

THIS AND THAT



The George Matthew Adams Service, Inc.

"Do you have to dress like that whenever I want to go shopping?"

The Experts Say - -

CHICKEN IS TREAT—Chicken for dinner is a treat any day in the year, but that first taste of broiled chicken in the spring has its own special appeal.

Broilers, those plump 10-week old chickens which usually weigh about two pounds, are back on the market again—a temptation to every housewife for the Sunday meal.

Home economists of the consumer section, Dominion department of agriculture, recommend only moderate heat in broiling chicken in order that the meat will be tender and juicy, yet evenly done. Intense heat hardens meat and shrinks it.

To prepare chickens for broiling—split down the back, clean thoroughly, and wipe as dry as possible. One half bird usually is allowed for each serving. The skin should be well rubbed with melted fat and sprinkled with salt and pepper.

For broiling, the oven should be pre-heated to about 325 degrees, and then the split chicken, skin side down, is placed on a greased broiling pan. The pan is put about four inches below the heating unit and the oven turned on medium.

The door is left slightly ajar to prevent smoking. After the top side is seared, turn and when seared on both sides, reduce the heat and continue cooking. Turn several times during the broiling, having the flesh side exposed to the heat the greater part of the time. Broil 30 to 45 minutes according to the size of the chicken (a two-lb. cock should cook nicely in 45 minutes).

Swiss Roll is a delectable supper dessert which not only is easy to make but also is comparatively inexpensive.

Ingredients: three well-beaten eggs; one-quarter teaspoon of vanilla; three tablespoons of sugar; three tablespoons pastry flour; three teaspoons baking powder; pinch of salt.

Beat eggs and add vanilla. Sift dry ingredients and fold into beaten eggs. Pour into an eight-inch square cake pan which has first been lined with greased paper. Bake in a hot oven from 10 to 12 minutes. Turn out on a damp cloth sprinkled with icing-sugar and remove paper. If necessary trim edges, and

then spread with jam or jelly and roll as for a jelly roll.

Health and welfare department authorities advise parents to ensure that all members of the family have substantial lunches. Scrimpy, ill-planned lunches are responsible for deficiencies in the diets of Canadians, and especially of children. Surveys made in two provinces have revealed that one out of every ten children examined was thin and underweight.

In addition Canadian physicians claim too many persons are going on unauthorized "slimming" diets, which often actually endanger their health. Experts say normal persons need only normal meals, and unless the family doctor has given instructions to the contrary, Canadians should eat wholesome foods.

Mrs. Fred Hall of Terrace is sailing tonight on the Princess Adelaide on a trip to Vancouver.

William Gomez is sailing on the Princess Adelaide for Vancouver where he will receive treatment at the Shaughnessy Military Hospital.

Classified Advertising Pays!

Seasonable Ideas for Housekeepers

CANADIAN CHEESE FAMILY GROWS; STORY OF ORIGIN OF THIS FOOD

The origin of foods is always a romantic story and the story of early cheese-making is no exception. According to legend, the first cheese was made by accident. Many centuries ago a wandering merchant was travelling across the hills of Arabia. Like all travellers of his day he had filled his canteen, made from a dried sheep's stomach, with milk. He plodded all day over the hills in the heat and by nightfall he found that no milk would pour from his canteen. He slit the skin and found a mass of semi-hard substance, which upon tasting he found to be delicious. The goat's milk had been curdled by the rennin left in the sheep's stomach. It was in this way that rennin was discovered as the essential factor in the curdling of milk for cheese making.

Our early ancestors held cheese in such high store that it became a medium of exchange and barter for the wandering tribes of Asia. Today every homemaker considers cheese as one of the most important items in her menu. From the numerous varieties on the market a suitable cheese may be selected to be served at any course of the meal—as appetizer, soup, main dish, or dessert.

Many cheeses, which formerly were imported are now made in Canada and compare favorably with the original product. The majority of Canadians prefer a mildly flavored cheese, but now that there is a larger supply of these less familiar types, the taste for them will undoubtedly develop rapidly.

