KEEPING HOUSE IN WARTIME

Nature Provides, While Cooks Destroy Food Value; Known Vegetable Cooking Methods Important!

Vegetables can and do suffer more than any other group of foods in the hands of the cook. Nature packs them with health-giving vitamins and minerals, adds gay, bright color for good measure. We come along, boil out most of the minerals, kill the vitamins, destroy the lovely fresh color and present the depressing looking result to our families with the words— "Eat them up. Vegetables are good for you!" It doesn't make sense does it? And if some families are "difficult" about vegetables, we wouldn't blame them.

When vegetables are limp, flavorless and a poor color after cooking, it is safe to say they have lost a large part of their food value. Overcooking and "drowning" are the two most frequently committed sins against vegetables. Cooking until just tender, by whatever method, and the use of only enough boiling salted water to prevent scorching, preserves food value, color and flavor. If any liquid is left, remember it is a veritable mineral mine. Never disgard it. Serve it with the vegetables, add it to the gravy, soup, sauce or tomato juice.

Casserole Cooking

Have you tried casserole cooking for vegetables? It's good on all counts, food value, appearance and flavor. The vegetables are prepared and sliced, cubed or shredded. Boiling water to a depth of ¼ inch is placed in the casserole, the vegetables and salt added, the casserole covered and baked until just tender. The vegetables will accommodate themselves to the temperature required to cook the rest of the dinner and may be cooked from 300 degrees to 400 degrees F. Combinations of vegetables may be cooked together. Turnips and carrots; potatoes, onions and carrots; carrots and celery are all good.

Panning

First cousin to casserole cooking is "panning" which is especially good for spinach, kale, cabbage, summer squash and thinly sliced, tender beans. Prepared vegetables are measured. To each quart of vegetables allow two tablespoons of fat—bacon fat, drippings or butter. Melt the fat in a heavy flat pan, add the vegetables and salt, cover closely to hold in the steam and cook on top of the stove until just tender, stirring occasionally. Season with salt and pepper.

No need to let the family grow bored with the same old winter vegetables. These recipes from the Consumer Section of the Dominion Department of Agriculture use the winter standbys in new and delicious ways.

Parsnip or Carrot Surprise

3 cups grated raw parsnips or carrots (3 medium)
¼ teaspoon salt
Dash of pepper
2 tablespoons water
1 cup seasoned, medium cream sauce
1-3 cup dry bread crumbs
1 teaspoon mild-flavored fat

Place grated parsnips in a greased casserole, sprinkle with salt and pepper and add water. Cover and bake in a moderately hot oven, 375 degrees F., for 15 minutes or until tender. Remove from oven, pour cream sauce over the top and cover with bread crumbs which have been lightly browned in the melted fat. Return to the oven for 5 minutes uncovered. Six servings.

Cabbage, New Style

medium-sized cabbage (6 to 7 cups raw shredded)
¼ cup boiling water
½ teaspoon salt
2 tablespoons vinegar
2 tablespoons mayonaisse
Dash of pepper

Add shredded cabbage to boiling salted water. Cover and cook until tender, about 6 minutes. Combine vinegar and mayonaisse and pour over cabbage. Add pepper and cook 2 minutes over low heat, stirring constantly. Six servings.

Turnip Puff

2½ cups hot, mashed turnip
2 tablespoons flour
½ teaspoon salt
½ teaspoon baking powder
1½ tablespoons fat
1 egg

Add dry ingredients and fat to hot turnips. Beat until light and add beaten egg yolk. Cool. Beat egg white, fold into turnips. Place in a greased baking dish. Bake in a moderately hot oven, 375 degrees F., for 20 minutes. Six servings.

Savoury Beets

4 to 5 medium beets (3 cups chopped cooked beets)
1½ tablespoons vinegar
3 tablespoons sugar
1½ teaspoons horseradish
3 tablespoons mild-flavored fat
Salt and pepper to taste.
1 small onion, chopped (optional)

Wash beets, being careful not to break skin and leaving two inches at stem and root end. Cook in boiling water to cover until tender, allowing 1 teaspoon vinegar and 1 teaspoon salt to each quart water. Time will be 40 to 60 minutes or longer, depending on age of beets. When tender dip in cold water to loosen skins and peel. Dice or slice beets. Combine other ingredients, add beets and heat thoroughly. Six servings.

Conservation - Hints -

Don't Mix Its Drinks

That new Christmas fountain pen, or any other fountain pen for that matter, will give best writing service if you stick to one kind of ink that suits it. However, if you have a desire to change the color or brand, it can be done without causing any harm if you are careful to wash out the pen before putting in the new ink. Inks are often incompatible and mixing causes the ingredients to precipitate in the pen and clog it up. Use cold water and fill and empty the pen several times, then empty completely, wipe off the point and it is ready to fill.

Dressing Up

The next time that there is some dressing left over when preparing poultry or dressed tenderloin you might consider the following delicious way to use it up. Spread it on bacon strips, roll up, fasten with toothpicks and cook in the oven till crips.

