WHAT IS HOME WITHOUT A GARDEN?

FREEZE ONLY VEGETABLES FRESH PICKED FROM GARDEN

Garden-fresh for freezing means not more than two hours after harvesting.

Vegetables to be stored in home freezing units or lockers should be frozen, just as they should be cooked, as soon as possible after harvesting. This is the recommendation made by experimental stations which have tested loss of flavor, tenderness and vitamin content in vegetables after the harvest.

Prompt handling of garden products from harvesting to freezing is of the utmost importance. For example, holding freshly picked peas in a warm room for three to four hours will materially toughen the skins. Losses of Vitamin C are greatest during this period."

One to two thirds of their original Vitamin C may be lost by vegetables in 24 hours at room temperature. If necessary to hold overnight, they should be placed in a refrigerator or covered with crushed ice. Never try to hold them after shelling, slicing or scalding.

The findings concerning the loss of nutrition are of importance to housewives who harvest or purchase vegetables for the table. Peas are an outstanding example of the loss of flavor due to delay in cooking or processing. Tests by the state experiment station at Geneva, New York, showed also that Vitamin C content dropped as peas grew older. In lots harvested at different stages of maturity over a 10 day period, the oldest lots contained 36 per cent less Vitamin C than the youngest. They also lost tenderness, as indicated by a tenderometer reading of 80 for the youngest and 140 for the oldest. Tenderometer is a new device to measure toughness.

Peas are sweetest at dawn and if harvested then should be kept in a cold place until cooked, frozen or canned.

Spinach stored at room temperature loses 48 per cent of its Vitamin C content in 24 hours and in six days it loses 91 per cent. Spinach is often six days on the way from field to table.

Varieties of vegetables recommended for freezing are, in general, the home garden kinds which excel in tenderness and flavor, without regard to their shipping qualities.

Use small, tender beets, the young tender leaves of all greens, carrots harvested late in the fall and mature but not woody. Grade lima beans and peas by floating in cold brine and discarding all that sink to the bottom, which will be overmature."

BARKING, Essex, Eng., (CP) — Because children are "coming to school half-asleep," Essex teachers want school hours advanced to 10 a.m. during Double Summer Time.

HOME GARDEN CONTEST

Home gardens will be inspected at intervals during the summer. Judging will be by points on the following:

1. Neatness.
2. Freedom from weeds.
3. Color arrangement.
4. Condition of walks.
5. Quality of flowers.
6. General appearance.

Gardens will be divided into four classes:

1. Gardens 25' and under.
2. Gardens 50' and under.
3. Gardens over 50'.
4. Vegetable Gardens.

This contest open to all amateur gardeners.

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CHILDREN OF TRAPPED MINER TOLD DADDY GONE "FAR AWAY"—These three children of Robert Poitras, one of the 11 men who lost their lives in the East Malartic mine, Quebec, have been told that "Daddy has gone far, far away" as they wait patiently for his return. They are left to right, Laine, 19 months; Gisele, five months, and Lucille, 30 months. Wife of the entombed miner, who would have celebrated his 30th birthday, is reported near collapse.

HIGH SCHOOL EMPIRE DAY

Impressive Observance in Capital Theatre Saturday

Although there was an unfortunate delay in the commencement of the Empire Day observances arranged for the students and staff of the Booth Memorial High School, the final arrival of the spectacular Shriners' Band and their subsequent stirring selections contributed from the stage of the Capital Theatre put all in a responsive mood for the remainder of the program.

Mrs. D. C. Stuart, Municipal Regent of the Imperial Order, Daughters of the Empire and mistress of ceremonies, explained some of the aims and ideals of the order which she represented, declaring that the young folks must uphold the honour of Canada among the nations.

Mayor Arnold affirmed her pride and special interest in the youth of the city, as a former teacher and present mayor.

Mr. and Mrs. Richard Nelson were introduced as special guests by Mrs. Stuart, Mr. Nelson, as Potentate of the visiting Shriners, and Mrs. Nelson as a member of the provincial executive of the I.O.D.E. Mrs. Nelson commended Mrs. H. M. Forde on the fine program which she had arranged.

F. E. Anfield, speaker for the occasion, charged the rising generation with the responsibility of reconstructing a better world. "Character, with honor placed above all is the essential basis for the survival of democracy," he declared. In an exhausted world which is beset with strange doctrines and unknown desires of men, he stressed the value of true patriotism which seeks to serve. "There must be no bowing down to dictatorship of either capitalist or trade unionist," he asserted. "Our Empire must maintain her democratic way of life and we should all strive, with the help of God, to become good citizens of our Empire and of the world."

Several students contributed melodic and talented performances while others capered through dances and drills with crisp precision.

Their program follows:

Violin solo by Vaughan Tattersall, accompanied by Mary Adcock.

Physical Education display under the direction of Miss Matheson. Taking part were Joyce Petersen, Diane Gilker, Margaret Wide, Margaret Johansen, Marjorie Thornton, Peggy Stevenson, Doreen Paul, Nellie Pavich, Genita Windle, Barbara Teng, Eileen Jerstad, Florence Nordin, Geraldine Prockter, Shirley Hudson, Janet Rachow, Alice Paulson, Shari Ingalls and Margaret Kears.

Irish Folk Dance, directed by Mrs. M. Krueger, with Joyce Farrington, Leora Webster, Margaret Strachan, Patsy Hill, Isabel Taylor and Inger Petersen, pianist, Rose-Marie Hartwig.

Highland dancing, director Captain Flood, with Donna MacArthur, Doreen Paul, Jean Calderwood, Molly Wood, Astrid Svang and Kathleen Hills, Lorena Linney, accompanist.

