

Seasonable Ideas for Housekeepers

MEAT LOAF IS ECONOMICAL AND FAMILY LIKES ITS FLAVOR TOO

Meat loaves are general favorites in most families. They are the answer to the dilemma of many a homemaker who wants to continue serving the type of meals to which she has accustomed her family.

The rich brown flavor of a meat loaf is much the same as an expensive roast and the meat is tender and juicy. Besides being made from less expensive cuts, a comparatively small amount of meat is extended by the addition of cereals so that it fits into the economy budget and gives a bonus for thrift.

Beef loaf is the common type but veal, fresh and cured pork, liver, kidney and even lamb may be made into delicious loaves.

Canned pressed meat loaves may be used cold, just as they come from the can or re-heated and served in various ways. One interesting suggestion is to cover the loaf with a thick "icing" of fluffy mashed potatoes then bake in a moderate oven, 350 degrees F., until the potatoes are browned and the meat

heated through. When sliced this has a party air with the pink slice of meat surrounded by white potatoes with a brown crust. This may be done with home-made loaves also.

The home economists of the Consumer Section, Dominion Department of Agriculture, are particularly fond of meat loaves. Here are several of their favorites. One of them is a "meat" loaf without meat.

Vegetarian Meat Loaf

1 cup cooked beans
1/4 cup peanut butter
4 teaspoons chopped onion
1 teaspoon salt
Few grains pepper
1/4 cup soft bread crumbs
1/2 cup grated mild cheese
1 cup strained, canned tomatoes

1/4 cup milk
1 egg, beaten

Grind the beans, mix with peanut butter. Add remaining ingredients. Pack into a buttered loaf pan and bake in moderate oven, 350 degrees F., for 30 minutes. Yield: six servings.

Golden Meat Loaf

1 1/2 lbs. ground beef
1/2 cup rolled oats (quick or regular)

1 cup grated raw carrots
1/4 cup chopped onion
1 egg, beaten
1 cup milk
2 teaspoons salt
1/2 teaspoon pepper

1 teaspoon spicy meat sauce

Combine all ingredients thoroughly. Pack into a greased loaf pan, (4 1/2 x 8 1/2"). Bake in a moderate oven 350 degrees F., one hour. Yield: eight servings.

PORTIA WHITE FINDING FAME

Contralto Praises Choirs And Music Festivals

By Rod Currie
Canadian Press Staff Writer

Portia White of Halifax, internationally known negro contralto, who sang in Prince Rupert a year or so ago says she is "greatly encouraged with the interest Canadians are taking in the arts."

Miss White returned to her home in Halifax from Europe after a combined study and concert tour which took her to Paris and London.

She said that during the past seven years "Canada has taken a new interest in the arts." She credited this to the "hundreds of musical and dramatic groups that have been formed throughout the Dominion."

She believes "that play clubs and music festivals make children conscious of good music at an early age."

We should not have to import performers from Europe, said Miss White, as there is an abundance of "natural talent" here in Canada. "However," she added, "I think it would be beneficial to import teachers to accelerate interest."

LOVES CANADA

Commenting on her tour she said "If I did not love Canada and Canadians as I do, I should like to make my home in Paris."

In Paris, despite strikes and a lowered standard of living, the arts have not suffered as greatly as one would expect, she said. One of the things which impressed her most was the fact

that the class of people who looked ill-fed and poorly-clothed were the ones who patronized the opera.

She pointed out that the Paris opera houses are supported by the government and that the fees are so reasonable everyone can enjoy the fine music.

Miss White, member of a large Halifax family, received the greater part of her musical education in the Nova Scotia capital.

A pleasant, graceful performer, she is rated as one of Halifax' greatest ambassadors of goodwill. She will be invited to take part in the city's bicentenary celebrations next year.



