

### The Experts Say - -

By HELEN BANNERMAN  
Canadian Press Staff Writer

**FROZEN FOODS**—Many people have put their garden produce in frozen food lockers and others are able to buy frozen foods at the nearest grocer's. Home economists say there is a right way and a wrong way to cook these foods and they are twice as good if cooked correctly.

Here are the general rules for success in cooking frozen vegetables:

1. Use a tightly covered saucepan.

2. Use a small amount of boiling, salted water. Half a cup of boiling water to one pound of vegetables (four to five servings) is sufficient for most vegetables provided a tightly covered pan is used. With cauliflower ¾ of a cup is necessary and corn on the cob should be covered with water. No salt is required if the vegetables have been packed in brine.

3. Water should be boiling when vegetable is added, and should be brought back to boiling point as soon as possible afterward.

4. Time of cooking is counted when the water returns to boiling point. Reduce heat for this period so that water boils gently.

5. Frozen vegetables are best cooked while still frozen or partially thawed. Corn should be thawed before cooking, otherwise the kernels will be overcooked before the cob is hot. Spinach and broccoli should be thawed sufficiently to break the frozen mass apart with a fork before cooking.

6. After the vegetables are added to the boiling water break the melting mass apart with a fork so that the vegetables will be uniformly cooked at one time, the cooking pan should be large enough in diameter to allow both packages to rest on the bottom. One frozen block should not be placed on another.

**STICK TO MILK**—Here's a word of advice from the health and welfare department nutritionists to persons who make their own decisions: stick to milk.

Adults require only about half the milk growing children need because bone formation has been



### MARRIED AT UNITED MANSE

A wedding of coast and interior interest was solemnized at the First United Church manse Monday night when Miss Merle Nadine Shovar, daughter of Mr. and Mrs. W. C. Shovar, of McBride, became the bride of Arnold Clifford Stegavig, son of Mr. and Mrs. Ole Stegavig, Prince Rupert. The rite was performed by Rev. R. A. Wilson.

The bride, given in marriage by her father, wore a white triple sheer gown with applied yoke, fitted bodice, long sleeves and a floor length skirt. Her floor length net veil was held in place with orange blossoms. She carried a bouquet of pink roses.

Bridesmaid was Miss Eileen Foster, who wore a blue crepe gown of Queen Anne design with pink accessories, and carried a bouquet of pink and yellow carnations.

Groomsman was Terry McNeice.

An attractive dress of flowered silk jersey with a corsage of red roses was worn by the bride's mother, while the mother of the bridegroom wore a dress of black crepe, interestingly contrasted by a corsage of red roses.

The wedding march was played by Mrs. J. R. Carr, pianist, and during the signing of the register, J. E. Davey sang "Because," accompanied by Mrs. Carr.

At a reception in the Commodore ballroom following the ceremony more than 70 guests offered felicitations to the newly married couple. The room was attractively decorated with pink and white streamers, while the bride's table was decorated with carnations and candles.

A toast to the bride was proposed by the groomsman, and responded to by the bridegroom.

Mr. and Mrs. Stegavig left Monday night for a honeymoon at New Westminster and McBride. The bride wore a travelling costume consisting of a brown suit with beige accessories. They will make their home in Prince Rupert.

### "Automat" Washers For British Flats

LONDON, Nov. 2 (C)—A shilling-in-the-slot washing machine will shortly go into production to help solve the laundry problem.

The machine looks like a radio set and will wash pounds of clothes in 40 minutes. The housewife merely puts the clothes in, adds soap and powder and turns on a switch. The machine then fills itself with water, washes the clothes, triple rinses them and damp drives them. In addition it collects any buttons which come off washed garments.

"Launderettes" equipped with 10 or 12 machines will soon be opened in many parts of Britain and the machine will be installed in working-class blocks, of flats.

**INTRODUCED IN 1847**  
The word vegetarianism came into use about 1847 when the practice of abstaining from flesh, fish and fowl became fashionable.

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### EVENSON'S IDEAL CLEANERS

The program for the Y.M.C.A. music hour Friday evening is as follows:

"A Garden of Roses" (Medley) Alfredo Campoli and Salon Orchestra.

"Slavonic Dance No. 6" (Dvorak) Czech Philharmonic Orchestra.

"Tannhäuser—Evening Star" (Wagner) Lawrence Tibbett.

"Song of the Flea" (Moussorgski) Lawrence Tibbett.

"Concerto No. 1 in B Flat Minor, First Movement" (Tschai-kowsky) Arthur Rubinstein and London Symphony.

"Congo Song" (from "Saunders of the River") Paul Robeson.

"Claire de Lune" (Debussy) and "Leibestraum" (Liszt) Jost Iturbi, pianist.

"Don Giovanni" and "Le Nozze Li Figaro" (Mozart) Elizabeth Reithberg, Enzo Pina.

"Sonata in D" (Vivaldi, Erica Morine, violinist.

"La Boutique Fantsque" (The Fantastic Toyshop) Rossini London Philharmonic Orchestra; conducted by Eugene Goossens.

"The Rosary" (Nev-a) Richard Crooks.

completed, but calcium still is necessary for blood clotting and for regulating the action of the heart muscles, the nutritionists point out.

The protein in milk is necessary for body repair, and when riboflavin, found chiefly in milk, is left out of the diet for any length of time, digestive disturbance, nervous depression, general weakness and deterioration of tone, poor condition of the eyes and skin are apt to develop, and the prime of life seriously curtailed.

A good plan for a longer life with a shorter period of dependence, therefore, is to drink at least a half pint of milk daily.

