SPRING SALE BY UNITED CHURCH

The spring sale of the Women's Auxiliaries of the First United Church held in the church parlors last Thursday afternoon was very well attended and proved to be successful in every way.

Rev. R. A. Wilson opened the affair with a few well chosen remarks. The visitors were received at the door by President Mrs. Andrew Thompson. The hall presented an attractive appearance in gay streamers and spring flowers.

The ladies assisting here:

Tea room—Mrs. R. C. Webber, convener; Mrs. Llewelyn, Mrs. Faught and Mrs. J. S. Irvine.

Pourers—Mrs. J. Clavring, Mrs. J. A. Findlay, Mrs. G. A. Johnson and Mrs. O. L. Hall.

Serviteurs— Mrs. E. R. Foster, Mrs. Thornton Hay, Mrs. C. J. O. Olsen and Mrs. T. Petroff.

Homecooking—Mrs. E. Pedersen and Mrs. W. J. Holt.

Fancy work—Mrs. D. Santurbane and Mrs. E. Clapp.

Aprons—Mrs. J. Krikevsky and Mrs. G. Ciconne.

Junior W.A. booth — Mrs. Crawford Moore, Mrs. Art Nickerson, Mrs. D. Allan and Mrs. Martin Stuart.

Cashier—Miss Maxwell.

Mrs. C. L. Dimock of Smithers arrived in the city on Saturday night's train and will leave tonight on the Princess Adelaide for Vancouver. Her husband, who recently retired from the position of village clerk at Smithers, has left for the south by highway, taking the family's household effects. Mr. and Mrs. Dimock will take up residence in the Fraser Valley.

JOB'S DAUGHTERS ATTEND CHURCH

Job's Daughters and their mothers attended service in a body at First United Church last evening and heard an inspiring sermon by Rev. R. A. Wilson who discussed the high principles of the order after tracing the Biblical story. The girls were led by their honored queen, Marie Boulter, the officers wearing their white robes.

A farewell party was held last week at the home of Mrs. Fred Hill in honor of Mrs. Tourgeon and Miss Rita Tourgeon prior to their departure for Eastern Canada to reside. Many friends attended the gathering and a pleasant time was spent. Mrs. Tourgeon and daughter Rita left Thursday night for Vancouver enroute to the East. Several friends were at the dock to wish them well and they received many gifts and flowers.

HOW CAN I ? ? ?

By ANNE ASHLEY

Q. How can I relieve tired feet?

A. Soak for about 20 minutes in warm water to which has been added baking soda, sea salt or epsom salts. Dry thoroughly and dust with talcum powder, especially between the toes.

Q. How can I mend broken china?

A. Use artists' flake white. The pain should be laid finely on the broken edges of the china. Then press the edges firmly together and put away to dry.

Q. How can I make the afternoon cup of tea more attractive, as well as add to its flavor?

A. By garnishing the tea with slices of lemon and whole cloves.

Weekly Meat

SUN.	MON.	TUES.	WED.	THU.	FRI.	SAT.
Meat Loaf	Cold Meat Loaf	Spaghetti Royal	Sausages	Lamb Chop	Fish	Braised Liver or Kidney
Group C	left-over	unrationed	Group D	Group C	unrationed	unrationed
1 lb 4 tokens			5 oz. 1 token	4 oz. 1 token		

2 tokens left-over.

Expecting a guest or two for Sunday dinner? A meat loaf can be a toothsome way of providing the main dish. Seasoned meticulously, elasticized with crumbs of that staling bread you're not wasting these days, and bound together with an egg, your pound purchase of ground meat will be a four-token bargain. In addition to Sunday dinner it should leave you with some cold slices for Monday. A simple but satisfying trick for meatless Tuesday would be to combine cooked macaroni or spaghetti with canned mushroom or tomato soup and gratings of nippy cheese. Of course, you won't forget the vegetable vitamins in crisp salad form which go best with it. A one token sausage purchase will give you a tasty meal on Wednesday, with perhaps an extra to garnish Thursday's lamb chop. Fish is scheduled for Friday. And a boost to your nutritional status will be given by Saturday's braised liver or kidney. Remaining from the week's ration will be two tokens, which can be YOUR contribution to saving more meat for export to the hunger zones abroad.

