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From Mark Here

In Prince Rupert from Mrs. Christensen and Mrs. Serpice of the train and are with their uncle and Mrs. Jack Christensen.

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Good Taste Good Milk Good Friends

Life ER

LIFE

Published by the Board of British Columbia

Italian Pastes Popular Fare at This Time of Year

There are pastes and pastes, some being good to eat while others are definitely inedible. Even among those which are edible there are pastes and pastes. Naturally enough, thinking of good-to-eat pastes probably brings first to mind the flour and water mixtures used to thicken stews. The simple directions call for adding a very thin paste of flour and water to the stew, then stirring steadily until the stew has thickened. Very good directions they are too, because everyone wants the gravy of a stew to be smooth, not lumpy, and adding a very thin paste in the way described ensures that desired smoothness.

So much for one paste common to the cookery world, and now attention might be interestingly directed to another edible paste, perhaps not often referred to as such, since this family of pastes is better known by the individual names given its members—macaroni, spaghetti, noodles, and vermicelli. Granted, it may be difficult to think of these hard, dry foods as pastes, and it might be better if they were called dried or dehydrated pastes, which more accurately describes them.

Although there is some difference of opinion as to their country of origin, these dried pastes have been associated with Italy for a very long time, and are still one of the staple foods of that country. The art of making pastes spread to many lands where wheat and water were available in abundance, and it is natural to find that these good foods are being produced in Canada. Here, in short, is how they are made. Wheat, such as a durum which is rich in the gluten needed to maintain the shape of the paste, is milled into a granular meal known as semolina or middlings. This meal, moistened with a small portion of boiling water, is thoroughly mixed in a kneading machine into a stiff paste or dough. The dough then goes into a large team-jacketed cylinder fitted with a plunger and, under great pressure, the paste is forced out of the bottom of the cylinder through small holes of various sizes, and shapes. A steel pin in the centre of each hole gives macaroni its hollow or tubular form. Spaghetti emerges from small holes, both without very small holes, both without pins. Flat openings give ribbon-like noodles, while macaroni shells, bow-knots and so on are squeezed out of the cylinder through holes of these fancy shapes. The next step is to retain

the shape of the paste as it comes from the cylinder, and this is done by thorough drying. In hot countries like Italy this is accomplished in a very natural way, out of doors by the heat of the sun; but in this country the drying must be done in heated rooms in the factory. When thoroughly dried the pastes are ready for packaging or for marketing in bulk.

It is difficult to accurately measure long sticks of uncooked spaghetti, macaroni, noodles and vermicelli, and that is why some recipes stipulate using a certain weight of the paste. As the net weight is marked on each package in which macaroni and the other pastes are sold, it is usually not too difficult to figure out how much to use. In cooking, the paste naturally absorbs considerable water, replacing that lost in drying and this accounts for the necessity of cooking it in a large amount of boiling, salted water. It is a good reason, too, for using a large saucepan, since the paste will at least double its original size after it has taken a large drink of water while cooking.

As with other foods made from cereals, bread for example, these pastes combine best with foods which have considerable flavor and are non-starchy. So it is that cheese and macaroni are a natural combination and a highly seasoned meat or fish sauce is an excellent complement to spaghetti. Macaroni, spaghetti and noodles are used in many similar ways but vermicelli finds its particular place in soups.

Home economists suggest one of their tested and approved macaroni or spaghetti dishes which is inexpensive and makes very good eating at this time of year.

SURPRISE CASSEROLE

- 1/2 8-ounce package macaroni
- 1/2 pound minced raw hamburger
- 3 tablespoons chopped onion
- 1 teaspoon salt
- Few grains pepper
- 1/2 14-ounce can whole kernel corn
- 1 10-ounce can cream of tomato soup

1. Shines **brighter** than ever!

2. Shines **longer** than ever!

3. With **less** polishing!

S. C. JOHNSON & SON, LTD. — Brantford, Ontario

Given Gavel—And Counsel

A gavel was presented last night to the Junior Chamber of Commerce by T. M. Christie, of Woodbuilt Products, who represented the Senior Chamber.

Mr. Christie strong emphasized the significance of the gavel, the meaning of which was to grasp, to understand and to carry out.

"Grasp the significance of the tremendous change coming over the whole Pacific Northwest."

"Understand what this change will mean to Prince Rupert in particular — the potentials in business, enterprise and industry."

"Carry out the propaganda of what Prince Rupert has to offer. Spread the news far and wide."

Mr. Christie also hoped Jaycees would realize that the north today and in the future was a "young man's country" which offered more than ever to alert and conscientious young people.

ma's soup

1/2 cup grated Canadian Cheddar cheese, medium or old.

Cook macaroni in boiling, salted water until tender, about 15 to 20 minutes. Drain and rinse with cold water. Combine minced hamburger, onion, salt and pepper and saute until brown. Arrange alternate layers of the cooked macaroni, browned meat and corn in a greased six-cup casserole. Pour soup over top and sprinkle with grated cheese. Bake in a moderate oven, 350° F., 30 minutes, or until top is brown. Yield: 6-6 servings. Note: 1/4 16-ounce package spaghetti may be substituted for the macaroni.



