Friday, June 21, 1946

SUN.	MON.	TUE.	WED.	THUR.	FRI.	SAT.
Boiled Tongue	Veal Fricas- see	Macar- oni & Cheese	Stuffed Flank Steak	Cold Flank Steak	Fish	Frank- furters
unrat- ioned	Group	unrat- ioned	Group	left- over	unrat- ioned	Group
	1½ lbs.		2 lbs.			1 lb.
	6 tokens		coupon 3 tokens			3 tokens

Monthly Sugar Preserves

1 24-oz. jar jam or marmalade

7 lbs.sugar

2 tins fruit

7 coupons

coupon

Tongue can be served hot with a tangy sauce or cold in jellied form, according to the dictates of the weather. If you haven't had Sunday guests you should have a useful left-over for week-day lunches. Billed for Monday is a veal fricassee, toothsome and tempting. Macaroni, baked in a nippy cheese sauce is an excellent dairy dish for meatless Tuesday, and calls for a sprightly toss of salad vegetables. Your stale bread may be converted into a good dressing to stuff and stretch a beef flank to be served hot on Wednesday and sliced cold for Thursday. Friday is for fish. Frankfurters are suggested for Saturday, in keeping with the summer picnic spirit. A beef shank provides the base for a hearty vegetable soup. It can help to replace the usual sandwich lunch, thus saving bread for which the hungry abroad are crying. Also saved from the week's eating are four tokens.

On June 20th, two sugar-preserves coupons, S 15 and S 16 become valid. Accordingly, a family of four will have a total of eight coupons for sweets spending. The advancing season making fresh fruits more plentiful can mean many simply-prepared and sugar-saving desserts. It is therefore an opportune time to spare some sugar from your regular coupon allotment to preserve fruit for winter usage. Your present shelf stocks may need extending with a jar of bread spread or couple of tins of fruit which are budgeted for in the above purchase pattern.

2:00-El Ritmo

2:15—CBC News

2:30—Tropical Serenade

Commentary

3:15—To be announced

3:30-Flying Down to Rio

3:00—Organ Recital, Toronto

LONDON (P-A woman driver

staggered out of her wrecked car

"This is Hendon (London). We

UBIQUITOUS OXYGEN

up about one-half of the earth's

Advertise in The Daily News.

welcome careful drivers."

the weight of water.

2:45—BBC News and

3:45—Swing Time

Radio Dial 1240 Kilocycles (Subject to change)

FRIDAY-P.M.

- 00-CBC Concert Hour
- 4:30—Rhythmatic Review 4:45—On the March
- 5:00—Johnny Home Show 5:30—Tommy Dorsey's Orch.
- 5:45—Supper Serenade 6:00—CBC News
- 6:15—CBC News Roundup
- 6:30—Listening Post
- 6:45—To be announced 7:00—Art Hallman's Orch.
- 7:30—Pacific Time
- 8:00—Soliloguy 8:30—CBR Concert Orch.
- 9:00—CBC News 9:10—B. C. News
- 9:15—To be announced
- 9:30—Casino Garden's Orch. :45—Favorite Stories
- :00-Speaking of Records
- 10:15—Dance Orchestra
- 10:55—CBC News and Int. 11:00—Weather Forecast and
- Fishermen's News
- SATURDAY-A.M.
- 7:30—Musical Clock 8:00—BBC News
- 8:15—Melodies for Juniors 8:30—Morning Devotions
- 8:45—Medley Time
- 8:59—Time Signal 9:00—To be announced
- 9:30—Musical Program, Toronto 10:00—On the Teen Beat
- 10:30—Jive Hive, Halifax 11:00—CBC News
- 11:10—Weather Forecast :15—Hit Songs of Yesterday
- Personal Album -Message Period 1:48—Recorded Interlude
- 12:00—Duke Ellington Entertains 1:00—Saturday Concert



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deasonable Ideas for Housekeepers

FROZEN FRUITS AND VEGETABLES BECOME INCREASINGLY POPULAR

also on the market. Although as casier identification later. yet few people own these home freezers and there are still many places where there are no cold given. The methods used are of the fruit deteriorate. practically the same as those used commercially but on smaller scale and the results obtained are very similar.