PLACE AN AD IN THE DAILY NEWS—CIRCULATION COUNTS

Seasonable Ideas for Housekeepers

Make the Most of Veal, It Blends Well with Other Foods

The delicate flavor of veal blends well with other foods. It is particularly suited to use with the early spring vegetables which are also mild in favor.

Veal is one of the more plentiful meats on the market at this season.

The most satisfactory method of cooking veal is by long, slow cooking. At one time it was though that veal would not be cooked by true roasting in dry heat but experiments have shown that a constant temperature of 325 degrees F., allowing 30 to 35 minutes per pound, will cook veal well and still keep it juicy. Veal lacks fat because it is the meat from an animal not fully grown but this lack may be remedied by rubbing the surface of the roast with fat. Bacon fat is especially good; occasional basting will also help.

When cooked on top of the stove, moist heat and low-simmering temperature will tenderize the meat and keep its texture. Boiling temperature tends to make veal stringy.

If veal is to be served often, the homemaker would be wise to alter the seasoning to add variety. Veal can be extended in numerous ways with stuffings, vegetables and gravies, thus adding more flavor to it.

Home economists suggest the following ways of extending veal:

Veal Loaf

¼ cup finely chopped onion
2 tablespoons fat (melted)
2 lbs. ground veal (shoulder or breast)
1 tablespoon vinegar
1 egg or 2 egg yolks
2 tablespoons milk
½ teaspoon salt
⅛ teaspoon pepper
½ teaspoon thyme
¼ teaspoon sage
1 tablespoon chopped parsley
⅓ cup fine dry bread crumbs

Saute onion in hot fat until tender. Combine with remaining ingredients and blend well. Shape into loaf and bake in a shallow pan in a moderate oven, 350 degrees F., for 1 hour. Six to eight servings.

Liver and Veal Moulds

½ lb. beef or pork liver
½ lb. ground veal
1 medium-sized onion
¼ cup catsup
1 teaspoon Worchestershire sauce
1 teaspoon salt
¼ teaspoon pepper
¾ cup milk
1 egg, beaten
1 cup quick-cooking rolled oats

Cover liver with hot water and simmer for 5 minutes. Drain. Grind liver and onion, using medium blade of food chopper. Thoroughly combine with the remaining ingredients. Fill well greased custard cups or muffin tins with meat mixture. Bake in moderate oven, 300 degrees F., for 50 to 60 minutes. Eight servings.

Veal Steak With Vegetable Sauce

1 lb. veal steak cut in 6 pieces
3 tablespoon flour
1 teaspoon salt
Dash of pepper
teaspoon curry powder
2 tablespoon fat (melted)
1 cup water
1 can vegetable soup

Dredge meat with flour, to which the salt, pepper and curry powder has been added. Brown meat in hot fat. Add ½ cup water, cover and simmer for 15 minutes. Combine remaining cup of water with the vegetable soup and pour over meat. Cover and continue simmering, stirring occasionally, for 1 hour, or until meat is tender. Six servings.

FLEDGLING EYES LOOK TO THE SKIES

The 17 pretty maids pictured above, have graduated from the stewardess training class and will now lay aside their schoolbooks to don the pert forage caps and smart grey uniforms of Trans-Canada Air Lines. The pretty fledglings, representing nearly every province in the Dominion are: Top row, (left to right), Claudia Vaughan, New Westminster; Eileen Cush, Calgary; Muriel Thomson, Dorothy Vance, Regina. Second row: Velma Cassie, Parry Sound; Mary Cunliffe, Hamilton; Marion Marsh, Owen Sound; Dorothea Rutherford, Vancouver. Inset: Pearl MacGloster, Toronto. Third row: Glorie Hercus, Winnipeg; Pearl MacKay, Calgary; Ellen Stuart, Hamilton; Alicia Maydanyk, Winnipeg; Fourth row: Helen MacDonald, Central Bedeque, P.E.I.; Marie Roach, Lindsay, Ont.; Margaret McCormack, Clive, Alta.; Katherine Driscoll, Summerside.

