

# HOUSEKEEPING . . .

## COLORFUL FALL VEGETABLES GO FINE WITH TANGY CHEESE

Cheese is among the most popular of the world. In spite of the eleven leading producing countries, Canada ranks in the per capita consumption of cheese. For the many Canadians who are unfamiliar with the many types of cheese made in their country, home economists suggest some of the more popular ones.

Blue veils, marbling the creamy white surface, characterizes the Blue-Vein Roquefort type. This would be a connoisseur's choice for a salad cheese or for serving cheese and crackers as a dessert. Camembert is a mellow cheese for mellow after-dinner talk. This semi-liquid cheese is superb with crackers, fruit and good coffee. Canadian Edam and Gouda cheese are characterized by round or spherical red coats. These mild flavored ones are good for salad or dessert cheeses. Canadian Swiss is a nutlike cheese and is characterized by its "eyes" or holes caused by enzyme action. It is excellent for sandwiches, salads or desserts. The subtle flavor of Oka makes this an admirable dessert cheese while the superb flavor of Limburger makes up for the many jokes about its odor.

Cheese and macaroni or spaghetti are well-known companions, but cheese and vegetables are not so frequently coupled together. The market stalls today are a panorama of color with red and green peppers, purple grapes, red apples and orange pumpkins. During National Cheese Festival month which, by the way is this month, home economists suggest combining fall vegetables and cheese for economical, yet flavorful dishes.

Mrs. Homemaker can serve brussels sprouts or cauliflower, which has been dipped in cheese batter and deep fried, as a supper dish. The directions are very simple. First of all, the brussels sprouts or pieces of cauliflower should be cooked in boiling, salted water until tender. The batter is made by mixing 1/2 cup of flour, a few grains of salt and pepper and 1/2 teaspoon of baking powder. To this a slightly beaten egg and 1/4 cup of milk

are added and combined thoroughly with the flour mixture. One half cup of grated medium Cheddar cheese is then blended into the batter. The vegetable pieces are dipped into this batter and deep fried, in hot fat, until golden brown. The deep frying takes only about 3 minutes so, it is easily seen that this is a quick and simple dish to serve.

Onions or green peppers have a new appeal when they are stuffed with a cheese filling. This filling may be made by combining cheese, corn and egg; cheese, onions and bread crumbs or cheese and hard-cooked eggs. Many restaurants and many homemakers are featuring vegetable plates and vegetable dishes these days and everyone seems to enjoy them thoroughly. Cabbage is green and crisp looking and cauliflower is exceptionally good this year and both are very plentiful. Stuffed cabbage is one

dish which the home economists recommend as being particularly good. The whole head of cabbage is cut into quarters within 3 inches of the bottom. It is important not to cut right through as the head must stay intact. The cabbage is then cooked 5 minutes in boiling, salted water, cut side down, then turned over and cooked until tender, cut side up. In cooking, the cut portion tends to open up. The cabbage is then drained and the opening

filled with a mixture of 2 parts of grated cheese, to 3 parts of soft bread crumbs, sauteed chopped onions, chopped parsley and salt and pepper. The stuffing should be dotted with a few small pieces of butter and sprinkled generously with cheese. This interesting-looking and interesting-tasting dish is then baked in a moderately hot oven until the stuffing is thoroughly heated and the cheese is melted, which takes about 10 minutes.

