easonable Ideas for Housekeepers

king of Cereals: Breakfast Is ortant Part of Daily Menu

breakfast played a major commonly used of ten means a cup of coffee a piece of toast—fare too eagre to supply the necessary nergy for the day's activities. canadian breakfasts usually along pretty much the pattern-fruit juice, cereal, jam and beverage. But no r what is served, breakust include at least one this requirement better | cereal becoming sticky. Boil, over

oked cereal for breaked for spurning it. However, and cook over direct neat for 5 culinary catastrophe need | minutes and finish by cooking simple rules are followed. nion Department of Agrirealizing that experiwork should be conductmethods of cooking Canacereals in order to give contly good results, asked the ehold Science Department Canadian Universities to co-

and amount of salt needed. 31/2 cups.

SHREDDED WHEAT

ore this modern age of In addition, all methods most in the daily menu. It was homes were tried out and the eaviest meal of the day and following methods for cooking al courses were served. Un- regular and quick-cooking rolled nately, nowadays breakfast oats were those generally conceded best.

Rolled Oat Porridge

(using regular rolled oats) cup regular rolled oats

3 cups boiling water 3/4 teaspoon salt.

Start cooking cereal in top of double boiler over direct heat Sprinkle cereal gradually into the boiling, salted water, stirring that mid-morning constantly to prevent lumping. s to be avoided and what | Keep water boiling to prevent

bowl of steaming hot direct heat, for 5 minutes, then cook, covered, for 1 hour over course the family may not boiling water, stirring only occasionally. Makes about 3 cups. To reduce time of cooking in porridge served. If it's the double boiler, soak cereal in stringy or too tnick in the speficied amount of water can be overnight, then bring to boil

happer in your family if a in double boiler for 30 minutes. If wheat germ is added, use 2 Consumer Section of the tablespoons wheat germ per cup of raw cereal.

Rolled Oat Porridge

(using quick-cooking rolled oats) 1 cup quick-cooking rolled oats 31/2 cups boiling water 1 teaspoon salt.

Sprinkle cereal gradually into the boiling, salted water, stirring TATHRA, Australia, (9) - A with them in an experi- constantly to prevent lumping. crab weighing 201/2 pounds with project, six of which Keep water boiling to prevent a red and pink mottled body and cereal becoming sticky. Boil, over black nippers was caught in extensive and direct heat for 3 minutes, then trawler's net of this town on the the proportions of water | cook, covered, for 10 minutes | south coast of New South Wales real; length of cooking over boiling water. Makes about state. It measured three feet

Serve a <a>Cereal without cooking

Cereal Custard 2 cups cooked cereal

2 cups milk 2 tablespoons molasses

4 cup sugar

1/2 teaspoon vanilla or maple flavoring or 1/4 teaspoon nutmeg

Mix cereal, milk, molasses and sugar. Add beaten eggs and flavoring. Mix well. Pour into greased casserole, place in pan of hot water and oven-poach in a moderately slow oven, 325 degrees F., for 50 minutes or until

For chocolate pudding, blend tablespoons cocoa' with the sugar and a little of the milk and add with other ingredients Flavor with vanilla. Six servings

Spicy Oat-Raisin Pudding

1 cup all-purpose flour ½ cup sugar

34 teaspoon salt 1 teaspoon baking soda

1 teasloon cinnar-sn

1 cup quick-cooking rolled oats 3/4 cup raisins

tablespoons mild-flavored

l teaspoon vanilla

1 cup sour milk or buttermilk Mix and sift flour, sugar, salt. soda and cinnamon. Add rolled oats and raisins. Add the melted fat and vanilla to the sour milk and add to the dry ingredients. Pour into a well-greased mold. cover closely and steam for 1 hour and 15 minutes. Serve with top milk or pudding sauce. Six to eight servings.

seven inches from tip to tip.

But Beautiful Fabrics Worth Less Than Cotton in China

KUNMING, China, (P) — They beautifully, but silk is worth less it to crumble. than utilitarian cotton in China.

Sturdy cotton coolie cloth sells for poison ivy? for almost double the price of curled to the roundness of hoe druggist. handles or rickshaw shafts.

