

# HOUSEKEEPING

## GOOD USES FOR JUICES

Styles in food change almost as much as styles in clothing and house furnishings, although perhaps not so often. In the new food picture fruit and vegetable juices have a definite place. Commercial canning companies list twenty types of juice now commonly packed. Twelve juices are packed in Canada from Canadian grown fruits and vegetables.

The vogue for juice as an appetizer has developed over the last twenty years and becomes increasingly popular. This of course is due to the refreshing quality of such juices as well as the variety of flavors and the eye-appealing jewel colors.

The average homemaker, however, does not make as much use of these ready-to-use juices as he might. Home economists have many excellent suggestions

to offer. Tomato and apple juices are two which are just as delicious when served hot as when chilled. The hot juice will be welcomed on a cold day and is easy to prepare on a moment's notice.

Tomato juice, when added to stews or pot roasts in place of water, not only imparts excellent flavor but the slight acidity aids in tenderizing the tougher meats. Tomato juice is an excellent addition, when used as the liquid in meat loaves. It also enriches the gravy. Tomato juice gives excellent results when used to replace water in making gravy for steak, chops or roasts.

Tomato juice, used to replace milk in making French Toast, is an appetizing alternate, when the toast is to be used as a base for creamed vegetables, eggs, cheese or meat.

When tomato juice is used as the liquid in Baking Powder

Biscuits it imparts a delicate pink color and a pleasing flavor.

Both vegetable and fruit juices make light, refreshing salads when jellied with plain gelatine. With tomato or other vegetable juices, meat, cheese, hard cooked eggs and vegetables combine well to make the salad course of the meal. Cottage cheese and fresh or canned fruits, jellied in fruit juices, may be used for either a zesty salad or a sweet dessert, depending on the amount of sugar added.

Fruit juices make excellent sauces for puddings if thickened slightly with cornstarch.

Sweetened juices may replace part of the milk in rice tapioca or custardy puddings.

Mixtures of juice offer all sorts of possibilities for tasty treats. Blends of vegetable juices and of some fruit juices are canned ready for use but the ingenious homemaker may develop her own specialties.

Freshly made juices may be mixed with leftover bits from canned fruits and canned juices to make appetizers, salads or desserts.

Later on in the winter, when the jam and jelly supply is rapidly dwindling, jellies made from grape, apple or loganberry juice with commercial pectin will replenish the supply and be enjoyed by all members of the family.

The uses for juices in the home are many, and could add great variety to everyday meals.

## Apple Cranberry Cocktail

- 1 cup raw cranberries
- 1 cup water
- 2 tablespoons sugar
- 1 20-oz. tin apple juice, (2 1/2 cups)
- 1 grated raw apple
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon.

Cook cranberries with water and sugar for 10 minutes. Press through a fine sieve and add to apple juice. Chill. Just before serving grate apple, add salt and cinnamon and mix with chilled juices. Yield: six servings.

## The Experts Say...

By KAY REX  
Canadian Press Staff Writer

**DREAM KITCHEN** — There's a dream kitchen at the National Research Council in Ottawa, where the Canadian committee on food preparation is kept on its toes solving the food problems of a nation.

Any housewife would be delighted to cook in a spot where temperature, humidity and even lighting are controlled. And the kitchen also boasts, among other things, a dough-mixer that not only does the kneading but also records the number of times the pastry has been mixed.

Here "test" foods are served in small glass containers to a waiting panel of 24 "tasters." Each scores impersonally his like and dislikes as to flavor, color and so on.

It was "cherry-tasting" day when this reporter visited the kitchen. Seated in individual booths the tasters were sampling frozen cherries as part of a study the committee has been doing on frozen food and the effect of temperature.

One of the samples was at the preferred temperature, zero. The others had been kept at different temperatures. It was up to the tasters to decide which they preferred.

Dr. Dymon Rose, secretary of the committee, says it isn't always easy to find 24 persons to take part in panels where they may be asked to taste everything from strawberries to even milk and butter.