With their newly acquired knowledge on engineering, meteorology, radio communication, flight control, passenger handling, serving meals aloft, and the thousand and one other things a girl must know before joining the ranks of Canada's National Air Line hostesses, the girls are now ready to start flying the 5,300 miles of Trans-Canada Air Lines which will take them all over Canada, to the United States, Great Britain and in the future, to the Caribbean, South America, Australia and the Orient.

All of the young ladies are registered nurses and have completed four weeks of intensive training under TCA's chief stewardess, Betty Hemingson.

The Experts Say . . .

By HELEN BANNERMAN
Canadian Press Staff Writer

RHUBARB SEASON — This is rhubarb season, and there is nothing like a dish of stewed rhubarb to end that loggy, spring-feverish feeling.

When the stalks are young and tender nothing can take the place of plain sauce or stewed rhubarb. There are many ideas for making rhubarb sauce but this one is recommended because it makes a delicious sauce with a minimum of sugar, as the salt helps to neutralize the acid.

Rhubarb sauce requires six cups of cut rhubarb, ⅛ teaspoon of salt and ¾ cup of sugar. Add salt to the rhubarb and cook in top of a double boiler for 30 to 35 minutes or in a covered casserole in a moderately hot oven, 375 degree F., for 35 to 40 minutes. Remove from the heat, add sugar and let stand until the sugar is dissolved. This makes six servings.

Another delicious rhubarb dessert which also requires little sugar is rhubarb cream, which requires four cups of diced, raw rhubarb, 3 tablespoons of flour, ¼ teaspoon of salt, ½ cup of sugar, 2 egg yolks, 2 egg whites, 2 tablespoons of sugar.

Mix the diced rhubarb, flour, salt and ½ cup of sugar. Let stand one hour, then cook over hot water for 15 minutes, stirring occasionally. Beat egg yolk until light. Pour rhubarb sauce over egg yolk stirring meanwhile, then return to double boiler. Cook three minutes. Fold in meringue made with stiffly-beaten egg whites and two tablespoons of sugar. Pour into sherbet glasses and chill. This makes six servings.

ASPARAGUS BACK—Any day now succulent asparagus will be back on the dinner table and here is a recipe which makes a most delicious dish of it—Asparagus Canadienne.

The recipe for Asparagus Canadienne requires one large bunch of 12 stalks of asparagus (cooked for 15 minutes), four eggs, two cupfuls of butter or mild rendered fat, five teaspoons of flour, one cup of bread crumbs or cracker crumbs, one tablespoon of butter or mild rendered fat.

Cut the asparagus in pieces about one inch long. Hard cook the eggs and chop fairly fine. Make a white sauce of the next three ingredients, using the liquid from the asparagus. Add the chopped eggs to the sauce. Melt the other tablespoonful of butter and stir in the breadcrumbs. Grease a baking dish and place it in a layer of asparagus, then sauce, then crumbs. Repeat, making sure to have a layer of crumbs on the top. Place in a pan of water and bake in a moderate oven, 350 degrees F., until the crumbs are brown.

AND SCRAMBLED EGGS—Asparagus may also be used to pep up scrambled eggs. Cut the asparagus into one-inch lengths until it measures three cupfuls. Cook in salted water. Drain, reserving water for soup. Melt two tablespoons of butter or bacon fat in a double boiler. Have four eggs well beaten and turn into the melted fat. Stir until the eggs begin to thicken. Add asparagus, ⅛ teaspoon of salt. Stir until cooked but not dry.

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