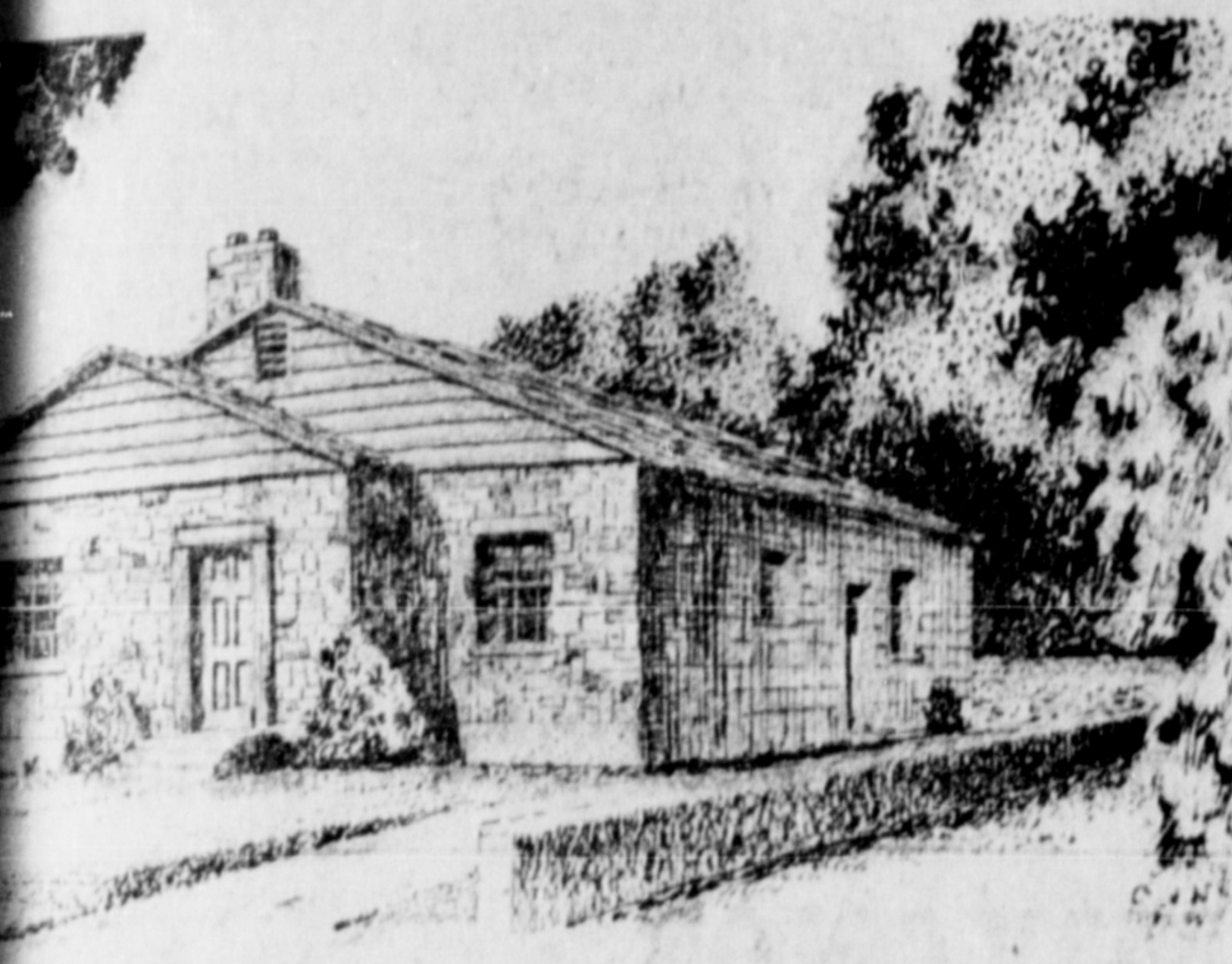


HOME-OF-THE-MONTH



An attractive three-bedroom one-story house has been selected as the N.H.A. Home-of-the-Month for January. Designed for the Canadian way of living, it provides interesting ideas for others who plan to build with N.H.A. or private financing. Cost estimates and working drawings for a house of this type may be obtained from a local architect.

Under the National Housing Act, loans for new houses are made on a basis of joint participation by Central Mortgage and Housing Corporation and a lending institution. All negotiations are conducted through the lending institution selected by the borrower.