**USING WASTE SPACE**—People who live in small space—and who don't these days—can increase their cupboard room considerably by adding another pole near the ceiling and using long hangers to make this cupboard waste space usable. Another shelf or two can often be added above or below existing shelves to increase the cupboard's usefulness.

### HOW CAN I ???

By ANNE ASHLEY

Q. How can I make bedroom slippers wear longer?

A. If the bedroom slippers are becoming worn, particularly the inner soles, find an old discarded felt hat, cut new inner soles and glue them in the slippers.

Q. How can I economize when making salads.

A. The vegetables that are left from dinner, such as beets, peas, or celery, can be utilized in the next day's luncheon salad.

Q. How can I easily warm bread?

A. Try using a double boiler for warming biscuits and rolls, particularly if the bread is somewhat dry.

### DOCTOR PLANS BIGGER BOYS

GLOSSOP, Eng., Nov. 2 (C)—A doctor has a plan to make Britain's boys bigger. He has found that elementary lads are smaller than public school boys and is prescribing a better diet.

For three years Dr. E. H. M. Milligan, medical officer of health, has compared weights and heights at his local schools. His report is being studied by all education authorities providing free meals at council schools.

Here are some of the doctor's recorded comparisons:

Aged 9—Public school boys 11 pounds heavier and three inches taller than elementary school boys.

Aged 11—Public school boys 16 pounds heavier and four inches taller.

Aged 14—Public school boys 21 pounds more, four inches taller. Shortages of protein and calories retarded some of the boys' growth.

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## Seasonable Ideas for Housekeepers

### Flavor's the Thing - Seasoning Makes Ordinary Dishes Tasty

Famous chefs win their reputations on the unusual and subtle flavors of the dishes they serve. It's the seasoning of otherwise ordinary dishes that make their food memorable.

The bouquet of several herbs left in the soup or sauce for just a few minutes has made French cooking famous.

So when the members of the family reach for the salt and pepper shakers before tasting the food, it is time something was done about seasoning. Many a housewife could win her reputation as a cook by adding a clove to her stew, a pinch of ginger to the pot roast, a little nutmeg to the squash or a touch of mace in tomato soup.

The real secret is in small amounts which season yet retain the natural flavor of the food.

Home economists suggest some variations of common foods.

#### Bean Patties

- 2 cups cooked dried beans
- 3 cups corn flakes
- 3 tablespoons finely chopped onions
- 1 egg
- 1 tablespoon catsup
- ¾ teaspoon salt
- ¼ teaspoon pepper
- 3 tablespoons fat

Partially mash beans. Roll corn flakes into fine crumbs. Combine beans, corn flakes crumbs, onion, egg, catsup, salt and pepper; mix well. Shape into patties; fry until browned, turning only once. Serve with catsup sauce. Yield: six patties 3 inches in diameter.

#### Catsup Sauce

- 3 tablespoon butter
- 3 tablespoons flour
- ¾ teaspoon salt
- ¼ teaspoon pepper
- 3 tablespoons catsup
- 1½ cups milk

Melt butter; blend in flour, salt, pepper and catsup. Add milk slowly, stirring constantly over low heat until mixture thickens. Serve over Bean Patties. Yield: 1½ cups sauce.

#### Spicy Eggs

- 1 cup milk
- bay leaf
- ¼ teaspoon salt
- 5 eggs
- ½ teaspoon curry powder
- 1 cup fine bread crumbs
- 6 slices buttered toast

Heat milk with top of double boiler. Add seasonings and crumbs. Remove bay leaf, add egg mixture over hot water, stirring. Set. Serve on buttered toast.

**Cabbage with Sausage**  
8 cups shredded cabbage (medium cabbage) - 1 medium cabbage  
1 teaspoon salt  
1 cup boiling water  
2 lbs. sausage  
½ teaspoon caraway seed  
1 cup boiling water

Cook cabbage with cup boiling water. Brown sausage in fry pan. Place in a casserole, cooked cabbage. Pour but two tablespoons of the frying pan. Add 1 cup boiling water to the pan and to boil. Pour over cabbage sprinkle with caraway. Bake, uncovered, in 425 degrees F., for 15 to 20 minutes. Six servings.

## USED CAR PRICES SOAR IN BRITAIN

LONDON, Nov. 2 (C)—Britain's second-hand car market is booming. Any car in fairly good running order—and even some that are not—has a quick sale notwithstanding the prices, usually well above original cost.

High prices of new cars due to increased production costs and the one-third purchase tax have contributed to the high second-hand prices.

Many motorists with a legitimate claim to a Ministry of

Transport permit for a new car are refusing to buy. They fear there will be a sharp depreciation in value if the purchase tax is removed.

Used cars advertised for sale in a typical London showroom included few under £200 (\$900). A salesman said in his opinion none of the cars would have been worth more than £60 (\$270) before the war.

"We can sell almost anything on four wheels now," he added.

## Modern Etiquette

By ROBERTA LEE

Q. When a man is in an elevator in an office building and a woman acquaintance enters should he remove his hat?

A. He may lift his hat, or he may remove it and hold it in his hand.

Q. Should the man precede the woman when alighting from a streetcar or bus?

A. Yes, so that he may assist her. But the woman should precede the man when entering.

## Urges Care of Juvenile Feet

LONDON, Nov. 2 (C)—A six-monthly foot inspection for young people during their early working years was urged by T. T. Stamm, orthopedic surgeon at Guy's Hospital, in an address to the Incorporated Society of Chiropodists.

Many children had congenital deformities of the fore part of the foot. Wartime examination also showed extremely high incidence in young men of deformation of the big toe, largely blamed in pre-war days on "women's vanity in wearing high heels," but found to be equally divided among men and women.

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