Seasonable Ideas for Housekeepers

Meal on Porch - Getting Out Doors - Tray for Each

Getting out of the house even meal time is the ambition of practically everyone at this time year. Those who have worked doors all day want to see at ast the sunset and enjoy the oling breeze. The porch, partiarly if screened, is a most asant place to enjoy a meal. If re are trees near the house family may prefer to gather re for supper.

The tray system is excellent for ch or garden meals, that is a y for each person with the essary plates, glasses or cups utensils arranged on a card serving table with the food. arrangement makes it easy each member to help himself. trays can also be prepared kitchen and each one can s to his own preferred

to the gala mood if on e days each member is o give his suggestion for u featuring his favorite s is done in many famibirthdays or other spebrations, but there is no why it should be conthese.

When preparing a menu for outdoor eating, it is wise to remember that the male members of the family will fall in with the plan with much more enthusiasm if the whole course is served on one plate and the servings are very generous, as fresh air stimulates the appetite.

Home economists suggest the two following Supper Porch menus with recipes.

No. 1—

Fruit Juice
Potatoes in Green Peppers
Tossed Salad
Fresh Berries with Custard
Buttered Bread Beverage

No. 2—

Consomme (hot or jellied)
Fruit Salad with Cottage Cheese
Gingerbread Peach Shortcake
Buttered Bread Beverages

Potatoes in Green Peppers

3 large green peppers
2 tablespoons fat
2 tablespoons flour
1 cup milk
¼ teaspoon salt
Dash of pepper
1 cup grated cheese.
3 cups diced cooked potatoes.

Wash peppers, cut in half lengthwise and remove seeds. Parboil, uncovered, in salted water until tender but not soft. Drain. Melt fat, add flour and blend well. Add milk, stirring constantly until mixture thickens. Add salt, pepper and cheese. Stir until cheese is melted. Add potatoes and heat over low heat until hot. Serve in green pepper cases. Six servings.

Gingerbread Peach Shortcake

½ cup fat
½ cup sugar
1 egg
¾ cup molasses
2½ cups sifted pastry flour or 2 cups sifted all-purpose flour
1½ teaspoons baking soda
½ teaspoon cloves
1½ teaspoons cinnamon
2 teaspoons ginger
¼ teaspoon salt
1 cup hot water

Cream fat until fluffy, gradually cream in sugar. Add beaten egg and molasses and beat well. Mix and sift dry ingredients, and add alternately with the water, combining lightly. Bake in a greased cake tin in a moderately slow oven, 325 degrees F., for 50-55 minutes. Makes gingerbread 8x8x2½ inches. When baked, split, fill with sliced raw peaches, sweetened. Six servings.

The Experts Say - -

HELEN BANNERMAN
dian Press Staff Writer

BERRIES — Raspberries the table twice a day their short season but raspberries can extend son through the winter Home economists say pberries canned by the ning" method are perplor and shape and they . This method may also for rhubarb but it is tical for more solid o can raspberries by the ning method, pack the in sterilized sealers. Covboiling syrup to within of the top. Place rubber top of sealer, adjust top completely. Place severs of newspapers in the of a tub or large preservle. Put the sealers on being sure that the do not touch. Carefully ling water into the tub sealers are covered to of three inches over In pouring boiling re should be taken not directly on the sealers. h more papers and fina heavy blanket or rug, it closely around the he tub or kettle. Leave ed overnight or until move from water, wipe nd store. Do not attighten the tops. A y thin syrup—1½ cups and one cup of sugar mended for berries can- this method. A pint ill require about ¾ cup

part of the general effort rve wheat, meat, cheese , the government is the homely vegetable as before. Encouraging an use of victory garden or home garden prodit is beginning to be calld experts praise the food an extra helping of as a replacement for foods needed in hunries. Nutrition studies, show that we don't gh vegetables anyway. 225,000 town families a had their own gar- the target for this year 000. On home gardens tables generally, the nformation Committee to say: Grow what your an consume in season can be stored satisfacwinter use. Eat fresh s in season, conserving supplies for the offwhen fresh vegetables are limited. When shopping, avoid pinching fruits and vegetables. It causes bruises and waste. Buy only the amounts you can store until they are used. Unwashed vegetables keep longer than washed ones. Remember the old story about 25 per cent of the potato being lost in the peeling. Cook potatoes in their skins. Conserve nutrition value by proper storage, careful preparation and careful cooking. Store root vegetables in a dry, cool place, salad vegetables covered in the refrigerator, others in cold storage. In making salads, prepare what you need just before you use it and don't discard the outer leaves of vegetables such as cabbage and lettuce. They can be cooked up into delicious dishes.

HOW CAN I ? ? ?

By ANNE ASHLEY

Q. How can I take the shine out of a silk garment?

A. Lay the garment on a table and with a flannel wet in cider vinegar rub the shiny place until it disappears. Hang the garment in a shady place and it will look like new when dry.

Q. What is a home remedy for a sick headache?

A. Try laying thin slices of a raw potato across the forehead. Or allow a pinch of salt to dissolve on the tongue; then in about ten minutes take a drink of cold water.

