The Experts Say - -

give milk a place in the sun. water until tender, about Summer sun is warm and warm minutes; drain and rinse under milk sours quickly as anyone cold water; meanwhile melt two knows, and that is reason tablespoons of fat in a frying enough for bringing the milk pan, add 3/4 cup of chopped onbottle into the house as soon as ion and saute until onions are it is delivered.

were the coolest place in the ring with a fork. Add one cup neighborhood, it would still be of well seasoned tomato sauce, no place for the milk. Milk 1/2 teaspoon of salt and a dash should be placed promptly in the of pepper. Arrange the noodles

important B vitamin, riboflavin. with 1/2 cup buttered bread So susceptible is riboflavin to crumbs and bake in a moderatelight that up to two-thirds of ly hot oven, 375 degrees Fahrenit can be destroyed if milk is heit, for 20 to 25 minutes. This left in a bright place for a cou- makes six servings. ple of hours.

POTATOES MISSED-It took their present popularity. Maybe something to do with it . . . potatoes stewed in wine or cooked with marrow fat and spices would have little appeal to modern palates.

But there is no doubt that people are missing their potatoes just now. Macaroni, spagetti and noodles, good as they are, don't quite fill the bill they might be used more often. As another alternative they suggest serving an extra vegetable and adding bread as a main course accompaniment.

Potato feast or famine, this noodle dish from the Consumer ing poultry or dressed temper-Section's heating kitchen is a loin you might consider the folgood recipe to keep on hand. It lowing way to use it up: spread main dish that is substantial with toothpicks and cook in the and tasty. A large mixed vege- oven till crisp. table salad makes a perfect accompliment.

Noodle Creole: Cook 11/2 cups

of you who read this

you do something about

will die of cancer unless

it. Buy I.O.D.E. Cancer

Stamps, Victory Hut,

Friday and Saturday.

Announcement

Hung Yen Chin announces that he has bought out the interest of his former partner, Lee You Kok, in the Fulton Street Apartment Block, 648 Fulton Street.

KEEP MILK COOL -- Don't, of noodles in boiling, salted clear. Add ½ pound ground But even if the back door step steak and cook until brown, stir-

refrigerator. The reason: and meat mixture in alternate Milk is the best source of the layers in a greased casserole, top

"COOKING" EGGS — Eggs should be cooked—the word 200 years for potatoes to achieve "boiled" is outdated—in water below the boiling temperature, the first methods of cooking had whether they are to be soft or hard. High cooking temperature is what makes eggs like shoe leather or rubber . . . because eggs belong to the protein foods and this food element does not take kindly to high temperature

> Another interesting point about eggs is that in their cooking it makes no difference steel? whether the yolks are pale or deep-colored, or whether the shells are white or brown.

The next time there is some dressing left over when prepar-

HOME TO WELCOME SON

SHREWSBURY, Eng. (P) on was born to the wife of Wing Cmdr. D.C. McKinley a few days after the pilot of the Lancaster Aries which flew over the magnetic north pole in May returned to Britain.

DIES AT 102

J. M. S. LOUBSER

D.C., B.A.

82, died aged 102.

Wallace Block

SOUTHAMPTON, Eng. Mrs. Sarah Harper, the woman who started her sea-going car- dress ball? eer as stewardess on the Isle

of Wight steam, packet at 60 willing to enter into all the fesand who retired at the age o tivities in a sincere manner.

Q. Would it be correct to say, "She is going to entertain her daughter-in-laws"?

A. No, the correct phrase "daughters-in-law."

CHIROPRACTOR return calls of condolence?

Of General Interest

Sugar Savers

Honey, table syrup of all kinds! and molasses are good substitutes for sugar. Two preserves coupons which become valid each month will help out the sugar ration if used to buy these other sweeteners.

Cherry Prices

Sweet 'n sour cherries will have the same price ceiling this as that for Canadian sweet cher- cooking can be reduced to ries last year.

For Good Reason

Temporary shortage of pota- cooking can be eliminated entoes in Canada is caused by the tirely even on the hottest days. the 1,400 carlots of new pota- ing discomfort in hot weather. toes the U.S. is now sending to the liberated countries. In or- can be reduced by making the dinary times a large proportion double boiler work overtime. of these American potatoes | Vegetables can cook in the botwould be shipped to Canada.

In the Know Service personnel overseas are turning their attention to price control through a series of lectures designed to familiariaze them with conditions at home.

