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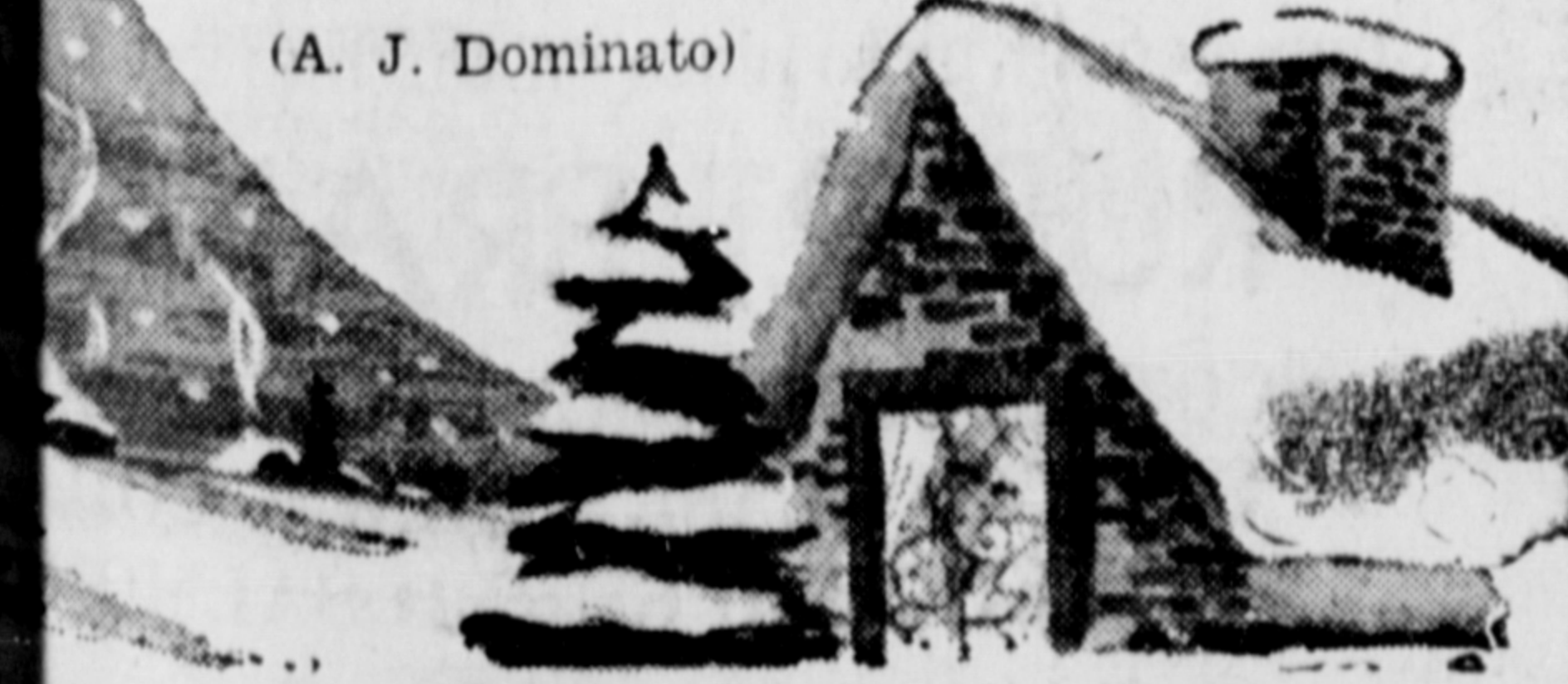
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Seasonable Ideas for Housekeepers

TIMELY COLLECTORS' ITEMS FOR KITCHEN RECIPE FILES

A variety of easy to prepare supper or luncheon dishes are a boon to any homemaker. When, in addition, they combine economy and attractiveness, their value is enhanced. Such are the recipes published today. They are just the thing to serve on a cold day when appetites are in fine fettle and something especially satisfying is in order.