Piano solo with encore by Laverna Linney.

COTTON VITAMINS

The cottonseed has a large percentage of riboflavin.

ASHFORD, Kent, Eng., (CP)—Celebrating her 99th birthday in May, Mrs. Emily Tidvale knits without glasses, does her own washing, reads two newspapers daily.

LUMBAGO (Lame Back)

When your back is stiff and sore to touch and it's an effort for you to stoop or bend, take the remedy that has brought swift, safe relief to thousands—Templeton's T-R-C's. Don't suffer from the nagging misery of Lumbago a day longer than you have to. Get T-R-C's today. 51c, $1 at druggists everywhere. T-39

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Benny Goodman—Record C-828; Count Basie—Record C-837
Johnny Long—Record 23622; Perry Como—Record 20-1917
"HOW DEEP IS THE OCEAN" Dick Haymes—Record 10298
"YOU KEEP COMING BACK LIKE A SONG"
Dinah Shore—Record 8014; Dennis Day—Record 20-1947

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Shriners...

(Continued from Page 1)

The ceremonial itself took place in two sections Saturday night. There were 54 initiates in all, 33 from Prince Rupert and 21 from outside points. No less than 30 nobles came to the city from Alaska by ship and plane and the central interior as far east as Endako contributed other visitors.

The ceremonial occupied the time until nearly midnight and at 1 a.m., the gaily lighted excursion steamers, further illuminated by pyrotechnic flares and with band leading in farewell airs, sailed away amid cheers and songs, the keynote of which was the old "Will Ye no Come Back Again?" The consensus of all the visitors that it would not be 20 years before Gizeh made Prince Rupert its Mecca again.

All in all, it had been one of Prince Rupert's most spectacular and happiest gatherings.

Suit of the Season

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It's Delicious SPANISH BEETS

1 can "Royal City" diced beets
2 strips bacon, diced
¼ cup chopped onion
2 tbsps. chopped parsley
1 cup tomato juice
½ teaspoon salt
Dash of pepper.

Fry bacon crisp. Add onion and parsley; cook until onions are soft, not brown. Add other ingredients; simmer very slowly uncovered until sauce is thick. Serves 6 to 8.

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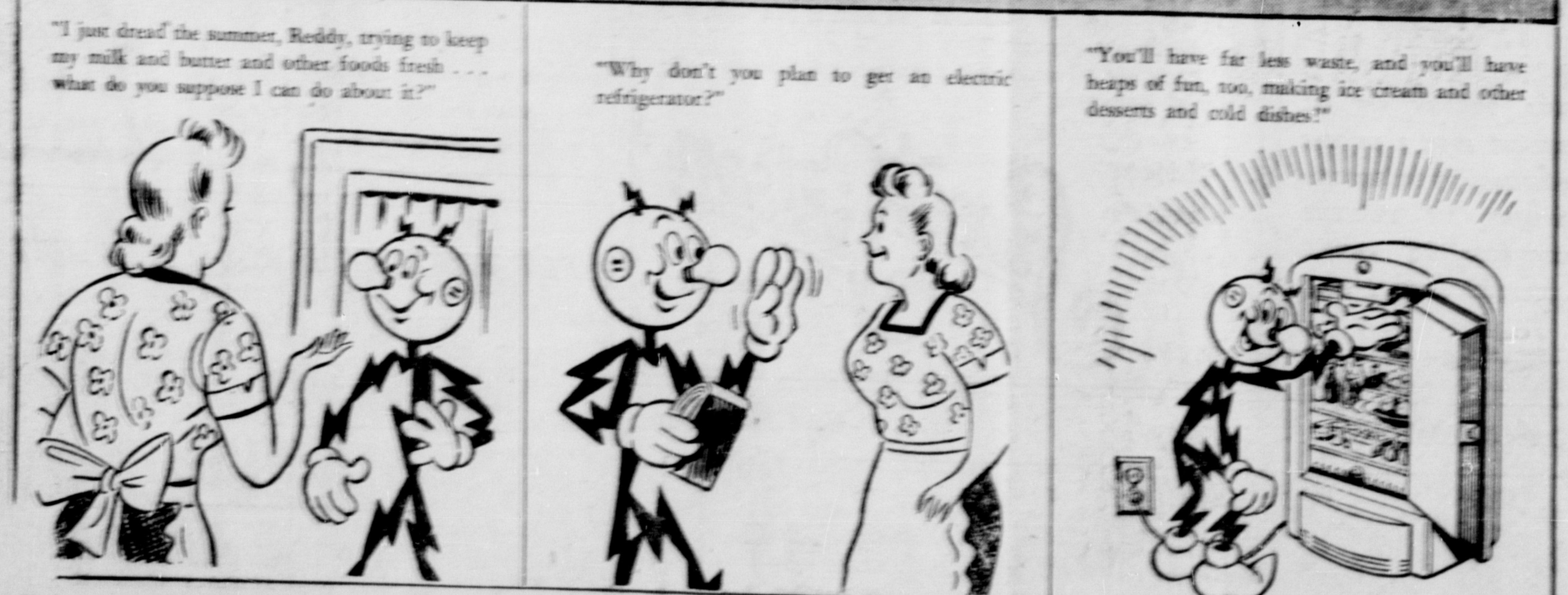
"I just dread the summer, Reddy, trying to keep my milk and butter and other foods fresh . . . what do you suppose I can do about it?"
"Why don't you plan to get an electric refrigerator?"
"You'll have far less waste, and you'll have heaps of fun, too, making ice cream and other desserts and cold dishes!"

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