HOW CAN I??? By ANNE ASHLEY

Q. How can I remove rust from

A. Rub it with linseed oil and allow it to soak for several days. Wipe off, then polish with powdered unslacked lime until the rust is loosened.

Q. How can I clean carpets? A. To make rugs look like new scrub with a stiff brush moistened in diluted ammonia, and a quickly prepared it on bacon strips, roll up, fasten then rinse with the garden hose while hanging on the line.

Q. How can I set colors in fab-

A. Epsom salts is excellent for setting the color of a delicate eggs in half. Add to sauce and fabric. Add a teaspoonful to simmer 5 minutes. Serve hot on each gallon of water and the cooked spinach or shredded letarticle will wash easily without | tuce. Six servings. losing its color.

Modern Etiquette By ROBERTA LEE

Q. If a person does not intend - to go in costume, should he accept an invitation to a fancy

A. No; a person should not accept any invitation if he is not

Q. Is it necessary for one to A. No; it is not required nor

KEEPING HOUSE IN

Recipes for Summer Use Aim to Cook Food--Not Cook

mass production of better fur-

Laminated wood home furni-

designers, predicted that mould-

ed plywood furniture would be

in production six months after

bile prices, and mass production

of furniture should result in a

better product for less money,'

he said. "The expanded plant

capacity is so great that compe-

tition will force furniture prices

down within three or fours years

when production reaches it

perfected through war uses,

wood products, and that civilian

greatly influenced by plywood,

and flexibility, pointing the way

to stamped out and bent plywood

Asserting that there would be

revolutionary changes in furni-

ture design after the war, Wal-

ter P. Margulies, interior design

"New materials will bring an

entirely new concept of con-

struction." He added that fur-

niture would tend towards round.

flowing lines, instead of the

squared off effects of the past

because design was determined

basically by the qualities and

limitations of the materials used.

built on a skeleton construction

principle with joints and sup-

ports giving the piece its

strength from within. Moulded

plywood, on the other hand, ac-

quires comparable strength from

the outside through monocque

The trend towards smaller

homes, Margulies predicted,

would bring "lighter weight.

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or "stressed skin" construction-

a type exemplified by an egg.

Wooden furniture, he said, was

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New Construction Ideas

as materials were available.

"Mass production cut automo-

the Japanese war ends.

How to cook the food but not the cook. A "hot" subject when year. The price will be the same the mercury soars for, while minimum, civilization has not yet reached the stage where

large quantities being used to There are a number of things provision ships bringing the all good kitchen practice at any troops home to Canada and by time, that help to reduce cook-

> The number of burners in use tom while the top is being used to prepare sauce or a dessert and one burner and one pot can cook several vegetables at one time. Choose the coolest part of the day for baking and let the oven cook the entire meal when it is needed for one dish. Today's recipes are chosen with the comfort of the cook as well as the later enjoyment of the family in mind.

Barbequed Eggs

1/4 cup chopped onion 1/4 cup mild-flavored fat

1/4 cup catsup 2 teaspoons prepared must-

ard, or 2 teaspoons horseradish 11/2 tablespons vinegar

1/4 cup water 1 teaspoons salt

6 hard-cooked eggs Brown onions in fat. Add remaining ingredients, except eggs, and simmer together for 10 minutes. Cut hard-cooked

Steamed Strawberry Pudding

2 cups strawberries 1/3 cup sugar

cup sifted all-purpose flour 2 teaspoons baking powder infinitely superior in strength

½ teaspoon salt 2 tablespoons mild-flavored

½ cup milk

Wash and hull berries slice into the greased top of a double boiler. Add sugar. Mix and sift the dry ingredients, cut in fat and add the milk. Spread the director of Dohner & Lippincott; dough over the berries. Set over boiling water, cover and steam 35 minutes. Turn out to serve. Six servings.

Panned Vegetables

1 cup small whole radishes 3/4 cup sliced onions

4 cups cubed raw potatoes

2 cups sliced carrots

2 tablespoons mild-flavored

½ cup water

hot. Six servings.

½ teaspoon salt 1/8 teaspoon pepper

½ cup milk Prepare vegetables. Melt fat in frying pan, add vegetables. water, salt and pepper. Cover and cook 20 minutes. Add milk, cook uncovered 5 minutes. Serve

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Timely Tips

A Mottled Tan . . .

