

# Seasonable Ideas for Housekeepers

## New Zealand Gets Canadian Cigarettes

Canadian cigarettes made a spectacular appearance on the New Zealand market when people here queued for a long time to buy them from a large departmental store. This in spite of the fact that they were selling at 35 cents a pack of 20. Canadian cigarettes had been practically unknown in New Zealand since the war a large number of English and smaller number of American cigarettes were sold. Since the war began New Zealand has been dependent on tobacco products. However, a tobacco famine has been averted by a recent factory lay-off. Consequently shipment of Canadian cigarettes was limited to the extent that most retailers sold their whole supply the first day. The demand was less keen in normal times but if the price could be held there would probably be a ready market for Canadian cigarettes in New Zealand.

## Local News Items

Local news items, to ensure publication, should be in the office by 10 a.m. Contributors are asked to bear this in mind. Some of social and personal interest are always welcome.

With the urgent need to share our food with the hungry, home-makers are being asked to save meat, and not use their full quota of coupons. For some this is easy, since many say they don't begin to use the quantity of meat allowed. However, for others, this request will mean more careful planning of meals. Since the average family seems to eat less meat in warm weather, and since there are ample supplies of fresh vegetables available it should not prove difficult to prepare satisfying dinners and still spare the meat.

Important in conserving meat is eliminating all possible loss or waste. Meat spoils easily; particularly in warm weather, and should not be kept for any length of time without proper refrigeration. When storing raw meat in the refrigerator, cover it lightly; when storing cooked meat, cover it closely. Cooked meat does not spoil quite as rapidly as raw, so cook the meat as soon as possible after buying it. Particularly is this true of ground meat.

Home economists of the Dominion Department of Agriculture, suggest three recipes to make a little meat go a long way . . . in a stew, patties, and casserole dish.

### KUBA CASSEROLE

- 1 cup pearl barley
- 3 cups boiling water
- 3/4 teaspoon salt
- 2 tablespoons bacon dripping
- 2 tablespoons chopped onion
- 1 1/2 cups mushrooms, cut in pieces

- 1 tablespoon chopped parsley
- 1 teaspoon spicy meat sauce
- 1 cup leftover diced meat or stew
- 1/2 cup milk or tomato juice

Wash barley and cook in boiling, salted water, until tender, and water is almost all absorbed, about 30 minutes; drain. Melt fat, add onions and cook 2 minutes. Add mushrooms and parsley, cook until mushrooms are browned slightly. Add spicy meat sauce, meat, barley and milk. Mix well, and cook closely covered over low heat for 20 minutes longer or turn into a baking dish and bake in a moderately slow oven, 325 degrees F., for 30 minutes. Six servings.

### SMOTHERED ONIONS

- 1 lb. ground beef
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup chopped green onions
- 1 tablespoon flour
- 1 cup milk
- 8 small onions, whole
- 2 cups cooked or canned green string beans
- 1/2 cup dry bread crumbs

Cook beef in frying pan until brown. Drain off excess fat. Add salt, pepper and chopped onion. Add flour and blend well. Gradually add milk and cook until thickened stirring constantly. Arrange onions in a greased shallow baking dish so that they do not touch. Fill spaces between with green string beans. Pour the meat mixture on top and sprinkle with bread crumbs. Bake in a moderately hot oven 375 degrees F., until onions are

## THIS AND THAT



It's the only way we can get him to bathe on Saturday night!

tender, about 45 minutes. Six servings.

Note: 1 1/2 cups left-over cooked ground meat may be substituted for the raw ground meat.

### VEAL BALLS AU PRINTEMPS

This recipe looks complicated but is very quickly put together.

**Meat Balls**

- 1 lb. ground veal
- 1/2 cup quick-cooking rolled oats
- 1 tablespoon chopped parsley
- 1/2 teaspoon Worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 egg, well beaten

**Vegetables**

- 3/4 cup chopped onions
- 8 medium carrots, cut in fingers
- 6 small potatoes, quartered

### Gravy

- 3 tablespoons flour
- 1 cup cold water
- 1 1/2 cups hot water
- 1/2 teaspoon paprika
- 2 tablespoons catsup or chili sauce

Combine ingredients for meat balls, blend and shape into balls. Roll in flour and brown well in a little hot fat. Place meat balls in large baking dish and arrange vegetables in layers on top adding salt to taste.

Blend the flour for the gravy with the fat from the meat balls. Add cold water and blend thoroughly. Add hot water and cook, stirring constantly until thick and smooth. Add paprika and catsup. Pour over vegetables and meat, and bake in a moderate oven, 350 degrees F., until vegetables are tender, about 1 1/2 hours. Six servings.

NOTTINGHAM, Eng., (P)—Britain's penicillin-in-a-hurry factory here has closed down because it is no longer economical to produce penicillin in bottles.

## SEA CADETS ARE TAGGING

Lads Out in Force Today, Covering All Parts of City

The Captain Cook Corps of the Royal Canadian Sea Cadets went into action early today in connection with their annual tag day. The lads were out in good force covering all parts of the city and also making a house-to-house canvass. Headquarters was at the Naval Drill Hall.

The commanding officer of the local corps, Lieut. Cmdr. A. S. Mitchell, is in general overall charge of the tag day. S. P. Woodside, president of the Prince Rupert branch of the Navy League of Canada, and J. S. Wilson, vice-president, were also "on deck" assisting in getting full scale operations under way. Chief Petty Officer Laurie Eddy of the Regulating Office was kept busy keeping track of taggers assisted by Hal Rogers and Andy Owens. Midshipman Mel Thompson supervised the taggers on their rounds. Lieutenant Commander Eddy was also very active.

One of the features of the week has been the display in various windows throughout the city of equipment needed by Cadets as well as photographs

## Modern Etiquette

By ROBERTA LEE

Q. Is it proper to place the linen tablecloth directly on the surface of the table?

A. Some kind of silence cloth should be placed over the table first, then the tablecloth.

Q. Should one ever insist on seeing a friend who is gravely ill and upon whom one calls?

A. No; this is not considerate.

Q. Who ends the call when telephoning, the person calling or the one who is called?

A. The one calling is supposed to do so.

During a grammar lesson one day the teacher wrote on the blackboard: "I didn't have no fun at the seaside."

Then she turned to her pupils and said to one: "Roland, how should I correct that?"

"Get a boy friend," was the answer.

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## TO THE PEOPLE OF PRINCE RUPERT Who Suffer With Their Feet

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Mr. Bill Terry is also in charge of the Shoe Repairing Dept. where your repairs are executed neatly and promptly. Call around and see him for either reason.

## Wm. H. Francks

Optometrist of Vancouver

TO VISIT PRINCE RUPERT

ANNOUNCEMENT is made that Wm. H. Francks, optometrist, will visit this city.

Mr. Francks is President of the Columbia Optical Co., 605 Dunsmuir St., Vancouver, and enjoys a wide and successful practice in Vancouver. He will bring with him a complete Ophthalmic Diagnostic unit and will examine eyes and prescribe lenses if they are required. Mr. Francks will be at Hotel Prince Rupert from June 10 to 20. Appointments can be made at Hotel.

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