son, From the sugaring-off par-

now in season, Canadians are

more and more going outdoors

for their fun and entertainment.

cheeked and ravenous, to the

house they want food, plenty of

it, hot and substantial. Bakea

beans or variations on the hot

dog or hamburger theme follow-

coffee or cocoa are not particu-

Section of the Dominion Depart-

ment of Agriculture, however,

has other suggestions of proven

If the party is planned in ad-

vance any favorite casserole dish

will make a hit. So will sausage

rolls, meat pies, and eggs, fish,

meat, etc., creamed and served

ossed greens or cole slaw.

With an emergency supply of

ogether or, with grilled cheese

for example, bacon fat can be

not the "party only" kind. The

Liver Spread is perfect for car-

cipes . . . well, try them for fam-

Liver Spread

The recipes which follow are

ised instead.

.cooked)

(cubed)

3 tablespoons fat

1/2 teaspoon salt

Dash of pepper

1/2 cup chopped onion

2 half-inch slices bread

1-3 to ½ cup salad dressing

Cover liver with boiling water

Beanburgers

6 round buns, halved

or 6 slices bread

stands for

Junior_

or 2 tins beans (20 oz. size)

Heat beans in saucepan

land brown lightly in hot frying

popularity for this type of party.

And when they return, rosy

one-in-Five ercent of the money

in many Canadian home. ilt vour plumber vise draining the radi

Resolution

Not Too Early Now after Christmas! Wel th. Take it or leave it—we're bring a request for repeats. every year?

Conservation Quiz

ing in the food department ir-fold: buying, preparing, ng, eating. Its rules are end in the hearts of every maker who appreciates the that everything counts in ing a war. Check yourself

Do you sometimes buy more and simmer 5 minutes; drain. than you use up?

Melt fat, add onions and cook Do you waste time and food until clear. Add cubed bread and by peeling all fruit and cook until crisp and lightly ables before cooking, Do you browned. Put liver, onions and ahead of time? too bread through the food chopper together. Add dressing and together. Add dressing and Do you waste value by seasoning and mix well. Yield, ng in too much water or by 11/2 cups.

5 cups home baked beans

Do you give such large ngs at the table that your y leave food on their plates? all the answers are in a ous negative, as they should su're alright—carry on!

uy War Savings Stamps.

and he needs

plenty of energy-

Plenty of Hot Substantial Food Needed for Appetites Outdoor parties know no sea Sharpened By Cold Wintery Blasts night.

ties of early spring through the pan or under broiler Serve bean picnics of summer, the hikes and on buns opened-face fashion. Six corn roasts of fall to the skiing, servings. skating and sleigh-ride parties

Quick Beef Stew

1 b. hamburger 2 tablespoons fat

2 tablespoons flour? 1 cup tomato juice

1 cup diced cooked vegetables or 1 cup condensed vegetable soup

Salt and pepper to taste

Brown meat, in het fat, add ed by doughnuts and plenty of flour and brown slightly. Add remaining ingredients and cook 15 10, 8 p.m. larly original but probably make minutes, stirring constantly. as big a hit as anything you Serve on split hot biscuits or January 25. could think up. The Consumer toast points. Six servings.

Ham and Spaghetti Casserole 6 oz. (1½ cups) spaghetti

broken in 2-inch pieces 1/2 lb. uncooked ham in 1/4 inch slices

2 medium or 3 small onions 1 tin tomate soup

or 1 cup seasoned tomato

on hot split tea biscuits, in patty Cook spaghetti in 11/2 quarts shells or croustades. Croustades of boiling water with 11/2 teaare three-inch cubes of bread. spoons salt. Drain and rinse in hollowed out to form cases, cold water. Fry ham until lightly brushed with melted fat and browned, about 10 minutes, then oven-toasted.) For a small party put ham and onion through the you probably couldn't do better food chopper. Place alternate nan to serve waffles or griddle layers of spaghetti and hams you know you cakes with sausages or bacon, onion mixture in a greased cas-Welsh rarebit, French toast sercle, finishing with a layer of sandwiches which need no butter spaghetti. Pour tomato soup or a big platter of bacon and seasoned tomato sauce over the eggs. With any of these might go top and bake in a moderate oven. jellied salad, a big bowl of 350 degrees F., for 30 minutes.

Whole Loaf Toast

Remove the top and side crusts canned soups and "snackwich" from a loaf of bread, leaving the nakings you are prepared for lower crust. Cut the loaf lengthhe occasions which are almost wise down the centre, cutting to ound to arrive when someone but not through the lower crust. the gang home for a Then cut, in the same way, across snack without previous notice. the loaf six to eight times. Spread Heat the soup, lay out the mak- the cubes of bread gently apart ings and let them carry on from and brush the cut surfaces lightthere. They love it. You will need by with 1/4 cup seft, creamed butto watch the butter though and ter. Toast in a moderately hot our suggestion is that you work oven, 375 degrees F., for 10 to 15 what you can spare into the fill- minutes. Serve the loaf hot. Each ngs themselves. With some fill- person pulls off his own cube. ngs butter can be omitted al-

French Toast Sandwich

12 slices bread, 1/2 inch thick 1 cup sandwich spread, cheese, ham, egg, etc.

