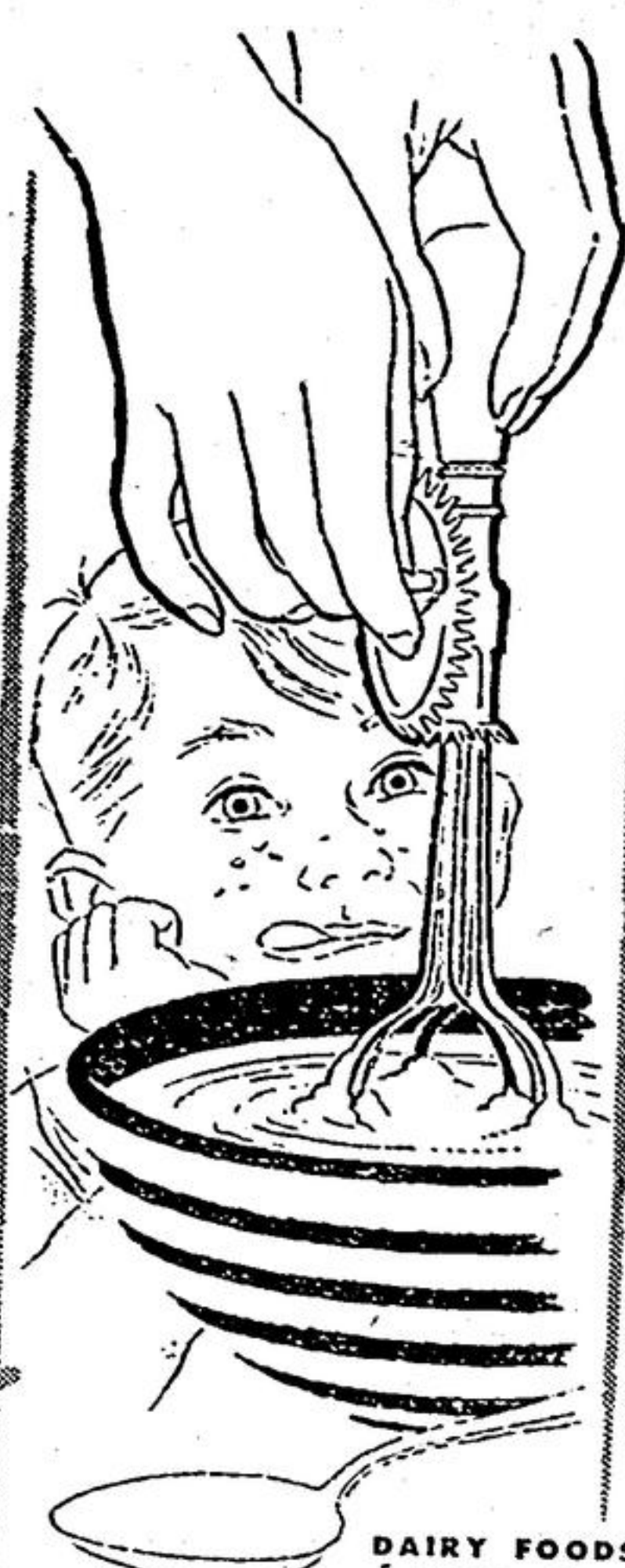
Greatest changes occurred at Fort Vermillion in northern Alberta. Here the average summer temperatures climbed 4.8 degrees from 44.2 for the period 1909-23 to 49.0 for the past 15 years. Similarly average winter temperatures went up 4.3 degrees from 1.9 below zero to 2.4 above zero for the last 15 year period.

What has this small but upward trend in temperatures meant to farmers? The extra warmth during the summer months has aided in hastening growth and maturity of crops. In some cases growth and time required for maturity is decreased by 5 per cent for every increase of one degree in temperature. The frost free period has been getting longer as a direct result of the trend towards higher temperatures. On the average the period between the last spring frost and the first fall frost has increased by about 12 days for the six stations studied. The greatest increase was at Agassiz where the average frost free period increased by 40 days from 183 in the period 1909-23 to 223 days during the last 15 years. At Fort Vermillion for the same years the average frost free period lengthened 10 days from 66 in the early years to 76 days during the latter years. As a result of this general trend towards warmer weather and a longer frost free season crops tend to mature earlier and the risk of frost damage is reduced.

scalded milk (first removing the onion). Add tomatoes to the milk slowly. Beat well. Add potatoes and peas, reheat and serve at once.