It is bought in short pieces, wash? not for new garments, but for patches. Some outfits are little but a collection of careful berry leaves. patches in vari-colored blues, ranging from the aged white of skimmed milk to the brand new denim of the latest mending, the whole held together by patient, fine sitching.

and devastation, the silk crafts dustry, but the cuit of the silkof China somehow survive, to worm has never died out. recreate a beauty that was old 2,000 years ago.

to it, still minister to the insati- gown for ceremonial occasions. able hunger of the tiny worms. audible as they attack the mul- | weight and quality.

considered to be one of the very HOW CAN I?? best tooth washes ever discov-By ANNE ASHLEY

Q. How can I remove chew-CANADIAN PRINCIPAL ing gum from children's cloth-LONDON, (P) The Secretary

of State for the Colonies has ap-

pointed Dr. W. D. Lamount, 18c-

turer in moral philosophy at

Glasgow University, to be princi-

pal of Makerere College, Uganda.

He was born in Prince Edward

FAMILY'S

YOU CAN'T BEAT

AUNT

JEMIMA'S

FOR A

WHOLESOME,

NOURISHING

ONE-DISH

MEAL!

A. It can often be removed without injuring the material still make silk in the ancient by applying a piece of ice. This way, slowly and carefully and will harden the gum and cause

Q. How can I make a remedy

A. A little potassium persilk. Cotton is sold by the foot, manganate and a little water is to peasants and working folk an excellent remedy for poison whose hands in repose hang ivy. Have solution prepared by a

Q. What is a good tooth

A. Old-fashioned cider is still

Out of this emerald fodder, worms spin their own mummycases, the yards and yards of raw silk fibres that become their cocoons. China has had wars before, some of them fought over But despite eight years of war the control of this same silk in-

The price of silk, from sheerest crepe de chines to stiff satins. When the muliberry leaves intricate brocades and heavy come out and the seed-pearl eggs taffetas, is unbelievably low in a of the silk moth hatch, old wo- land where the man in the men wise in the ancient craft | street wants a foot of cotton for and their granddaughters new patches more than a lustrous

A tour of the markets in Kun-In the rearing sheds, in the ming reveals that prices range feeding trays, their myriad from about \$1.35 to \$4.50 a yard munching mandibles are faintly in U.S. money depending on the

The Experts Say - -

Canadian Press Staff Writer

supply, the agriculture depart- Makes 21/4 cups of filling. ment home economists offer these suggestions.

When planning to use butter as a spread on coast or sandwiches, be sure to have the butter soft-it covers more space. Take it out of the refrigerator ahead of time so that it has a chance to warm up, but don't let it melt. This is one time when plans for breakfast begin the night before. And speaking of breakfast, if you feel that all those slices of toast use up too much butter, try increasing the amount of morning cereal and decreasing the toast.

So that each member of the family will get his fair share of butter it is a good idea to cut individual nortions and place one on each bread-and-butter plate or all together on one

If buns, rolls or biscuits are to be served, they may be lightly buttered in the kitchen before placing on the table. Or, for a family supper, the rolls or biscuits may be broken open or cut, sprinkled with a little grated cheese and toasted in the open for a minute or two.

Crackers or soda biscuits may easily be eaten without butter. particularly if they are of the salted variety. If you can't get this kind, sprinkle them with a little salt before they go on the

Small squares of bread toasted in the oven or browned in the frying pan with a bit of bacon fat make excellent croutons to go with the soup course.

The homemaker who really has a butter problem is the lunch packer. Everyone knows how sandwiches literally "ear up" butter. If the sandwich filling is of a creamy consistency you'll need little er no butter. If it doesn't belong to this type you may feel the need of some butter. In that case, spread the butter only around the edges and omit it in the centre. It's the edge of the sandwich that usually has the thinnest layer of filling and, incidentally, it is the first bite.

Here is a consume section recipe for Cheese and Egg Spread that is an excellent butter saver.

CHEESE AND EGG SPREAD-Cheese and Egg Spread requires 1 tablespoon of mild-flavored fat, 1 teaspoon grated onion (optional), 11/2 tablespoons flour, 2 tablespoons sugar, 1/2 teaspoon salt, 1/4 teaspoon mustard, 3/4 cup milk, 1 tablespoon vinegar, 1/2 pound freshly grated cheddar cheese, 2 chopped hard-cooked

Melt fat and cook onion in it

J. L. CURRY CHIROPRACTOR

If pain -- Chiropractic! If nerves -- doubly so!

By HELEN BANNERMAN for one minute. Add flour, sugar. salt and mustard and stir well RE - ORGANIZING BUTTER until blended. Add milk. Cook, BUDGETS—With the butter ra- stirring constantly until mixture tion cut, Canadian homemakers thickens. Add vinegar and are busy re-organizing their but- | cheese and continue cooking unter budgets. Though much has til cheese melts and mixture is already been said on the sub- smooth. Add eggs and cool. Store ject of stretching the limited in a covered jar in a cool place.

