Timely TERRACE Topics

Mrs. Will Robinson is in Vancouver attending the Red Cross convention being held in the Vancouver Hotel. She is delegate representing the Terrace and district Red Cross.

Miss Mildred Frank left on Thursday night's train for Prince Rupert to work at the Chris Mill Bakery. For the past three and a half years she has been employed at the Skeena Mercantile.

Advertise in The Daily News.

Seasonable Ideas for Housekeepers

Good Old Fashioned Stews Are Economical and Tasty

True to the times are dishes that extend meat. In this respect none can compete with the old-fashioned stew. Be thrifty and use the cheaper cuts, since by proper cooking, they can be made equally as tender and delicious as the higher-priced cuts. When combined with vegetables and subtle seasonings, they create an interesting and appetizing dish.

To avoid monotony, vary the flavor of stews by using different kinds of meat, or a combination of them. Stews may become "company fare" when herbs are cleverly used to give them that distinctive piquant flavor.

Have you ever tried tying a small quantity (about a half a teaspoonful) of pickling spice in cheesecloth and adding it to a beef stew until the desired flavor is obtained. Sweet marjoram adds spice to veal and lamb stews. Home economists recommend at this point that you experiment cautiously and taste carefully.

To make a good stew:

Cut meat in uniform small pieces.

Season well and dredge with flour, if desired.

Brown meat in hot fat.

Add only enough liquid to cover.

Cover closely and cook slowly at simmering temperature, until tender—about 1½ to 2 hours. Never allow a stew to boil hard.

Add vegetables just in time to cook tender, about ½ hour before serving.

Remove meat and vegetables before thickening the liquid for gravy.

Appetizing stews may be prepared in the oven. When this method of cooking is followed they are usually called casseroles. Cooked meat may be utilized in this way.

Lamb Ragout

2 lbs. lamb, breast or shoulder
¼ cup flour
1 teaspoon salt
¼ teaspoon pepper
Dash of ground cloves
2 tablespoons fat
½ cup onion, chopped
3 cups water
6 medium carrots, quartered
1 cup celery, chopped
1 tablespoon spicy meat sauce
1 teaspoon salt

Cut lamb into 1-inch pieces. Remove as much fat from lamb as possible. Dredge meat with flour, to which has been added the salt, pepper and dash of ground cloves. Brown the meat with the onions in hot fat. Add water and simmer in covered pan until tender. Skim off fat. Cover and continue cooking unadd vegetables, sauce and salt. til vegetables are tender. Serve with Tomato Dumplings. Six servings.

Tomato Dumplings

2 cups all-purpose flour or
2¼ cups pastry flour
3 teaspoons baking powder
1 teaspoon salt
1 cup tomato juice

Sift together the dry ingredients. Add tomato juice all at once and mix just enough to moisten flour. Drop by tablespoons on top of stew. Cover tightly and steam 15 minutes. Do not remove cover during the cooking period. To avoid crowding, which results in soggy dumplings, use a wide shallow pan. Be sure there is sufficient liquid on stew before adding dumplings. Six servings.

Tongue Casserole

12 slices cooked tongue
2 medium onions, sliced
3 carrots, diced
2 potatoes, diced
2-3 cup green peas
4 tablespoons flour
1½ cups stock from tongue
1 teaspoon salt
⅛ teaspoon pepper
1 teaspoon horseradish
¼ cup catsup or chili sauce

Arrange slices of cooked tongue in the bottom of a large casserole and cover with vegetables. Make a gravy of flour and stock. Add salt, pepper, horseradish and catsup. Pour over meat and vegetables. Cover and bake in a moderate oven, 350 degree F., for 1 hour. Six servings.

Home Recipe

As the old adage goes—"Waste not—want not!" Rationing or no rationing, the chances are that you have some meat left over so this recipe is particularly timely. Even if your family is "allergic to leftovers," we think you'll find they'll enjoy this idea. Here's all you need:

Oven Croquettes

One cup ready-cooked cereal
1 tablespoon melted fat
1½ cups mashed potatoes
2 tablespoon finely - chopped green pepper
1 teaspoon grated onion
1 cup drained whole kernel corn
1 cup fine-diced ham or other leftover meat
1 egg, beaten
3 tablespoons milk
¾ teaspoon salt
¼ teaspoon pepper
1 teaspoon prepared mustard

Mix half crumbs from cereal with fat and reserve for crumbing. Combine remaining crumbs with remaining ingredients and mix well. Shape into 6 cylinders; roll in crumbs, place in greased shallow pan and bake in hot oven (400 degrees F.) 40 minutes. Serve plain or with a sauce or gravy. Serves 6.

GLASGOW, (CP)—An Admiralty proposal to build a new graving dock on the Clyde would make it possible for the Queen Mary and Queen Elizabeth to return to the port where they were built for overhaul.

TERRACE PARTY FOR NEW GIRL

TERRACE — The Ouija Canteen, a group of young people who hold meetings every Wednesday evening, held a social last Wednesday in honor of Miss Jean Hill who arrived on Tuesday from Blewett. The early part of the evening was spent in the playing of such games as table tennis, table hockey, crokinole, checkers and dominoes. Supper was served by some of the club members and after that, there was a dance. The club members are Miss Joan Macdonald, Miss Frieda James, Norbert Cote, Edna Toop, Ray Sande, Eddie Ruckle, Jean and Onnolee Kirkaldy, Helen Hipp, Jacqueline and George de Kergommeaux, Alec Houlden, Norman McNab, Mr. and Mrs. S. Campbell. Mr. and Mrs. G. Brookes are host and hostess. Invited guests were Mr. and Mrs. C. Michiel, Mr. and Mrs. S. Kirkaldy, Dr. and Mrs. Mills, Mrs. Minshall, Miss A. Lips, Irene and Dolly Haugland, Janet and Betty Colwell, Charlie Houlden, Colleen and Harold Whalen, Mrs. A. Yoxall and some soldiers from the army camp.

