SUN.	MON.	TUE.	WED.	THUR.	FRI.	SAT.
Roast	Cold Beef	Eggs Floren- tine	Beef	Braised Kidney or Liver	Fish	Seafood
Group	left- over	unrat- ioned	left- over	unrationed	unrat- ioned	left- over
4 lbs. 2 coupons						

roast of beef is for Sunday's eating enjoyment. A sharp knife supplementing the skill of the carver should enable your week's ration expenditure to take care of a couple of other dinners, either one of which might include a guest or two. On Monday creamed new potatoes and a toss of salad greens would be good companions for the cold meat. Eggs florentine are suggested for meatless Tuesday—soft cooked eggs nestling in cooked spinach, fresh from your garden or market, the whole covered with a mellow cheese sauce. And for dessert, the season's strawberries in shortcake form. On Wednesday the roast remnants can go into a stew, succulent and tasteful and highlighted with vegetables. Braised liver or kidney win give you a ration free nutritional boost on Thursday. Friday's fish purchase can do double duty if you plan a left-over for Saturday's use. It can be flaked and combined with hard cooked eggs and your best cream sauce and served either casserole fashion or in toast cases made from that stale bread you're not wasting.

RLS GOING

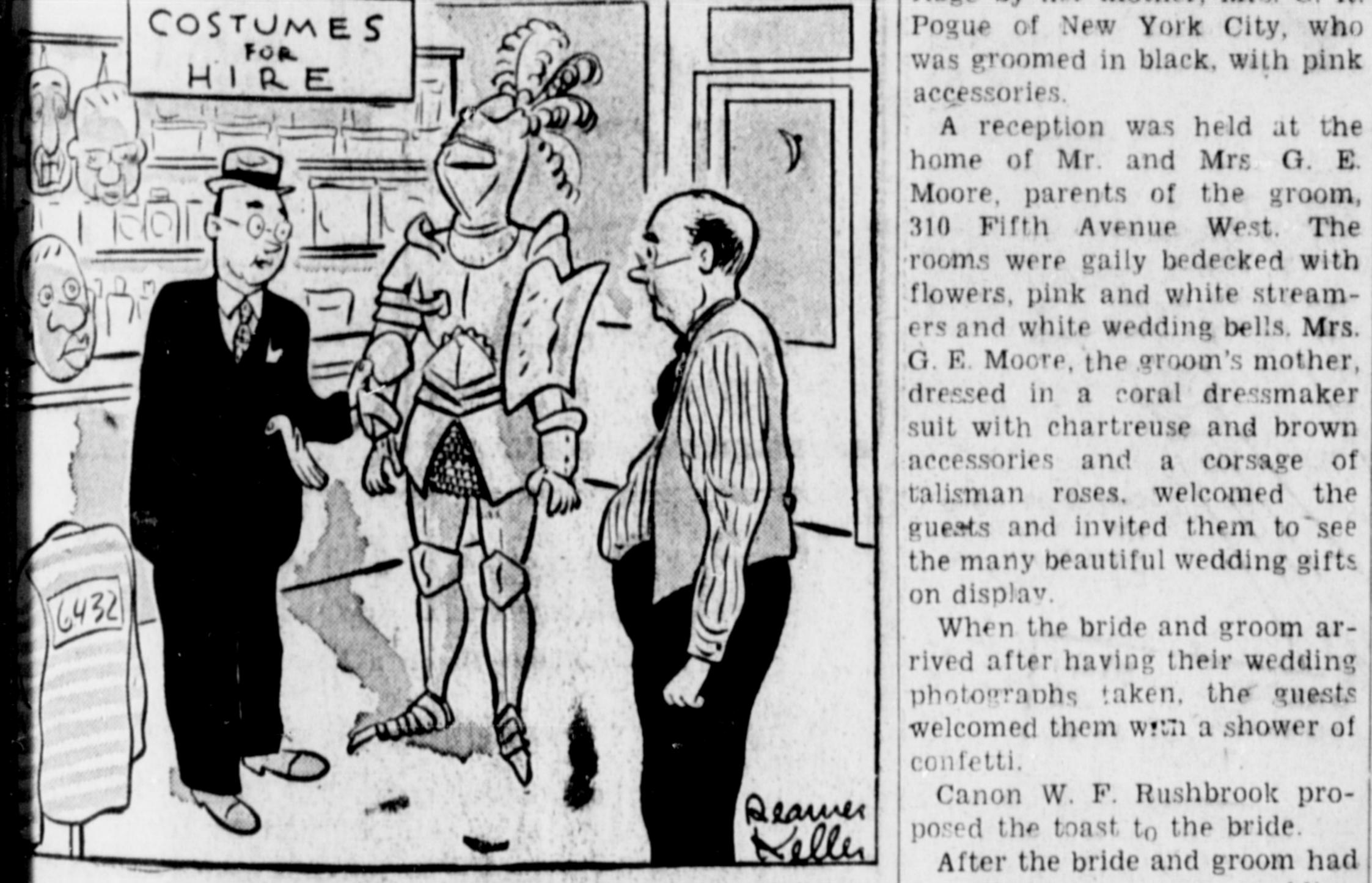
C.G.I.T. to Camp at Tlell for Two Weews

The Canadian Girls in Trainof First United Church will ake the girls to one of

on record. Hundreds of girls all over the province have found inspiration in her leadership. Local leaders planning to accompany the 15 prospective camers includeu Mrs. J. A. Findlay and Miss Lynn Gowan. (Ted) Moore of Prince Rupert

The girls have been fortunate were united in marriage by in obtaining the use of suitable Canon W. F. Rushbrook at a buildings at Tlell. They will sail beautiful ceremony in St. Anon the "Cassiar" this Friday and drew's Cathedral. will drive from Port Clements to, The congregation was witnesscamp by car. Tlell, with its dunes ed by a congregation of relatives of yellow sand, is regarded by and friends which filled the many as an ideal camp site. The church. The bride, in her blue campers plan to break camp on dressmaker suit, white ruffled atiful camp sites on July 18 and to return to Prince blouse, white shoes, white hat Rupert by way of Queen Char- with shoulder-length veil, and lotte City.

corsage of sweetheart roses, was The cost of the camp is being a lovely picture. The matron of borne entirely by the girls honor, Mrs. Harold Thom, wore themselves. The camp itself will a gold dressmaker suit with acgirls' work secretary for the cost \$7.50 with transportation Church before her mar- extra. During the year the group She has the distinction of have raised \$40 which they plan to use to reduce the amount season than any director whice heach girl will have to pay.



