SAILORS FOR A DAY s and airmen stationed in abia have had a taste of life ea. Large parties of servicehave recently been taken se at sea. Various exercises ment of the troops.

kling chickens, a small grey se and two monkey that bed on the magistrate's desk drank the ink from the inkwere disturbing exhibits a trial here. Their owner, rietor of an amusement , was charged with cruelty the animals and was ac-

h the money intact.

KEEPING HOUSE IN WARTIME

New and Interesting Dishes Required for Meatless Days

The "Good Neighbor Policy" works out just as well over the back fence as it does across the nation's boundaries. The latest notes to be exchanged are new recipes-meatless dishes for meatless days. Collections of these recipes are growing and every cook is eager to add to her list so that she can provide nutritious meals that are new and interesting on Tuesdays and Fridays, the meatless days of the

A large mixed salad is the perfect accompaniment to these soft-textured foods. This makes a grand contrast between the melt-in-your-mouth quality of the main dish and the crisp ingredients of the salad bowl.

Vegetable and Noodle Plate 1 pkg. (8 oz.) noodles

2 tablespoons mild-flavored

1 cup fine dry bread crumbs 1/4 cup mild-flavored fat

1/3 cup flour 2½ cups milk

1 teaspoon salt

k teaspoon pepper

2 eggs

1/4 cup mild vinega,r

1 teaspoon mustard

6 whole carrots, cooked

I small head of cabbage, cooked in six wedges

Cook noodles in rapidly boil ing salted water until tender; fat, add bread crumbs and servings. brown. Add noodles and mix well. Keep hot. Melt remaining fat in top of double boiler, blend in flour, add milk, salt and pepper and cook over low direct heat, stirring constantly, until it thickens. Mix beaten eggs, vinegar and mustard with some of the hot mixture. Return to water three minutes. Arrange

noodles. Six to eight servings. Egg Quickies

serving dish. Pour sauce

vegetables around noodles on

1/3 cup chopped onion 11/2 tablespoons mild-flavored

3 cups solft bread crumbs

3/4 cup milk 6 hard-cooked eggs, finely

chopped ½ teaspoon salt ½ teaspoon celery salt

2 tablespoons chopped pars-

2 tablespoons mild-flavored Brown onions lightly in fat. for canning are now valid. The

Add bread crumbs and milk. last 10, "P"4-"P"13, came due on Stir and cook slowly until thor- July 19. oughly blended, about two minutes. Add hard-cooked eggs, salt, celery salt and parsley. Spread on a plate to cool. Shape into 12 patties. Saute in fat undrain. Melt the 2 tablespoons til brown on both sides. Six

Peanut Butter Chops

6 slices of bread, 1/2 inch thick

1 cup peanut butter

2 eggs, slightly beaten

1/4 cup milk Dash of salt

1/2 cup fine dry bread crumbs Remove crusts from bread. double boiler and cook over hot goread slices with peanut butinto halves, crosswise. Combine since 1932. According to the experts say. beaten eggs, milk and salt. Dip ministry of labor gazette, the bread into egg mixture, then into number of disputes in 1944 inbread crumbs. Brown on both volving work stoppages was 2,194 pan. Serve with a tomato or vious year. Spanish sauce. Six servings.

HEIGHT OF LUXURY

The ancient Greeks and Ro- by the record is a public anmans used to enjoy highly per- nouncement by a maker of specfumed food.

Of General Interest

That's All There Is

pons for the purchase of sugar

Dont' Forget

*Carrot Ceilings

LABOR DISPUTES

MEDIEVAL SUNGLASSES

tacles in 1561.

bunch.

All "preserves" and "P" cou-

A Very Special Present

Is your favorite bride getting personal touch. Each time you can fruit or do up some jam, Butter coupons 90-115 expire will bless you throughout next following combinations are exon August 31. Each coupon will winter as she starts homemak- tra good with whole wheat or rye purchase one half pound of but-

While the ceiling price for car- first guests.

rots has been eight cents a pound, from August 1 to August | Do you think Jill is too young 15, the price will be two pounds for a swing? Instead of using for 15c. The fresh green tops the traditional board seat, cut are weighed in as part of the the front out of a wooden box nasturtium leaves or green pep- timetable. They recommend aland so provide a chair seat for per. the swing, then she can't fall backwards. Don't use up your LONDON (P)—Trade disputes wilting energy swinging her. in 1944 cost Britain 3,710,000 Children have just as much fun ter on both sides. Cut each slice working days, the highest total pushing themselves, the child