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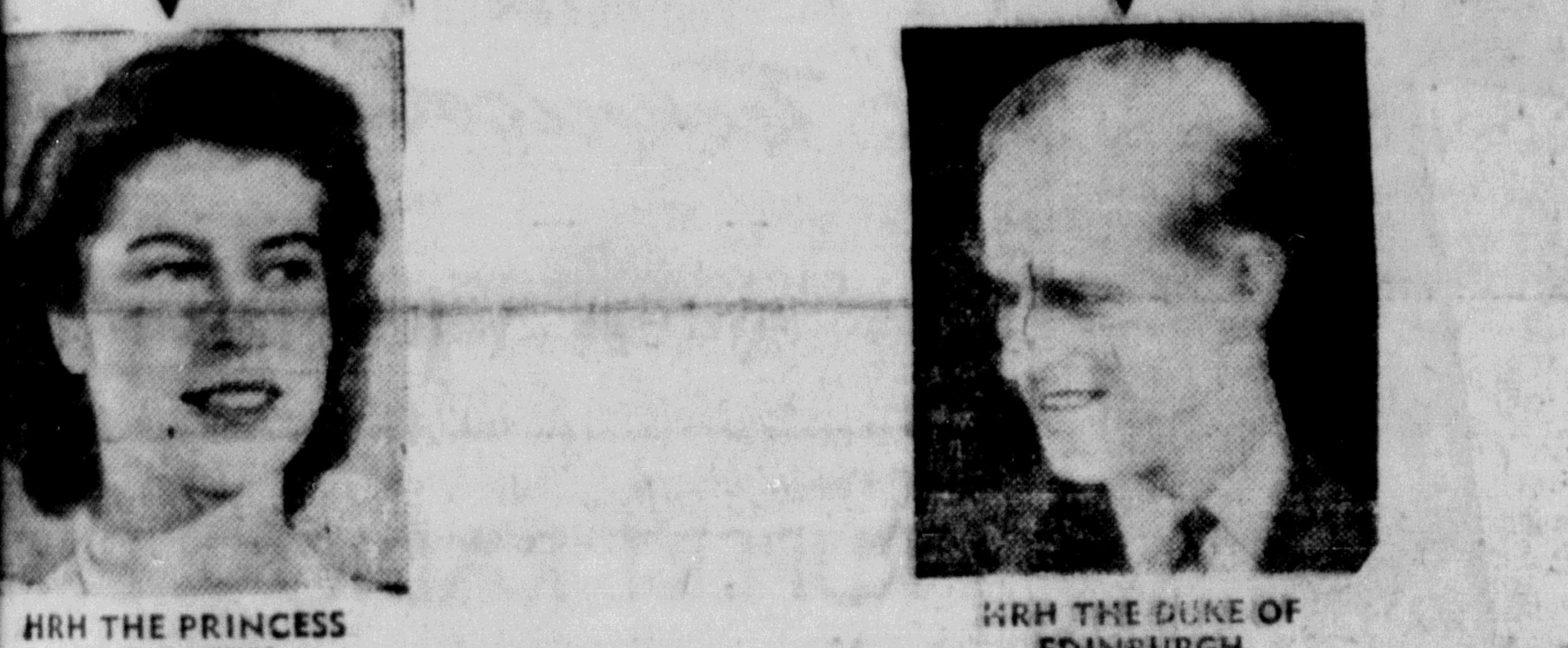
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ANCESTOR—Her Royal Highness Princess Elizabeth and Prince Philip are both of Queen Victoria and Albert, her consort. Should Elizabeth ascend to the throne, Philip will fill a role similar to that filled by Albert. Their new son, born 14, is the first great-grandchild of Queen Mary. (CP Photo)

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By ANNE ASHLEY

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A. By setting the curtain rods beyond the casing at top and sides, and then using material heavy enough that the casing cannot be seen.

Q. How can I remove water stains from furniture?

A. Use a tablespoonful of powdered pumice, mixed with enough linseed oil to make a thin paste. Rub on the spots until they disappear, then wipe off

with a cloth dampened in polish.

Q. How can I give the impression of extra width and height to a small window?

A. By setting the curtain rods beyond the casing at top and sides, and then using material heavy enough that the casing cannot be seen.

Q. How can I soften shoes after being in the rain?

A. By first washing them in

warm water, then rubbing either glycerine or castor oil thoroughly into the leather.

