

## Whaler Huge Haul

England — The whaler ship Southern returned to Liverpool after a six-month voyage with a whale worth £1,200,000 (about \$2,400,000) for the Edinburgh whaling company.

The whaler was expected to bring back a total catch of 1,600 whales. The whaling company was expected to receive a share of the catch.

## Survey North BC

A Canadian Army officer who last year surveyed 500-mile survey route through the heart of the Headless Valley, a remote area of the Yukon Territory, has left Ottawa for another jaunt in the north.

L. G. McAdam of the Survey Establishment, a year's trip took him to the Mackenzie River and through the heart of the South Yukon. This year he will survey a 500-mile route along the Highway between John and Fort Nelson, B.C.

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## Leading Chefs Reveal Secrets

By CYNTHIA LOWRY

NEW YORK (AP)—The "Gourmet Festival" in honor of the 2,000th birthday of Paris, spiritual home of the epicure, which has just ended here provided top-secret recipes of world-famous chefs.

Chefs of famous eating places each presided for a week at a time in the kitchens of the expensive Chateau restaurant and each disclosed his favorite recipe. Gaspé Salmon was the choice of the only Canadian chef, René Schid of the Chateau Frontenac, Quebec. Here's his recipe for "La Darné de Saumon de Gaspé, Frontenac."

Chop fine a pound of mushrooms, a half-pound of white onions and a sprig of parsley, and saute them in butter until golden brown. Blend into them a half-pint of Hollandaise sauce, whipping gently until well mixed. Chill the sauce in the ice-box until firm.

Plan on three-quarters of a pound of salmon per person, and poach gently in a frying pan, covered with a pint and one-half of dry white wine, until the salmon is a bright pink color and the wine has been reduced below the salmon level.

Remove the salmon and place in a baking dish, covering each piece with a generous spread of the firm sauce. Bake for five minutes under a moderate flame until the sauce becomes golden brown. Serve in a hot dish with the poaching wine poured over.

### FINE SOUP

"Germiny, Froid et Chaud" of Louis Barthe of Maxim's, Paris: Chop fine a quarter pound of sorrel and saute gently in an ounce of butter. Add to this two quarts of rich chicken broth and bring the mixture to a boil. Add four egg yolks and remove from fire. Add one-half pint of heavy cream, stirring in slowly. If serving the soup cold, add a small amount of chopped chives.

Le Soufflé D'Orange of Marcel

## Schoolboys Are Taught Woodlore

HUNTSVILLE, Ont. — A course in woodlore may become part of Ontario's public school curriculum as a result of an experiment in which 44 city-bred boys participated near here.

The boys, between 12 and 14 years old, came from Forest Hill Junior High School, Toronto, and Pickering College at Newmarket, Ont., to learn something about wild life.

From their headquarters at a nearby lodge they spent a week journeying into the woodlands, visiting lumber mills and hacking their way through the bush.

The students who came this year paid their own way, but it is the hope of C. R. Blackstock, director of health and physical education at Pickering College, that such courses eventually may become part of the curricula of public schools, subsidized by the province.

At Helmsley, an instructor with the Ontario lands and forests department, attended the "classes" and showed films of conservation, wild life, thinning and planting of trees.

Grange of Cafe Chambord, New York:

Boil three cups of milk, adding two ounces of butter folded into a teaspoonful of flour, and mix them boiling for half a minute. Remove from the fire and fold in 12 egg yolks and the grated skin of two California oranges. Add three ounces of cointreau and mix slowly with a wooden spoon. Then fold in the whites of six eggs, beaten until stiff.

Grease a shallow baking dish with butter and sprinkle the bottom and sides with powdered sugar up to a quarter-inch from the top of the bowl. Pour the mixture into the dish, and put it in a hot oven for 15 to 18 minutes. When the soufflé starts to rise, remove it from the oven and scrape around with a thin knife on the inside of the dish. Complete the cooking until it has risen. Serve immediately.

## Gardening....

DAILY SALAD BOWL FROM HOME  
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There is no better way to make sure your family has a daily dose of Vitamin A, calcium, and other nutritious ingredients which the "green, leafy" vegetables supply than by serving a daily bowl salad.

Famous chefs pride themselves on their salads. One uncooked salad may be served every day at dinner with a great variety of nutritious ingredients produced in the home garden.

Leaf lettuce is preferred by most chefs over head lettuce for salads. It is also far richer in vitamins. It comes in two types—the butter leaves, and the crisp leaves. The butter leaves are thicker, and darker green, with fine flavor, the experts say. Crisp

leaves are lighter green in color, thin and somewhat brittle. Examples are Black Seeded Simpson, a butter type, and Grand Rapids, a crisp leaf type. Experts give first place in their esteem to the butter leaves.

Fast growing loose head varieties, such as Bibb lettuce are popular with many.

Romaine or cos lettuce, which produces oval leaves, standing upright, is highly esteemed by French salad experts. It is a good late lettuce, standing heat better than the leaf varieties. The leaves can be bleached by tying them up as they near maturity, but this merely changes their color, and lessens their vitamin content.

For summer leaves, chicory, also known as endive, is more available than lettuce, which usually runs to seed in midsummer. Endive may be had with curly leaves or board leaves. Many like the curly leaves best for summer, and broad leaves (escarole) for fall, as they endure frost and become sweeter after the frost comes. Sow both types in drills, thin out to six or eight inches.

Leaf crops grown in a similar manner, and much esteemed in salads, include corn salad, which is very hardy and can be harvested late in the fall; and upland garden cress, which gives a pungent flavor to the salad.

