

HOUSEKEEPING ...

USE OF FREEZER GREAT BOON—AIDS FOOD PREPARING GREATLY

The recent advancement in freezing food to preserve it enables many homemakers to store a great variety of different products this way. Home economists say that freezing is one of the most practical and highly appreciated developments of our day. It is quite natural that homemakers wonder sometimes, what they used for that extra special dessert when they did not have frozen strawberries or all the other out-of-season frozen delicacies they use so nonchalantly today. Of course, not everyone in Canada is able to have a home freezer, but there are a great number of locker plants throughout the ten provinces. When homemakers take advantage of such freezing facilities, they find it a simple matter to conserve large quantities of foods. For those who have neither a locker nor a freezer, a host of commercially frozen foods are available in the shops.

A freezer or locker is a real boon to the busy career girl or to the homemaker who goes to business or is active in club work. To them meal getting may prove quite a problem. Coming home after a busy day, there may be neither time or energy to prepare foods which require long slow cooking. Here is where frozen foods can save the day. Such things as baked beans, stews and soups can be prepared in three or four times the regular amount, then divided up into cartons and frozen for future meals. Just think of sitting down to a Saturday night supper of baked beans and brown bread prepared and frozen a month before hand. With careful planning even the extra busy person can freeze a good supply of fruits and vegetables to use when they are out of season, for it takes little time and energy to get them ready for freezing. In this way, with a variety of foods practically ready to use, preparing meals does become a simple matter.

Home economists have been carrying on some tests on storing frozen cooked foods. The results of this work shows that all cooked meats or poultry freeze well but, there are a few points to keep in mind when freezing them.

1. Meats or poultry must be properly wrapped or packaged in moisture-vapor-proof material.
2. Cooked meats and smoked pork products generally should not be stored longer than three months.
3. If creamed mixtures or mixtures containing gravy become grainy on thawing they should be placed over hot water in a double boiler and stirred until smooth.

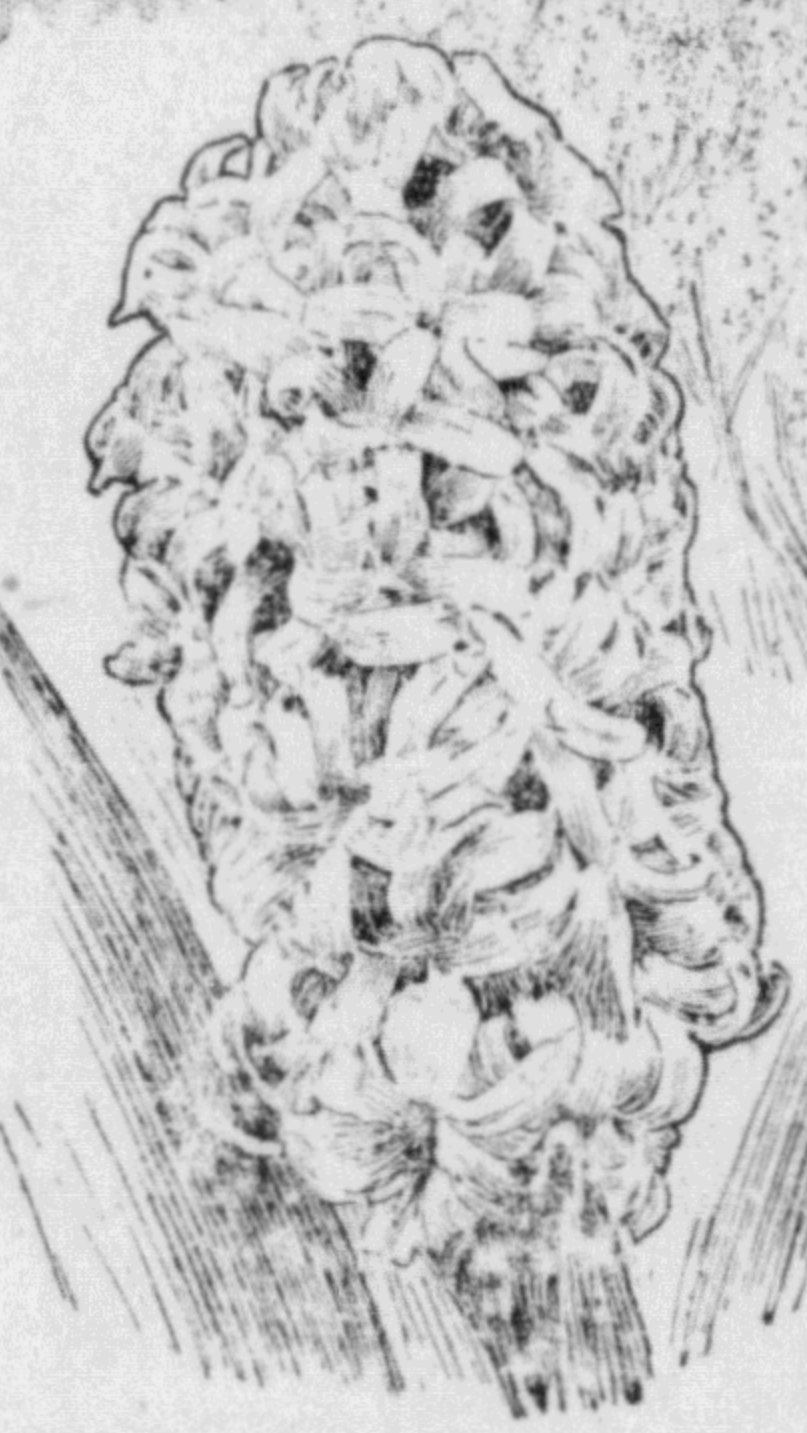
Many and many a time, unexpected guests drop in or visitors arrive just at a time when the poor hostess has neither a cookie nor a piece of cake in the house. Large quantities of plain cookies such as refrigerator cookies, butter cookies, rolled oat cookies may be baked and frozen in small lots to meet such an emergency. Plain butter, cakes or sponge or angel cakes freeze perfectly and fruit cake is excellent too. One reminder though, is that it is not practical to ice the cookies or cakes before freezing. The icing may become squashed and some types of icing do not freeze well, so cakes should be iced just before serving.