His study will continue as long as six months. This was the case when the committee was working on bacon storage not long ago. This could mean 20 minutes of tasting every two weeks for six months. As most of the panel-members are employed at the council it isn't always easy for them to take time from their jobs.

Then again it's necessary for the taster to like the food he's sampling. Otherwise his tasting can be prejudiced.

**UNUSUAL JOB** — Probably the most unusual job in the world is that of a home economist. It is one of the few home economics experts whose job it is to taste and eat food as well as to cook it.

Miss Hamilton is in charge of preparing the samplings and she admits the taste test has come to be "pretty regular" of the food put before them "because some of it is very good."

She remembers particularly one sampling of doughnuts not long ago during a study of cooking oils. Some of the fat used was rancid and of course the doughnuts made in this were anything but appealing. But when the next day she was to put down the average housewife's chances of having her doughnuts turn out the same way.

When she makes next Miss Hamilton often uses cooking oil instead of lard. Her favorite recipe: one cup flour, one-third cup of fat or one-quarter cup cooking oil, two tablespoons ice water, one-half teaspoon salt.



"I have two cups of sugar, the yolks of three eggs, a pinch of salt..."

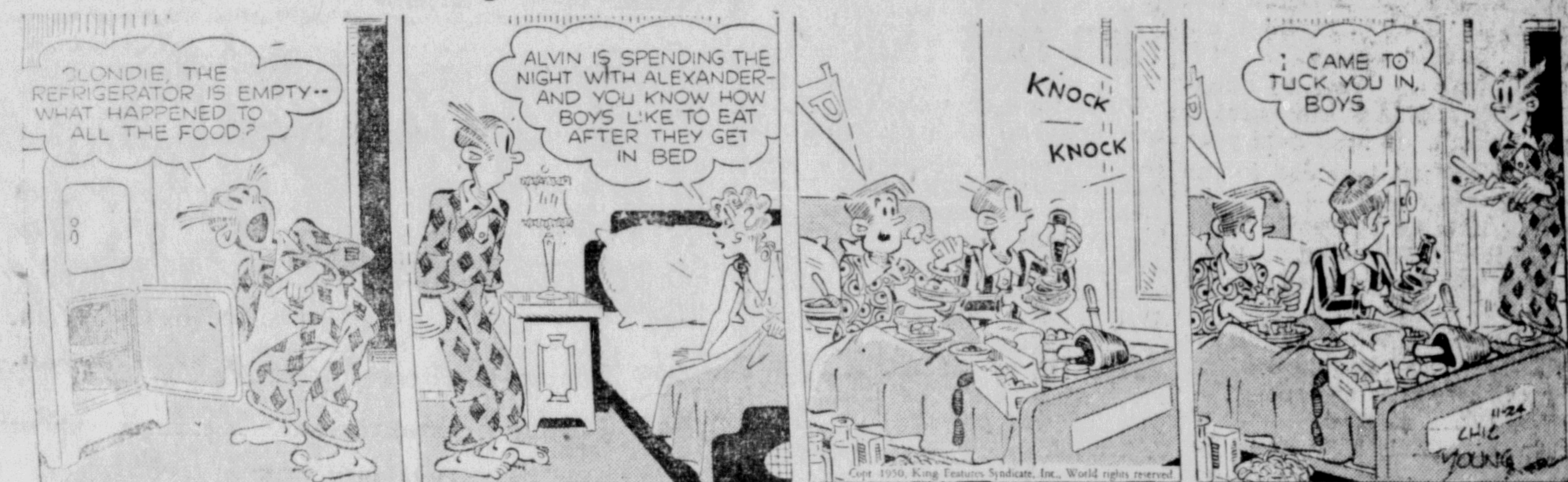
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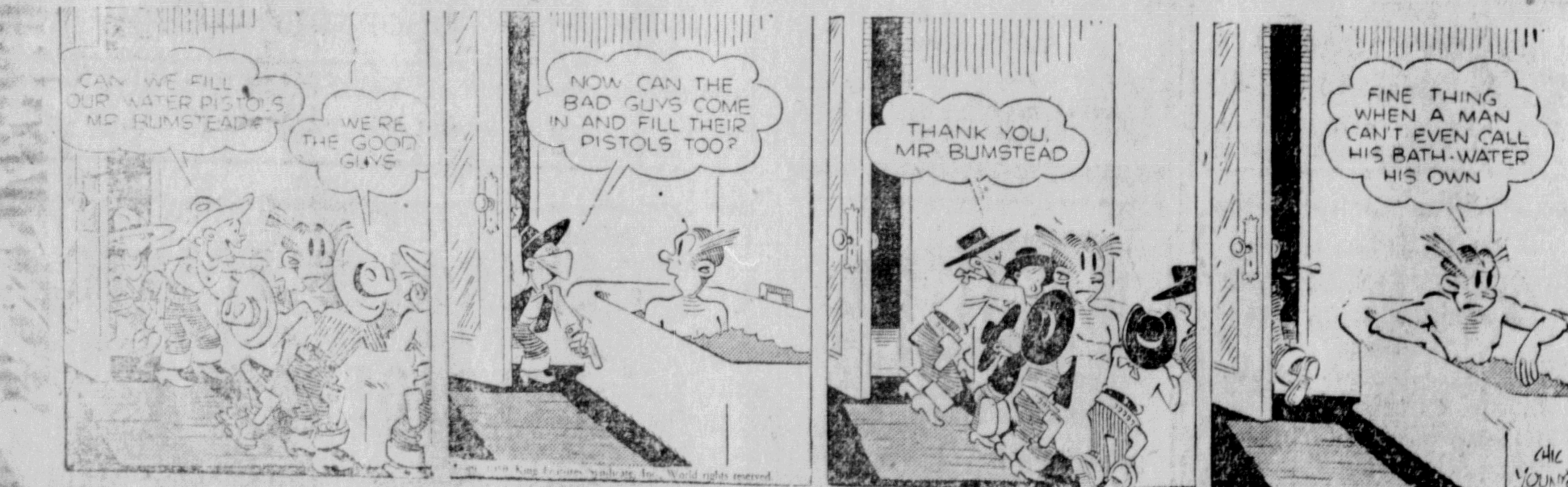
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## Timely Recipes