Onion Casserole

4 cups thinly sliced onions (6 to 8 medium)
8 slices buttered toast
2-3 cup grated cheese.
2 eggs
2 cups milk
½ teaspoon salt
¼ teaspoon pepper

Slice onions in rings. Cook in boiling salted water until tender, 10 to 15 minutes. Drain. Place toast in bottom of greased casserole. Arrange on this a layer of onions and cheese. Repeat, using remaining toast, onion and cheese. Beat eggs until light. Add milk, salt and pepper. Pour over mixture in casserole. Bake in moderate oven, 350 degrees F., for 40 minutes. Six servings.

Creole Eggs

½ cup raw spaghetti 1" inch pieces)
3 tablespoons fat

2 tablespoons all-purpose flour
1 cup milk.
2 tablespoons chopped onion
1 cup tomato juice
1 clove garlic, mashed (optional)
¼ teaspoon chile powder
4 hard-cooked eggs, sliced
¼ cup dry bread crumbs
1 teaspoon salt
¼ teaspoon pepper

Cook spaghetti in boiling salted water and drain. Meanwhile make cream sauce of 1 tablespoon fat, flour and milk. Add seasonings. Cook onion in 1 tablespoon fat until tender, but not brown. Add tomato juice, garlic and chile powder. Cook until thick. Add to cream sauce. Place alternate layers of spaghetti, sauce and eggs in greased two-quart casserole. Sprinkle with crumbs which have been mixed with the remaining tablespoon of fat, melted. Bake in a moderate oven, 350 degrees F., for 20 minutes. Six servings.

Cauliflower Souffle

2 tablespoons fat
3 tablespoons flour
1½ cups milk
1½ cups grated raw cauliflower
3 egg yolks
3 egg whites
¼ cup grated cheese
Melt fat, add flour then milk.

The Experts Say - -

SPINNING OUT CANNED MILK — Home-makers, looking with pride at the well-filled shelves of home-canned fruits, vegetables, jams and jellies and pickles, often make mistakes in their use, home economists say.

First temptation is to serve the family's favorites too often so that the supply is finished too soon. Also, they say, it isn't well to hoard special dainties for extra-special occasions and have them left over when next summer's crop is available to make a fresh supply.

Commercially canned products can supplement home prepared ones, but this year again these are limited and it is not always possible to get just what one wants when it is wanted.

Planning is the answer. Canned fruits, vegetables and also jams can be used to good advantage in many ways that make them go further, thus making the most of every precious sealer.

One of the best of old-fashioned desserts becomes modern when canned fruit gives its own flavor to simple steamed pudding and the variety is limited only by the number of fruits on the shelves. Black currants, strawberries, cherries, plums or any other fruit gives the dessert its own name.

The consumer section suggests this recipe for steamed fruit pudding:

Two cups of canned fruit, one cup of sifted all-purpose flour, two teaspoons of baking powder, ½ teaspoon of salt, two tablespoons of mild-flavored fat and ½ cup of milk.

Pour the fruit into the greased top of a double boiler. Mix and sift the dry ingredients. Cut in the fat and add milk. Spread dough over the fruit. Set over boiling water, cover and steam for 35 minutes. Turn out to serve. This makes six servings.

CEREAL BOLOGNA — "Cereal added" pork bologna, one of the poor relations of the meat family for a long time—today found a champion in the health and welfare department's nutrition division, whose experts have been studying its food value especially as compared to pure pork.

They report that the bologna contains as much protein, calcium, phosphorus, iron and riboflavin as does pork. The thiamine content is lower. However, as this value is compared with that of beef, it is found to be three times as high.

Bologna, like liver, kidneys and

other nutritious meat portions, is not rationed, so if coupons are spent in highly palatable and scarcer cuts there is still good nutrition to be had from ration-free meats.