# Gardening . . .

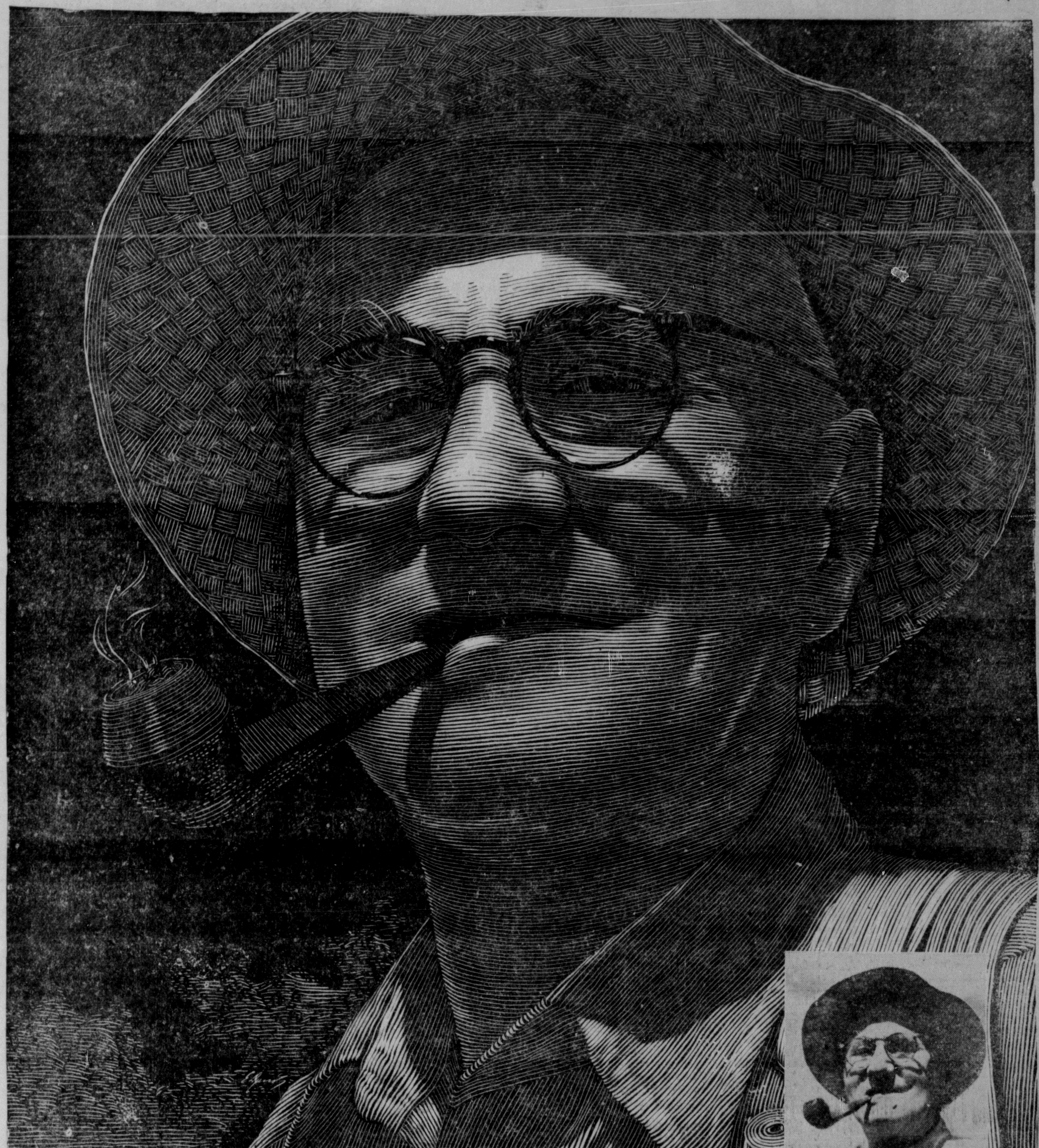
## TINY SPRING FLOWERS GIVE BIG THRILL TO GARDENERS

Spring flowering plants are the next spring's garden, their flowering is as important as the flowers themselves. White snowdrops in gardens will be the first flowers of spring, give a thrill as the magnificence, three months before the tulips.

striped flowers, larger than the earlier bulbs; but never plant them in the lawn, as some books advise, unless you are willing to let it grow uncut until the crocus leaves turn yellow and drop off. If their green leaves are cut off, the bulbs die. Better plant them with later perennials whose leaves will hide the yellowing crocus foliage and allow the bulbs to mature normally. Even so, be prepared to replace half your crocus bulbs each year.

