# asonable Ideas for Housekeepers

vegetable, fish or meat salad

would simply ruin a fruit salad.

Home economists say that a

small quantity of salad dressing

will go a long way if it is added

dressing or mayonnaise is one

Tomate Cheese Dressing

raw vegetable salads)

1 teaspoon dry mustard

1 teaspoon Worcestershire

Boiled Honey Dressing

(A good all-purpose dressing)

teaspoon mustard

8 teaspoon cayenne

4 tablespoons honey

3 tablespoons honey

1 tablespoon butter

may be decreased or increased

a little to suit individual taste.

For a six quart basket of

peaches add eight cups of boil-

ing water to four cups of sugar.

Bring to boiling point, skim and

WHAT PEACH CONTAINS-

The Dominion Experimental Sta-

tion at Summerland, has been

studying fruits for four years

to determine their nutritive and

health value and this is what

they have found out about the

peach: they are relatively rich

in carotone, the form in which

vitamin A occurs in fruits; they

are a good source of riboflavin,

one of the vitamin B family,

also contain a fair amount of

thiamine (vitamin B1); they are

usually only fair to poor sources

of vitamin C when compared to

citrus fruits.

teaspoon salt

cup milk

l egg yolk

keep hot.

½ cup vinegar

1 tablespoon fat

sauce

2 tablespoons flour

1/2 cup tomato juice

2 cups grated cheese

1 egg, well beaten

1/8 teaspoon salt

dressings.

ing Up of Salad is em These Fine Days

ve had to fall back on to the salad just before serving ressings. Several years generous hand of the members one ran short of may- of the family. A thick salad other salad dressing, dressing, to which a small quanadded a little bit of tity of table cream or rick milk lemon juice to thick i sadded before it is mixed with made a sour cream the salad will also go farther. Cottage cheese mixed with salad None of that now,

more way of stretching the well-known fact that o such thing as one ad dressing, that is, a recipes are suggested by home at will be equally good economists. lads. For instance, a ced dressing which excellent on a bland

\*\*\*\*\* Experts

ARADE - The peach begun. It is evident op will far exceed Melt fat in the top of a double t year so we shall boiler, add flour and seasonings peaches in the next and blend. Add tomato juice and r peaches are a gen- until the mixture is smooth and

w peaches make the tinue cooking about 1 minute sserts. They can be longer. Remove from heat and out" company. the stone removed cool. eaten with a spoon If shell." This way don't think of add-

some reason people a peach eaten from nerally ask for sugar aches. Honey sweetlends with the flavor prevent discoloraed peaches when a tity is dripped over

hortcake takes its Strawberry Shortof the favorite desadians. Peach Cobr puddings are also al when the peaches

nomists say that ch Cream is an ice velvety texture and and, best of all, it rich cream.

ach Cream sufficient

of refrigerator and rotary beater until is fluffy. Return reeze until firm.

PEACHES—When it nning peaches a six d basket should give quarts of canned be carefully ripe peaches n flavor and color

only mildly acid up (one cup sugar water) is recom\*well. Cook over hot water until tion for women who find ration- the British flag as wife of a 11/3 cups.

Cottage Cheese Dressing (Special for fruit salads))

1 cup cottage cheese 4 tablespoons juice from can-

ned fruit 1/8 teaspoon salt

Mix all ingredients together and beat until smooth with and not left to the more or less rotary beater. Yield: 11/4 cups.

> Cucumber Cream (Use with tomato, lettuce, meat

or fish salads) 1/2 cup cottage cheese 1/2 cup grated cucumber (drained)

1/2 teaspoon salt 2 tabelspoons vinegar Dash of pepper and dry mus-

The following salad dressing tard Mix all ingredients and beat rule. well. Serve on sliced tomatoes or plain lettuce salad. Yield: about (Keeps well and excellent for 1 cup.

### Ontario Girl Breaks Into English Movies

DENHAM, Eng. (7) -- "Little ton, Ont., by British movie- bridegroom. makers producing "Hungry Hill" at the Denham Studios.

Maxie, who has been cast for a small part in the film, was thing could be more cheese. Cook, stirring constantly, recently discharged from the R.C.A.F. Women's Division after creamy. Add beaten egg and con- touring the British Isles and the saleswoman. continent with the W.D.'s" Black-

Brown-eyed Maxie has given herself six months to make a success of movie work.

