ALPROPRIES OF THE STATE OF THE

unous for N

in Savings

KEEPING HOUSE IN WARTIME

Recipes from Russia, France, Poland and Scandinavia

Of General Interest

views conducted by registry of. Canadian palate. ficials, the majority of whom There's a soup from Russia, a serve voluntarily

Canned Grapefruit Or Ration

Canned grapefruit in glass containers returned to the ration on October 15. For some weeks housewives could purhase canned grapefruit i glass containers without a coupon. Now a preserves coupon must be surrendered for 20 fluid ounces. Incidentally, coupons need not be surrendered for canned grapefruit juice. Form is Essential

In presenting notice to vacate, landlords must use a form pro- Fillingvided by the Prices Board. Made out in triplicate, one form must be filed with the Prices Board, one given to the tenant and one kept by the landlord

More About Bressmakers

makers who work in their own they supply.

MAKE THE MOST

Save Food for Fighters!

10 FOOD - SAVING RULES

Here are

For Wartime

PLAN FOOD BUYING CAREFULLY

WASTE IN PREPARING

bread-crumbs for stuffings. bones for soups,

COOK FOODS PROPERLY

A SAVE SURPLUS FATS

ENCOURAGE OTHERS TO SAVE

REDUCE YOUR FOOD BILL

SERVE SMALLER PORTIONS

OUT OF RS!
I FETOVERS!

That are Different

Looking for something new in Canada's busy housing regis- the way of recipes? Good cooks tries, operated by the Consumer always are and here is a treas-Branch, have now found homes ure store of European recipes for over 120,000 people, which that are different without berepresents some 350,000 inter- ing too foreign to appeal to the

main dish from Scandinavia, a potato dish from France and dessert from Poland. All rereived high praise from hardto-please testers of recipes. Polish Baked Pancakes

With Apple Filling

- (Nalesnikiz Jablkami) teaspoon butter, melted
- 2 egg yolks, well beaten 4 tablespoons flour
- 1/4 teaspoon salt
- l teaspoon sugar
- Batter-½ cup milk
- 2 egg whites, beaten stiffly Mild-flavored fat for frying
- 2 cups apples, cut in thin
- 1/2 teaspoon cinnamon 2 tablespoons sugar

S WE all realize now, food is a

weapon of war just as much as

guns and tanks and ships. It has

been estimated that if all food

waste in homes were eliminated,

enough would be saved to feed our

armed forces! Thus it should be

every housewife's endeavour to

avoid waste of food-first by buy-

ing and serving only the things she

knows the family will eat, second by

serving smaller portions so that

none is left on the plates. If left-

overs do occur they may be used up

in various ways. Your cook book

will offer many suggestions for

food saving, such as ways to use up

meat and vegetable scraps, cooking

vegetables in jackets whenever

possible, saving water from meat

and vegetable cooking for stews.

Every housewife will be able to add

to these from her own experience.

Save food for fighters, for victory!

homes do not need to register, 2 pounds lean stewing lamb unless they are making up Commercial and private dress- clothes from material which

3 tablespoons butter, melted 3 tablespoons sugar

1/4 cup dry bread crumbs Add butter to egg yolks. Sift flour, salt and sugar and beat Be a Good Egg into egg mixture. Gradually add milk, blending well and then though a good egg is such an fold in egg white. Place a small admirable thing. It is healthgreased hot 7-inch frying pan own perfect-seal wrapping . cooked.

Season apples with cinnamon and the 2 tablespoons sugar. Place a portion of filling on each pancake and roll up. Fold light . . . they're tide-overs not in both ends of pancake and meals and shouldn't be substithe melted butter. Mix remain-

ed pancakes. Scandinavian Lamb Stew

(Faarikaal)

2 tablespoons butter 11/2 teaspoons salt

1/2 teaspoon whole pepper-

2 cups water

1 medium cabbage almost done, adding more instead of beef stock. water if necessary. Cut cabbage n eighths and remove core; add lamb and cook, covered, unil cabbage is tender . . . about) minutes. Serve piping hot. 3ix servings.

Potatoes, French

Peasant Style (Pommes deterre paysannes)

21/2 cups cold cooked potatoes, cut in 1-inch cubes

1/4 cup bacon fat

11/2 cloves garlic

11/2 tablespoons chives or onions, chopped

11/2 tablespoons parsley, chop-

11/2 tablespoons chopped teel-

ery leaves

11/2 tablespoons flour

11/2 cups milk or 3/4 cup stock and 3/4 cup milk

3/4 teaspoon salt

1/8 teaspoon pepper Fry potatoes in bacon fat until brown on all sides. Remove potatoes and keep hot on back of stove or in warming oven. Crush garlic with the blade of a knife and fry in fat with chives or onions, parsley and celery leaves. Add flour and gradually blend in milk. Add salt and pepper and cook over low heat until the sauce thick . . . about 4 to 6 minutes. stirring constantly. Add potatoes and reheat. A little minced ham may be sprinkled over top of potatoes. Six servings.