Containers for packing fruits and vegetables for freezing may include heavily waxed cylindrical cartons with slip-over or slip-in lids, oblong cartons with bag liners, honey or jam tins, (except for rhubarb) or glass sealers, particularly those with wide mouths.

In freezing, selection of fruits ant, as all varieties of every fruit or vegetable do not give equally good results.

FREEZING STRAWBERRIES Choose firm, fully ripe berries. Wash, sort, hull. Slice or leave whole, and pack in containers, using the dry or wet pack.

For dry pack allow one pound (2 curs) sugar for each fou! nounds (about 12 cups) prepared strawberries. Sift the sugar over the berries in alternate layers in containers, or mix sugar and berries in a bowl, stirring and ernshing slightly. Let stand until sugar is dissolved then fill containers leaving half an inch

For wet pack place berries in Jear Jyrkin and cover with a medium syrup made by dissolving one cup of sugar in one cup of warm water. Chill syrup before using. This amount of

Ugly Surface Skin Disorders

Itchy Skin Itching Toes Eczema Itching

to see what had caused the collision. It was a signpost saying Oxygen in compounds makes crust, and about nine-tenths of our belief in the quality and value of Emerald Oil. Get a bottle today.

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Cold storage locker plants are syrup is sufficient to fill two or sprouting everywhere like mush- three pint containers. Label conrooms. Home freezing units are tainers carefully. This makes for berries, raspberries and peaches of all to be functional. Dealers iginally," says a Connecticut

storage locker plants, most strawberries and other fruits to people have heard of this method be served raw, should not be of food preservation and want thawed out until needed for servto know more about it. Owners ing. Most fruits taste better if of large fruit and vegetable gar- served with a few ice crystals dens are particularly interested. still remaining in the fruit. If Proof of the growing interest completely thawed and allowed is apparent every day. It is to stand for any length of time with this thought in mind that at room temperature, the odor, the following information is flavor, appearance and texture

> thawed. If it is to be used for ment? the refrigerator or at room tem- pulled through. water-tight packages it may be flowers? thawed by placing the container in a pan of cold water.

Strawberries, apricots, peaches | phate of amonia. and vegetables is most import- and raspberries packed in syrup ant. Only the highest quality, are excellent served just like picked at the right stage of mat- canned fruit. Sweet and sour urity, that is, those at the perfect | cherries, blueberries, plums and stage for table use, should be rhubarb are better if cooked for nado has been known to reach of furniture trends, have tremchosen. Variety is also import- a few minutes in the syrup be- 400 miles an hour.

and plump,

Strawberries

AWNINGS . . . SAILS

. . . WINDOW BLINDS

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momme

P.O. Box

fore serving. Canteloupe is most suitable in fruit cup.

Strawberries and most fruits packed in dry sugar are ideal for use in pies, pudding and other be served as fresh fruit.

By ANNE ASHLEY

and very simple dessert? A. When there is no company Mexico.

pies or batter puddings, the fruit A. By sewing the new elastic But, according to Miss Dan- Great War.

TURBULENT TORNADO

The wind velocity in a tor-

so good-Good-GOOD!

this breakfast of

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NABISCO SHREDDED WHEAT

BITES HARD

antique shopping will be a demands. chronic thing in their marriage," says decorator Evelyn Hope Q. How can I make a good Daniels, niece of Josephus Daniels, ex-American ambassador to

and one desires to make a simple The last period to enjoy a dessert, place whipped cream be- craze, was the Victorian, which tween two thin wafers and serve. officially isn't antique yet. Pres-Frozen fruit, to be cooked, Q. How can I simplify the task ent interpretation infists that does not need to be completely of replacing elastic in a gar- an antique be more than 100 years old.

should be thawed sufficiently to to one end of the old, then pull- iels, nostalgia may set in bespread. Thaw fruit slowly in the the opposite end of the old. In fore antiquity. Right now things unopened container, either in this way the new elastic will be only 20 years old (hand-painted china, cut glass, and other perature. If fruit is frozen in Q. How can I preserve cut characteristic pieces) which only a few years ago could be bought A. Immerse the stems in water for a few dollars, suddenly cost containing a few drops of sul- fifty times as much. These cycles

Furniture Scarcity Big Factor in Demand For Antiques

desserts. Fruits such as straw- buying antiques want them first with the hard shine it had orare excellent for shortcake or as say the scarcity of good con-dealer.

occur, she believes, because each generation gets a thrill out of collecting things from its own childhood.

