MY KITCHEN NOTEBOOK

by Mary Blake

Domestic Science Counselor

Giving Vegetables New Frills

If your family inclines to a diet of meat and bread and potatoes, you'll have to lure them into the vegetable habit by subtle, feminine wiles. Let your vegetables appear in new guises, their downright, honest virtues adorned with all the trimmings of new sauces and new flavors that your imagination can devise. Remember it isn't the girl with the commonsense shoes and the mannish tie that wins hearts.

High among the vegetables to which we owe allegiance is spinach. Rich in iron, rich in vitamins, it should be eaten much more often than it is. Yet somehow noses turn up at the word "spinach." I blame the cook. I wonder if she has served it au gratin, with a hollandaise sauce, as a salad with mayonnaise, or combined with onions or leeks and cream sauce in a most tempting puree.

The Sauce Is the Secret

A fine cream sauce is times innumerable the making of a vegetable dish. There's practically nothing it doesn't go well with, practically nothing that doesn't take on added deliciousness—if your sauce is a really good one. I have a recipe that is really wonderful—richer, smoother, creamier, more delicious in flavor by far than the ordinary recipe. It's made with Carnation Milk.

Of course you know that Carnation Milk is more dependable—certain to be pure and sweet—which ordinary milk isn't always. But for Cream Sauces there are certain other qualities particularly advantageous. One is the double cream content of Carnation Milk, which when you use it undiluted, gives a sauce twice as rich in cream as ordinary milk.

Then there is its "homogenization." "Homogenized" milk has all the cream globules broken up into very minute particles; these tiny cream particles distribute themselves all through the milk instead of rising to the top. Every drop of milk is rich in cream, and imparts its richness to the cooking in which it is used. In addition, "homogenization" gives a notable improvement to texture—sauces are creamier, cakes finer textured, ice creams smoother and richer.

If you haven't tried Carnation Milk you are missing a really important cooking aid. Remember, it's just the purest of *whole* milk, evaporated to double richness and sterilized for safe keeping. Write for "My Hundred Favorite Recipes." It's free. Address Carnation Milk Products Co., Limited, 134 Abbott Street, Vancouver, B.C.

Carnation Baked Cauliflower

Prepare by soaking in water with 1 tbsp. vinegar and 1 tsp. salt for 15 minutes. Cook whole, stem up, in boiling salted water for 7 minutes. Put in oiled baking dish, cover with Carnation Cream Sauce,* buttered crumbs and grated cheese. Brown in moderate oven.

Carnation Scalloped Cabbage

Put layers of boiled cabbage in baking dish alternating with layers of Carnation Cream Sauce,* chips of bacon, ham, green peppers and cheese. Sprinkle with grated cheese and buttered crumbs. Brown in moderate oven.

**Carnation Cream Sauce*

Melt 2 tbsp. butter in top of double boiler; add 1 tsp. salt, few grains pepper and 2 tbsp. flour; blend without browning. Add 1 cup Carnation Milk diluted with 1 cup water or meat stock; cook over hot water 10 minutes, stirring occasionally.

Makes Creamier Cream Sauces

THE sauce is the secret of delicious creamed vegetables—and Carnation Milk is the secret of the perfect cream sauce. Carnation is double-rich and creamy-smooth. You can't *help* getting better results with it.

(See recipes above)

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TIE CONTRACTS TO BE SMALLER

Major G. P. MacLaren, General Timber Agent for C. N. R., Announces

In the course of a recent tour of the central interior for the purpose of getting in touch with extensive operations carried out by nearly 150 separate contractors, Major G. P. McLaren, general tie and timber agent for the Canadian National Railways with headquarters in Montreal, intimated that district tie contractors might expect considerably reduced orders for 1930. For a number of years the railway has been buying to establish a surplus of ties in order that dried ties might be used instead of "rushing the green ties into the roadbed. This surplus, Major MacLaren stated, has now been provided, and, in future, the company's tie requirements would be on a smaller scale. Last year, contractors having lived faithfully up to their contracts, there was a considerable over-production throughout the local territory. Major MacLaren was accompanied through this district by Olof Hanson, head of the Hanson Timber & Lumber Co., and W. H. Tobey, C.N.R. divisional superintendent.

RIGHT TO ADDRESS BOARD OF TRADE WAS MENTIONED LAST NIGHT

At the Board of Trade meeting last night, President Gonzales explained the incident complained of by J. C. Brady to which he had taken exception at the meeting the previous evening. The request that Mr. Brady be allowed to address the board was made through the president of the Conservative Association and he had promised the board that there would be no political discussions there while he was president. It had been charged that the Board of Trade was simply a political club and he wanted to make it clear this was not the case.

Mr. Brady in opening his speech referred to the matter. He thought the board ought to hear what he had to say on the important questions which he had taken up.

Mutual courtesies were exchanged and the incident ended.

J. Callaghan, who was formerly chief engineer for Foley, Welch & Stewart, in construction of the Grand Trunk Pacific Railway out of Prince Rupert and is now deputy minister of railways in the Alberta government, will probably be one of the men chosen to survey the Pacific Great Eastern Railway with which he was identified in construction days.