With the Christmas season approaching it is a good idea to have a cookie making bee and make up several kinds. Then when they are needed they are ready to use at short notice as they take very little time to thaw. Leaving them in the kitchen for about an hour should be long enough.

With some types of entertaining, sandwiches are a necessity but often for such occasions it is a problem to get them ready. It is good to know that a variety of sandwiches may be made in advance. All that needs to be done is to remove them from the

Gardening

Growing flowers for Christmas in the modern home is not easy, but it can be done if Paper White Narcissus bulbs are started early in November, grown in carefully regulated temperatures. Without such care the flowers are likely to be inferior, and the stems weak, because the bulbs have not matured to the degree most favorable for "forcing."



Bomb's Hyacinth Bulbs Will Flower in Hyacinth Glasses, Filled with Water

"Forcing" is the florist's word for making a plant flower out of season; and the formula for accomplishing this is much the same with all bulbs. Bulbs develop even in storage; and take time to reach the stage where they are ready to grow. If planted then, they first must produce roots, since top growth without good roots is weak, and seldom flowers.

Paper white narcissi planted in bowls filled with gravel or pearl chips, should be kept in a temperature below 60 degrees for four weeks; preferably in dim light. When root growth is sufficient, top growth will begin, and then they should have all the light possible. Best flowers will result when the temperature never exceeds 70 degrees; keep them away from radiators and steam pipes, and out of overheated living rooms.

Instead of gravel, bulbs may be filled with bulb fibre, or potting soil. Containers should be deep enough to allow two inches of gravel, fibre or soil below them. Set the bulbs close together but do not let them touch; and only the necks should emerge from the soil.

Yellow Paper Whites (soliel)

(Continued on page 7)

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ROYAL BEDROOM—This is one of the bedrooms at Saran Chai (Serene Happiness) Norwegian style Lau entian home of J. W. McConnell, Montreal newspaper publisher, where Princess Elizabeth and the Duke of Edinburgh holidayed following their visit to the United States. Located on the shore of lake near Val David, Que., it is 60 miles north of Montreal. (CP from National Film Board)

News of the District

Little Endako Church Sponsorship Recalled

By EVANGELINE VANN

ENDAKO.—I noticed the bell first, when standing outside the well built Anglican Church of St. John in Endako, and wondered why it was standing at the side of the church door, instead of being in its proper place in the belfry.

