

Gardening....

SEED BOX EASILY EQUIPPED WITH AUTOMATIC WATERING

Seedling plants grown in an indoor seed box may be destroyed in a few hours if the soil is allowed to dry out completely. But by a simple device familiar to all in the lamp wick, water can be supplied automatically in just the right volume, leaving the gardener free to attend to other duties, and even go visiting for a few days.

This has been demonstrated by scientific research into watering practices, and the method is widely used by florists. For amateur gardeners, several methods of automatic watering have been tested. The best is wick-watering, by which moisture is supplied to the soil in the seed box from a pan below, lifted by a wick. A wick-watered box is easily prepared. First, a hole is bored in the bottom of the box. Through this hole a wick eight inches long is drawn. The top of the wick is frayed and imbedded in the soil which fills the box; the bottom drops into a pan below. As long as there is water in the pan, the soil will keep moist, and your seedling plants will not suffer from lack of it.

If a large pan is used, enough water for several days may be supplied at one time, allowing you to go away from home, even during the critical period of infestation when other methods of watering, daily inspection would be necessary.

The best material for a wick is fibre glass, which is sold for the purpose, and which will last for years. A piece of new clothes line

will also serve for the few weeks necessary to bring up plants, but if used too long will disintegrate. The degree of moisture maintained in the soil of the box may be controlled to some extent by varying the height of the box above the pan, but be careful not to get the box so high that the wick ceases to operate.

Took Exams In First Aid

Examinations for industrial first aid were held in the city fire hall last week.

Dr. Duncan Black, director of Public Health, held an oral questioning exam in the council chambers last week. Following this a practical examination was held in the Fire Hall. It consisted of application of bandages and splints for wounds and fractures.

The course, which is sponsored by the Prince Rupert Centre of the St. John Ambulance Association, has been conducted for the past four months in the Fire Hall under Instructor R. E. Eydolfson.

Mr. Eydolfson is also chief instructor for the St. John Ambulance first aid course, which is held in the Fire Hall each Friday evening.

Those taking the industrial first aid exams were two groups, those who took refresher tests to renew their knowledge and certificates, and those who took standard tests to acquire their first certificates.

Results of the exams will come from the Workmen's Compensation Board of Examiners within a few weeks.

The following took the tests: R. E. Eydolfson, instructor; M. C. Hauser, J. S. Furness, Donald Main, Jr., Nick Mazzone, refresher; Mrs. Alice Denton, R. J. Speers, W. M. N. Ramsay, J. A. Green, Larry Henning, standard.

Want Ads. Sure Results!

...HOUSEKEEPING...

TRADITIONAL HAM IS FINEST CHOICE FOR EASTER DINNER

Weather and spirits may be a bit unpredictable this time of year but once a few robins start chirping around the window, the promise of Easter is near. There is no finer choice for a festive Easter dinner than the traditional ham. How the ham became the traditional dish for Easter is an interesting story.

Since early Christian days it has been the custom to celebrate the advent of Spring with feasting. In those days the supplies of fresh meat were at their lowest ebb as this feast period approached. However, these resourceful Christians made preparations for this feast far in advance. In early winter, when pigs were slaughtered, certain choice cuts, the hind legs or hams, were saved for the feast. So the custom of serving ham at Easter has continued.

There is a variety of delicious smoked pork cuts on the market with which many homemakers are relatively unfamiliar. As a matter of fact, the average homemaker is inclined to use the term "ham" loosely to cover several of the smoked pork cuts. She may actually be referring to a real ham or a portion of a ham, to a smoked picnic style pork shoulder or to a boneless smoked shoulder, commonly known as cottage roll. Ham is the smoked counterpart of a leg of fresh pork which comes from the hind quarter, after the lower part of the leg has been removed. The lower section of the pork shoulder or the foreleg provides the picnic style shoulder, and the shoulder which has been boned and rolled is called cottage roll.

Whether the meat is the tender ham from the porker's hind leg, or a cottage roll, or picnic shoulder from the front leg, the quality of the meat should be good and the flavor excellent. However, because the meat of the foreleg is slightly coarser it should be cooked with moist heat.

Today most smoked ham is sold as tenderized ham, that is to say, it has been made tender during the smoking process. There are two types of tenderized ham, one that is ready cooked and ready to eat, and one that must be cooked at home before eating. This tenderizing process

means that no pre-boiling is necessary. To bake a tenderized ham, place the ham, fat side up, on a rack in an open roasting pan. Place the ham, uncovered, in a moderately slow oven, 325 F., and roast until tender, allowing twenty minutes per pound. If you own a meat thermometer, insert it into the meat so that the centre of the bulb reaches the centre of the fleshiest part. Be sure that the bulb does not rest

on bone. The ham will be done when the thermometer registers 160 F. About thirty minutes before the ham is done, remove from oven and take off the rind. Score the fat in diagonal lines and stick whole cloves in the centres of the diamonds, thus formed. Pour off the drippings, spread the surface of the ham with a topping mixture of one-half cup brown sugar, two tablespoons flour, and one teaspoon dry mustard. Return to oven to finish roasting and to brown. Instead of a topping, the ham may be glazed with maple syrup, honey, corn syrup or apple juice, basting several times during the last thirty minutes.

Frequently picnic shoulders and cottage rolls are not tenderized. If they are tenderized they are marked as such on the label or outside covering. Even if they are not tenderized, they are very delicious and are just as easy to prepare as a smoked ham, and of course they are more economical. As was mentioned above, these cuts should be cooked with moist

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Ten More New Brother Bills

Ten new initiatives to the new Bill of Rights were received at the regular meeting last week. They were C. McIntyre, S. G. Fulk, Crawford Moore, Robert Haiman, M. F. Rathford, D. M. Newton, J. H. Schuman, Herb Morgan, H. R. Copeland, Sev. 7 minute.

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