Russian Beet Soup (Borsch)

3 large beets (3 cups peeled and finely shredded or

chopped) 6 cups beef stock

1 tablespoon butter Salt and pepper to taste

i teaspoon sugar l tablespoon vinegar or lemon

Make beef stock as follows-

2 lbs. lean stewing beef 3 small carrots

3 small onions

3 stalks celery 2 quarts water

1/4 teaspoon whole pepper-

corns 1/2 bay leaf

1 spray of thyme or 1/8 teaspoon dried thyme

1 sprig parsley Salt and pepper to taste Put beef, carrots, onions, cel-

MIDWAY GROCERY

BT-20

Conservation - Hints -

By Marnie Edison

Not always so easy. . . amount of batter in a well- protective food done up in its and tilt pan in all directions respect that wrapping for flato make sure batter covers en- vor's sake. When storing eggs tire surface. Cook until brown in the refrigerator do not wash are held in by the fat. Flavoron one side, turn and brown them . . . washing removes the ing, then, should be put in with other side. Fill each pancake as protective film that keeps out air and odors.

"Piecing"

Make between-meal snacks

ninutes. Add butter and season heels. to taste with salt and pepper. A Sweeping Statement Add sugar and vinegar or lem- Your old broom will respond Six servings.

Cut lamb in 2-inch cubes and Note: 1 tablespoon sour cream fresh and clean, with a new prown in butter; add seasoning may be added to each plate of lease on life . . . but remember and water, cover and simmer soup. This soup may be made that life will be much longer bout 45 minutes or until lamb with vegetable or poultry stock if you hang it and don't leave

extra spurt of energy needed to complete the morning or afternoon's assignment and that goes for both children and adults. Some fruit, or a sandwich made of tomato or cheese and a milk drink make a good snack, but should be eaten in mid-afternoon so that appetites are not spoiled for regular meals.

Flavor Early and Save the Flavor

This isn't in every cook book, but it is true . . . vanilla and other extracts do better work in flavoring cakes and cookies if they are added to the fat when it is being creamed. Most flavoring extracts are essential oils which combine with and the fat as the first step in mixing instead of being added last as the family cook book is apt to direct.

Hair Would Do

Warm socks are a necessary adjunct to winter sports . . . and | place them close together in a tuted for such. Snacks can make it is more comfortable if they greased baking dish, smooth a big difference in the way the wear for awhile without those side up. Brush top with part of day's work goes . . . give the turnip-holes in the heels. If you re making your own, combine ing melted butter with the 3 ery and water in kettle and inen thread with the wool tablespoons sugar and bread oring slowly to a boil. Tie spices when knitting the back of the crumbs and sprinkle over rolled and herbs in cheesecloth bag; heel - socks thus reinforced pancakes. Bake in moderately add with parsley to soup mix- wear months longer than those hot oven (375 deg. F) for 20 to ture and simmer, covered, for knit in the ordinary way. For a 30 minutes. Yield: about 12 fill- 2 hours. Strain. Yield: 6 cups. personal touch you could use To prepared beets add 2 cups strands of your own long hair

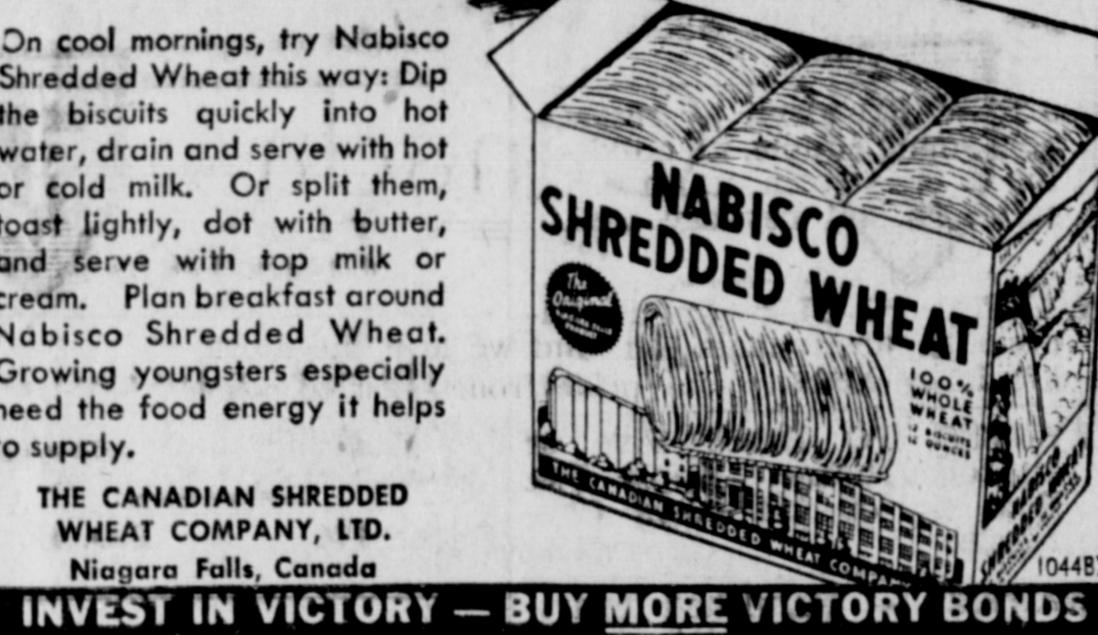
stock and cook 15 minutes. Add | . . . it's been done! That's the emaining stock and cook un- treatment the fishermen's wives til beets are soft . . . about 30 in England used to give to sock

on juice and allow soup to to kind treatment. Soak in hot simmer for at least 20 minutes. suds, and dry well, hang it up again in the kitchen closet, it standing on its bristles.



Shredded Wheat this way: Dip the biscuits quickly into hot water, drain and serve with hot or cold milk. Or split them, toast lightly, dot with butter, and serve with top milk or cream. Plan breakfast around Nabisco Shredded Wheat. Growing youngsters especially need the food energy it helps to supply.

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