

The Experts Say - -

**REASON OF GREENS**  
The season of "greens" in the garden, and most are equally good either cooked.  
Cabbage, chard, cabbage, and a little endive, kale, and greens or the wild "quartars," are favorites for most families, but the tenning tops of beets or turnips, even horse-radish, are appetizing.  
Of course there's spinach, a victim of its own goodness.  
Economists of the connection, Dominion department of agriculture, say there's nothing in getting spinach out of "good-for-you" class and the appetite-tickling group.  
Try a dish of Spring Puffs for family and see if it wins them over.  
Ingredients: 1½ pounds spinach; 2 cups cold diced potatoes; one cup finely diced celery; one cup finely chopped fresh spinach; one tablespoon chopped onion; three quarters cup salad dressing; one-half teaspoon salt.  
Dice or chop vegetables and mix with salt. Add salad dressing.

AND IT RAINS OTHER PLACES

The people of London were all agog over the betrothal announcement of their beloved Princess Elizabeth and the popular sailor Prince Philip Mountbatten. The day following the announcement, the happy couple would make a journey through the city, and there would be millions who would turn out to show their affection. Well, it rained, and rained heavily.  
There were to be cricket games but Glamorgan were out of luck. They had batted and then came the rain. Play was stopped. Then the rain stopped. The umpires inspected the playing pitch after a time and had just decided that play might be resumed when... the rain resumed its activities, and "play was off for the day."  
Toss lightly with fork. Garnish with tiny carrot or turnip sticks. Serve very cold.  
And for salad dressing try: 1½ teaspoons mustard; two tablespoons flour; two tablespoons sugar; one teaspoon salt; one cup milk water or buttermilk; two tablespoons shortening; one-third cup cider vinegar.  
Mix dry ingredients in upper part of double-boiler and beaten egg, and milk or water; add vinegar, and cook over boiling water, stirring constantly until thick; remove from heat and add shortening; if too thick when cold, thin with milk just before using; if no egg is available increase flour four to three tablespoons.  
Skim Milk—  
Pound for pound, skim milk contains as much protein, a little more carbohydrate and as much calcium, phosphorus, iron, the B vitamins and Vitamin C, as whole milk. The nutrition division of the health and welfare department recommends skim milk as an excellent and healthful substitute in part, when the budget won't stretch to whole milk for the entire family.  
DERBY, Eng. — Eight railway stations will be closed near here during summer months to save fuel.  
LONDON, — Now being planned by London's County Council are courses in "fathercraft" and the bringing up of children.  
KIRKWALL, Scotland, — Fire has destroyed the only cinema in the Orkney Islands.

New Floral Creation for the Summer Bride



For the 1947 summer bride who goes completely formal, here traditional bridal bouquet of lily of the valley and three white orchids with yellow throats. These can be removed and worn as a going-away corsage as shown in the photo inset. For such formal weddings, greatest demand is for this type of traditional ivory satin gown, with Elizabethan décolletage. For the bridesmaid (upper right), Vanity Fair roses in soft shell pink, with a few flesh-colored double stock flowers are suggested. It's the perfect floral note for this season's favorite bridesmaid dress, featuring portrait neckline and the new rounded shoulder.

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You saw it in The News!

Briefs From Britain

By the Canadian Press

STANSTEAD, Essex, Eng., — Dr. Graham Humby, 37, completed a round - the - world air "tramp" tour in a Halifax freight aircraft.

LECTURES CHINESE NEW DELHI, — Dr. P. C. Bagchi of India, international authority on the history of Sino-Indian cultural relations, has joined the staff of the National Peking University at Peiping where he will lecture on Indian history and culture.

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Francois Lake News

Miss Audrey Wrathall and Mrs. W. S. Noble of Prince Rupert have been here for a very short visit.

Reg. Partington has a good record for chicken raising. From five hens he is raising sixty five healthy chickens, an average of 13 for each hen.

Miss Elsie Sugden is attending summer school in Victoria. She has been teaching school at Decker Lake for two years.

Mr. and Mrs. Jack Reed have with them for the holidays their daughter who attends school in Vancouver, as well as daughter Margaret and son Peter of the Navy, as well as Elizabeth Godwin of Vancouver.

The Wistaria ball team came over the lake and played two friendly games against the Francois Lake team.

Mr. and Mrs. Ken Olsen entertained a few of the younger set on Saturday evening to meet Ruby, Mary and Pat Gligan who are back again for their holidays from Vancouver.

Eleven year old Matthew Nobles cut his thumb off at the joint early on Monday morning as he was cutting kindling. He was rushed to Burns Lake Hospital and the wound dressed.

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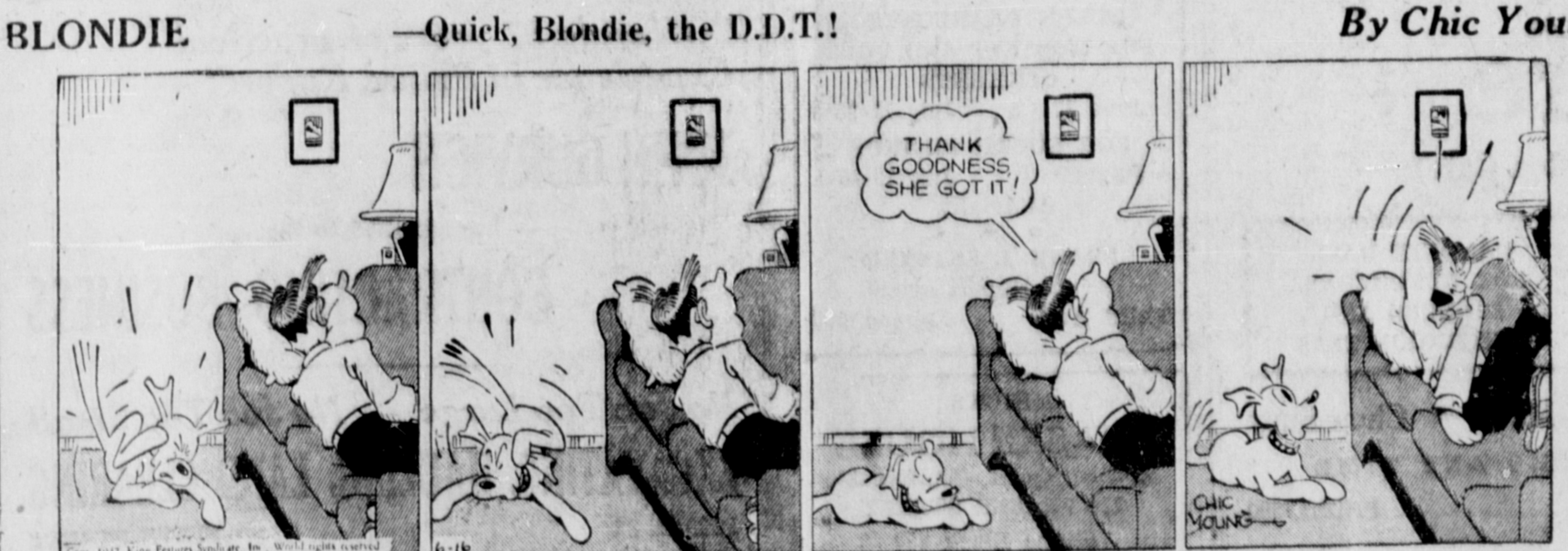
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