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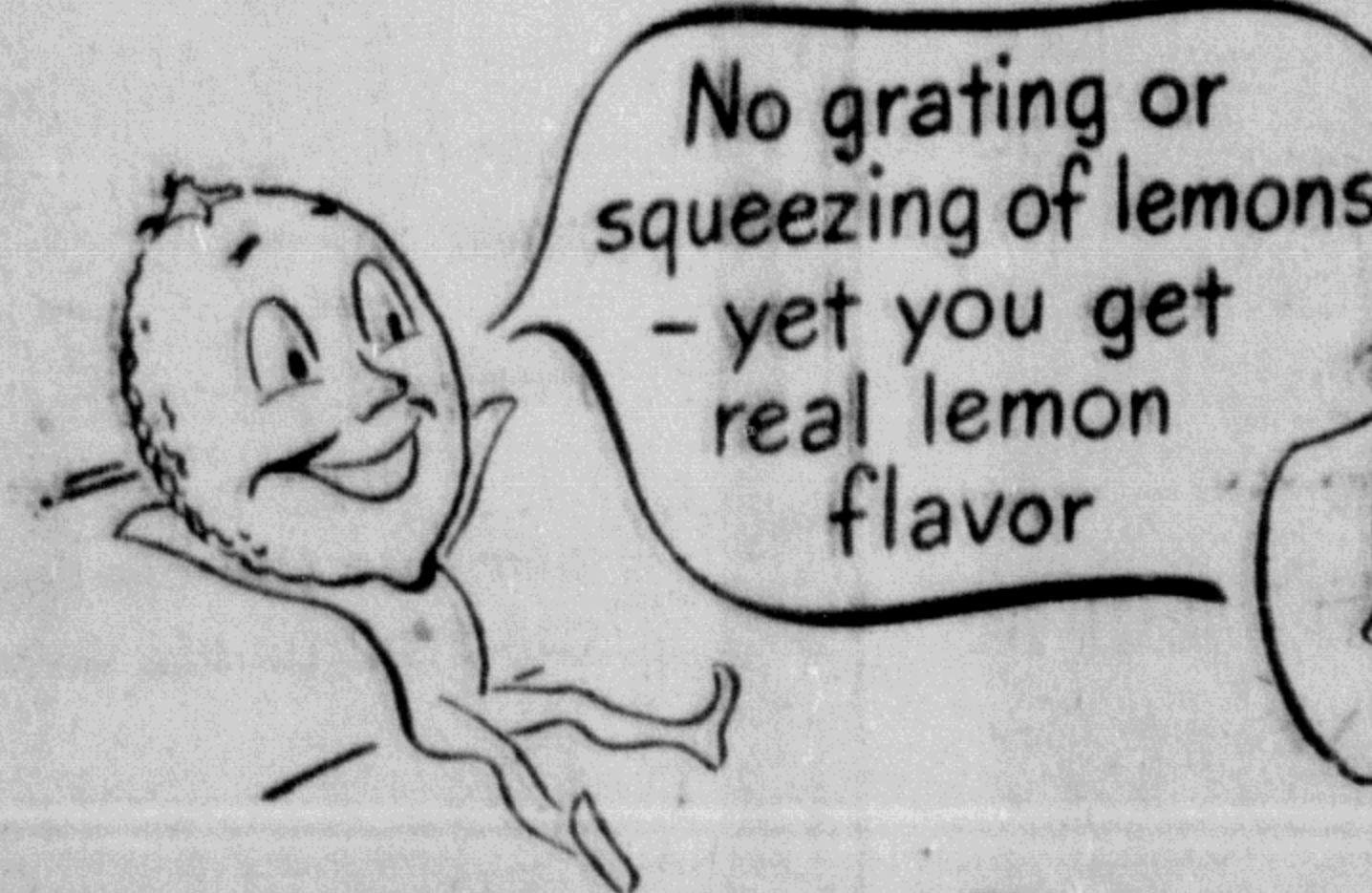
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K-22

Kidney and Beef Loaf

1/2 lb. beef kidney

1 lb. beef, chuck or round

1 medium onion

1 cup dry bread crumbs

1/4 cup chopped celery

1/2 teaspoon chopped parsley (optional)

1 egg, slightly beaten

Put kidney, beef and onion

through the meat grinder. Add bread crumbs, celery, salt, pepper, parsley and slightly beaten egg and mix well together. Shape into a loaf and place in a greased pan. Bake in a moderate oven 350 degrees F., for 1 1/2 hours. Serve hot or cold. Yield: six to eight servings.

1 1/2 teaspoons salt

1/2 teaspoon pepper

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