Thursday, June 13, 1946

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Leaving City Soon for peteria, having Disposed of ental Practice

dian Legion meeting was made the occagrewell" to Dr. R. C. the organization. posed of his practice Munthe and will be ly in July to enjoy a oliday in Victoria for t of his health.

haker, complete with d tray, was made by ce-President Vic Housin a few well-chosen epressed the sincerest of the members of the at losing an officer who ated so much of his time ies to Legion work. son also spoke eulo-

of Dr. Bamford's many valuable service as : the local executive is five times president local branch. ing to these speakers

expressed his extitude for the presen-

as of both wars will be taph.

dian home-makers who are ris- one cup of cream sauce and serve ing to the present famine hot. This makes six servings. emergency and doing their utvegetables served when they first | winter. appear in the garden will make beautiful as well as appetizing vegetable plates with no meat at all. The colors are so bright and the texture so delicate it does not matter which are used together. Cook in a small amount of water and for the shortest time, is the advice of the Agriculture Department. To be at their best the nunciation of "room?" new vegetables should be "tenables are delicious but sometimes umbrella. a special touch may be added by ascalloping or baking one of ity" mean?

CREAMED NEW VEGETABLES A meal in a dish made with a combination of vegetables is a of the Legion and, during time-saver and equally good years of his membership, oreamed new vegetables in a d seen it grow from "a strug- potato crust is one of them. Use one egg, three cups of wellseasoned mashed potatoes, one tablespoon of milk. Beat the eggs carrying on and increas- spoons. Mix remaining egg into activities of the Cana- the potatoes. Spread mixture into a nine-inch pie plate makeaten eggs and brush the shell until golden brown, about 16

their an- the Legion make a request to coration Day ceremonies the proper authorities to have



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> his bright-eyed miss has just joined the ranks of thousands of healthy happy youngsters who have discovered how tasty Shreddies can be, with their malty flavor and whole-wheat goodness. You, too, will hear "M-M-M, they're good" at your breakfast table tomorrow, when



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The Experts Say - -FRESH VEGETABLES-Cana- with creamed vegetables, using

and cheese are not noticed when she will be sorry when the fall tastes of its students.

Better English By D. C. WILLIAMS

. What is wrong with this sentence? "Their observation of the Sabbath is very strict."

2. What is the correct pro-3. Which one of these words

der crisp." Plain boiled veget- is misspelled? Vanilla, Manilla, 4. What does the word "lev- freely.

those used on the vegetable

the Sabbath is very strict." 2. mer time. Languages, including Pronounce the co as in soon, not Spanish, play an important part beginning" to the vast or- the last of the old potatoes for Lightness, buoyancy. "He gave freedom of speech is encournization of today, recognized the crust and new peas, baby the form of levity to that which aged. Housework is treated as ascended; to that which dos- part of the regular course greterans' organization in the the sauce. Wee new potatoes may cended, the form of gravity."—| The children are quite unself-Sir W. Raleigh. 5. Nullify. | conscious, and even the older

COLOR VALUES FOR CHILDREN

vorite color.

tain that the choice of certain have been developed shades indicates characteristics

All lessons, in every grade 5. What is a word beginning stress color values; most of the Get sweeter, tastier bread! with nu that means "to render classes are held out-of-doors. Meals are served on the lawns on fine days, and a swim in the 1. Say, "Their observance of harbor is a daily event in sumin book. 3. Manila. 4. in the school's curriculum, and



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Housewives Seek Kitchen Gadgets

NEW YORK, (P-Pent-up de-SYDNEY, Australia (P) - Put- on the kitchen as a livable part Tessier, 34, trapper, was found ting color into the lives of chil- of the home have caused a boom | yesterday on Jackpine River. He dren is the aim of an unusual in kitchen planning services. disappeared a week ago and the most to conserve the needed Sugar coupons are valid for school in Sydney. Mr. and Mrs. Utilities, manufacturers and finding of the body confirmed foods: meat, wheat, eggs and the purchase of five pounds of H. E. Townsend, the founders, dealers all are co-operating in suspicion of foul play. cheese, are fining the fresh veg- canning sugar. It is a tempta- believe that color plays a very working out complete kitchen etables now on the market a tion to the home-maker to dip important part in the education plans of every type from efficispecial asset in meal planning, into this store for table use but of children, and their co-educa- ency budget installations to the Reduced helpings of meat, eggs the home economists warn that tional school caters to the color- most elaborate de luxe arrangements. Public response to the large quantities of well cooked fruit is ready for canning and The youngsters wear bright program has been greater than vegetables are served. Less bread she hasn't her full quota of sugar overalls or smocks at school, the most optimistic anticipated, is eaten with the meal, too. New saved. An average of 40 quarts work at colored desks and use industry sources said. Surveys potatoes, green peas, string of fruit may be canned with the colored table napkins. Boarders show that 65 per cent of women beans, baby carrots and other 10 pounds—a lot of desserts next sleep in beds with brightly col- plan some alteration of their ored covers, and for daily rest kitchens as soon as possible. The periods the young children are new merchandise trend stresses covered with sheets of their fa- replacement of worn or inconvenient equipment according to Pupils are encouraged to a complete plan. Complete effichoose their own colors for ciency installations for the small clothing. The Townsends main- kitchen or the limited budget

> of the child's nature and up- soys make no objection to wearbringing. A preference for red, ing bright colors. About 90 pufor instance, may mean that the pils attend the school, which child has been restricted and represents an interesting experineeds to express himself more ment in modern educational

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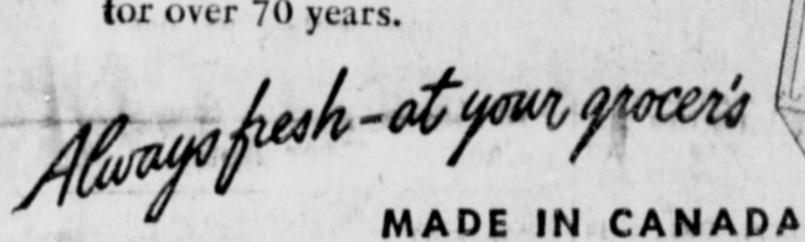
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