

The Experts Say - -

By KAY REX
Canadian Press Staff Writer

FROZEN FOODS—Both the freshness of frozen foods and vegetables will do these days to perk up a winter menu dulled by too many starchy and canned foods. Long memories of summer picnics and the fresh produce table, these frozen products are gaining popularity. Fortunately are the housewives who have a supply tucked in their own freezing lock. But for those who haven't, frozen foods which have been packed commercially for their preparation, home economists point out that all vegetables require some treatment whether they are to be cooked or eaten in a salad. However, as frozen vegetables are partially cooked in the blanching process in preparation for freezing, and as they retain the tissue still tender, they require less cooking than the fresh vegetables. When packed dry (commercially packed products usually packed) they should be cooked while still frozen. Frozen vegetables are better allowed to thaw until they can be easily broken apart, with the exception to the rule is

corn on the cob which is dry packed and should be thawed before cooking. Otherwise the kernels will be over-cooked before the cob is hot.

Cooking time varies from three to eight minutes depending on the variety of vegetables, maturity, and method of preparation. Use a tightly covered saucepan. With dry-pack vegetables use one-half cup of boiling water and one-third teaspoon salt to one pint container of vegetables. Cauliflower requires three-quarters cup of water, and corn on the cob should be completely covered.

With brine-pack vegetables use only from one to two tablespoons boiling water to prevent vegetables from scorching as they begin to thaw. No additional salt is required. To hasten thawing and to ensure uniform cooking, break the melting mass apart with a fork. This applies particularly to asparagus, broccoli and spinach.

Bring water or brine to boiling point as quickly as possible after adding vegetable and then reduce heat so that liquid boils gently for the rest of the period. Count time of cooking from the moment the water reaches the boiling point.

You saw it in The News!



MAKES NEW HANDS—William Graham of Toronto, an ex-private in the Irish Regiment of Canada, is pictured above making hands for hand amputation cases. Graham, himself a double amputee, has been retained by the Department of Veterans' Affairs prosthetic service to make wooden and felt hands.

LIFE in this Prince Rupert

by BIDDEE JINKS

Somehow, a person feels that on that night so long ago, a stillness lay upon the villages throughout Judea, especially six miles south of Jerusalem where one of the oldest and smallest of these villages was shrouded with the very aura of quietude, filled to saturation with the silence that is the prelude to a great event.

Not far removed from this centre there were shepherds, keeping watch over their flocks by night. In early Biblical days, these shepherds might have been the sons of kings, or wealthy lords, but since the release of Israel from Egyptian captivity, a line of distinction had been drawn. And so these men were subordinates, just shepherds. Sturdy of body and homely in thought, they tended the sheep.

On this night they had counted the sheep into the fold and now sat huddled together watching the entrance carefully. In the increasing chilliness of the night, their sheepskin mantles had been turned to place the fleece inside for greater warmth. Their thickened fingers tugged at the cord of a wallet slung at the waist, loosened it and drew forth dry barley bread. With their staff at hand, they munched the plain fare with the relish of appetite and contentment.

In Persia that night, astronomers studied the heavens. The Chaldeans, who once inhabited the banks of the Tigris and Euphrates rivers and who were noted for their culture of astronomy, left this knowledge behind them to the Persians. The men who followed this profession, among whom Daniel was appointed chief in his day, were called the "wise men" or magi.

The wise men of Persia were most like the Jews in religion of all the nations in the world. They had no idols but worshipped one god. And everywhere throughout the East, men were looking for the advent of a great king who was to arise from among the Jews. This hope had been given to them by the Jewish people, now dispersed through many lands, who at the age of three years sat at their mother's knee and learned from the prophet Isaiah: "For unto us a child is born, and unto us a son is given, and the govern-

ment shall be upon his shoulders; and his name shall be called Wonderful, Counsellor, The Mighty God, The Everlasting Father, The Prince of Peace. Of the increase of His government and peace, there shall be no end." In the hearts of the Israelites, this prophecy lived; and they taught others of their long-promised Messiah who was yet to come.

And so, on this night, the wise men of the East studied the stars. They read, in a way unknown to us, their message. Then suddenly they were amazed at what they saw. A new star appeared in the canopy of night. The tidings it gave was as startling as its presence.

Before that night, and since that night, heaven and earth had been two separate realms. But upon that one night in the history of time, Heaven came down to earth. In a lowly cattle stall, where the poorest of the poor might take shelter, an infant cry went out into the world: and He Whom we call Christ was born. And very near, unto the numbed, speechless shepherds, there appeared a great light that accompanied the Angel of the Lord to earth; and immediately about the Angel there was a heavenly host, a glorious host, who also left the heavens to proclaim to the earth in the richest anthem ever sung: "Glory to God in the highest, and on earth, peace. For unto you is born this day in the city of David, a Saviour, Who is Christ the Lord."

To all who heard that day, the message was received with gladness. But Herod, King of Judea, did not hear. Surrounded with the splendor and pomp of his court in Jerusalem, he could not

hear, did not know. And many months later when three men from the East arrived bearing gifts, he was astonished and angered when they asked him: "Where is He that is born King of the Jews?"