I just need it to get into the house. I've forgotten the Fort Garry

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> stick, rouge perfumes, and other sundries, see our COSMETIC COUNTER. You will find just what you need in our large assortment.

HE VARIETY STORE

"Where Your Dimes Are Little Dollars"

Deasonable Ideas for Housekeepers

Six servings.

Spiced Onions

6 medium-sized onions

½ teaspoon cinnamon

2 tablespoons brown sugar

HOW CAN 1 ? ? ?

By ANNE ASHLEY

Q. How can I sew buttons on

A. When sewing buttons on

a garment so that it is easy for

children's garments a good idea

is to sew each one over a pin.

leaves a small amount of loose-

easier for the child to fasten.

a child to fasten?

Legetable Plates Can Be Most Attractive Dinner

serving a vegetable plate dinner home economists: colorless, soggy and unappetiz- baby beets. ing. A vegetable plate may be Baked stuffed potatoes, broiled generally acceptable meals ever squash. more often.

When planning a vegetable plate, the homemaker should think of three things-color, texture and flavor. The vegetables should be chosen with the idea of creating a picture. Colors should complement each other. Texture also must be considered. crisp, tender and mealy vegetables give variety to the plate. Flavors should also blend, strong and mild, only one of very pronounced flavor.

The successful homemaker preparing a vegetable plate meal will not serve a combination of mashed potatoes, turnips, lima beans and onions, this would not be welcome by the family, nor would a plate full of various a heavy pan, add beans and salt, green-colored vegetables.

cessories of rose and black and

corsage of American beauty

Groomsman was John Moore,

The bride was given in mar-

iage by her mother, Mrs. C. R.

Pogue of New York City, who

Moore, parents of the groom,

310 Fifth Avenue West. The

ers and white wedding bells. Mrs.

G. E. Moore, the groom's mother,

dressed in a coral dressmaker

suit with chartreuse and brown

the many beautiful wedding gifts

posed the toast to the bride.

confetti.

camaraderie.

Alfred Street.

was groomed in black, with pink

A reception was held at the

of Mr. and Mrs. G. E.

brother of the groom.

WEDDED AT

CATHEDRAL

Some people never think of here are a few suggested by the

because of one experience when Spinach, new potatoes in their the vegetables offered were flat, skins, spiced onions and whole

one of the most attractive and tomatoes, panned beans, summer

set before an epicure. More Creamed new potatoes and people should enjoy such a meal cucumbers, glazed carrot sticks, sliced tomatoes on lettuce.

