KEEPING HOUSE IN WARTIME

trition Queries---

utrition Division, Ottawa, supplies the answers to ons which are prompted by popular beliefs about n foods.

on: A thick, juicy steak is more nutritious than one the cheaper cuts of meat . . . true or false

r: False. Weight for weight and properly cooked, und or stewing meat is just as nutritious as the ieiest steak. Liver, kidney and heart are even more utrition whether they are classed as meat or meat ternatives, with tenderloin steak ranking far below em in nutritive value.

on: Milk is fattening . . . true or false?

r: False. Milk is not fattening if taken as part of the y's meals as recommended in Canada's Food Rules. fact, milk is considered one of the most essential ods because it is the best source of calcium and boflavin. For strong bones and teeth and general od health, adults need at least half a pint and child- n at least four cups every day. Adolescents require least four cups a day too as long as they are growing.

on: Eggs can be used as a meat alternative . . . true false?

r: True. The protein of eggs has the same body-build- e value as that of meat. Three eggs contain the me quantity and kind of protein supplied by one- arter pound of meat.

The Experts Say . . .

By the Canadian Press

EAT TURNIPS—That's the advice from Grace L. Duggan, chief nutritionist at the Health and Welfare Department. Turnips are a good source of Vitamin C and make a satisfactory nutritional stand-in for salad greens and fresh fruits which are often expensive and hard to get at this time of the year. Eaten raw as turnip sticks or freshly grated in salads they contribute appreciable amounts of vitamin C. This vitamin doesn't take kindly to cooking but if turnips are eaten directly after cooking one serving should supply about one-seventh of the day's requirement.

SAUCE SENSE—Here are some apple sauce tips from the Consumer Section of the Agriculture Department:

Salt your apple sauce—but lightly. A sprinkle of salt brings out natural flavor and sweetness and saves sugar.

Use left-over syrup from canned fruit in making apple sauce to replace water and some or all of the sugar.

Be sparing with the water. Apples are about four-fifths water anyway and they don't need much in cooking.

Stir sugar into the hot sauce when it is cooked and you'll need less than if you added it at the beginning.

Don't add spices unless the apple sauce is going to be used the same day. Spices, particularly nutmeg, make apple sauce bitter if allowed to stand.

LEFT OVER—If you find cut bread left over, or part of a loaf going stale, dry the unused slices in a slow oven, when you have it on for other cooking. When the bread is crisp, crush it with a rolling pin and store it away as topping for scalloped dishes.

THRIFTY COOK— These days when wilful waste makes woeful want the thrifty cook earns her name—she heats a measured amount of water for coffee, not a kettleful; turns the heat low under vegetables once they start steaming and uses the oven for a complete meal or for several baked dishes while it's heated.

BABY CARE— To guard your precious youngster from harm make sure a responsible person is always in the house—eliminate hanging table covers that a child could tug and pull over on himself. Put away, out of reach, matches, poisons, lye and any small objects a baby could swallow. Be sure that toys have no sharp projections—make his bed carefully, tucking in the covers firmly, so they will never be pulled up over his head—and have a first-aid kit available, which you and other members of the family know how to use.

FAIRY DESSERT — Here's a dessert which can be put together in almost no time and which adds a tang to any lunch or dinner. The Agriculture Department recipe calls for six egg whites, ½ teaspoon baking powder and one cup fine granulated or fruit sugar. Put mixture into two well-buttered cake or pie tins and bake at 350 degrees F. for 20 minutes. Turn out. When cool put together with sliced fruit mixed with whipped cream. Cover top with whipped cream. Chill well in refrigerator before serving.

Companions Serve Well If High Heat Is Avoided;

d cheese are good com- nd, as with most good s, they have many common. They are both "building" foods and them can step into the role of meat. They re- to high cooking tem- which turn them into ays." They like to be r hot water and when to baked dishes in any they ask for a pan of to sit in.

is a somewhat more ellow than his friend them right and they serve you well. Give ance to show how good be when given the indicated in today's from the Consumer of the Dominion De- of Agriculture.