A New Englander is said to have invented the hole in the doughnut. It is difficult to believe that a hole was invent-

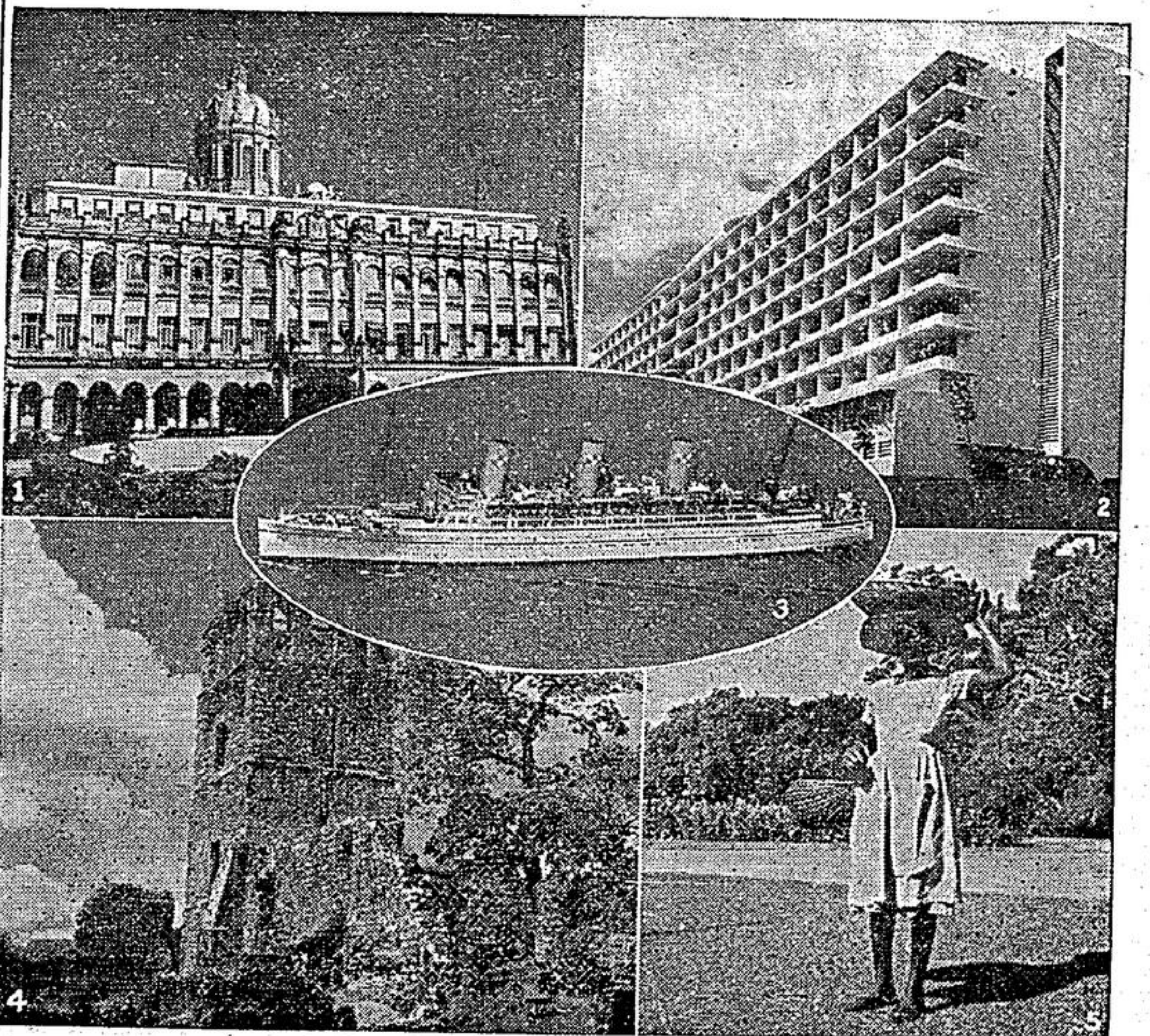
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A mid-winter glimpse of the new and the old, the mystic charm of the Caribbean Isles, their customs, their buildings and their people, is in store for many Canadians who will be making one of the three cruises aboard the Empress of Scotland, flagship of the Canadian Pacific fleet, from New York to sunny South America and the storied Spanish Main this winter. Two 17-day cruises will leave New York on Jan 29th and March 9th, while an 18-day cruise will leave there Feb. 17. Among the ports of call on the cruises are St. Thomas in the Virgin Islands; La Guaira, Venezuela, Trinidad, Curacao, Panama, Jamaica and Havana, Cuba. Pictured above are some of the sights to be seen en route: (1) The ornate President's Palace at Havana; (2) a strikingly modern hotel at Panama; (3) the 26,300 ton Empress of Scotland, a floating hotel on the cruise run, complete with two swimming pools; (4) the ruins of Old Panama, not far from the Canal; and (5) a typical West Indian native carrying succulent tropical fruits to market.

