

Organization is proceeding un-
der the direction of Mrs. Ross
Johnson of a concert and
which will be put on at
the Centre August 1 in aid
of the Pioneer's Home, this being
the Catholic Women's League
contribution to the drive for
funds for the home. The
has been selected, the cast-
ing organized and rehearsal
will soon commence.

The Experts Say - -

STORAGE OF FOOD—Storage
of food when the weather is
warm is always a problem when
there is no means of refrigeration.
Those sharing accommodation
and living in one room have
great difficulty in keeping even
small amounts of perishable
food.

Milk is an essential food but

also a temperamental one since
it sours so easily. It must be
pampered, kept clean, cold, cov-
ered and if possible in a dark
place. Many people are in the
habit of pouring left-over milk
from the pitcher back into the
partly-filled milk bottle. If the
milk has been in the pitcher at
room temperature for some time,
spoilage organism may have be-
come active in it, and returning
it to the bottled milk may hasten
the souring of the rest of this
milk. It is much better to leave
the small amount in the pitcher
and store it closely covered.

Even with the best of care
milk sometimes turns sour be-
fore it can be used. Sour milk is
not a spoiled food but a different
food. It should never be wasted.
Many good cooks prefer sour
milk in biscuits, scones and
cakes. It gives a softer, richer
texture. Soup made with sour
milk is a favorite in many Euro-
pean countries and could well
be used more often on Canadian
tables.

Sour milk is also used success-
fully to make tough cuts of meat
tender. A cup of sour milk added
to beef or veal stew not only
makes the meat tender but adds
a delicious flavor.

Sour milk may be used to dilute
"thick" "boiled" salad dressing.
The milk acid flavor blends with
the dressing and the sourness
cannot be detected.

SOUR MILK RECIPES—A
number of appetizing recipes
worked up by the home econ-
omists make use of sour milk
and this one for Veal Balls is
one of the best. Veal Balls re-
quire one pound of ground veal,
½ cup of rolled oats, ½ teaspoon

THIS AND THAT



The George Matthew Adams Service, Inc.

INDIA DOOMS THE RICKSHAW

NEW DELHI, ©—The rick-
shaw, picturesque Oriental ve-
hicle of song and legend, is
doomed. The first nails in its
coffin are being hammered in
India, where a labor investiga-
tion committee has described
"this type of labor" as "a degra-
dation to human personality."
In a strongly-worded report, the
committee stresses that the ul-
timate aim should be "to abol-
ish this form of conveyance as it
is an offence against human
dignity."

First introduced into India by
the French East India Company
at the close of the last century,
the rickshaw is now a common
means of locomotion, and be-
came increasingly popular dur-
ing the war with the rise in the
price of horses and carts and
gasoline rationing.

When this exotic vehicle was
first brought to Calcutta the
pullers and owners were entirely
Chinese. Indians were reluctant
until 1915 to pull rickshaws, the
novelty of which brought the
scorn and jeers of the crowd
who shouted: "Baghair dum ka
ghora!" (Horse without a tail).
But its very economy, and its
suitability in the narrow streets
of crowded cities or the ups and
downs of hilly stations, gradu-
ally brought about its popular
ity.

The earnings of Indian rick-
shaw coolies vary from \$10 to \$15
per month. In cities of the plains
such as Madras and Calcutta the
rickshaw is pulled by one coolie
only; but in the hills it has four

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the tiny sleeves, the
neat, nipped-in waist-
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PHONE 51

of chopped parsley, one teaspoon
of salt, a dash of pepper, one
egg, two tablespoons of fat, 12
whole green onions, six potatoes,
quartered, one cup of sour milk,
and one cup of hot water. This
makes six servings. Mix the
veal, rolled oats, parsley, salt,
and slightly beaten egg. Form
into 12 small patties, brown in
fat, add sour milk and hot
water. Cover and cook slowly for
half an hour. Add the vegetables.
Continue cooking until the veg-
etables are tender.

An unofficial group of kind-
hearted Ottawans have been
sending parcels to friends and
relatives, and to strangers if
they can get their names and
addresses, for sometime and
they have made up a list of
foods and other things which are
most popular overseas. The food
list includes solid meat, stews
and hashes, cereals and biscuits,
fruit jam, marmalade and pud-
dings, vegetables, sugar, hard
candy, tea, coffee and cocoa,
evaporated milk, preserved but-
ter and cheese. All these foods
are canned or in light wooden
containers. They have found
that, aside from food, soap,
paper towels, can openers and
gum are also popular. Used
clothing is also needed and,
when signs of reasonable wear
are apparent, can enter most
countries duty-free.

Succulent Bamboo For London Panda

LONDON ©—The zoo's new
giant Panda, "Lien Ho," brought
to England from Tibet, has set-
tled down comfortably in her
cage adjoining the lion house.
"Bamboo shoots are her main
diet," said a zoo official, "and
we do not anticipate any trouble
keeping her alive. Pandas are
fairly hardy creatures, used to
a temperate climate, and the dif-
ficulty of keeping them in cap-
tivity is nothing compared with
other animals, particularly gor-
illas and chimpanzees."

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their very existence, southern plants
are basking in the warm sun and stor-
ing up vitamins and flavor. Small won-
der then that when the miracle of air
transport made it possible for south-

ern plants to be delivered to Canada for planting while
still dewy-fresh and vitamin-packed, Stokely acted.

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