Q. How can I determine the correct time for boiling chicken, fish and ham?

A. A good table is: Chicken, per pound, 20 minutes. Fish, per pound, 10 minutes. Ham, per pound, 25 minutes.

CEREAL RATION LOW IN INDIA

NEW DELHI (AP) — The vital long-term problem facing India in the matter of food supplies has been elucidated by D. R. Sethi, the government of India's agricultural commissioner, who says that with an increasing population and unexpanding production, consumption of cereals has progressively deteriorated so that the lowest level now has been reached.

The present Indian ration of cereals is 12 ounces or 1,500 calories per person per day, which is about half of the amount considered necessary to healthy life.

India's production of foodstuffs is in almost all cases much below the demand. India produces 60,000,000 tons of cereals annually, but needs 66,000,000; milk production is estimated at 23,000,000 tons, while 92,000,000 are needed; and the output of meat, fish and eggs must be quadrupled if the people are to have their barest needs.

Advertise in the Daily News.

Modern Etiquette

By ROBERTA LEE

Q. Does it make any difference who speaks first when a married woman and a single woman meet on the street?

A. According to strict etiquette, if the acquaintance is slight, the married woman should speak first, but among friends this is disregarded.

Q. What does it indicate when a person affects friendship with prominent people, with whom he has but slight acquaintance?

A. Ill-breeding.

Q. Is it good form for a husband or a wife to relate a funny story concerning the other?

A. No; this kind of story is often embarrassing to everyone present.

LONDON, (AP) — Rear-Admiral W. E. Parry, captain of the Achilles in the battle with the Graf Spee of fthe River Plate, is to be Director of Naval Intelligence.

SLOW REVOLUTION

The sun takes about 25 days to turn all the way around once.

New Food Book Is Due in September

To bridge the gap until new ration books are distributed between September 9-16, "Q" coupons in the current book will be used starting August 22 once M50, last of the meat coupons, is used on August 15.

Today butter coupon R16 and meat coupon M48 became valid; with R17 and M49 valid next Thursday and sugar-preserves coupons S24-25, butter R18 and meat M50, due August 15. Butter coupon R19 and meat Q2 become due August 29.

Hotel... arrivals

George Milburn, Vancouver; Ethel Evans, Vancouver Island; Mrs. A. Earl, Terrace; Mr. and Mrs. Nugent, Duncan, V.I.; H. H. Mackie, Vancouver; G. S. Reade, Queen Charlotte City.

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-- Classified Advertising --

Classifieds: 2c per word per insertion, minimum charge, 50c. Birth Notices 50c; Cards of Thanks, Death Notices, Funeral Notices, Marriage and Engagement Announcements: $2.

FOR RENT

FOR RENT — Suite in Vernon Apts.; also single sleeping room; apartment in Bay Apartments. Phone Blue 815. (181)

FOR RENT — Furnished rooms. 843 9th Ave. West. (185)

FOR RENT—Rooms, reasonable rates, quiet and clean. Green's Rooms, 622 Fraser St. (180)

HELP WANTED

BRIGHT AND HONEST boys and girls wanting Daily News delivery routes should enter their names at the office.

HOUSEKEEPER — Good accommodation and wages. 722 West Fifth. (tf)

RELIABLE WOMAN to mind three children. Phone Blue 191. (183)

HELP WANTED—Young man for electrical work for two weeks. Experience preferred. Apply Rupert Radio and Electric. (181)

CLERK-STENOGRAPHER — Applications in writing giving qualifications and references will be received by local business firm for permanent position as clerk-stenographer, preferably able to keep books. Box 150 Daily News. (tf)

PERSONAL

Anyone knowing the whereabouts of Wong Won Qwong, also known as Happy Wong, will they please communicate with Collart & McCaffry. (184)

GENTLEMAN, middle aged of clean habits with nice home would like to meet lady of same tastes. Object matrimony if suited. Apply Box 149, Daily News. (180)

ALTERATIONS DONE—Expertly fitted. No. 2 Washington Block. Phone Green 289. (185)

SHELF LIFE PROLONGED

The "shelf life" of foods has been lengthened from one to five and even 10 days by special experimental packaging.

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FOR SALE — Winnipeg couch; coffee table; magazine table; fern stand, and Clare Jewel range. 1480 6th Avenue East. (182)

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WE BUY AND SELL New and Used Furniture; also Hardware. See us before buying elsewhere. Used phonograph records, 20c; 5-piece kitchen set, $16.50; electric ranges, McClary's, from $15; sewing machine, $24.50; 3-piece chesterfield in good shape, $69.50; electric washing machine, in good shape; radio, 9 tubes, $15; baby carriages, from $7; hassocks, from $2.50; beds, complete, from $12.50; electric fans, from $7.50; motors with electric fans, from $16.50; new Gurney ranges, all-enamel; new scatter rugs, big assortment, $1.65 each. B.C. Furniture Co., 3rd Ave. Phone Black 324. (tf)

MODERN FIVE-ROOM HOME at Seal Cove. Full cement basement; sunporch; garden; harbor view; partly furnished. $4800, with terms. Contact Armstrong Agencies. (181)

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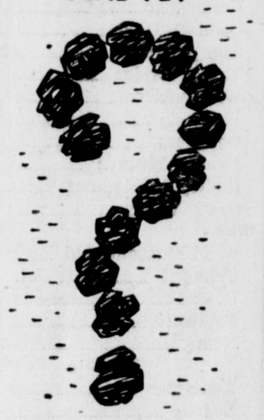

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