

Seasonable Ideas for Housekeepers

A Meal in the Open: Some Ideas for a Family Picnic

The Experts Say...

By HELEN BANNERMAN
Canadian Press Staff Writer

CEREALS ARE PRECIOUS

Cereals are one of our most precious foods these days and the less bread and white flour used in our homes the more these will be to send to Europe. To help prevent waste we can purchase cereals in smaller quantities than formerly and take particular care to store it well in the hot summer months. Any cereal, especially those containing the germ of the grain, require good storage in hot weather. Weevils develop readily in warm weather unless the cereal is kept cold and dry. In those which contain the germ the oil may turn rancid.

The home economists of the Agriculture Department Consumer Section suggest a tin with closely fitting lid as an excellent container for cereals and it should be stored where it will be kept fairly cool. To reduce the bread served, scones, biscuits and muffins made from bran or rolled oats make good substitutes. Those Honey Bran Muffins make an excellent accompaniment for salad or dessert or to take on a picnic.

The recipe for Honey Bran Muffins which yields a dozen medium-sized muffins requires 1½ cups sifted all-purpose flour; three teaspoons of baking powder; ¾ teaspoon of baking soda; ¾ teaspoon of salt; 1½ cups of cooking bran; ¼ cup of honey; one egg; 1¼ cups sour milk or buttermilk, and two tablespoons mild-flavored, melted fat.

Sift the flour, baking powder, baking soda and salt. Add bran, mixing thoroughly. Mix honey, well-beaten egg and sour milk and add with melted fat to the dry ingredients, mixing quickly and lightly. Turn into well greased muffin pans, filling them 2/3 full, and bake in a hot oven, 400 degrees Fahrenheit, for 20 to 25 minutes.

Cut with biscuit cutter and bake on greased baking sheet in a very hot oven, 450 degrees F., for 15 minutes. Yield: 12 medium biscuits.

Many families who had acquired the habit of going on picnics and who had to devise new ways of amusement because of gas rationing, will be making plans to go on more picnics now. Victoria Day is usually the date fixed for the first picnic and every member of the family looks forward with the hope that it will be a glorious day such as it was in Prince Rupert this year.

Picnics appeal to many persons because they offer an excuse to get out of the city, enjoy the open spaces, and relax and take part in simple fun. It is also an opportunity for the family to go out all together.

Homemakers remark every year that picnics are grand for everybody but then since they are the ones who have not only planned the picnics but also prepared them. This, in many instances, is true, but why not have picnics in which every member of the family will help prepare the food? Everyone agrees a picnic is not a picnic without food. In fact, it is the most important part of the picnic for the youngsters.

Canadians are asked to conserve bread, meat, eggs and so that more of these goods can be sent to the hungry peoples of Europe. Ways to save when preparing picnics will be appreciated by the housewife who, in the past could always fall back on sandwiches as other ideas—escaped her. Instead of making quantities of sandwiches which, by the way, is a strain on the butter ration, two slices of bread may be used per person. Various spreads, peanut butter, relish, etc. carried in jars, will save bread and also work for the housewife, since each member of the party can make his own open-faced sandwich.

Baked beans, chowder or soup, vegetable casserole dishes, spaghetti or macaroni, kept hot, substantial salads, are very welcome at a picnic and will satisfy the most ravenous appetites. For good measure, fresh vegetables, like radishes, green

Tomato Meat Spread

2½ cups ground cooked meat
2 tablespoons grated onions
½ cup tomato juice
Few grains cayenne
1 tablespoon chili powder
Salt and pepper to taste
Combine ingredients and cook, stirring constantly until mixture is thoroughly blended and reaches the boiling point. Cool and store in covered container. Yields about 2½ cups.
This filling keeps 2 or 3 weeks in the refrigerator.