These early bulbs are usually called the "minor bulbs." Their flowers are so small that in June they would hardly be noticed; but in their own season they have no rivals for the spotlight, and gardens in which they grow, give two or three weeks more of garden beauty to their owners.

The first major flowers of spring are the daffodils, or narcissi, which blossom after the crocuses. Tulips begin to flower before the daffodils are through. First there are species tulips, such as grow wild in Europe, then the highly bred early tulips, most popular type abroad, where their uniform height, and brilliant colors, make possible the planting of "carpet beds." The climax of the bulb season comes with the tall, late giant flowered tulips of the Darwin, Cottage and Breeder types, which bring to the garden a greater variety of colors including all the rainbow hues, than any other flower family can contribute.



### \*MR. OWEN E. RIDDLE . . .

**Do you believe in saving, Mr. Riddle?**  
Oh, yes. Sure I do. You never know what's going to happen. In case of sickness, you have money if you save. You don't have to depend on charity or anything like that.

**And what do you think of Canada Savings Bonds?**  
There is one thing about those savings bonds. While you can get more out of other things in interest, you can always get your par value out of the bonds.

**Do you buy Canada Savings Bonds mainly as a protection against emergency?**  
That's one of the main reasons. This spring work was slack and I had a bad throat, but I had money in the bank and the interest from these bonds. It all helped. I didn't have to go into debt or anything like that. I don't like going into debt.

**For what other reasons are you buying the Bonds?**  
Well, we're not getting any younger. In the building trade there's no pension. Even with the old age pension one doesn't know if one will live to that time. One likes to be independent. In the spring of the year you can pay your taxes in advance. That's what I did with my cash and interest on the bonds and saved four per cent. It's not only sickness. The

other day the boiler went on the blink and cost \$56.80 to repair. You have to provide for things like that. It's better to be able to pay out of your savings than to have to borrow.

**Have you cashed any of your Canada Savings Bonds?**  
No. Just used the interest.

**By what method do you pay for the Bonds?**  
I pay cash for them at the bank.

**Do you plan to buy Canada Savings Bonds again this year?**  
Yes, if I'm working. I always have. You see you get almost double the interest on them that you do on your savings in the bank.

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- and 9 months from date of issue and bear ten 3 1/2%
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- August 1st, 1953, simple interest is paid at 2% per year,
- calculated monthly. If held to maturity the overall yield is
- equivalent to 3.21% per year. The limit for holdings in any
- one name is \$5,000 in the 6th Series. The bonds are cashable
- at full face value, plus interest at any time at any bank in
- Canada. They are registered in the owner's name. They are
- non-assignable and non-transferable.
- 

\*Owen E. Riddle, 56, is a plasterer who lives at 726 3rd ave. W., Calgary, with his sister. He is in business for himself. A native of Eastbourne, Sussex, England, he came to Canada with his parents in 1912 and settled in Calgary. His father was a plastering contractor. After working with his father for two years, he obtained employment with the CPR and served as second cook and chef on dining cars and, for a time, as brakeman. He worked with the CPR at various points from Montreal to Vancouver. He farmed briefly and returned to plastering in 1920 and has since made this his occupation. His hobbies include cement carving, water color painting, and dahlia growing. He won 8 championships last year at the Calgary Horticultural Show with his dahlias, some of which measured 1 1/2 inches across. Mr. Riddle is one of more than a million Canadians who save regularly with Canada Savings Bonds.

# Poisoning Cleared

Food poisoning which led to hospital here from a Canadian always camp was due to general hygiene and lack of knowledge in the kitchen. Dr. Duncan Black, officer, in his month-

reports were deplorable. The lack, and immediate taken by the health to institute general procedures and the kitchen was replaced by the

poison now available, Inspector Edward Brad- ed his program of sanitation at the city increases from meat whether offal is being with the poison before

reports are await- Provincial Depart- health on the rodent by R. R. Davis and health inspectors. from this vicinity and sent to the laboratory.

140 homes were Prince Rupert in health 137 babies attended by clinic and 53 in- munitized. 29 calls were made with tuberculosis.

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