oud and Long es it . . . wears out the parts of a radio! 1. cmetimes irreplacetubes are to last their lifetime, the radio

er excessive volume. Wrap Well

Delicious Easter Dinner For Patriotic Canadians

Easter menus, like the occa- cal and easier carving. Make sion, should be very special, with planty of gravy. spring-like touches predominating. This year is no exception. although ham, the traditional J. Hunter will take Easter meat, may be scarce. week. Many beauti- Large quantities of pork are were concealed in vari- being shipped overseas to fill in the rooms, coined contracts with Great Britain. ecited by the guests so patriotic Canadians may have e hint to the bride- to use other meats instead. where they might However, with lamb, chicken and During the evening beef on the market, there is st was played, the plenty of choice for everyone. The following menu, suggestrs. R. A. McRae. De- ed by home economics, is par-

> Consomme Roast Beef Spinach Shredded Carrots and Onions Pan-Browned Potatoes Tossed Green Salad Butterscotch Rhubarb Pie

> > Coffee

Finger Rolls

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of expert reliable compounding.

In roasting beef cook unand speaker may break a moderate oven, 325 degrees - white sugar and the 1/4 cup flour, save precious fuel 30 minutes per pound according butter, fat, brown sugar, salt other coupons will be designated sec to whether the family likes it and the 1/2 cup flour. Sprinkle as valid for the purchase of these sulation on hot water rare, medium or very well done. this mixture over top of rhu- rationed commodities. pipes is kept in good Let the cooked roast stand in a barb. Bake in a hot over, 425

Shredded Carrots and Onions

12 medium carrots

2 medium onions ½ cup water

4 tablespoons mild-flavored fa 1 teaspoon salt

Wash carrots, and scrape if necessary. Peel onions, then shred both vegetables, using a coarse grater or shredder. Cook with remaining ingredients in a place for his own use, in which and the results will be better itary themes. The exhibition will tightly covered saucepan for 10 minutes. Six servings.

Butterscotch Rnubarb Pie

4 cups cut raubarb ½ cup white sugar 1/4 cup flour

2 tablespoons butter 2 tablespoons mild-flavored fat One-third cup brown sugar

1/8 teaspoon salt 1/2 cup flour

Pastry for crust

Pour boiling water over rhucovered. Do not add water, barb. Let stand for five minutes, Board. Whether meat is seasoned before then drain. Line a deep 9-inch or after roasting is optional. Use pie plate with pastry. Combine 350 degrees F, for the entire mix with rhubarb and arrange in ration book 5 have come due cooking period, allowing 20 to in pie shell. Cream together the for preserves and canning sugar warm place for a short time, degrees F, for 10 minutes, then This makes for more economi- reduce temperature to 375 degrees F, and bake 20 minutes

Of General Interest

Forewarned!

Householders thinking of moving to Victoria, Vancouver, New Westminster, Hamilton, Toronto, Hull or Ottawa, should write to one large room. the Emergency Shelter Administrator in these cities for full cold weather dish? particulars of the regulations which apply to Emergency Shelter Areas.

Rules for Tenants

A tenant may continue to live in a house which has been sold using soap flakes? unless the landlord desires the case the tenant must be given six months' notice on a form provided by the Prices Board. This notice cannot terminate during the winter months, October 1-April 30.

What's in a Number?

As a protection against any degradation in the quality of shoes. Canadian manufacturers are required to stamp each pair with their code number. The number is allotted by the Prices

More to Come

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Are you entertaining out-oftown house guests? You will be doing them an honor by having us publish a personal about their visit.