The house, the three bedrooms and both are located at the same level as the living room, dining room and kitchen, but are sufficiently separated to ensure privacy. Ample closet space is included and the full bathroom provides space for hobbies, recreation, laundry facilities and additional storage. The bedrooms are larger than required under the Minimum Standards of Housing Act.

The exterior wall construction is wood frame with a stone finish and stucco cladding on the sides and rear. The design of the house permit almost any type of exterior finish. The lot area is approximately 20,000 cu. ft.

THE SUCCESS OF THE MONTH

"I have not a doubt that British Columbia is always and will be the amount," says the campaign manager, British Columbia. The Red Cross is the national objective, \$500,000, of the Prince Rupert objective, of the committee are Arnold and A. of Prince George.

BEWARE OF "SLIMMING" people who go on "slimming" without a doctor's instruction may endanger their health and their bodies of need.

Eng. — With Frederick Money, 57, died of natural causes.

Seasonable Ideas for Housekeepers

CANADIAN DISHES WITH FOREIGN ACCENT PROVE VERY INTERESTING

Since January 1 of this year, as everybody knows, a great many persons of foreign origin are now Canadians. In their honor "Citizenship Week" was recently celebrated. These new Canadians, besides the many other valuable contributions they will make to Canada, bring with them food habits so far unknown here. They in turn will familiarize themselves with food customs and cooking methods here, with the result that there will be an intermingling of recipes which gradually will enrich the Canadian homemaker's daily menus.

Home economists are always on the alert for new ways of preparing food. Food, as such, is the same in every language and in every country but the ways of preparing it vary a great deal. Sometimes this variation is in the seasonings only or in an unusual combination of food and ingredients.

Home economists have asked their friends who have recently become Canadians for typical and practical dishes from the country where they were born. Because space is limited all the recipes collected cannot be given at this time but another group will be given at a later date.

**Ovoene Knedliky Varene—Fruit Dumplings (Czechoslovakia)**  
3 tablespoons shortening  
2 tablespoons sugar  
2 eggs  
2 cups cottage cheese  
1/2 cup fine dry bread crumbs  
2 tablespoons farina  
4 tablespoons flour  
1/4 teaspoon salt  
Cream shortening and sugar, add slightly beaten eggs, beating vigorously. Force the cottage cheese through a sieve and add to creamed mixture. Mix bread crumbs, farina, flour and salt and add to first mixture, blending well. Pat out on floured board about 1/4 inch thick. Cut into 3-inch squares. Place a little canned fruit (cherries, apricots, plums, peaches) in the centre of each square, pinch the corners together and roll the dumplings into a ball. Drop the dumplings into slightly salted

boiling water and boil gently, uncovered for about 10 minutes. The dumplings will sink to the bottom of the pot when they are put in but will rise to the surface when almost done. They will float for 3 or 4 minutes before being completely cooked. When cooked, lift from the boiling water, drain and serve hot, sprinkled with a mixture of 2 tablespoons melted butter, 3 tablespoons sugar and 1 teaspoon cinnamon. Six servings.

**Lantulaatikko—Turnip Casserole (Finland)**  
2 cups boiled mashed turnips  
3 tablespoons butter  
1 tablespoon sugar  
1 teaspoon salt  
Dash pepper  
1 cup soft bread crumbs  
2 eggs  
Mix together turnips, butter, sugar, salt, pepper, 3/4 cup of bread crumbs and beaten eggs. Place in greased casserole, sprinkle with remaining 1/4 cup of bread crumbs. Bake in a moderate oven, 350 degrees F., for 25 minutes or until top is lightly browned. Crumbs may be dotted with fat before browning if desired. Four servings as lunch or supper dish or 6 servings as dinner vegetable.

**Hungarian Apple Pudding**  
4 large sour apples  
3 tablespoons fruit juice  
1 cup fine soft bread crumbs  
1 tablespoon butter  
2 egg yolks  
1/2 cup sugar  
1/2 teaspoon salt  
2 egg whites  
3 tablespoons sugar  
Peel and grate apples. Add fruit juice and blend. Add bread crumbs, cream butter, add egg yolks, sugar, and beat thoroughly. Add to first mixture and combine well. Beat egg whites until light, add remaining sugar gradually, beating until mixture will hold in peaks. Fold into first mixture and turn into lightly greased baking dish. Oven-steam in a moderate oven 350 degrees F. for 1 hour. Serve with hard sauce. Six servings.

Gratama Buddha, who founded Buddhism, was born in India in 563 B.C.

The Experts Say...