"I love England," she said, "though my father has a duck farm back home in Brampton

and I miss it sometimes." Margaret Lockwood, British movie star, appears with Maxie in "Hungry Hill."

#### INTUITION TRIUMPHS

Mix dry ingredients in top of NEWTON HALL, Eng. (P)—The double boiler, add milk, honey farmers' sons bowed to a team and slightly beaten egg yolk. Stir of Land Army Girls who beat them as judgers of livestock at mended though this proportion the Chatteris Agricultural Show.

Buy War Savings Certificates

### Housewives' Mecca Is Well-Fed Peru

REGINA (P) - It seems as SYDNEY, Australia (P) - The

Canada every three years.

#### Modern Etiquette By ROBERTA LEE

Q. When the double-ring ser- civilian life in Sydney. vice is to be used at a wedding, who should buy the two rings.

A. The bridegroom buys the Canada" is the nickname given ring for his bride and the bride to young Maxie Taylor, Bramp- should buy the one for the

> to receive a caller occasionally, act as master of ceremonies at man or women?

as much entitled to this personal right as a stenographer or man?

being introduced to a young Jones?"

#### CAPTAIN'S WIFE Timely OCEAN VETERAN

though there is only one solu- only woman to have sailed under thickened. Add vinegar and but- ing of butter and sugar a hard- ship's master in wartime is a ter. Mix well until smooth. Yield ship—take the first boat for Sydney girl, Mrs. Jim Murray Watson, who wears the 1939-45 Mrs. R. S. Cole of Tolara, Star and Atlantic Ribbon for Peru, says there is no shortage service with convoys. Mrs. Watof food in her country except son left Australia 11 years ago in canned goods. This is especial- when, as Patricia Long-Innes, she ly true of canned fruits, she says, resigned a job as associate to but an abundance of fresh fruits her father, Mr. Justice Longgrown in Peru makes up for it. Innes, then New South Wales' A Canadian by birth, Mrs. Cole Chief Judge in Equity, to make went to Peru as a bride 17 years a pleasure trip to England. Reago. She and her husband, an maining abroad, she joined the oil company accountant, visit Merchant Navy in 1941 and became ship's purser aboard the And for those who don't like freighter Lord Cochrane the cold and howling north which her husband, to whom McAfee of Prince Rupert were winds, it would appear as though she was married about 12 week-end guests of Mr. and Mrs. Peru was also for them. Mrs. months previously, was captain. A. M. Martinusen at Lakelse Cole says the temperature never Nearly five of the six years of Lake. falls below 60 degrees and rain her married life were spent on is the exception rather than the one sea voyage after another. She made two trips to Spain, two to the West Indies, two to West Africa, one to Brazil, one to the United States and seven to Canada. She now is back in

WEDDINGS DELUXE

RYALMERE, Australia (P) George Pritchard has gone into white eggs. business as a wedding organizer, arranging everything from invitations to wedding-trip reserva-Q. Should a maid be allowed tions. If necessary he will also the reception and perpare A. Certainly. A servant is just speeches for the principals.

Warm Weather Winner-

golden-good, nutritious

NABISCO SHREDDED WHEAT

## TERRACE Topics

Mr. and Mrs. Lloyd gave farewell party and bonfire on the shore of Lake Lakelse. Alan Crawford entertained with his accordian and Frank Dibb with recitations.

Mr. and Mrs. Frank Dibb of Prince Rupert spent last weekend at Lakelse Lake as guests of Mr. and Mrs. R. Gordon. During their stay Mrs. Dibb caught a beautiful trout.

Mr. and Mrs. C. P. Balagno, Miss Mary Astoria and Miss Jean

#### HOW CAN I ? ? ? By ANNE ASHLEY

Q. How can I prevent water from settling to the bottom of the dish when baking a custard?

A. For a baked custard, warm the milk before adding the eggs. For very yellow custard use brown eggs, for a lighter custard,

Q. How should linoleum and oilcloth be washed?

A. With lukewarm water, then polished with a soft woolen cloth which has been dipped in milk.

Q. How can I clean painted surfaces that are marred by dirty finger marks?

A. Rub gently with a flannel A. Merely say, "How do you cloth dipped in parafin oil. Wipe Q. What should a girl say when do?" or, "How do you do, Mr. with a cloth wrung out of hot

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