Creamed New Potatoes and Cucumbers

18 small new potatoes 2 cups diced cucumber 2 cups medium cream sauce Boil potatoes in jackets until tender. Remove skin and add to 11) t cream sauce. Add cucumbers, heat and serve at once. Six serv-

Panned Beans

11/2 quarts fresh green or wax Then slip the pin out, which beans 3 tablespoons of bacon fat

Salt to season 3 tablespoons water

Wash and string beans, cut dow shades look like new when into half inch pieces. Melt fat in laundering them? cook covered for 5 minutes on Specific vegetable combina- low heat. Add water, cover pan, tions are endless in variety, but and cook slowly until tender,

INFANT DIES

A year-old infant, child of Mr. after paring? and Mrs. Albert Douce, a native couple, died at Carlisle Cannery with cold water. on Sunday, it was learned to-Miss Isabel Pogue of Peter- day. Details were not available. berough, Ontarie, Becomes

ough, Ontario, and Edward T & charge.

WARY WOODCOCK

The woodcock has eyes set far Bride of Edward (Ted) Moore here since boyhood and served back in its head so that it can At 7 o'clock Saturday evening in the recent war, obtaining his see its enemies when its long bill Miss Isabel Pogue of Peterbor- commission before his final dis- digs deep in the ground for

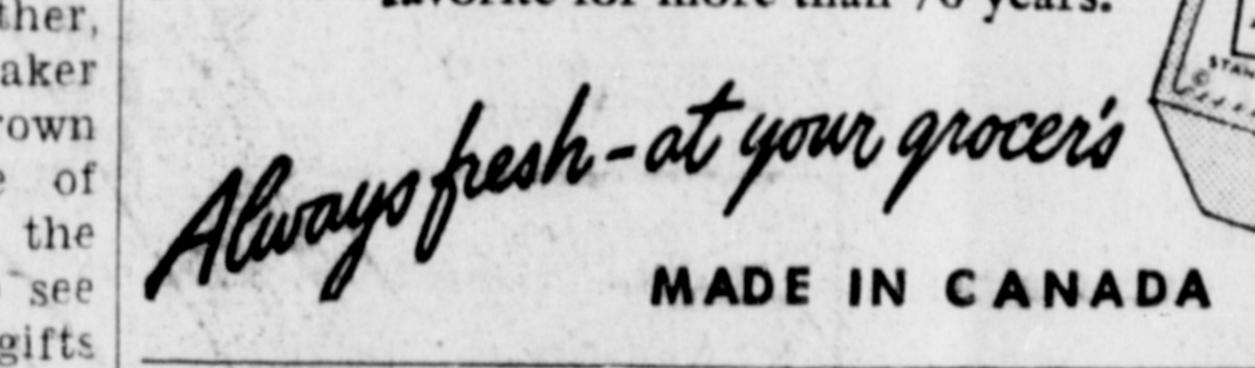
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Gordon's Hardware McBride Street PHONE 311

CONSUMER'S RATION COUPON CALENDAR

ceive the hearty congrautlations

and best wishes of their many

friends. The groom has lived

SUN	MON	TUES	WED	THURSDAY	FRI	SAT
	1	2	3	4 SUGAR-PRESERVES S17 — S21 BUTTER COUPON R13 MEAT COUPON M44 Valid	5	6
7	8	9	10	BUTTER COUPON R14 MEAT COUPON M45 Valid	12	13
14	15	16	17	18 SUGAR-PRESERVES 522, 523 BUTTER COUPON R15 MEAT COUPON M46 Valid	19	20
21	22	23	24	25 MEAT COUPON M47	26	27
28	29	30	31			