Parents Go To School

A novel form of entertainment was provided for the parents at Tuesday night's meeting of King Edward School Parent-Teacher Association when the parents became pupils for an hour to see if they could do as well as their children. Subjects to choose from were making posters, finger painting and a trick intelligence test, all supervised by the teachers. Proceedings were thoroughly enjoyed by all present.

Business was brief. Final plans were made for the St. Patrick's tea and "white elephant" sale which takes place March 15.

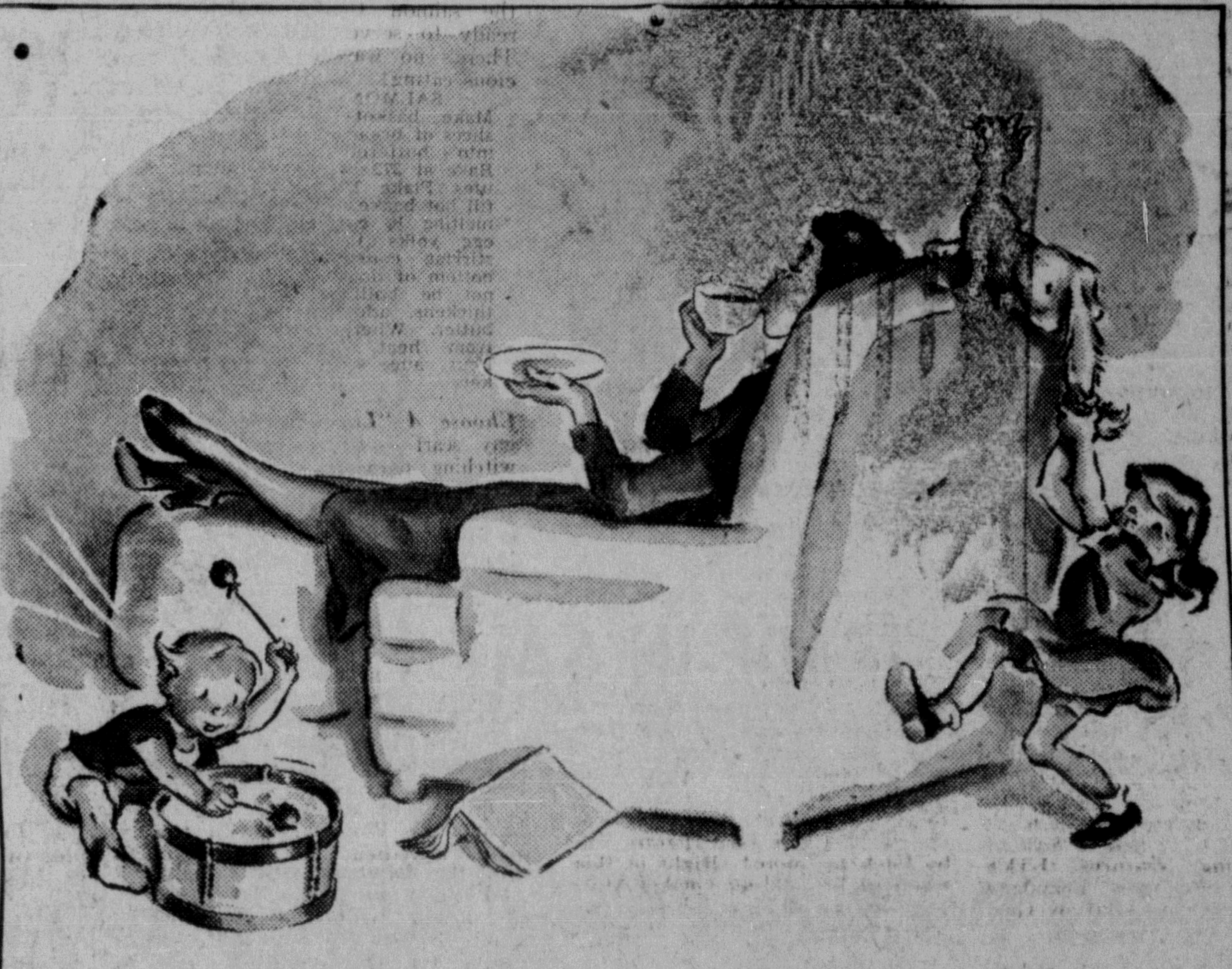
Miss Audrey Patterson was chosen delegate to the Parent Teacher convention.

The King Edward P-T-A will continue their membership in the Prince Rupert Music and Drama Association.

Membership in the King Edward P-T-A continues to be good. It was reported to be 171 to date.

Delicious refreshments were served at the close of the meeting.

For Action Advertise!



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Fishman Victim Of Malnutrition

VANCOUVER — Police report that a fisherman, found dead, was a victim of malnutrition and illness. His name is believed to be Gorman.

News Clippings with Sales

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