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OR CONTACT:
MISS MARGARET E. JOHNSTON who is visiting her brother Mr. Stewart Johnston and may be contacted by phoning Black 251. Miss Johnston is the Secretary to the Manager, Head Office, Vancouver, B.C., and will be in Prince Rupert for two weeks.

MAIL TODAY:

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Incorporated under the Laws of British Columbia

To Our Patrons . . .

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PLACE AN AD IN THE DAILY NEWS—CIRCULATION COUNTS

Seasonable Ideas for Housekeepers

Directions Given for Serving Fruits and Vegetables in Jelly

A sparkling gelatine salad, encasing fruits or vegetables within its quivering walls, is the perfect answer to summer meals. It is simple to make an dtakes but a moment to unmold on crisp salad greens.

Make your salad in individual miniatures or turn out a family size mold on a large platter and garnish to make the ideal centrepiece for your table. For a cool main course on a hot day, fill a jellied tomato ring with green salad and devilled eggs, or cottage cheese.

Here are diretcions for three kinds of gelatine bases. These offer unlimited variety, using the fruits and vegetables in season.

Foundation Aspic for Vegetables

1 tablespoon gelatine
½ cup cold water
1 cup boiling water
1-3 cup vinegar
½ teaspoon salt
¼ cup sugar

Soften gelatine in cold water for 5 minutes. Add hot water, vinegar, salt and sugar. Stir until sugar and gelatine are dissolved. Cool slightly before adding vegetables. Pour mixture into a wet or lightly greased mold or individual molds and chill until firm. Using 1½ cups mixed vegetables this makes six servings.

Foundation Jelly for Fruits

1 tablespoon gelatine
½ cup cold water
1 cup boiling water
¼ cup lemon juice
1-3 cup sugar
⅛ teaspoon salt

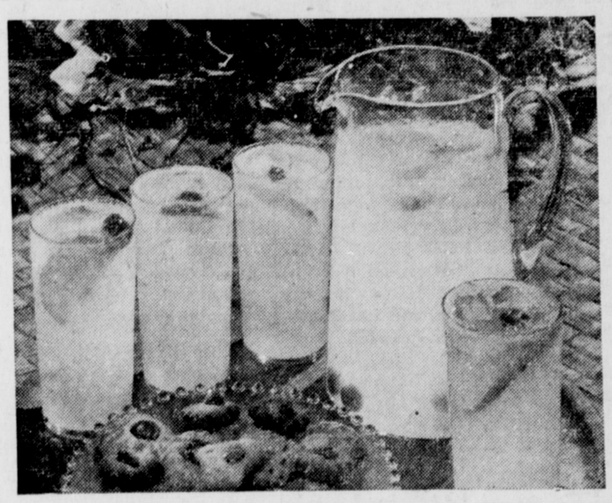
Soften gelatine in cold water for 5 minutes. Add hot water, lemon juice, sugar and salt. Stir until sugar and gelatine are dissolved. Cool slightly before adding fruit. Pour mixture into wet or lightly greased mold or individual molds and chill until firm. Using 1½ cups fruit this makes six servings.

Tomato Jelly Salad

2 tablespoons gelatine
1½ cups cold water
2½ cups tomato juice
¼ teaspoon salt
1 teaspoon sugar
½ teaspoon Worcestershire sauce
2 tablespoons lemon juice

Soak gelatine in cold water for 5 minutes. Combine tomato juice, salt, sugar and Worcestershire sauce. Heat to boiling point, add soaked gelatine and stir until gelatine is dissolved. Add lemon juice. Pour mixture into a wet or lightly greased mold or individual molds, and chill until firm. Six servings.

IT LOOKS GOOD—IT TASTES GOOD



For almost every occasion a refreshing drink is the perfect thing to serve. Use fruit juices as a base, put in plenty of ice and mix with sparkling water. Make your drinks attractive to the eye as well as appealing to the palate. A little grenadine or maraschino syrup will give a lovely pink color and add flavor, too. Colored ice cubes, made with pure food coloring are attractive, or you might add a mint leaf, a maraschino cherry or a fresh berry to each ice cube before freezing. Slow freezing is best because fast freezing causes rapid expansion and the desired effect of the decorated cube is lost.

Fresh cherries and berries are pretty additions to a drink and a thin slice of lemon or lime floating on top of the drink is a colorful addition. Mint is always a cool-looking attractive decoration. For drinks with a lively appearance, as well as good flavor use sparkling water instead of tap water in mixing. A good quality sparkling water retains its sparkle until the drink is finished, never becoming flat and flavorless. Try sparkling water with all your summer fruit drinks and see how much better they are. Peaches are plentiful now and here's a drink using them:

Sparkling Peach Freeze

One-third cup sieved ripe peaches
¼ cup Maraschino syrup
Sparkling Water.