Local W.D. On Way Home From Overseas

Daughter of Mr. and Mrs. William Terry of this city, Leading Airwoman Kathleen M. Terry, who has been in the Royal Canadian Air Force, Women's Division, for four years, the last two years in Britain, landed on Tuesday of this week at New York from the Queen Elizabeth and is now on her way across the country to her home here to spend discharge leave. She should arrive within the next few days. Miss Terry is a stenographer and typist and, after discharge, plans on living in Prince Rupert.

Rev. C. A. Wright, formerly pastor of First Baptist Church here and now of Vancouver, sailed on the Prince Rupert last night to return south after spending the last two weeks as guest at the home of Mayor and Mrs. H. M. Daggett.

James Moran and Jack Moran, who recently returned from overseas service with the Canadian Army, sailed last night on the Prince Rupert for Vancouver where they will receive their discharges. They have been spending leave with their parents, Mr. and Mrs. Thomas Moran.

Mrs. C. S. Von Auron, accompanied by her small son, Roderick, sailed last night on the Prince Rupert on her way to Fort Lewis, Washington, to join her husband, Col. C. S. Von Auron, who is stationed there with the American Army.

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Local News Items . . .

Mrs. J. McGreish sailed last night on the Prince Rupert on a trip to Vancouver.

Miss Dorothy Peachy sailed last night on the Prince Rupert on a trip to Vancouver.

▲ An outstanding event you must not miss — Civic Centre opening dance, Monday, March 4. Drawing for nylons. (47)

Completing their audit of the city's books, G. T. Meredith, J. Robertson and W. Kitto of the accounting firm of Crehan and Meredith sailed last night on the Prince Rupert to return to Vancouver after having been in the city for a week.

▲ Annual General Meeting, Kaien Consumers' Co-Operative Association tonight at 8 o'clock, Oddfellows' Hall. (1t)

Dr. John L. Hart of the Pacific Fisheries Biological Station, Nanaimo, sailed last night on his return to Nanaimo after spending the last few weeks in the city doing investigation work in connection with the flatfish fishery.

▲ Sheardown's deliver daily. Today's orders delivered tomorrow. We're as near as your phone. (tf)

Following an official visit to Tsimpsean and Tyee Lodges here last night, Norman Kilpatrick, district deputy grand master of the Masonic Grand Lodge, left on this morning's train for Terrace where a similar visit will be paid tonight to Lakelse Lodge. Mr. Kilpatrick is accompanied on his trip by James Graham, James Brough, Ernest Haan, Oswald Hoskins and William Hickmore.

▲ For a reliable taxi, Phone 32 Open Day and Night. (tf)

Announcements

Old Time Dance, I.O.D.E. Hall, every Saturday.

Prince Rupert Rod and Gun Club annual banquet, Knights of Columbus Hall, Wednesday, February 27. Admission by ticket only.

Registered Nurses' Tea, Nurses' Home, February 28.

Presbyterian Tea, March 14, Mrs. A. Flaten.

Junior Chamber of Commerce St. Patrick's Day Ball, Civic Centre Auditorium, March 15.

C.W.L. St. Patrick's Tea and Sale of Home Cooking, 2:30 to 6:00. Card Party, 8:00 p.m., K.C. Hut, March 16.

L.O.B.A. tea and sale, April 3, Oddfellows' Hall.

W.A. Canadian Legion Tea and Novelty Sale, May 10.

▲ Modern Dance, Saturday, Feb. 23, Recreation Hall, 5th Ave. E. (46)

Mrs. C. H. Sawle arrived in the city on last night's train from New Hazelton and is the guest of Mrs. D. McD. Hunter at the Besner Apartments.

Mrs. J. Larussen, formerly of Fifth Avenue East and now residing in Vancouver, is back in the city for a month's visit with friends.

▲ Annual general meeting, Prince Rupert Branch, Navy League of Canada, will be held in Legion Rooms, Tuesday, February 26, 8:00 p.m. All interested in Navy League, Women's Auxiliary and Sea Cadets are welcome. (48)

NOTICE

To the members of the Prince Rupert Fishermen's Co-operative Assn. The Association's annual meeting will be held at Oddfellows' Hall, 4th Ave. East, Prince Rupert, B.C., February 26 and 27, commencing at 10 a.m., Feb. 26. (47)

Tea Cookies

1 cup shortening
⅔ cup brown sugar
1 well-beaten egg
2½ cups sifted all-purpose flour
¼ tsp. salt
3 tsp. each lemon juice, grated lemon rind and orange rind.

Cream shortening and sugar, add egg, mix thoroughly. Add grated rind. Mix and sift dry ingredients, add alternately with lemon juice. Form 2" roll in wax paper. Chill. Slice in ⅛" slices. Bake on ungreased pan 6 minutes at 500°.

Serve with "SALADA" TEA

MOTHERS

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