Some sensitive souls, conscious blingly waited for the once-

stigmatized Victorian furniture to be followed by a revival of "Golden Oak." But they needn't "The oak will come back only in bleached or pickled or some

NEW YORK (P) - People now other modernized form, never

a topping for ice cream. Whole temporary furniture has driven Dealers say everything sells in strawberries, raspberries, blue- man new customers to antiques. pairs today. Old vases, urns, better not to do so. berries and sliced peaches may "Once a couple acquires a pair fragments of columns can be of 18th century chairs, a French made into lamp bases but must table or old copper lamp base, come in pairs to meet customers'

MAORI MONUMENT

an almost hidden valley mid- sit between the two men? way between Whakatane and A. Yes. Murupara, there is a unique

Modern Etiquette BY ROBERTA LEE

Q. Is it good form for a girl to accept what is known as "a, blind date"?

A. Yes, if she is willing to run the risk of being thrown into the companionship of a man who may not be desirable. It is

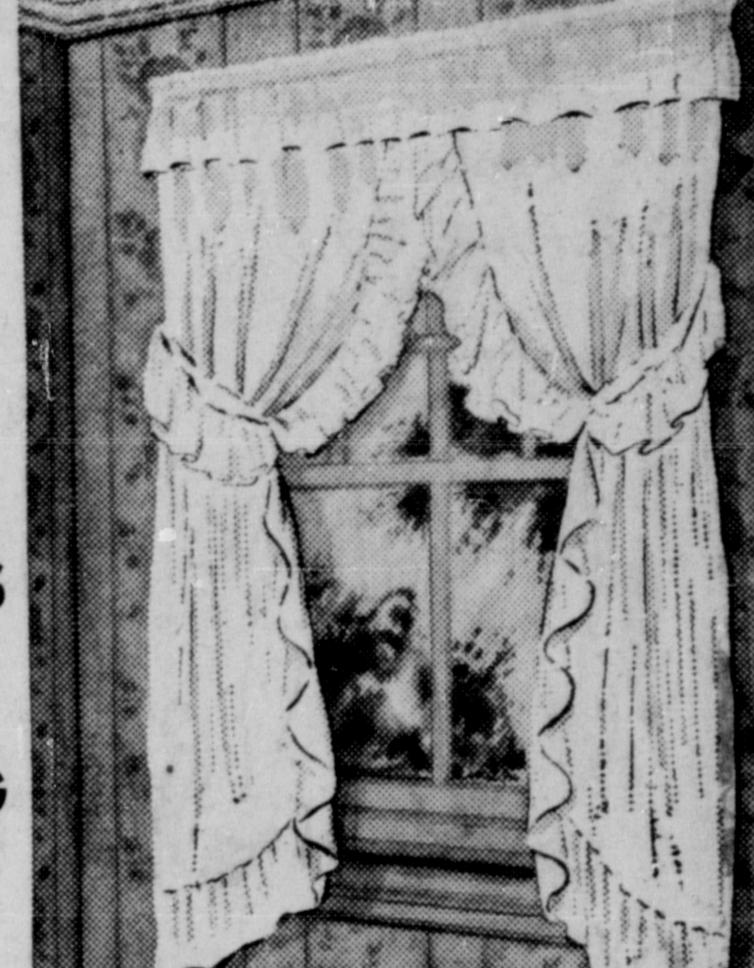
Q. How should one serve bread and butter at a luncheon?

A. Provide small bread and butter plates, with small knives, placing them at the upper lefthand sides of the plates. u

AUCKLAND, N.Z. (P)-On the Q. When a girl who ist acfringe of New Zealand's wild companied by two men, enters forest-clad Urewera country, in a public conveyance, should she

monument erected by Maori LONGEST EUROPEAN RIVER farmers in memory of a Maori; The Volga, longest river in soldier who died in the Second Europe, is navigable for 1,800





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