Mash and sieve peeled peaches and combine them with the Maraschino syrup in a tall glass. Fill glass with ice cold sparkling water. Garnish with 1 or 2 Maraschino cherries. Serves 1.

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The Experts Say - -

FRUIT DRINKS POPULAR—Homemade fruit drinks are popular these hot days with the shortage of many commercial beverages. They provide extra liquids needed by the body in the summer. One unusual thirst quencher uses blueberries.

Here is the recipe for this Blueberry Quench: Pour one cup of boiling water over one cup of blueberries, add grated rind of one orange and one lemon; simmer slowly for five minutes. Rub through a sieve. Add 1-3 cup of sugar and a few grains of salt; stir well. Add juice of one orange and one lemon. Cool. Before serving, add three cups of cold water. This makes about six servings.

If you can spare the necessary preserves coupons, honey makes an even better sweetener than sugar, since, for equal quantities, it provides more sweetening, and dissolves more completely.

A variety of fruit juice and honey mixtures may be prepared and kept in the refrigerator for a day or two to be combined with commerciau sparkling water at a moment's notice when guests drop in.

Fruit punch for eight can be made from two cups of water, ½ cup of honey, two cups of orange juice, ¼ cup of lemon or lime juice, one cup grapefruit juice and a pint of sparkling water. This allows one tablespoon of honey per glass but this amount may be reduced to one teaspoon each, or ¼ cup for the recipe, if desired.

Cans of blended orange and grapefruit juice will soon be available, the Prices Board tells us, and this drink makes an excellent base for a variety of iced fruit drinks. For the final touch of elegance use equal parts of water and lemon juice to make the ice cubes for this beverage. Small quantities of sugar or honey may be used for sweetening.

Have you tried canning peaches with the skins left on? If not, here is a tip from the home economists of the Agriculture Department. Leaving the skins on is not only a time and labor saver but a taste saver too. They add an interesting contrast in texture, and the peaches retain their fresh color and flavor.

Wash the peaches thoroughly and rub off the fuzz with a clean cloth or tea towel. Cut in half, remove the stones, and can the fruit according to the Consumer Section's tested methods.

Since peaches are one of the sweet fruits which require little sugar, they need only a thin syrup. Thin syrup is made in the proportion of one cup of sugar to two cups of water, and a very thin syrup, in the proportion of one cup of sugar to three cups of water.

With meat rationing just around the corner, ways to improve tougher cuts—which will require fewer coupons—are the talk of the day. One sure method is to freeze the meat quickly in the freezing pans of the refrigerator just before cooking. Let it thaw out again and pop it into the frying pan. Freezing makes the meat tender by bursting the tiny cells as the liquid in them expands. The method is best used only with strong-flavor meat. Flavor of mild meats is apt to suffer.

Every South American country except Chile and Ecquador touches Brazil's borders.

Timely Tips

A Grill Trick

If you are cooking on a grill, here is an idea for turning out a casserole that would vie with any oven dish. Cook your vegetables and meat or fish on top of the grill in a closely covered saucepan until tender. Use a minimum of boiling water in the bottom to prevent sticking. In another pan make a white sauce using the water or juice and pour over the cooked food. Top with bread crumbs or grated cheese. Then turn the grill upside down over the pan for a few minutes and brown the crumbs.

You Can't Lose 'Em

Baby never loses her mittens when they are attached with a ribbon hung around her neck. You can borrow her style using plain tape with one pot-holder at each end. This way you will have them at instant call.

Routine—Old and New

The belles of 1827 followed an intricate cleaning routine for silk stockings. "Half a pint of gin, four ounces of soft soap and two ounces of honey well shaken, then rub silk with a sponge (wetted with the foregoing mixture) upon a table, washing through two waters in which you put ox gall to brighten the colors and prevent running." After that our routine for rayons sounds simple. Gentle squeezing in lukewarm suds, using tender care in rinsing and rolling in a towel to remove moisture.

Of General Interest

Replacement Impossible

In the case of a lost ration book, coupons for the purchase of sugar for canning cannot be replaced because the Ration Administrator has no way of knowing whether these had been used before the book was lost.

Dollar Stretcher

Servicewomen, returning to civilian life, can stretch their dollars by understanding the principles of price control. "What About Us?" a pamphlet on inflation especially written for young women may be obtained from the Consumer Branch, Wartime Prices and Trade Board, Ottawa.

Notice To Vacate

A discharged member of the armed forces, who wishes to live in a dwelling which he owned or occupied under lease from a relative at the time of his enlistment, need only give the present tenant three months' notice to vacate.

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