Cheese Puffit

n slices stale bread
eese, sliced
on salt
s milk

and paprika
usts from bread. Ar- ernate slices of bread e in a greased baking eggs slightly, add milk ings and pour over the er baking dish and al- ixture to become thor- hilled before baking. ecessary to make the). Set in a pan of hot oven-poach in a mod- , 350 degrees F., until 45 minutes. Six to eight

Tomato and Cheese

omato juice
oon salt
oon pepper
oon minced onion
nch slices buttered
d, cubed
cheese cut in ¼ inch
s
gs, add tomato juice, er and onion. Place a layer of bread crumbs in a greased baking dish, pour on some of the tomato mixture, then add a layer of cheese. Repeat until all the ingredients are used, having the top layer of cheese. Set baking dish in a pan of hot water and oven-poach in a moderate oven, 350 degrees F., for 40 minutes. Six servings.

Spanish Eggs

6 eggs
2 strips bacon
1 small onion, chopped
1 tablespoon flour
2 cups canned tomatoes
1 green pepper, chopped or 2 tablespoons chopped parsley
1 cup chopped celery
Salt and pepper

Hard-cook eggs — cover to a depth of one inch with cold water heat to boiling point, set where water will keep hot and let stand 15 minutes. While eggs are cooking cut bacon in small pieces and cook until crisp. Remove bacon from pan and cook onion in the bacon fat until clear. Blend in flour, add tomatoes, green pepper and celery and simmer for 20 minutes. Add bacon, salt and pepper. Remove shells from eggs, cut in half lengthwise and arrange in serving dish. Pour hot sauce over eggs. Six servings.

Fruit Floating Island

1 cup fresh or drained canned fruit, diced
1½ cups milk
3 egg yolks
3 tablespoons sugar
Few grains salt
½ teaspoon vanilla

Meringue

3 egg whites
3 tablespons sugar
Few grains salt

Arrange fruit in six individual serving dishes. Heat milk to scalding in double boiler. Beat egg yolks slightly, add sugar and salt. Add a little of the hot milk to the egg mixture then combine with remaining milk in double boiler. Cook, stirring constantly until the custard coats the spoon, about 2 minutes. Remove from heat, add vanilla and pour over fruit.

Add salt to egg whites and beat until they peak. Gradually beat in the sugar. Half-fill a shallow baking dish with boiling water. Float the meringue in six peaked mounds on the hot water and bake in a moderately slow oven, 325 degrees F., until lightly browned, about 12 to 15 minutes. Lift meringue from water and place on custard. Six servings.

Of General Interest

Tins For Fish

Convenient for the small family are the new two and four ounce cans of fish paste and three ounce cans of lobster tomale and meat and poultry sandwich spreads, which will appear in the retail stores after April 1. Metal will also be used to pack clam bouillon, clam chowder and fish chowder.

Used Car Prices

In establishing one set of used car ceiling prices for dealers selling reconditioned cars and another set for private individuals, the Prices Board still requires a statement signed by both seller and buyer to be filed at a Board office within four days of the date of sale.

Coupon Check-up

Designed for closer check on coupons and ration documents all the way from consumer to producer, the new ration regulations require all persons handling gummed sheets of coupons to endorse them.

The Way to Cotton

Last year, each Canadian serviceman required 150 yards of cotton for clothing, fighting equipment and bedding. This is enough cotton in civilian figures for 10 men's shirts, four housedresses, four girls' playdresses, four pair of sheet, five pair of floor-length curtains and a dozen diapers.

COLLEGE FOR ADULTS

DEVISES, Eng., (CP)—Wiltshire County Council have bevoce pioneers in adult education by adopting a $300,000 scheme for the purchase of Urchfont Manor near here for use as a college for adults of all types and occupations.

FIND IT with a Want Ad! Sell it with a Want Ad! Buy it with a Want Ad! Daily News classified section gets results.

WHERE CHRISTMAS WAS WHITE . . . AND RED—This photo, taken from a roll of captured German film, shows dead American soldiers lying on a road somewhere in Belgium. They died trying to stem the desperate counter-offensive staged by Von Rundstedt on the First Army front. Germans soldiers are in the background. The bodies of the Americans seem to have been stripped of equipment. The man at left centre has no shoes.