Picnic Salad

1 teaspoon prepared mustard
¼ cup salad dressing
1 cup sliced or diced ripe banana
2 cups shredded cabbage
½ cup chopped sweet or dill pickles
¼ teaspoon salt
Combine prepared mustard with salad dressing. Slice or dice bananas into first mixture and blend only enough to coat fruit. Mix together the cabbage, sweet or dill pickle and salt. Add the first mixture and toss together lightly. Six servings.

Oatmeal Tea Biscuits

1 cup all-purpose flour (sifted)
OR 1 cup plus 2 tablespoons pastry flour (sifted)
4 teaspoons baking powder
1 teaspoon salt
¾ cup fine oatmeal
3 tablespoons fat
2/3 cup milk
Sift together the flour, baking powder and salt. Add the oatmeal and cut in the fat. Add milk and let stand 2 minutes. Toss lightly on a floured board and pat out to ½-inch thickness.

BETTER EATING HABITS

The Food Information Committee supplied these figures about how improvement in our eating habits can help the less fortunate parts of the world.

One slice of bread saved each day by each Canadian would release sufficient to increase the daily ration of 900,000 hungry people by 1,000 calories.

A single slice of bread wasted by each household in Canada adds up to more than 117,000 loaves, or 634 barrels of flour or 2,800 bushels of wheat.

A one-ounce reduction in the amount of meat you give your family would not be noticed either by you or them, if each family used just one ounce less of meat each day, the national saving would be more than 600 tons of meat in a week—meat that would find its way to people who live with hunger.

Do you know that you may throw away the equivalent of one egg white in every dozen if you don't thoroughly scrape out the shells?

The committee also contributes these bits of advice: Make clean plates the vogue of the day in your household; Become an accurate judge of appetites and don't cook for six when there are four to be fed; if you have left-overs make interesting use of them as promptly as you can; cooked foods particularly vegetables, rapidly lose attractiveness and nutritive value on standing.

TWENTY-FIVE YEARS AGO

May 28, 1921
Dale L. Pitt, manager of the Premier Gold Mining Co., announced that the mine workers had returned to work after a brief strike and that the company was seeking to employ 50 more men at \$5 a day.

Local sport fans were advised that Babe Ruth had made his fourteenth home run of the season, bringing his total home run score to 117, equalling that of Clifford Cravath.

Capt. Holmes Newcombe of the fisheries protection steamer Malaspina reports that he had captured and sunk a Japanese sealing vessel while on patrol to westward.

School Inspector Commanded Unit

SEATTLE — Brigadier John E. Sager, British Columbia school inspector, who died in an auto court here Saturday, enlisted in 1939 and went overseas as commanding officer of the Westminster Regiment. Later he was commanding officer of the Canadian reinforcement unit in England during most of the war.

JAP NATIONAL BEVERAGE

In taste, sake, the national beverage of Japan, resembles madeira or sherry wine. It is made from fermented rice.

BEEF WHOLESALE CEILING RAISED

OTTAWA — In an effort to facilitate movement of cattle and provide better beef supply during the present seasonal shortage, wholesale price ceilings on two top grade—red and blue brand—will be temporarily suspended from May 27 to July 30. Retail prices will remain unchanged.

IN THE SUPREME COURT OF BRITISH COLUMBIA

IN PROBATE
IN THE MATTER OF THE "ADMINISTRATION ACT" and
IN THE MATTER OF THE ESTATE OF LEONIE MORIN, OTHERWISE KNOWN AS LEONIE MERRY, DECEASED — TESTATE.
TAKE NOTICE that by Order of His Honor, Judge Fisher, made on the 10th day of May, A.D. 1946, I was appointed Administrator of the Estate of Leonie Morin, otherwise known as Leonie Merry, deceased, and all parties having claims against the said estate are hereby required to furnish same, properly verified, to me on or before the 15th day of June, A.D. 1946, and all parties indebted to the estate are required to pay the amount of their indebtedness to me forthwith.
DATED at Prince Rupert, B.C., this 11th day of May, A.D. 1946.
GORDON F. FORBES,
Acting Official Administrator,
Prince Rupert, B.C.

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