The Experts Say - - -

DIET MADE CHAMPION-One of the reasons behind Baroara first aid to the cook, Both pars Ann Scott's winning of the North American senior ladies' ley and chives justiry themselves Figure skating championship at on several counts. They are per-New York recently was ner well- fect for garnishing, add flavor rounded diet, well suited to sus- to food and contribute certain taining her through gruelling elements to the diet. Parsley also hours of practice and competition skating. The pretty Ottawa gives a fine flavor to soups, salgirl, who has won the champion- ads and eggs, while cnives, mild ship at 16, is a perfect advertise- cousin to the onion, gives a deliment for simple rules of health cate flavor to sandwiches, ome--exercise, fresh air, nourishing lettes, potatoes and other disnes. 12:00-Showtime food and plenty of sleep. "Bar- Another spice, now almost un- 12:30-CBC News bara Ann doesn't care much for known but popular in grand- 12:45-Spotlight Bands sweets but she likes just about mother's day and deserving of a anything else," her mother, Mrs. revival, is peach leaf. It gives a 2:00-Silent Clyde Scott, told me. "She does tangy, individual flavor to blanc not stick to any strict diet, just mange when a leaf is heated in well-rounded mears: Eating the milk. habits gained in childhood seem to stick, a survey of a group of army men some time ago indicates. Of the group in question 15 to 30 percent refused any vegetable other than potatoes and about one percent took no vegetables at all. In some cases up to 50 percent of the men who did take potatoes falled to eat the entire serving. Discussing the results of this survey experts at the Nutrition Division of the Health and Welfare Department point out that vegetables contribute essential vitamins and minerals. Minimum requirement for good health is two

SPICES—Spices add variety to cooking. It should be done with a light hand, however, since a heavy hand masks flavors instead of accenting them. Skilfull blending of flavors is an art and a secret blending of spices has made many a famous chefmany good recipes call for a bouquet of spices-cloves, bay leaves and so forth. It is wise to follow the manufacturer's directions when using synthetic spices and atrificial flavorings. If directions are not available use sparingly until the amounts for best results can be worked out.

servings daily in addition to one

of potatoes, with green leafy

and yellow varieties included fre-

quently.

USEFUL BEAUTY- Growing parsley and chives on the kitchen window sill instead of the provenbial geranium serves a double purpose - as a spot of

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HOW CAN I ? ? ? By ANNE ASHLEY

Q. How can I make wall paper

A. Dissolve glue by soaking 24 hours in cold water. Boil 4 gallons of water; then stir in 1 quart of flour which has been mixed into a smooth paste with cold water. Now add the glue water. This much should paper

Q. How can I prepare a good

A. A delicious dish for cold here. weather is green peppers, on:ons, and tomatoes cooked together. Cook slowly in a cesserole, season, and add plenty of butter

flakes into a foam with the egg

CFPR Radio Dial

(Subject to change)

WEDNESDAY-P.M.

4:00-Words With Music 4115-G. I. Jive 4:30—Science Magazine

5:00—Music America Loves

5:30—Sports Roundup 5:45-At Ease

6:00-Comrades in Arms 6:30—Information Please

7:00-CBC News 7:15—The Soldier's Return

7:30—Political Broadcast 8:00—Showtime

8:30—This Is the Story

9:00-Kay Kyser 9:15—Globe Theatre

10:00-CBC News 10:10-Elmore Philpott

10:15—CBC News Roundup 10:30-Hit Parade 11:00—Silent

THURSDAY-A.M.

7:30-Musical Clock 8:00—CBC News

3:15—Music for Moderns 3:30—Morning Concert

9:00 -BBC News 9:15-Morning Devotions

9:30—Transcribed Varieties

9:45-March Time 10:00—The Old Songs

10:15—Consumer Service 10:30-Melody Roundup

10:45-Alouette Quartet

11:00—Scandinavian Melodies 11:15—Studio Scrapbook

11:33—Message Period 11:35—Weather Forecast

11:36—Recorded 11:45—Personal Album

1:30-Intermediate Music

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Jazz Translated Into Pictoria Form Lends Novel Motif to Show of Paintings in the Modern Mood

By FRANK HINDS

Canadian Press Staff Writer TORONTO, March 28 (P-Hot jazz, classical composition and siderable attention. the ballet came in for a round at Artists show at the art gallery

While the palette and the lyre struck up close harmony, wartime subjects which nad monopolized a section of the annual F. B. Taylor, all of Montreal; Cheney, Capilano, B.C. Q. How can I economize when show in recent years took a back seat with only a sprinkling of A. Few flakes will be required the 152 canvasses devoted to milsuds, if one will beat the soan hang here until after Easter when it will be moved to London, Ontario.