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STOUFFVILLE ONTARIO

Driver Convicted Drunk Driving

A transport driver, from Hawkstone has been sentenced to 10 days in the Ontario County jail on a drunk driving count. Joseph Griffin, who drives a transport for a Toronto firm was found guilty by Magistrate F.S. Ebbs following a hearing that began last December. The charge was laid by the Pickering Twp. Provincial Police following a collision on November 27 between Griffin's car and the Pickering Township police cruiser. Crown evidence was heard on December 15 and the case was adjourned until last week.

In December, Constable Grant Thompson and Constable Charles Daniels of the Pickering Township Police Department, told the Court that they had seen a car proceeding west on Highway 2 past the Harwood Ave. intersection on the night in question. They claimed that they had been facing north on Harwood Ave., the main street of Ajax, and had pulled out onto the highway to proceed towards Pickering. When they got out on the highway, they told the Court at that hearing, they found that this car had stopped on the south half of the highway facing west. They stated that they stopped the cruiser when they saw this vehicle backing towards the east. This car, they said, back-

AUDLEY

ed across the highway and collided with the stopped cruiser. Griffin in last week's hearing, told the Court that he had stopped his car on the north half of the road and the cruiser had crashed into the left rear of his car. He stated that he had only consumed four bottles of beer that night and denied being intoxicated. He further stated that he had been driving transports for the same firm for ten years and had not one traffic violation against his record.

Ross Kelly, of Oshawa was called as a defense witness. He told the Court that he had been a prisoner in the Ontario County jail on the night of the accused's arrest and claimed that Griffin was not intoxicated at the time he was brought into the jail.

Magistrate Ebbs said that he would accept the evidence of the two police constables as to how the accident occurred and found Griffin guilty as charged. He added that he could in no way accept evidence given by Kelly as to Griffin's sobriety since the two had not even been in the same cell. He sentenced Griffin to jail for ten days and ordered Court costs or another 10 days. The accused's driver's license was also cancelled for three months and his car impounded for a similar period.

AUDLEY

It has been a great winter for the youngsters and even for older ones to enjoy the skating and tobogganing.

Congratulations to Mr. and Mrs. Edwin Betson on the birth of their first child, a baby girl.

Bill Saunders, wife and daughter of Oshawa and Mrs. Clothier and daughter of Kinsale spent Sunday with their parents, Lorne and Mrs. Saunders.

Bob Betson is spending a lengthy visit in Daytona Beach in Florida.

George Izatt is busy these days packing and selling in Toronto the good crop of apples from the Grasmere Farm.

The club met at the home of Ken and Mrs. Pratt on Wednesday evening. The meeting was addressed by Ernest Bartlett on the Telegram staff. Bertie has always something interesting for the members.

Much sympathy is felt for Mr. Baxter and John upon the loss of a loving wife and mother on Thursday last. Deceased was a quiet and unassuming woman who always had a welcome for all her neighbours whom she always greeted with smiling friendship.

Mrs. William Guthrie Sr. arrived home from Toronto on Sunday last and is much improved in health.

If you start saving a dollar a day from now until Christmas you'll be broke Dec. 26.