MUSICAL FILIPINOS

Tribes living in the interior of Mindanao in the Philippines are good musicians, playing ukeleles strung with human hair and bamboo flutes.

EARTHQUAKE BOMBS

One of the latest powerful Allied weapons to be launched against Germany is the six-ton "earthquake bomb." Its main advantages are its tremendous blast effect and the fact that it penetrates into the earth and does not explode until it is inside or under the target.

BANNED IN 1835

Bear-baiting, once a popular English sport, was prohibited by parliament in 1835.

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IN PROBATE
IN THE MATTER OF THE "ADMINISTRATION ACT"
and
IN THE MATTER OF THE ESTATE OF CHRISTOPHER WILLIAM ANDREW NEVILE, DECEASED, TESTATE

TAKE NOTICE that by Order of His Honor, W. E. Fisher, made on the 5th day of January, A.D. 1945, I was appointed Administrator of the Estate of Christopher William Andrew Neville, deceased, situate with the Province of British Columbia, with Will annexed, and all parties having claims against the said Estate are hereby required to furnish same, properly verified, to me on or before the 7th day of February, A.D. 1945, and all parties indebted to the said Estate are required to pay the amount of their indebtedness to me forthwith.

DATED at Prince Rupert, B.C., this 6th day of January, A.D. 1945.

GEORGE H. HALLETT,
Official Administrator,
Atlin, B.C.

IN THE SUPREME COURT OF BRITISH COLUMBIA
IN PROBATE
IN THE MATTER OF THE "ADMINISTRATION ACT"
and
IN THE MATTER OF THE ESTATE OF ALFRED THOMAS ABBOTT, DECEASED, INTESTATE

TAKE NOTICE that by Order of His Honor, W. E. Fisher, made on the 4th day of January, A.D. 1945, I was appointed Administrator of the Estate of Alfred Thomas Abbott, deceased, and all parties having claims against the said Estate are hereby required to furnish same, properly verified, to me on or before the 20th day of February, A.D. 1945, and all parties indebted to the said Estate are required to pay the amount of their indebtedness to me forthwith.

DATED at Prince Rupert, B.C., this 15th day of January, A.D. 1945.

GEORGE H. HALLETT,
Official Administrator,
Atlin, B.C.

A MESSAGE TO RESPONSIBLE MEN—

Are you willing to hold up your end in the defence of your Country and Your Home Town?

If so, you should be properly organized and prepared to do so.

Recruits are urgently needed for Prince Rupert's own Reserve Army Battalion.

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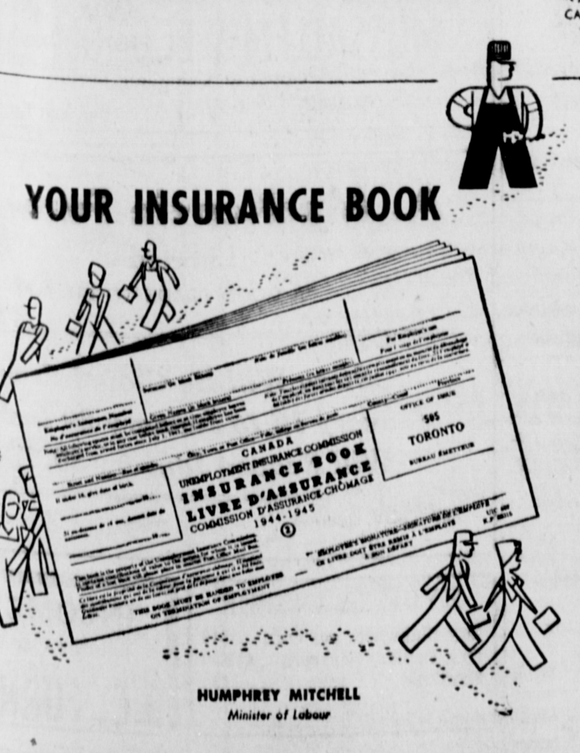

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Commissioners

This is number two in a series of six advertisements explaining Unemployment Insurance.