ON TAKING LAXATIVES — Junior probably doesn't like taking a mineral oil laxative, and the nutrition division backs him up because the oil has bad qualities which most persons may not know about. These qualities are just as bad if the oil is used in food because of the present animal fat shortage.

There is evidence that more than two tablespoons of mineral oil in the digestive system will reduce the absorption of carotene and, to a slightly less extent, of vitamin A since both are soluble in fats and this oil is not absorbed into the blood stream. Vitamin A is the vitamin necessary for good vision and healthy, beautiful skin.

MARRIED ON MISSION BOAT

The mission boat *Speed the Light*, berthed at the Prince Rupert Yacht Club, was the scene of a pretty informal wedding Wednesday evening at 7:45 when Paula, the only daughter of Mr. and Mrs. D. A. Maxwell of Seattle, became the bride of Henry J. Friesen of this city. Rev. J. Elwood Shannon officiated.

The bride chose a white dressmaker suit with matching accessories and wore a corsage of gardenias, yellow rosebuds and carnations.

Mrs. J. E. Shannon was the bride's attendant and Ernest Friesen, brother of the groom, acted as best man.

The party partook of the wedding supper aboard the Mission boat.

The happy couple plan to take up residence in Prince Rupert.

Stir until thickened. Add well-beaten egg yolks, then cauliflower, salt and pepper. Fold in stiffly beaten egg whites. Sprinkle with grated cheese. Pour into slightly greased baking dish. Set in pan of hot water and oven-poach in a moderate oven, 350 degrees F., until set, about 50 minutes. Six servings.

Savour the flavour when you add:

A pinch of celery seed to potato salad.

A speck of mace to tomato soup.

A dash of ground cloves to creamed onions.

A bit of sage to meat loaves.

A little nutmeg to squash.

HOW CAN I ???

By ANNE ASHLEY

Q. How can I remove moths from rugs?

A. When moths are in a rug try covering with a wet towel, then applying a hot iron until the towel is dry. This will kill both the moths and the eggs. Then sprinkle with salt every week before sweeping.

Q. How can I separate glasses that have stuck together?

A. Pour cold water* into the inner one, and place the outer one in warm water. They will separate readily.

Q. How can I keep egg yolks?

A. If it is desired to keep egg yolks for several days, cover them with cold water until needed.



Following is the program for the weekly music hour at the "Y" tomorrow evening:

"Oberon" overture (Weher) Willem Mengelberg conducting the Concertgebouw Orchestra of Amsterdam.

"Badinage—Al Fresco" (Victor Herbert) Victor Concert Orchestra.

"Tales From Vienna Woods" (Strauss) Melizza Korjus.

"Peer Gynt Suite" (Grieg) London Philharmonic Orchestra.

"Gems from the Student Prince" (Donnelly-Romberg) Victor Opera Company.

"Valse Bluette" (Drigo-Auer) "Pizzicato Polka" (Strauss) Minneapolis Symphony Orchestra.

"Someday He Will Come" from "Madame Butterfly" "My Name is Mimi" from "Boheme" (Puccini) Lucrezia Bori, soprano.

"Symphony No. 39 in E Flat" (Mozart) Sir Thomas Beecham conducting the London Philharmonic Orchestra.

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WHY PAY MORE?

MRS. HOLMES, TOPLEY, DIES

Well Known Bulkley Valley Woman Passes Away Suddenly At Smithers

The funeral of Mrs. Walter Holmes, well known pioneer woman of the Bulkley Valley, is taking place this afternoon from her home at Topley. She passed away suddenly at the Smithers hospital where she had undergone an operation last week.

The late Mrs. Holmes was 51 years of age and was born in Manitoba. Her husband is a well known Bulkley Valley rancher. Besides the widower, deceased is survived by five sons and one daughter. The sons include Verden Holmes of Prince Rupert who is at Topley for the funeral. The other sons are at home. Mrs. Rene Scrimbold of Burns Lake is the daughter. Mrs. Holmes' mother resides in Winnipeg.

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