

The Experts Say - -

FRESH VEGETABLES—Canadian home-makers who are rising to the present famine emergency and doing their utmost to conserve the needed foods: meat, wheat, eggs and cheese, are finding the fresh vegetables now on the market a special asset in meal planning. Reduced helpings of meat, eggs and cheese are not noticed when large quantities of well cooked vegetables are served. Less bread is eaten with the meal, too. New potatoes, green peas, string beans, baby carrots and other vegetables served when they first appear in the garden will make bearable 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 new vegetables should be "tender crisp." Plain boiled vegetables are delicious but sometimes a special touch may be added by scalloping or baking one of those used on the vegetable plate.

CREAMED NEW VEGETABLES
A meal in a dish made with a combination of vegetables is a time-saver and equally good. Creamed new vegetables in a potato crust is one of them. Use the last of the old potatoes for the crust and new peas, baby carrots and cut string beans for the sauce. Wee new potatoes may be added, too. The recipe for Creamed Vegetable in Potato Crust follows. The crust requires one egg, three cups of well-seasoned mashed potatoes, one tablespoon of milk. Beat the eggs well and set aside two tablespoons. Mix remaining egg into the potatoes. Spread mixture into a nine-inch pie plate making it about a half-inch thick. Crimp the edge and prick the bottom of the shell in several places. Mix the milk into the remaining two tablespoons of beaten eggs and brush the shell with the mixture. Bake in a very hot oven, 425 to 450 degrees F., until golden brown, about 16 minutes.

Remove from the oven, fill present, both at the Cenotaph as well as at the cemetery.

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COLOR VALUES FOR CHILDREN

SYDNEY, Australia — Putting color into the lives of children is the aim of an unusual school in Sydney. Mr. and Mrs. H. E. Townsend, the founders, believe that color plays a very important part in the education of children, and their co-educational school caters to the color-tastes of its students.

The youngsters wear bright overalls or smocks at school, work at colored desks and use colored table napkins. Boarders sleep in beds with brightly colored covers, and for daily rest periods the young children are covered with sheets of their favorite color.

Pupils are encouraged to choose their own colors for clothing. The Townsends maintain that the choice of certain shades indicates characteristics of the child's nature and upbringing. A preference for red, for instance, may mean that the child has been restricted and needs to express himself more freely.

All lessons, in every grade stress color values; most of the classes are held out-of-doors. Meals are served on the lawns on fine days, and a swim in the harbor is a daily event in summer time. Languages, including Spanish, play an important part in the school's curriculum, and freedom of speech is encouraged. Homework is treated as part of the regular course. The children are quite unself-conscious, and even the older

Housewives Seek Kitchen Gadgets

NEW YORK, N.Y.—Pent-up demand for equipment and accents on the kitchen as a livable part of the home have caused a boom in kitchen planning services. Utilities, manufacturers and dealers all are co-operating in working out complete kitchen plans of every type from efficiency budget installations to the most elaborate de luxe arrangements. Public response to the program has been greater than the most optimistic anticipated, industry sources said. Surveys show that 65 per cent of women plan some alteration of their kitchens as soon as possible. The new merchandise trend stresses replacement of worn or inconvenient equipment according to a complete plan. Complete efficiency installations for the small kitchen or the limited budget have been developed.

Boys make no objection to wearing bright colors. About 90 pupils attend the school, which represents an interesting experiment in modern educational methods.

Foul Play Is Seen In Trapper's Death

DALTON MILLS, Ont. — The bullet-riddled body of Daniel Tessier, 34, trapper, was found yesterday on Jackpine River. He disappeared a week ago and the finding of the body confirmed suspicion of foul play.

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By D. C. WILLIAMS

1. What is wrong with this sentence? "Their observation of the Sabbath is very strict."
2. What is the correct pronunciation of "room?"
3. Which one of these words is misspelled? Vanilla, Manilla, umbrella.
4. What does the word "levity" mean?
5. What is a word beginning with n that means "to render void?"

Answers

1. Say, "Their observance of the Sabbath is very strict." 2. Pronounce the o as in soon, not as in book. 3. Manilla. 4. Lightness, buoyancy. "He gave the form of levity to that which ascended; to that which descended, the form of gravity."—Sir W. Raleigh. 5. Nullify.

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R. BAMFORD HONORED
Leaving City Soon for Victoria, having Disposed of his Practice
The Canadian Legion meeting tonight was made the occasion of a "farewell" to Dr. R. C. Bamford, president of the local branch of the organization, who has disposed of his practice in Victoria and will be leaving early in July to enjoy a holiday in Victoria for the benefit of his health.
Presentation of a silver shaker, complete with tray, was made by Vice-President Vic Housh, in a few well-chosen words, expressed the sincerest wishes of the members of the Legion at losing an officer who devoted so much of his time and energy to Legion work.
Wilson also spoke eulogically of Dr. Bamford's many years of valuable service as a member of the local executive and as five times president of the local branch.
In replying to these speakers Bamford expressed his appreciation for the presence and the kind references to his efforts while in office.
He stated that he had taken great deal of interest in the activities of the Legion and during his years of membership, he had grown from a "straggler" to a "strong" member.
He recognized the Legion as the leading organization in the community and thought the time had come when the veterans of World War II—who had returned to "Clevy Street" under far more favorable conditions than the veterans of World War I—should be taking a leading part in carrying on and increasing the activities of the Canadian Legion for the benefit of war veterans and their dependents throughout this great nation.
It was the regular monthly meeting of the Canadian Legion which was held last night at the Legion headquarters with Dr. R. C. Bamford, president, in the chair.
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