By KAY REX  
Canadian Press Staff Writer

**MAKING COFFEE**—Her pies may be tough and her cakes fall in the middle, but just as long as mother can turn out a good cup of coffee in the morning her family will forgive her. Home economists say there are tricks in making a tasty cup of coffee. And whether the brew is made by the drip, percolator, or glass vacuum method, here are some rules to observe:

Two level tablespoons of coffee to one measuring cup of water makes coffee of good strength; use freshly drawn, cold water; serve as soon as possible after brewing; for best results always brew coffee at full capacity of the coffee maker; never boil coffee; never re-use coffee grounds; never allow cloth filters to become dry, keep them immersed in cold water; never use soap in washing coffee filters; keep coffee-maker immaculately clean; always scald coffee-maker before using. If brewed too long coffee becomes bitter. Individual tastes vary, but generally percolator should be percolated slowly for six minutes. For the glass vacuum coffee-maker let water in lower bowl come to boil. Put upper bowl in place and leave water in upper bowl one to three minutes before removing from heat.

**OLD FRIENDS BACK**—These last few years we have had to be practical cooks and skim over some of the more exciting recipes, but the grocery shelves are filled again with a number of tasty old friends.

**DATE CORNFLAKE DROP COOKIES** (about 40 cookies)—Beat two eggs, then add gradually 1/2 cup sugar. When well blended, stir in: 1-2 cups crushed cornflakes, 2-3 cups chopped nut meats, 2-3 cup chopped dates. Add a pinch of salt and 1/2 teaspoon vanilla. Permit these ingredients to stand for 30 minutes, then drop them from a teaspoon on a greased cook sheet. Bake in a

Timely Recipe

RAISIN PIE

A small wedge of Raisin Pie au Naturel makes a fine dessert par excellence. There are plenty of the new plump golden raisins in it to give a pleasing fruity texture and flavor throughout.

**Raisin Pie Au Naturel**  
2 cups golden raisins  
2 cups water  
2 tablespoons cornstarch  
3/4 cup granulated sugar  
2 tablespoons cider vinegar

moderate oven of 350 degrees for about 10 minutes.

PEANUT BUTTER PUDDING

—One cup softened bread crumbs, two cups scalded milk, 1/2 cup peanut butter, 1/2 cup cold milk, one egg slightly beaten, two tablespoons sugar, 1/4 teaspoon salt, 1/2 teaspoon vanilla. Soak bread in scalded milk for 15 minutes. Place peanut butter in bowl, add half of the cold milk, whip with rotary beater until smooth, then add remaining milk and whip until smooth. Combine egg, sugar, salt and vanilla; blend thoroughly. Turn into buttered baking dish, place in pan of hot water, and bake one hour in a moderate oven. Serve with cream or hard sauce topped with grated nutmeg. Serves six.

**LOWER OVEN SHELF**—Nutritionists of the Red Cross Society say that placing foods on the lower oven shelf directly under those on top prevents them from browning.

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**MANSON'S JEWELLERS**  
"The Home of Better Jewelry"

1/2-teaspoon ground cloves  
1 teaspoon cinnamon  
1/2 teaspoon salt  
2 tablespoons butter  
Pastry for double 9-inch crust  
Rinse and drain raisins. Combine all filling ingredients in a saucepan and stir to blend. Bring to a boil and continue boiling about 2 minutes. Pour into pastry-lined pie pan (deep type); cover with top crust and brush top with milk. Bake in a very hot oven (450 degrees F.) about 25 minutes. Serves 6 to 8.

**ROMAN BIRD HOMES**  
Aviaries, structures for the keeping of birds in captivity, were first erected by the Romans

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Spinach, 2 lbs.	29
Beets, lb.	26
Cauliflower, each	25 - 45
Lettuce, each	18
Celery, lb.	75
Garlic, lb.	3
Cabbage, lb.	25
Calif. Carrots, 3 lbs.	29
Brussels Sprouts, lb.	34
Parsnips, 2 lb.	15
Sugar	
White, lb.	09
Golden Yellow, lb.	09
Fresh Milk	
Quart	19
Pint	10
Cream, 1/2-Pint	15
Eggs	
Grade A:	
Large, carton, doz.	47
Fish	
Halibut, lb.	33
Salmon, lb.	35
Cod, lb.	25
Black Cod, smoked, lb.	38
Smoked Kippers, lb.	22
Milk	
Evaporated Milk, 16-oz. tin, 2 for	23
Butter	
First Grade, lb.	45

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