SUGAR-PRESERVES COUPONS S17 to S21 REPRESENT THE ALLOWANCE FOR HOME CANNING

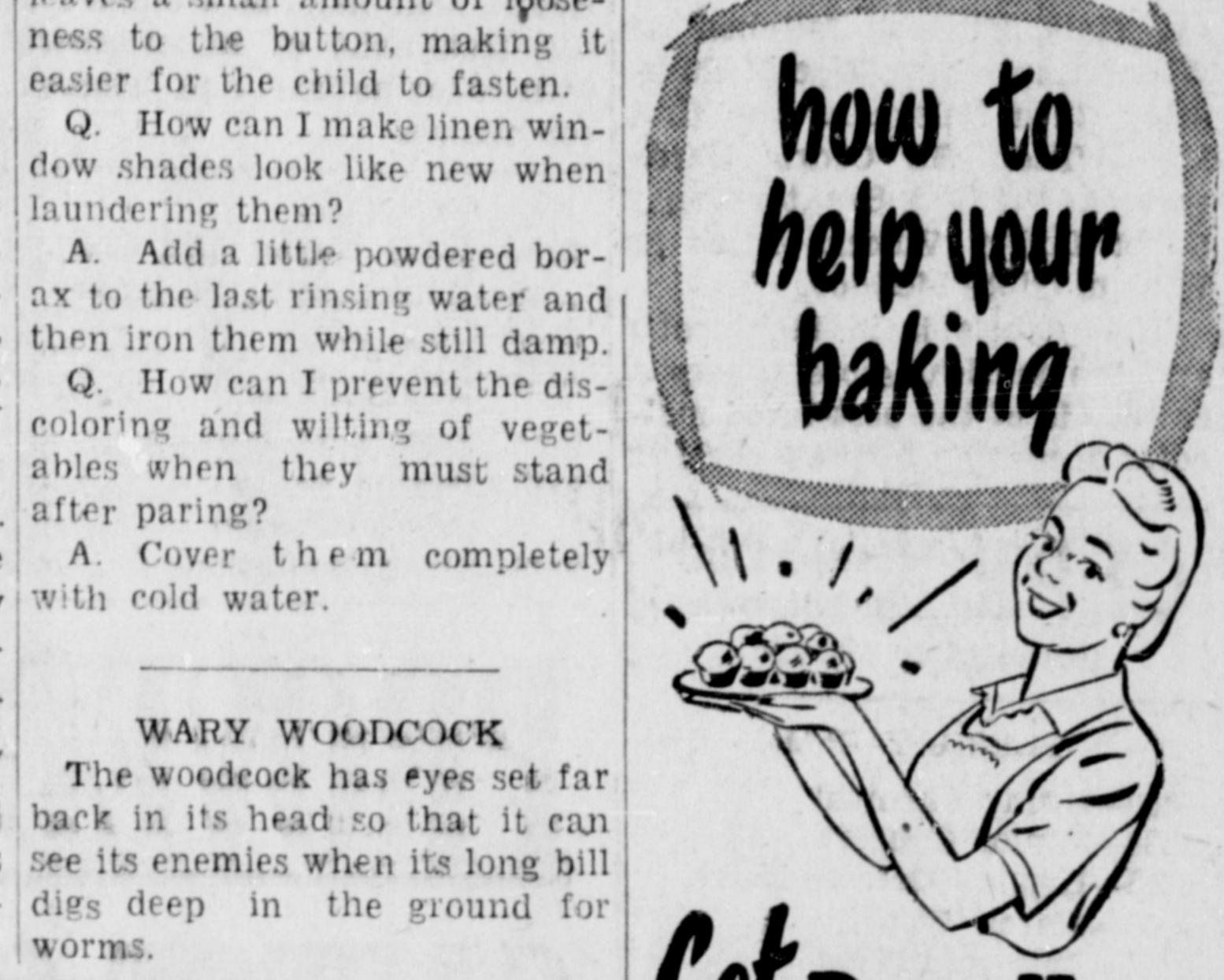
SAN FRANCISCO WOMEN IN CITY

An Explorers Club party of

seven persons from San Franabout 10 to 15 minutes, stirring cisco was here aboard the Catala occasionally to prevent sticking. Sunday evening and again today making the round trip north to step across the border into Alaska at Hyder. The party was particularly interested in Prince 1 tablespoon mild-flavored fat Rupert, being shown around various scenic and industrial points Sun by evening and go-Miss Quality TE A Guaranteed Hollow out top of onions ing out to Port Edward today to slightly. Cook in boiling water see a salmon cannery ir operauntil tender. Blend together the tion. Members of the party were mild-flavored fat, brown sugar Mrs. Kate Niner, Miss Margaret and cinnamon. Place a small Niner, Miss Yvonne Petray, Miss portion of this mixture in the Sadie Alexander, Miss Helen Melhollow of each onion. Garnish rose, Miss Avis Gibson and Miss with a thin wedge of cucumber B. Edgerton.

> PAIGNTON, England, (P) - A monkey which disappeared from lits cage in the zoo here, having bitten through iron bars, returned after keeps armed with shotguns had spent the day searching for it.

> > Advertise in The Daily News.



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Seal of

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PHONE 51

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