WEEKLY WARTIME FOOD HINTS

Martha Logan, Swift's famed Home Economist, whose weekly cooking column is a regular feature of this page. Look for these valuable hints every Monday

by Martha Logan

Tomatoes Deserve Canning

Alone, or in soups, stews and sauces, tomatoes lead the vegetable parade

There is no canned vegetable the average housewife uses more often than the tomato. To be sure that you have tomatoes later, plan now to can your own. Here in brief is what you do:

1. Select smallish, firm, bright red tomatoes.
2. Cover with boiling water and let stand till skins loosen.
3. Cover with cold water. Peel.
4. Pack closely in hot sterilized jars.
5. Fill jar with tomato juice which has been brought to the boiling point.
6. Add ½ teaspoon salt per pint (and a pinch of sugar, too, if you can spare it).
7. Partially seal jars (rings and tops sterilized).
8. Process 30 minutes in boiling water bath; or 35 minutes for pints, 45 minutes for quarts, in 275° oven.
9. Tighten screw tops and close second spring on spring-top jars.
10. Invert sealers to test for leakage; store in cool, dry, dark place.

To prepare juice for pouring over whole tomatoes as above: cut up tomatoes—use any very large or imperfect ones—and cook slowly until soft; bring to boil and use strained or unstrained.

Here's a simple recipe for a quick tomato sauce using your own canned tomatoes

In 3 tablespoons melted fine-flavoured dripping or butter, fry a little chopped onion; blend in 4 tablespoons flour, 1 teaspoon salt and a little pepper. Stir in 2 cups tomato juice (or strained cooked tomatoes) and cook, stirring, until thickened. Add, to your taste, such things as a dash of Worcestershire Sauce, a pinch of herbs, a trace of garlic or a clove or two.

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Timely Recipes

EUROPEAN MACARONI

¼ cup shortening or good dripping or salad oil
¼ cup finely-minced onion
1 cup chopped celery
2 cloves garlic, if available
3 cups chopped fresh tomatoes (or 1 No. 2½ tin tomatoes)
3 cups hot water
¾ cup ketchup
3 teaspoons salt
Few grains pepper
Grated nippy cheese
12 ounces ready cut macaroni

Make the fat hot, in frying pan, and cook the onion and celery, and if you are using it, the garlic, until delicately yellowed (not too dark).

Add remaining ingredients except the macaroni and cheese, and simmer gently, uncovered, about 1½ hours.

In last quarter-hour, cook, drain, rinse and drain again, 12 ounces ready cut macaroni, as directed in first recipe.

Turn macaroni, a layer at a time, into a big casserole dish, covering each layer with sauce. Put a good layer of grated cheese over top, and brown in baking over if already heated, or under broiler, until top is a rich golden brown. (If using broiler, put dish rather low in oven and watch carefully, to prevent scorching.)

Serve with hot vegetables, or with a good crisp salad.

SIX CENTURY TERM

St. Swithin was the patron saint of Winchester Cathedral from the 10th to the 16th century.

Sport Chat

Britain's booming bloodstock market is continuing its upward trend and owners and breeders, eyes turned to post-war racing and export trade, competed keenly at the first Newmarket sales of the year. The National Stud, property of the British taxpayers, had the most successful and quickest public sale of its venerable history when four yearlings, in and out of the auction ring in nine minutes, brought an aggregate of $63,000. This was a record average for the stud. The two-day sale's top price of $26,970 was paid for a chestnut filly by the Derby winner Blue Peter, out of Caretto. J. E. Ferguson, owner of a London plastic firm who dabbles in racing stock, was the purchaser.