On the bell was inscribed, "To the glory of God, and in memory of the Rev. and E. F. Ridall, M.A. of Lisburn Cathedral, Ireland. This bell was given by his widow and friends."

Over the door I saw a tablet inscribed: "St. John's Lisnagarvey Memorial Church, dedicated June 13th, 1922. Inside, I found a christening bowl, and over, inscribed: "This christening bowl, and ever, was presented by Lisburn mothers, and friends, for the use of Lisnagarvey Prairie Church in Canada."

Seeking further information, my curiosity was finally satisfied by a clipping in a scrap book belonging to Miss Tester of Endako. There, I found the following information about St. John's War Memorial Church: "The congregation of the Cathedral, and of Christ Church in Lisburn, Ireland, subscribed funds to build somewhere in Canada, a worthy memorial to the men who gave their lives in the Great War. Endako was chosen. All the furnishings for the church were sent from Ireland, including a set of engraved communion

verse's, a hand embroidered linen frontal from the cathedral communion table, and a brass christening bowl."

A memorial bell, weighing nine hundred pounds, was also presented and until two years ago could be heard seven or eight miles away. Unfortunately, a crack developed, and the bell now stands near the church door. There was no date on the cutting.

Miss Tester told me that the church was built by Charlie Pomeroy, an Englishman, who now lives at Fraser Lake. It is a lovely little church, but it is badly in need of a coat of paint.

Wiggs O'Neil Gala Opening

SMITHERS—More than 1,000 people from Smithers and district were guests at the official opening of the new garage of W. J. (Wiggs) O'Neil, erected since fire destroyed his former garage last February.

Climax of the gala event was of ceremonies.

Terrace Marks Armistice Day

TERRACE—Hundreds of people here, in spite of rain and clammy weather, turned out for the Canadian Legion Armistice service Sunday afternoon. A parade beginning at the Legion building, ended at the IOOF hall which was packed to capacity.

Parade of cubs, scouts, brownies and guides, Canadian Legion members, Women's Auxiliary and other veterans was led by Cyril Miller to the hall where the stage was decorated in Remembrance Day colors and a flag-draped altar received several wreaths.

Visiting Smithers and Prince Rupert Junior Chamber of Commerce members who joined the service placed wreaths at the altar.

Master of Ceremonies E. C. "Sarg" Sargeant led the singing of hymns, accompanied by Mrs. J. Nozington at the piano. Mrs. A. Seaton sang a solo, "Peace," and Women's Auxiliary President Mrs. C. M. Hall thanked all for the support in the Poppy Day drive.

Main speech was given by Rev. T. Thibodeau, while Rev. H. Hodson, Rev. Shindel and Rev. Mallette assisted with the service. Legion President A. C. Calder addressed the gathering briefly.

TELKWA TALKS...

C. P. Bussinger sustained a very painful injury Friday afternoon. While getting a load of coal out at the mine he slipped and fell, breaking his left arm above the wrist. Mr. Bussinger was able to drive into town by himself and then was taken to Smithers where his arm was put into a cast.

Mr. and Mrs. Thomas Hobbs of Westview near Powell River have arrived to take up residence here. Mr. Hobbs is employed by the Dockrill mine.

Jean Louis Sanschagrin, brother of Father Paul Sanschagrin of Telkwa, has returned from Alaska where he had been with a forestry survey.

PEROW NOTES

Mrs. Lloyd Wilson has returned from Mayorthorpe, Alberta, with a five weeks old adopted baby girl.

Mrs. John Cloare of Perow is in the Regina General Hospital where she had an operation.

Visitors from Queensland last week were Harvey Forsythe, Mr. and Mrs. Ted Mills and Richard; Mrs. Edwin Byman and Mrs. Glenn Galbraith.

Mr. and Mrs. R. V. Lettice are at Prince George on a business trip here.

Sherwood Westgarde has returned from Crescent Bay, B.C., bringing Anson Phillips with him.