. . Is what you'll get if you put on sunburn lotton unevenly. But it's nothing to what will any safeguards. The danger altitudes or beside the water. NEW YORK, July 11 (P)-Chairs and the surprise attack comes the many reductions in rations in the last three years. Proand tables will be stamped out on a misty day when you think like automobile bodies when the "I'll not even get a tan today," war is over. Wartime developfor the diffused light on such : ments in the use of moulded day can produce a painful burn plywood and lightweight metals such as aluminum and magne-

It Smells Fishy . . .

sium are expected to result in things, but never of your hands, is to be rationed. The weekly niture at lower-than-ever cost. we hope. When you've finished ration of bacon has been reducture was introduced just before preparing and cooking fish, dip ed from four to three ounces every week. the war. Since then material your hands in hot, salty water. while British consumption of has been used almost exclusive- Rinse and then wash. That dip meat will be 15 pounds less this est expectations," was the enly for glider planes, small sea- into the briny before washing year than last. It was only 115 thusiastic comment of the presigoing craft and other vital war with soap will guarantee no fish pounds in 1944. This year's dent, Mrs. Harold Burland. "Of edor. The same goes for dishes Christmas bonus of half a pound course, when we opened in 1942 J. Gordon Lippincott, head of too. Dohner & Lippincott, industrial

> smaller and lower, more comfortable furniture—made to fit the human anatomy."

He said that plastic impregnated table tops would do away with disfiguring cigarette burns and stains, while synthetic fabrics and synthetic and natura! fibre combination weaves would be mothproof, fireproof, creaseproof and more sanitary than those now in use. Furniture men for eight dollars. "My son is city needed our help. We needagree that while metals will be fifteen," her letter stated, ed the money for our war servused widely in the commercial "Thank goodness he will be six- ices work and the first thing Lippincott disclosed that field, they will have little place teen next year!" moulding processes had been in homes except for utility

plants already were equipped The trend towards modern with machinery to turn out plyfurniture is more pronounced than before the war, with inproduction could begin as soon dustry surveys indicating that 50 to 55 per cent of postwar "Furniture design may be furniture will be modern. Furniture supplies now are at the in the opinion of Mark Apfel, adlowest point since the beginning vertising director of Modern Age of the war. Manufacturers do give extra flavor to your meal Furniture Co. "Bonding glues of | not expect improvement until such indestructibility have been Japan is defeated. producing that plywood will be

SMALL BOYS GET NO BREAK

Realizing their affinity for dirt, the soap ration for small boys in Britain has not been reduced and they will have no new excuse to leave their ears dirty. happen if you don't bother with But except for young children and babies other Britons now zones: time-noon; place-high have to get along with a reduced ing in order that supplies may passed the \$50,000 mark. be freed to assist the rest of

reduced by about 350,000 tons by . May be said of a lot of the end of July; shredded suet of sugar has been cancelled as we didn't count of prices staygar on certain coupons so that that our tea room bills would in all Britons will have 300,000 just naturally increase as time tons less sugar this year.

MOTHER MISUNDERSTOOD

A Canadian mother, misunderstanding the way the Family Allowances Act works, wrote the Department of National Health and Welfare enclosing a cheque food is involved. However, the

Victory Gardeners' Bonus . . .

. . Is the pleasure of eating the really young vegetables culled in thinning. Beets pulled when the roots are the size of the little finger and cooked tops and all, pencil-thick carrots as well as young onions, kale and turnips and do your garden a world of good for the thinning.

Make \$50,000

By MARJORIE MINNES

Ottawa Women

Noonday rendezvous for army officials, parliamentarians, civil servants and business folk, the Women's Canadian Club tea room, located on the circular mezzanine of a large Ottawa theatre has served over half a million Canadians, both Ottawa soap ration. This is just one of folk and visitors to the capital, that the British people are tak- ceeds from the project have now

Outside of the cost of the food and the dietitian's salary Oil and fat stocks are to be every penny is devoted to the club's war work. Prominent Ottawa women are the waitresses. the cashiers and the cooks. Over 200 of them give their services

"Successful beyond our wildwell as the option of buying suing as they were then. We felt went on. Surprisingly, they have hardly increased at all.

"If the restaurant situation hadn't been so desperate, we would never have chosen to make our \$50,000 in a tea room. It's so hard to make money when our 1,000 members knew they ER were in a \$25,000 a year business.

"Our volunteer workers certainly have played a big part but it is only because of price control that we have been able to feed over 500 hungry Canadians every day at reasonable prices, and plan our large-scale marketing in an orderly and economical way."

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