It's not only what you eat but sides in a little fat in hot frying as compared with 1,785 the pre- how you eat it that matters. Do you rest a few minutes before your meal, eat it in peace with some enjoyment and interest The earliest use of colored and then relax for half an hour glass in spectacles authenticated or so? It may sound like a pipe dream to many of you, but it's a goal worth striving for, say the nutrition experts. Any re-organizing of your time and meal schedule you do to achieve it will produce worthwhile dividends in the form of a happier

> consumers paid after the last Perhaps the greatest kindness to war: sugar, 25c a lb.; butter, 85c a lb.; eggs, \$1.00 a doz.; flour, \$7.00 a bag; lard, 42c a ib.; milk, 18c a quart; potatoes, \$4.50-90lb. bags.

Q. How can I clean the sink

A. Take two quarts of boiling water and one-half can of strong lye, or potash. Pour this into the sink wastepipe at night when leaving the kitchen. This should be done about twice week to be sanitary.

Q. How can I make browner

A. Add a teaspoonful of sugar to the pie crust. It will not be noticeable to the taste and will help make the crust nice and

milk that has spilled on the

A. Sprinkle a thick layer of a's on the burning milk when it boils over on the stove or in the oven. Let it remain a few minutes, then brush off.

Timely Tips

married this fall? Here is a wedding present with a very set aside a jar for her. Select pints as she will be serving a economists recommend using you still use the open kettle household of only two. Label cottage cheese moistened with method? Do you fill sealers them with your prettiest sticker salad dressing as a base for a brimfull? Do you invert your and her married name. . . . She variety of sandwich fillings. The jars while cooling?" ing with a good stock of home- bread: made preserves on hand to

Swing High, Swing Low

Peace, Perfect Peace

Last War Prices

Here are some of the prices

HOW CAN I??? By ANNE ASHLEY

pie crust?

Q. How can I remove burned

Buy War Savings Stamps

The Experts Say - -

THE DAILY NEWS

Friday, August 10, 1945

COTTAGE CHEESE - Cottage | Agriculture | partment Consucheese is little used, yet has tre- mer Section mendous possibilities. Home

Prince Rupert, B.C.

| please a new husband and her chives, green onion tops or sumer Section has the informagrated onion.

Cottage cheese with chopped pickles.

radish or turnip.

or any tart jelly.

Less Candy, Better Teeth-Let your wisdom tooth save your sweet tooth! Candy is hard to get these days and one result is that a few more people will have a few more teeth for a little

are better sources of calories packing. This is recommended than candy and sugar, and also for peaches, pears, apples and provide the minerals and vita- cherries, particularly when promins important to good healthand good teeth. People who grow up eating these foods in abundance never have the same longing for candy.

Children who eat a minimum of sweets usually have better teeth, and, strangely enough, have little desire for concentrated sweets when they are adults. them, is to give them no candy until they are three or four years of age and then only in small quantities after meals.

Nutritionists give candy place, but they believe in keeping it in its place.

Next winter when the snow is deep women throughout the country will look at their cellar shelves laden with preserves . . wise women, that is, says the



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Laura Pepper, chief of the sec-

PAGE FIVE

A "yes" answer to these questions puts a woman back in the horse-and-buggy era of canning, Cottage cheese with chopped says Miss Pepper, and the Contion she needs.

The section lays emphasis on getting firm, ripe fruits and veg-Cottage cheese, grated carrot, etables into the sealers as quickly as possible and processing Cottage cheese, chopped cress, them exactly according to the lowing a head space of 1/4 to 1/2 Cottage cheese, grated orange an inch at the top of the sealers, and canning fruits without Cottage cheese with plum jam | sugar for use in pies and puddings. They eliminate the open kettle method as unsatisfactory and advise against the use of chemical preservatives. Processors advised may be a water bath, pressure cooker, steamer or thermostatically controlled

Precooking is suggested for Cereals, fruits and vegetables fruits and vegetables before cessed in the oven.



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water

SMALL AND LONELY

ATHURST, Gambia, (P-Solthe Royal Navy for a day's e carried out for the enter-

OUTH SHIELDS, Eng. (P) -

HAPPY SEQUEL ATCHET, Somerset, Eng. (P) Worried about losing his ney while on holidays, a local n sewed £700 (\$3,150) in the ide pocket of his overcoat. en he left the coat on a bus. ere was a happy sequel, hower, for the coat was returned

NABOB COFFEE—A Heart-warming Canadian Beverage

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attains the high peak of coffee quality

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