1 cup liquid, milk, tomato juice or left-over fruit juice

Salt and pepper to taste

Mild-flavored fat ly suppers and see if they don't Prepare sandwiches from bread and filling, no butter is needed. Beat eggs, add liquid and salt 1/2 lb. liver (11/2 cups chopped, and pepper. Melt a little fat in frying pan, dip sandwiches quickly into liquid and saute in hot fat until brown on both sides.

Serve hot. Six servings.

Of General Interest

Submit Samples, Please

First thing to do if an article proves unsatisfactory is to return it to the store from which it was purchased. If no satisfactory settlement can be made, the article should then be sent to the Standards Division, Wartime Prices and Trade Board, Ottawa, together with the bill of purchase and any label or distinguishing trade mark taken off the garment. If the bill isn't 2 tablespoons bacon or ham fat available, the price of the article and the store from which it was purchased may be listed when the article is sent in. Spread buns or bread with fat

Travellers, Attention

A ration book holder leaving the country for a period of more than 60 days, must turn in the ration book to a branch of the Ration Administration. If the person returns at a later date, application can be made for return of the book.

When Leaves Extend Servicemen, who receive extension of their leaves, while visiting at home or with friends, can reimburse their hostesses for the extra rationed commodities consumed by applying on their return to their unit, for a ration card to cover the extension of

the leave. Protection in Code Numbers

All footwear shipped or displayed for sale in Canada must after January 1, have a short code number marked in plain sight on the inside of the shoe. Each code number identifies the manufacturer and is placed in the shoe to safeguard the buying public against degradation of quality.

INACCURATE REPRISAL LONDON, (P)-The Dutch newspaper Vrij Nederland, published here, reports that 29 Dutchmen in Amsterdam were shot by the Germans in reprisal for the shooting of a Gestapo agent who actually was killed by his own German subordinate.

December were passed by the leave Saturday night for a vac School Board at its meeting last | tion trip to Vancouver.

Saunders (Annette Powell) will be closed from Jan. 4 to Feb.

Autobiographical talks by Cribbage, K. of C. hut, January C.C.F. Bridge Drive every Satwith a few guests.

Announcements

Presbyterian Burn's Banquet

Dance every Saturday night,

Oddfellows' Hall.

urday.

▲ Meeting Job's Daughters, January 5 at 7:30 p.m. Initiation, Silpolice has returned ver March and social.

> on who was stricken seriously to help humanity out." ill about a week ago. She is re-

John McLeod, Jack McLeod and Mrs. Annette Woods will leave tributed by Red Cross from the are cancelled). C.W.L. Bridge, Whist and J. C. Gilker, recent new members Saturday night on the Prince thousands of cases that arrive of the Prince Rupert Rotary George for Vancouver whence in England might have been cently evacuated and clothed Club, comprised the program at she will proceed to Winnipeg. made by you, or you, or you." He from top to toe by the Red Cross. the weekly luncheon of the club Toronto and Montreal on a buy- commended the quick change- The local workroom is again today. President R. C. St. Clair | mg trip after which she will pay | over from making hospital sup- | ready for action. It is bright and was in the chair and there was a two weeks' holiday visit to plies to working for bomb vic- warm and well equipped. There a good attendance of members New York. She expects to be tims. From the Channel Islands is work for all. Open 2 to 5 week away a couple of months.

need for renewed effort in Red Cross work in all its branches. Speaking at a Red Cross meeting recently, Col. C. G. Scott, Red and N.C.O.'s, 7:30 p.m. Cross commissioner, B. C. division, said: "Conditions are bad talion smoker, battle dress with-(4) and get worse the further east out anklets, 8 p.m. we go in Europe. In Holland they | Wednesday, January 10-Batare indescribable. In Greece too, talion parade for inspection, that there is an improvement in they beggar description. We must drill order, 7:30 p.m.

> Speaking to the Women's War Work Committee, Col. Scott said "You ladies are the life line of alone 14,000 children were re- days.

1st (R.) Bn. Prince Rupert

Regf. (MG) Toombs, Acting Maj. Commanding)

Parades Friday, January 5 - Officers Saturday, January 6 - Bat-

the condition of Mrs. W. O. Ful- be in the game for many years | Friday, January 12-Officers and N.C.O.'s, 7:30 p.m.

Owing to the Battalion inspection on Wednesday, January 10, all company parades on the Red Cross. Anything dis- Monday, Tuesday and Thursday



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