Cheeses may be grouped into soft, semi-hard and hard types, according to the amount of moisture left in the curd, the bacteria or mould developed and the method of curing. The most commonly used varieties of the soft type made in Canada are Cottage, Cream, Camembert; in the semi-hard class are Roquefort, Limburger (Oka and Blue cheese which is a type of Roquefort). Among the hard cheeses the most popular is Canadian Cheddar. Others are Gouda, which is similar to Swiss cheese in texture but without the large holes, and Canadian Bra. The latter is a hard cheese similar to Parmesan and it is usually grated before using.

For general cooking purposes Canadian Cheddar cheese will remain the homemaker's favorite. However, home economists,

Dominion Department of Agriculture, suggest that these newer cheeses be served either with the salad course or as the dessert course with crackers or crisp wafers.

Cheese Scramble

- 1 tablespoon fat
- 1 cup grated cheese
- 1/2 cup condensed tomato soup
- 1 egg, slightly beaten
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/2 cup sour cream
- 1 teaspoon cornstarch
- 1 cup canned peas, beans or corn
- 1/4 cup chopped sweet pickle

Melt fat in top of double boiler. Combine cheese, soup, egg, salt, paprika and sour cream. Add to melted fat and cook over boiling water, stirring constantly, until cheese is melted and mixture is smooth. Blend cornstarch with 2 tablespoons cold water and add to hot mixture, stirring until thickened. Add the drained vegetables and chopped pickle. Heat thoroughly. Serve on toast triangle and garnish with chopped parsley. (The sour cream may be omitted and no thickening will be required). Six servings.

Pimento Cheese Muffins

- 1 4-oz. pkg. pimento cream cheese
- 1 cup milk
- 1 egg, well beaten
- 1 tablespoon melted fat
- 2 cups sifted pastry flour OR 1 3/4 cups all-purpose flour
- 3 teaspoons baking powder

1/2 teaspoon salt
1 tablespoon sugar
Cream cheese until light and add milk—very gradually at first—about 2 tablespoons at a time. Continue creaming until mixture is smooth. Add well-beaten egg and melted fat. Sift together the dry ingredients. Make a depression in the flour, pour in liquid mixture and stir as little as possible in mixing. Fill well-greased muffin pans 2-3 full. Bake in a moderately hot oven, 375 degrees F., for 25 minutes. Yield: 1 dozen medium-sized muffins.

Cancer Campaign Here Hits \$2200

With a few more local subscriptions still expected and some outside points yet to be reported, the Conquer Cancer campaign in Prince Rupert has reached the total of \$2200, according to the local chairman, Mrs. J. D. Fraser.

Latest contributions are as follows:

- Skidegate \$11
- Sweet Sixteen 10
- Manson's Jewelry Store 3
- Brownwoods 5
- Chandler's Studio 3
- B.C. Messenger 5
- P. Cravetto 2

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TO VISIT HER NATIVE NORWAY

A visit to her native city of Vestnes, Norway, is in store for Mrs. Gina Lund, 1141 Beach Place, who is leaving on tonight's train for New York where she will sail on the Norwegian-American Line vessel Stavangerfjord on her first return to Norway in 38 years.

In Norway, Mrs. Lund will meet a brotne, Carl Lee, of Minneapolis, Minnesota, who plans to fly across the Atlantic. Mr. Lee left Norway at the same time as his sister and has not been back.

Mrs. Lund expects to be away for three months, visiting relatives and friends.

- Watts and Nickerson 10
- The Variety Store 3
- J. B. Davis 3
- Miss Jessie Ham 2
- Canadian Legion 25
- Women's Canadian Club 10
- Lewis W. Hogan, Klemtu 2
- Wm. Bailey, Bella Bella 5
- Mrs. Preda Hogson 2

A further contribution of \$13.50 from Bella Bella brings the total from there to \$50.

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Menu Cues GREEN BEANS
with Hot Mustard Sauce

Mix mustard, flour and salt in double boiler; add egg yolks; beat well. Slowly add hot milk; cook until thick; add lemon juice. Pour over green beans. Serves 6.

ROYAL CITY CANNED FOODS

- 1 can "Royal City" green beans
- 1/4 teaspoon dry mustard
- 1/4 teaspoon flour
- 1/4 teaspoon salt
- 1 beaten egg yolk
- 1 cup scalded milk
- 2 tsp. lemon juice

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