In the fall lettuce may be grown again; and the Chinese cabbage leaves are delicious. Chinese cabbage may be grown in the spring, with rich soil and an early start. But in midsummer, it always runs to seed. A late crop has no such tendency, and heads are easily produced in the fall, from plants started in late June.

All leaf crops demand rich soil. They must grow fast without check, otherwise the leaves are tough and have a bitter flavor. Plant food should be applied to the soil in which they grow at the rate of 4 pounds to 100 square feet.

Prince Rupert Daily News  
Monday, May 14, 1951

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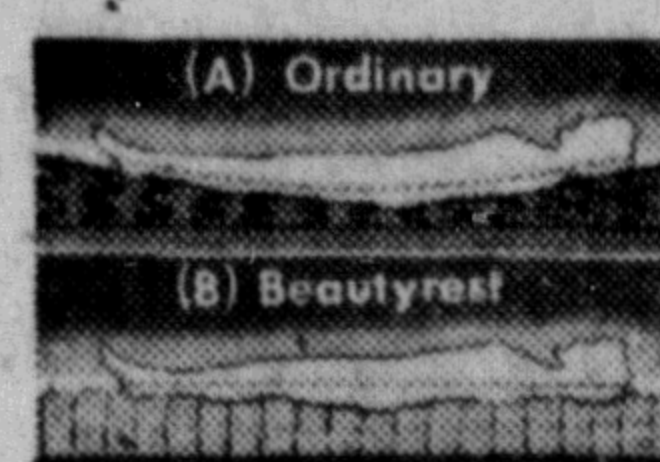
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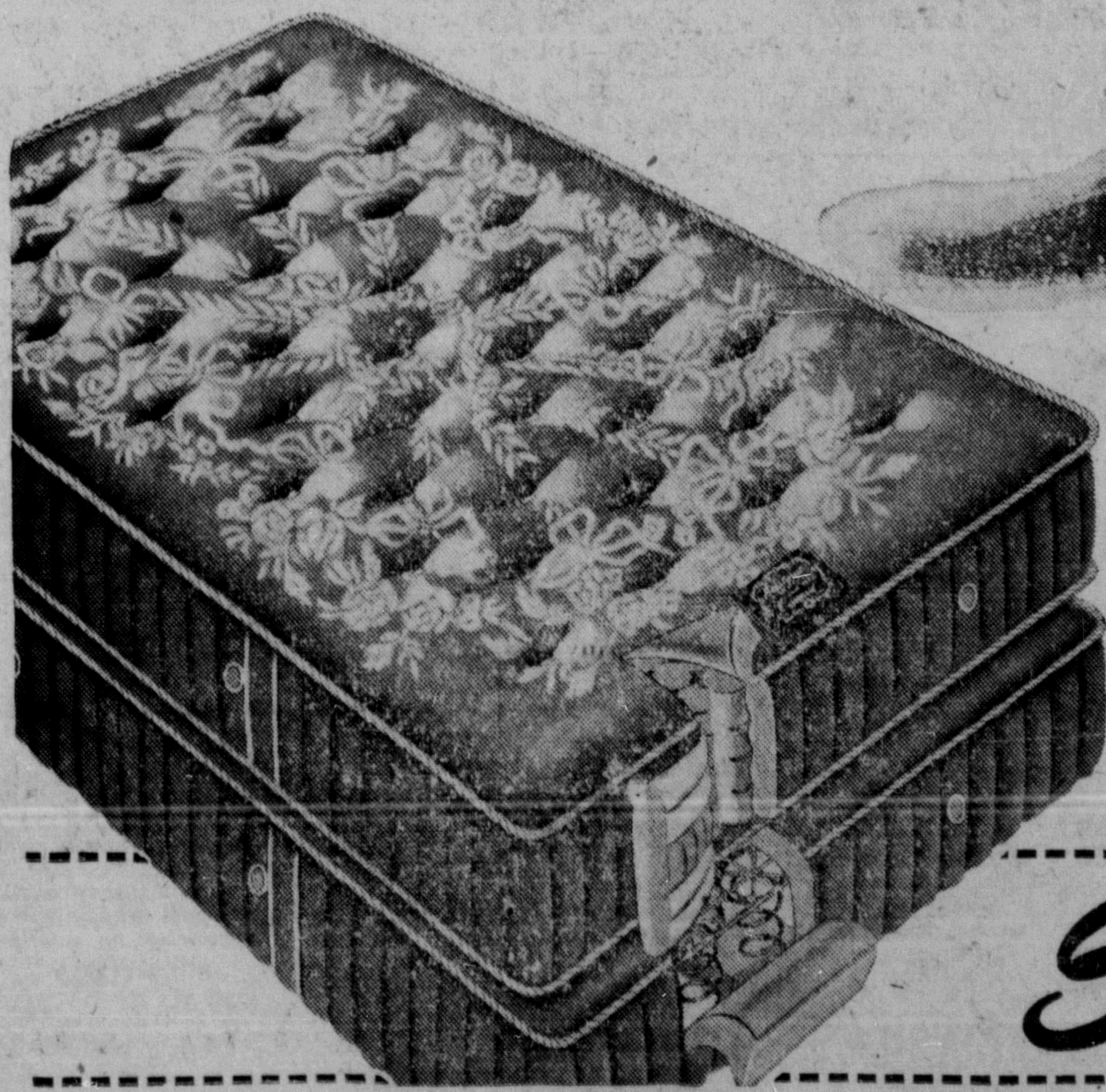


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