### ROLLED OAT MEAT LOAF

- 1/2 pound pork liver
- 3/4 pound ground beef, veal or pork
- 2 tablespoons chopped onion
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1 egg
- 1/2 cup catsup or chili sauce
- 1 cup tomato juice
- 1 1/4 cups rolled oats
- 2 tablespoons melted fat.

Scald liver in boiling water, drain and grind. Mix all ingredients thoroughly together and pack in a greased loaf tin, 4 1/2 inches by 10 inches. Bake in a moderate oven, 350° F., for 1

### TURKEY SUPREME

- 1 12-ounce asparagus spears
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon Worcestershire sauce
- Dash Tabasco sauce
- 1/2 cup grated sharp Canadian cheese

Cook asparagus in boiling water for 10 minutes. Drain and pack in a greased loaf tin, 4 1/2 inches by 10 inches. Bake in a moderate oven, 350° F., for 1

## No Shortage Of 'Xmas Dates

**TAITPAX** — For all those Canadians who like to savor the Christmas spirit and have all the trimmings that go with the holiday festivities such as figs, dates, table raisins, nuts and all the rest J. A. Salterio, agent, Canadian National Railways, here, reported good news insofar as one of them was concerned—dates.

There won't be a shortage of dates in Canada this Yuletide, he said. And to prove his point he produced his dispatch sheets for four full trainloads—"date" trains to the railroads. The dates arrived from Java in the C-3 Steel Workers and are enroute to points all across Canada to Vancouver in 140 cars—7,000,000 pounds of them.



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