One of the most provocative paintings in the show is an impression of Healey Willan's Piano Concerto No. 1 by Sygney Waison: of Toronto. The Toronto composer's concerto is translated onto canvas by a series of designs inspired by the measured paces of the composition.

At the other end of the musical scale; Owen Staples and Michael Mitchell, both of Toronto, deal with jazz. Staptes exhibit is an abstract painting in reds, blues, violets and greens with a piano keyboard and a sprinkling of musical notes suggested in the maze or pattern. "Sunday Morning Sea Food" a portrayal of a negro musician'. jam session, is a more orthodox treatment of the same subject by painter Mitchell.

W. Hawley Yarwood of Toronto also deals with a musical theme in his poignant "Guitar." The figures, a chila playing to an audience of one out woman. are centred in a patch of light which echoes the shape of the instrument. 'Experiment in Curves" by Mrs. Yvonne Housser of Toronto places the outlines of figures from the ballet against a swiring pack ground.

Western

Artists

A Vancouver painter, Mrs. Viola Campbell, is responsible for the most amusing picture in the show. An exercise in pure design, "The Little Visitor" is seated primly in her Sunday best against a formal packground which includes two plants on a window sill exactly balanced behind the figure of the child.

W. R. Beny of Medicine Hav has entered a gaunt landscape

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Prince Rupert, B.C. Wednesday, March 28, 1945

with grain elevators dwarfed by Mrs. L. L. McCauley, Senneville, the sky, the prairie and a tower- Que.; Ralph Connor and George ing swath of wheat in the im- Eitel, both of Kitchener, Ont.; mediate foreground. Vivacious Stanley Cooper and Langley "Marie," by Mrs. A. M. Banting Donges, both of Port Credit, Onof Hamilton, Ont., is one of the tario.; WO. John Ellison, Mrs. H. more attractive portaits in the M. Gordon and Mrs. Edna Tacon, collection. Two watercolors by all of Hamilton, Ont.; Gordon Irwin L. Crosthwait of Ottawa Stranks, Bernard Flynn, Wilfred and Montreal also attracted con- Flood, all of Ottawa; Fred Hagan, Newmarket, Ont.; Jack Ham-Other artists represented in er, Peterborough, Int.; Evan the current Ontario Society of the exhibition include: Elizabeth Macdonald, Guelph, Ont.; Frank L. Cann, Yanmouth, N.S.; Eric Panabaker, Ancaster, Ont.; G.

PAGE FIVE

Curry, Bedford, N. S.; David Thomson, Owen Sound, Ont.; Whitman, Hallfax; Jack Hum- Lynn Sissons, Winnipeg; Harley phrey, St. John, N.B.; Fritz Parker, J. W. G. Macdonald, both Brandtner, T. H. Garside and of Vancouver, and Mrs. Nan L.

THE DAILY NEWS

MAGIC Dutch Apple Cake

2 cups flour 1/2 tsp. salt 4 ths. sugar 4 tspr.s. Magic Baking Powder 4 ths. butter 2 apples

Sift together dry ingredients; cut in butter with two knives; add sugar; mix lightly. Drop egg into cup, unbeaten, add milk ice cold. Turn on to floured board, shape dough; put on greased sheet. Pare and cut apples into eighths; press into parallel rows into dough; sprinkle with sugar and cinnamon and dot with butter, mixed together in the proportion of two ths. sugar and ½ tsp. cinnamon. Bake at 400°F. 20 minutes.

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