OR BUCKWHEATS Offen Good for you Digestible as toast!



SUN.	MON.	TUES.	WED.	THU.	FRI.	SAT.
Pot Roast of Beef	Meat Roly Poly	Cheese Puffit	Lamb Chops Saus- ages	Braised Veal Cutlets	Fish	Beef & liver Patties
Group	left- over	unrat- ioned	Group C Group D	Group	unrat- ioned	Group C (liver unrat- ioned)
4 lbs. 2 coupons			1 lb. each 7 tokens	1 lb. 5 tokens		3/4 lb. 3 tokens

I token remaining.

What better start to the windy month of March

than a savoury pot roast for the week's first dinner? And as a brake on your butter usage, choose vegetable accompaniments such as carrots, onions or individual bundles of celery stalks, which can be cooked around the meat. The ensemble will be worthy of a guest or two. Then on Monday an interesting remake is a meat roly poly—ground meat seasoned, moistened, done up in biscuit dough jelly roll fashion, and baked in a hot oven. If you haven't sufficient left-over gravy to serve as sauce, a tin of tomato or mushroom soup will do a tasty trick. Tuesday's cheese puffit, has two-fold purpose. Not only is it a dairy dish par excellence for meatless eating, but it also makes use of stale bread which it behooves each family not to waste in these days of widespread food need. It is easily made by layering slices of bread (about two per person) alternately with cheese in a casserole. Over this pour a combine of three slightly beaten eggs, two cups of milk, salt and pepper. Chill thoroughly. the secret of the puffing. Then place the casserole in a pan of water and bake in a moderate oven until set. Colour, flavour and texture contrast can be given by a green vegetable and salad. Incidentally, a little emphasis on green and yellow vegetables easily compensates for the Vitamin A of butter which is on smaller rations this month. Wednesday's market order includes lamb chops and sausages, and perhaps some unrationed kidney, for a mixed grill. The sausages remaining from the pound purchase can add interest to breakfast or luncheon menus. Closely linked with meat is fat, and saved from cooking the chops and sausages will be precious amounts to clarify and use for future cooking purposes. Thursday's veal cutlets take kindly to braising, and Friday is set aside for a marine meal. It might take the form of ovenpoached smoked fillets with a parsley sauce for pretty garnish. And a planned left-over will solve Saturday's lunch question. Extra nutrition and ration extension can be tastefully given to Saturday's meat patties by including minced liver with the ground beef. Remaining from this week's eating will be one token which is comforting to have on hand to increase your purchase if you are confronted with a guest night.

Cheeseburgers That Are Tasty and Butter Saving Mix 1 lb. minced beef, 1/2 cup milk, 1/2 cup rolled oats, Mix 1 lb. minced beer, 72 cup mirk, 72 cup rolled oats, 1/2 teaspoon salt, 1/8 teaspoon pepper, form thin hamburgers, pan fry or broil. Place each cake on half toasted hamburger bun (or toast) cover with slice of loaf type cheese, broil till cheese melted.

Friday, March 8, 1946

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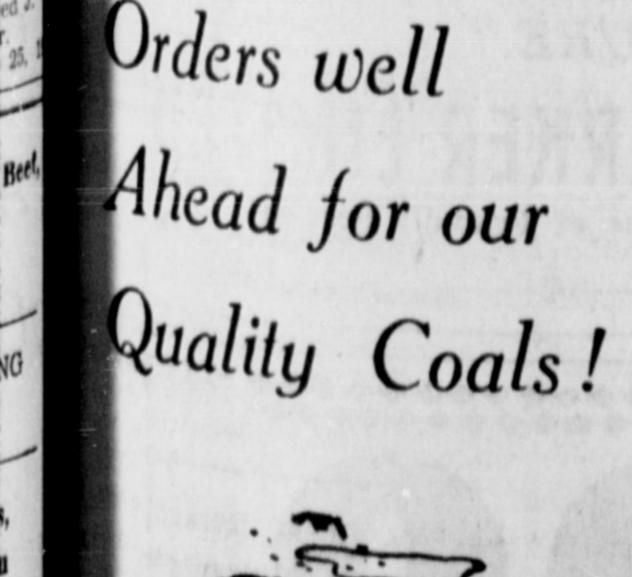
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