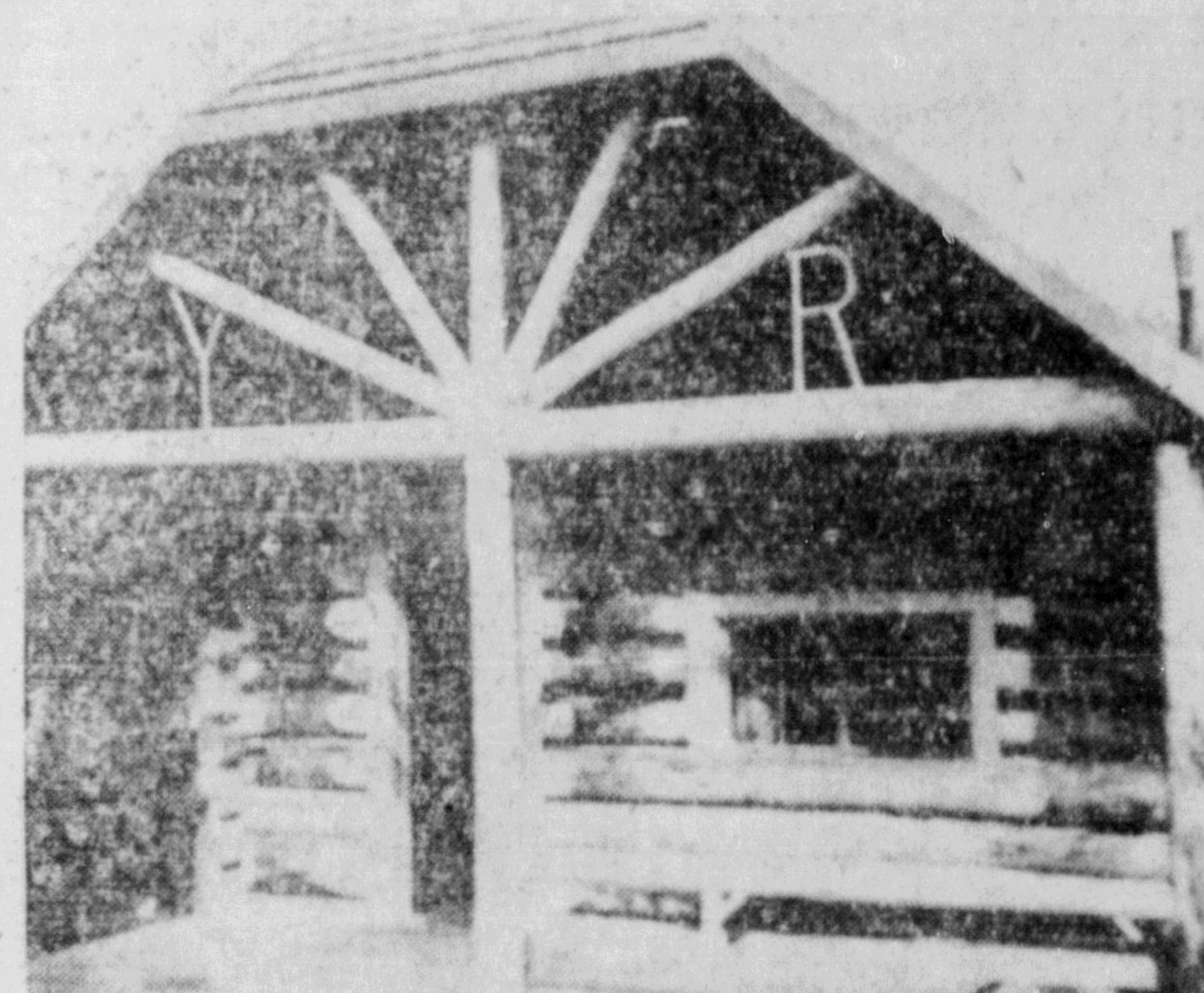
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BOYS' CAMP—This is the "Always Open Door" cabin headquarters of the Burns Lake Young Ranger Band, a unique establishment. The camp, on a small island in Burns Lake, is known to Young Rangers from Queen Charlotte Islands to McBride who have visited it. Young Rangers of years ago originally built it under the leadership of Walter Wilson, then forest ranger at Burns Lake.

Terrace Liberal Meeting
TERRACE—Annual meeting of the Terrace Liberal Association has been called for November 21. Harry King is president of the Terrace Liberal Association.

a dance held in the large display room of the garage and drawing for some 25 prizes—automobile accessories won by guests.

Mr. O'Neil himself was master of ceremonies.

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