The Christ Child came in person but once. Every year, on a day imbued with soft dew of all that is sacred, we commemorate His birth. On that day, we invite Him into our homes, build the fires, and remember that some are hungry. Our speech is kind, with Him as our Guest. When that day is ended—shall we let Him go?

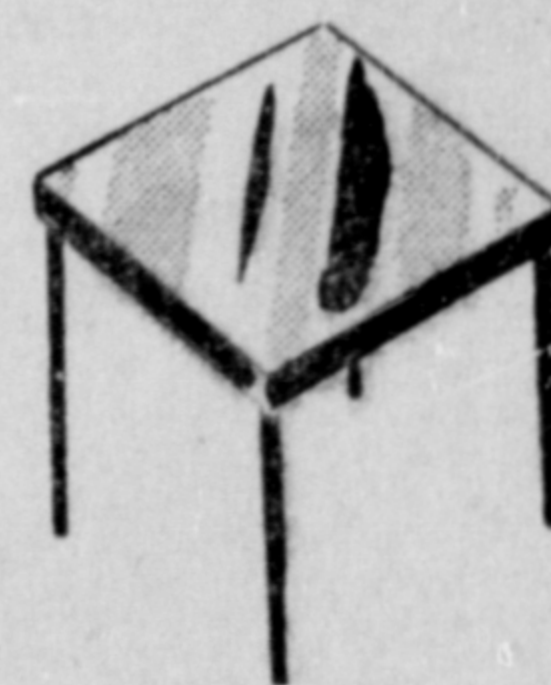
CREATIVE TOUCH

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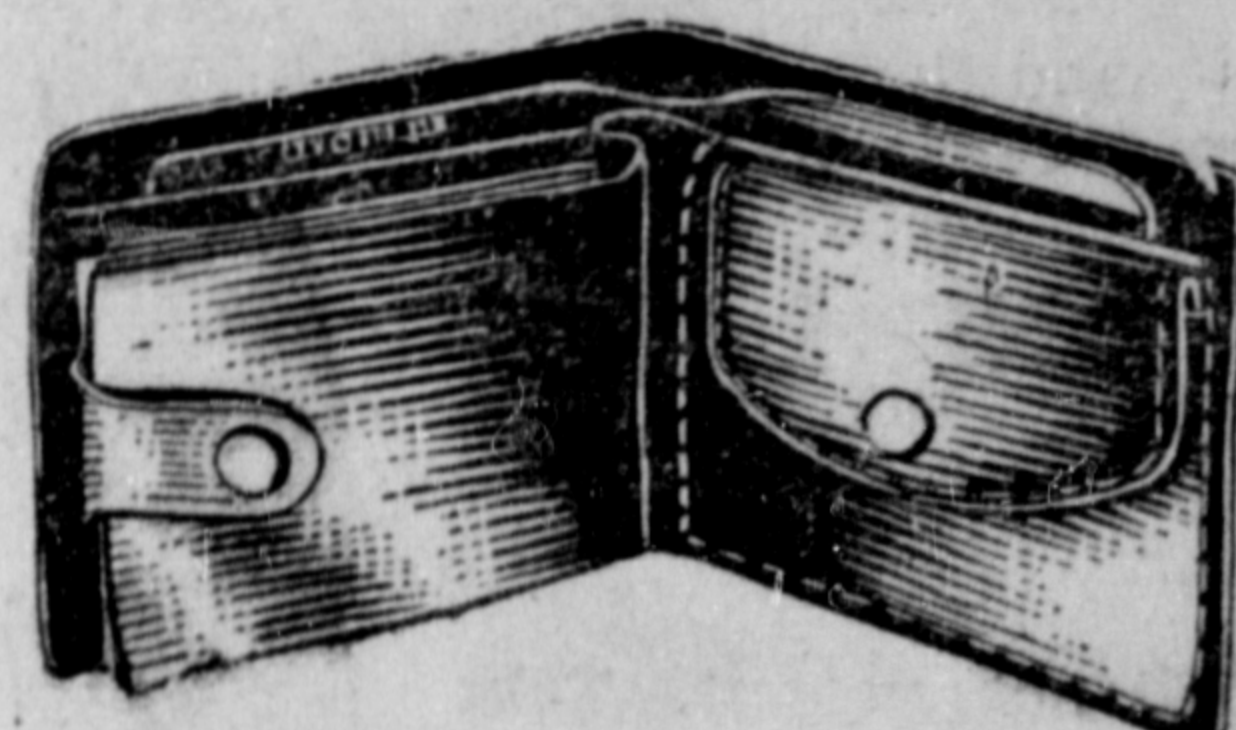
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NOCTURNAL ECLIPSES

Eclipses of the moon always occur at night, because the sun and the moon have to be on opposite sides of the earth in order that the moon may get into the earth's shadow.

ADOPT CHILDREN

Over 350 applications from Swedes to adopt Finnish children who now live in Sweden have been granted by the Finnish authorities. In all there are still 14,000 Finnish children in Sweden.

LOW CONSUMPTION

The average daily caloric consumption of students in Greece is 970. Germany 900-1,500. Austria 760, compared with 3,360 calories in Canada and the minimum healthful diet of 2,000 calories.

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