Bidding on behalf of the Aga Khan, Trainer Frank Butters doled out the second-highest price—$13,485—for a colt by the noted SirFoxhunter out of the French Oaks winner, Mistress Ford. The Aga Khan, resident in Switzeriland since the war began, sold four yearling colts and three yearling fillies. Best price of the lot came for a bay by Dastur from a Blenheim mare. The colt was knocked down to Owner Jack Colling at $8,600. Seven yearlings bred by Edward Esmond, prominent owner in France before the war, sold for what was considered the high price of $40,545. Stock of Fairway, sire of two recent Derby winners, Blue Pete and Watling Street, was in heavy demand. His filly out of Titanic went to Mrs. Betty Lavington for $9,200.

Turf followers recognize Sugar Palm, a five-year-old sprinter, as the fastest horse on British tracks. Owned by sportsman-Major A. Bonsor, he has galloped to five consecutive triumphs and beaten the best in the country. Sugar Palm, unbeaten this season, put on his best show while winning his latest event — the five-furlong Sprint Stakes at Salisbury. Averse to descending hills at high speed, Sugar Palm was several lengths behind Linklater, one of Britain's smartest racers, after the first downhill stretch of a furlong. Forty yards from the finish, he still was a length behind. Then under the expert hand of Jockey Tommy Carey, Sugar Palm up and beat Linklater by a neck.

The Hon. Catherine Macdonald-Buchanan stepped beside the Hon. Dorothy Paget and Mrs. Betty Lavington as an outstanding turf figure by purchasing Lord Harewood's Newmarket Egerton estate that includes racing stables and a stud farm. The purchase emphasized her intentions to allow her turf enthusiasm to have full scope after the war. Daughter of Lord Woolavington, under whose will she inherited around $13,000,000, Mrs. Macdonald-Buchanan has been in racing for several years and won the Derby with Owen Tudor in 1941.

Farmer and souvenir hunters replaced jockeys and bookmakers on the Old Lincolnshire Steeplechese course at Brooklesy, North Lincolnshire, when all equipment of the track, which had carried on for more than a century, went under the hammer. The course itself has been plowed up in keeping the country's wartime program of utilizing all available land for crop-growing. A handbell, used to announce upcoming races, was purchased by a souvenir hunter for $2- and an amateur rider bought the number board for $55. Auctioneer Ronald Davy said at the sale's opening that "we hope to get going again after the war when we have put paid to Hitler's account."

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Funeral At Pt. Essington

PORT ESSINGTON, Sept. 9—The funeral of Douglas Brew, eighteen year old son of Nelson Brew of Haysport, who was drowned from a fisheries patrol vessel at Haysport recently, took place last Saturday afternoon from the Anglican Church here many friends of the family being present to offer final tributes of esteem and sympathy. Rev. Gordon Smith officiated and William Spalding was organist. Miss Esther Spalding sang a solo "My Faith Looks Up To Thee" and the hymns were "Safe in the Arms of Jesus" and "Eternal Father Strong to Save." The Port Essington Band led a procession from church to cemetery. Pallbearers were John Snellman, John Spalding, Donald Roberts, Ian McRae, Ivor Hanson and James Lockhart.

Besides the father, deceased is survived by a sister, May, and brother, Marvin; an aunt, Mrs. Henry Reid of Port Essington, and uncle, James Brew of Port Edward, as well as his grandfather at South Hazelton.

Those sending flowers included:

Daddy, Sister and Brother, Henry, Lottie and Wilma, Grandpa, Uncle Jim and Emma, The Carr Family, Constable and Mrs. Bell, Nona and Wally, Mrs. Agnes Brentzen and family, Mr. and Mrs. Lockhart and Jimmy, Ivar Hanson, Ian McRae, Mr. and Mrs. S. A. Cheeseman, Mr. and Mrs. John Brentzen and family, Florence Bosdet, W. H. Malkin Co. Ltd. (Prince Rupert), Mr. and Mrs. A. H. Perkins and family, Mr. and Mrs. J. M. Smith and Stewart, The Snellman Family, William Walsh, Mr and Mrs. Stewart Donaldson and family, Mrs. George Davis, C. N. Railway Mail Clerks, Elina and John Hakala, Mr. and Mrs. Watson and family, Mr. and Mrs. K. Pekkonen, Mr. and Mrs. Howard Starr and family, Capt. J. D. Watson, Brown's General Store, Mr. and Mrs. Wing and family, Mr. and Mrs. Sam Lockerby and family, Mr. and Mrs. Brooks and family, Mr. and Mrs. Felix Brown and family, Dorothy McKay, Mr. and Mrs. H. E. Spalding and family, Mr. and Mrs. Joseph Roberts and family, Elizabeth McLean, Myrtle and Ernest Valpy, Mrs. R. Bolton, Mr. and Mrs. E. Wesley and ley and family, Mr. and Mrs. James Bolton and family, Mr and Mrs. Ed. Bolton, J. Munro, Mrs. Martha Wesley, Mr. and Mrs. C. E. Salter, Earl, Ella and Ernie McClellan, Harold Jacobsen.

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LAND REGISTRY ACT
Re: Certificate of Title No. [illegible] to Lots 11, 12, 13 and 14 [illegible] Section 1, City of Prince [illegible] Map 923.

WHEREAS satisfactory proof [illegible] loss of the above Certificate of [illegible] issued in the name of Con[illegible] beth Black has been filed in [illegible] office, notice is hereby given [illegible] shall, at the expiration of [illegible] month from the date of the [illegible] publication hereof, issue a [illegible] sional Certificate of Title in [illegible] said lost certificate, unless [illegible] meantime valid objection be [illegible] to me in writing.

DATED at the Land Regis[illegible] fice, Prince Rupert, B.C. this [illegible] day of August, A.D., 1943.

ANDREW THOMPSON,
Deputy Registrar of Ti[illegible]

"GOVERNMENT LIQUOR A[illegible]
(Section 28)

NOTICE OF APPLICATION [illegible] CONSENT TO TRANSFER OF [illegible] LICENCE

Notice is hereby given that [illegible] 11th. day of October, A. D. 194[illegible] undersigned intends to apply [illegible] Liquor Control Board for con[illegible] transfer of Beer licence No. [illegible] sued in respect of premises [illegible] part of the premises known [illegible] New Royal Hotel situate at the [illegible] er of Third Avenue and Sixth [illegible] in the City of Prince Rupert, [illegible] ince of British Columbia, upo[illegible] lands described as Lots Eleven [illegible] and twelve (12), Block Thir[illegible] (32), section One (1) Map [illegible] Prince Rupert Land Regis[illegible] District, from Northern Hotel [illegible] any Limited of Prince Rupert, [illegible] ish Columbia, to Allied Hotel [illegible] any Limited, the Transferee.

DATED at Prince Rupert, A. D. [illegible] this 31st. day of August, A. D. [illegible]

Allied Hotel Company Lim[illegible]
Transf[illegible]

TIMBER SALE X33446

Sealed tenders will be rece[illegible] the Minister of Lands at Victo[illegible] B. C., not later than 11 o'[illegible] the 14th day of September, 194[illegible] the purchase of Licence X33[illegible] cut 3,500,000 feet of spruce [illegible] areas located on Juskatla [illegible] Queen Charlotte Islands Land [illegible] trict.

Two years will be allowed [illegible] removal of timber.

Further particulars of the [illegible] Forester, Victoria, B.C., or [illegible] Forester, Prince Rupert, B.C.

TIMBER SALE X33445

Sealed tenders will be rece[illegible] the Minister of Lands at Victo[illegible] B. C., not later than 11 o'[illegible] the forenoon on the 14th [illegible] September, 1943, for the pu[illegible] of Licence X33445, to cut 4[illegible] feet of spruce on three areas [illegible] on Awun Lake and Dinan Bay [illegible] sett Inlet, Queen Charlotte [illegible] Land District.

Two years will be allowed [illegible] removal of timber.

Further particulars of the [illegible] Forester, Victoria, B.C., or [illegible] Forester, Prince Rupert, B.C.

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