Ah, ha . . .

So that's the way to soften that pound of brown sugar that got into a hard cake in the bag! Just put it, bag and all, into the crisper of your refrigerator for several days and it will come out usable again, and looking like the good coupon-worth that it is. If you are lacking a refrigerator pop the bag into the bread box . . . the sugar will soften down after a while. And, to save this trouble again, remember that the bread box is the best of storage places for a bag of brown sugar . . . it will stay soft if put there as soon as it comes from the store.

Who's to Know

. . . that you have been giving stale rolls or biscuits a refresher course if they taste and look freshly baked? Either heat them up in the top of a double boiler or dampen the inside of a paper bag, put in the rolls and pop them in the oven.

Morning Thrift

This is easy to practise on cold winter mornings—serve hot cereal. A bowl of hot whole grain cereal, preferably made right before breakfast, is lower in cost and higher in food value than packaged dry cereal. The only thing to remember is that this good food must be prepared carefully—there are no fond memories of lumpy porridge and the garbage can will get all the savings unless the porridge is good to eat.

NAZIS WELL PREPARED

German photographic planes flew over London for six weeks before the concentrated air blitz on the British capital in 1940.

Of General Interest

Horns Have Ceilings

A second-hand clarinet or saxophone, or any other used musical instrument should cost the consumer no more today than it did in the basic period (September 15-October 11, 1941). In no case may the price of a second-hand musical instrument exceed 80 percent of the price of a new instrument of similar type in the same locality.

Hospitality Unrationed

Servicemen or women going on leave should ask for short or long leave ration cards when they get their leave pass. Without these cards they can't reimburse their hostesses for rationed food served them.

Used Car Dealers

By March 31, 1945, every used car dealer in Canada, who wants to continue doing business, must secure a permit from the Motor Vehicles Administrator, E. R. Birchard, on a form provided by the Prices Board. Permits will not be granted to a dealer who has no facilities for repairing or reconditioning motor vehicles.

IN THE SUPREME COURT OF BRITISH COLUMBIA
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 Nevile, 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.

HELPING HUNGRY HOLLANDERS—In free Holland, from the Belgian border to the line of the Maas, officers and men of Shaef's Civil Affairs division are trying to undo the wrongs of four years under the German heel. Working through and with Netherlands officials, these men—Royal Canadian Air Force officers among them—are charged with the responsibility of housing the homeless, feeding and restoring life to the broken towns and cities. In the upper picture Squadron Leader J. F. MacNamara, formerly a schoolmaster at Glebe Collegiate, Ottawa, and for three years flying control officer at Rockcliffe airport, looks on while a Dutch chef dishes out hot food at a cmmand feeding centre. Children are usually sent to draw the family ration of hot food, and in the lower picture a little girl holds up a bucket to be filled. (Royal Canadian Air Force Photos).

Service Parcels Quickly Delivered

Letters from servicemen expressing pleasure at the efficient manner in which overseas Christmas parcels were handled were read at the regular monthly meeting of the Queen Mary Chapter, I.O.D.E., at the home of Mrs. W. Brass. One service man's letter stated that he had received his parcel on November 4. Others also received their parcels in good time. Regent Mrs. D. C. Stuart presided at the meeting. Members agreed to support the national campaign for the Services Libraries Fund, and Mrs. Stuart and Mrs. Kempton were appointed to the committee in charge. Further donations were approved for the Queen Mary ward of the Prince Rupert General Hospital, and $25 was donated for books and magazine subscriptions for Terrace schools. Calendars were sent to Borden street school, Terrace school, the public library, Y.M.C.A. and local military camps.

Mrs. Laurie reported on the work of the refugee sewing club, and thanks were tendered to the Kinsmen's club for their co-operation in collecting used garments to be remade for the bombed areas in Britain. Mrs. Brass reported that seven markers had been placed on graves of veterans of the First Great War, and that four more had been ordered.

BRAZILIAN MILESTONES

Brazil, began as a Portuguese colony, became an empire in the early 19th century, with the son of the King of Portugal as emperor, and then emerged as a republic in 1889.

GIVE SUPPORT TO ATHLETIC CLUB

Prince Rupert Kinsmen's Club at its regular meeting in Reid's Cafe last night, endorsed in principle a suggestion by the Boilermakers' Athletic Club that local service clubs and the Canadian Legion assume future responsibility for maintaining the athletic club.

Allen Landels, local manager of W. H. Malkin Co., is leaving on tonight's train for Winnipeg to attend a convention of managers of Western Grocers Ltd. branches.

Douglas Stalke Wounded in Ita

Douglas Stalker, a w Prince Rupert boy and city fireman has bee ed while serving with adian Armored Corps his wife, now in Vanc been advised. Extent juries was not giv Stalker, who was brou Prince Rupert by his mother, the late Ma was an outstanding being particularly w as a baseball and soft er. He joined the a four years ago. His fa tain Robert A. Stalke city grocer, was killed First Great War.

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