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"THE DOCKS OF NEW YORK" CLASSED AS BIG SUCCESS

Unusual Melodrama of Waterfront Life at Capitol Tonight Only

"The docks of New York" is the title of the Paramount picture starring George Bancroft which will be the feature attraction at the Capitol theatre tonight.

The new picture done by the popular star is from an original screen story written by John Monk Saunders, celebrated author of "Wings" and "The Legion of the Condemned", two aviation epics produced by Paramount which swept the country by storm.

"The Docks of New York" is an entirely new and different kind of story. It revolves around the lives and loves of a little herd of people: those who live in the dark pits of steamships, and those who furnish their social life when they reach port.

An exceptional supporting cast has been thrown around Bancroft in his latest picture. Betty Compson has the featured supporting role. Her return to the Paramount fold in this picture is marked by a good characterization. Baclanova, the fiery Russian actress, has a prominent role, and adds another laurel to her rapidly increasing list.

TO FLOAT BOAT OFF THE ROCKS

Three Power Tugs to Make Concerted Pull on Fishing Schooner Doric on High Tide Today

Capt. W. P. Armour, manager of the local branch of the Pacific Salvage Co., announced this morning that an attempt would be made on the high tide at noon today to refloat the big American halibut schooner Doric, which piled up on Kinahan island in a blinding snowstorm on Tuesday morning and was badly damaged. Three power tugs—Salvage Princess, Red Boy and Bertha G.—were to make a concerted pull in the effort to take the fishing vessel off the rocks. Drums and logs have been slung alongside in order to buoy the vessel up in the event of her being freed. She will then be brought into the local dry dock.

Of the 30,000 pounds of halibut in the Doric, 5,000 pounds, not affected by water or oil, was salvaged and sold as second-class fish.

CAPTAIN OLIVER WAS ONE WHO HELPED BUILD CLIPPER CUTTY SARK

Captain Wm. Oliver, who has been visiting the city, 60 years ago worked in the shipyard in Great Britain. He worked in the moulding lof when the famous Cutty Sark was built and fastened the figure-head on that well known tea clipper.

Canadian Government Merchant Marine, Limited

FOR SALE BY TENDER

Sealed tenders will be received by the Undersigned as Agents for the Owners at 384 St. James Street, Montreal, until noon April 22nd, 1929, for the purchase of the following steamers; tenders to be based on acceptance of the respective vessels in their present condition, and located at Vancouver, B.C. Any stores or bunker coal that may be on board excluded:

S. S. "Canadian Coaster," ascertained deadweight capacity 3939 tons, built 1921.
S. S. "Canadian Rover," ascertained deadweight capacity 3920 tons, built 1920.
S. S. "Canadian Observer," ascertained deadweight capacity 3982 tons, built 1920.

CONDITIONS:—

Tenders may be submitted for one or more of the three vessels. Tenders must be accompanied by cheque for five per cent (5%) of the amount of the tender, cheque to be made payable to the order of the Canadian Government Merchant Marine, Limited, and accepted by a Canadian chartered bank. The highest or any tender not necessarily accepted. Plans and specifications of steamers can be seen and particulars of delivery ascertained on application to the Undersigned, or Mr. B. C. Keeley, Pacific Coast Manager, at Vancouver. Name of vessels must be changed before the transfer is completed.

D. O. WOOD,
Acting General Manager,
Canadian Government Merchant Marine Limited

Dr Alexander

PHONE 575
BESNER BLOCK

DENTIST

RE-ORGANIZATION OF ELKS' LODGE GOING ALONG SUCCESSFULLY

Efforts that are being made by Grand Organizer P. A. Miquelon to re-organize the local Elks' lodge bear promise of being very successful in restoring the organization to its former strong position. Last night a meeting of the lodge was held with Acting Exalted Ruler Bert Morgan in the chair and Mr. Miquelon the chief speaker. No less than 20 candidates were balloted upon and accepted. Efforts are also being made to have former Elks restored to the roster.

COLD SPELL ENDS UP IN RAIN TODAY

Wet Snow Fell This Morning as Barometer Dropped and Wind Went Into South

It looked this morning as though the cold spell which has been experienced here this week might break today. There was a fresh fall of wet snow early this morning which was apparently turning into rain. The wind had swung to the south since yesterday and the barometer was dropping rather fast.

Heart Trouble
Hands and Feet Numb and Cold

Mrs. Wm. Fowler, Auburn, Ont., writes:—"Several years ago I was troubled with my heart and nerves, so bad, at times, my hands would become numb and cold. I took doctor's medicine, for a while, but it did me little or no good. I happened to see

MILBURN'S HEART AND NERVE PILLS

advertised and started taking them at once, and continued for some time, and since then I have had no return of my trouble."

Price 50c. a box at all druggists and dealers, or mailed direct on receipt of price by The T. Milburn Co., Ltd., Toronto, Ont.

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'The DOCKS of NEW YORK'

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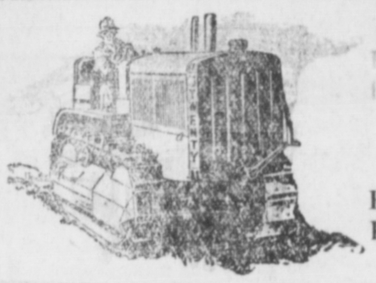

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