Seasonable Ideas for Housekeepers

WINTER FASHIONS IN VEGETABLES; ARE EASILY MADE ATTRACTIVE

...ise mothers no longer talk ...the table about why certain ...s should be eaten. Instead ...y cook their vegetables, for ...anee, in the best possible way ...second helpings are de... Since the methods of ... vegetables have been ...ized there is no difficulty ...nding either children or ...o take their share.

... colors always attract ...and stimulate the appe... texture of vegetables ...until just tender crisp is ...g when one bites into ...d in addition they keep ...tural vivid coloring. The ...vor is there too.

...boiled or mashed veget... fine occasionally but ... monotonous if served ...day. Good sauces and ...special touches keep up ...rest. Food ideas do not ...pen nor are they dream... Most new recipes are the ... of careful planning and ...mentation even if the or... idea is more or less vision... ...me economists work on ...eas until the resulting ...s practical, satisfying ...tirate although there ...ll be something to dream ... Here are three excellent ...sual recipes using inex... winter vegetables.

...p and Apple Casserole

... thinly sliced parsnips
... cups sliced apples
... tablespoons brown sugar
... teaspoons salt
... tablespoons butter
... tablespoons water

Arrange alternate layers of parsnips and apples in a casserole. Sprinkle each layer with sugar and salt and dot with butter. Add water, cover casserole and bake in a moderate oven, 350 degrees F., for 1 hour, or until tender. Six servings.

Onion Shortcake

10 medium sized onions
1 teaspoon salt
3 tablespoons fat
Biscuit dough (soft)
¼ teaspoon paprika
1 tablespoon chopped parsley (optional)
1 cup medium white sauce
¼ teaspoon salt
Dash of nutmeg
1 egg slightly beaten

Peel and slice onions, sprinkle with 1 teaspoon salt. Melt fat, add onions, cover and simmer until tender. Cool. Spread soft biscuit dough in a greased 10-inch square pan. Cover with onions and sprinkle with paprika and chopped parsley. To the white sauce add salt, nutmeg and slightly beaten egg. Pour the sauce over the onions. Bake in hot oven, 425 degrees F., for 25 to 30 minutes. Six to eight servings.

Beets Piquantes

3 tablespoons fat
3 tablespoons flour
1½ cups beet liquid
1½ teaspoons brown sugar
1½ teaspoons salt
4½ tablespoons horseradish
3 cups diced cooked beets

Melt fatin saucepan. Blend in flour and beet juice. Cook, stirring constantly until thickened. Add sugar, salt, horseradish and beets. Heat thoroughly and serve. Six servings.

'TEEN NURSERY TO COMMENCE NEXT SATURDAY

Teen Town's Saturday nursery will open on February 8 and will continue thereafter for seven hours each Saturday during which mothers can leave their youngsters in the care of competent girls at the Civic Centre, it was decided last night at the weekly Teen Town council meeting.

Supervising the nursery will be Margaret Murray, Rosalin Thain and Betty Hamilton, heads of the nursery committee. The attendants will divide their duty into two shifts. At present, the committee is plotting ways to obtain toys and games to entertain the children.

A final meeting to iron out last-minute difficulties has been set for Tuesday night.

Last night's council meeting accepted a donation of $5 from the now defunct Boys' Civic Association. The money was earmarked for the pool table cloth fund which the council is building to rehabilitate the pool table in the Civic Centre teen room.

The meeting appointed Eddie Ciccone chairman of a "Teen Town Follies" committee which will co-ordinate talent for such a show in the near future.

Mayor Reg Lavigne was chairman of last night's meeting.

HERBERT SHARP PASSES AWAY

Herbert Sharp, 21-year-old son of Mr. and Mrs. Ernest Sharp, 935 First Avenue West, passed away in Prince Rupert General Hospital last night after an illness of 10 days. He was unmarried and had been a resident of Prince Rupert for the last two years.

Steamship Sailings

For Vancouver—
Tuesday—ss Coquitlam, 1:30 p.m.
Thursday—ss Prince Rupert, 11:15 p.m.
Friday—ss Catala, 10 p.m.
Saturday—ss Camosun, 9:15 p.m.

From Vancouver—
Sunday—ss Coquitlam, p.m.
Monday—ss Princess Adelaide, p.m.
Wednesday—ss Prince Rupert, 10:00 a.m.
Monday—ss Princess Adelaide 10 p.m.
Friday—ss Camosun, 3 p.m.
Friday—ss Catala, p.m.

THIS AND THAT

"Are you sure he wasn't married before?"

HUNGRY ITALIANS DEMAND MORE FOOD—Demanding larger food rations, poorly dressed Italians parade with placards before government buildings in Rome in mass demonstrations which embarrassed the already harassed Italian government striving to keep the country's economy afloat in a winter shot through with shortages. Placards read, centre, "Less Sweets for the Rich" and, right, "Our Children Are Hungry."

The Experts Say - -

HOT SNACKS—Whatever the party snacks you'll be preparing this week-end—whether for the monthly meeting of the neighborhood bridge club, or as an after-the-hockey-game dish for the sport fans in the family—you'll be looking for something that's hot, nourishing and tasty. And if there are men present you won't go far wrong in serving a cheese dish.

In the good old days Welsh rabbitt mean bread and cheese—the Welshman's rabbit or meat. Later the name was used to designate a concoction made with melted cheese and served on bread.

Today rabbitt or "rarebit," as it is generally known, has many modern variations, and home economists have their special recipe.

CHEESE VEGETABLE RAREBIT—One cup tomato juice, one tablespoon fat, 1½ teaspoons mustard, two teaspoons Worcestershire sauce, salt and pepper, one egg, three cups cheese (grated), thre cups cooked vegetables, six slices bread.

Heat the tomato juice, fat, mustard, Worcestershire sauce, salt and pepper in the top of a double boiler. Add well-beaten egg and cook until mixture thickens (about three minutes). Add grated cheese and stir until melted. Arrange hot vegetables on toast or in toast cups (made by pressing slices of fresh bread into muffin tins and toasting in a hot oven). Pour sauce over vegetables and serve immediately. This quantity serves six.

And, incidentally, in preparing any cheese dish always remember that cheese becomes stringy if cooked at too high a temperature. Melt cheese over hot water and keep the heat low for a smooth rabbit.

VARIETY—If it's variety you are after in the dinner menu these days why not try a main course of liver, kidney, heart, tongue or sweetbreads, as a change from the usual cuts of meat, which nowadays are not only difficult to obtain but also are more expensive? Health authorities point out they all are rich in essential Vitamin A and Iron, and help to ensure healthy eyes and rich blood.

A taste for liver must be cultivated—and especially among the younger members of the family. For a new method of cooking, try grinding and mixing with chopped onion. After rolling in flour, fry in cooking oil as you would meat-balls.

SPANISH RICE MEAT DISH—½ cup rice washed and cooked till soft, one pound hamburger steak, one onion, one tin tomato soup, ½ cup bread crumbs, ¼ cup grated cheese, one teaspoon salt, ½ teaspoon pepper.

Brown meat and onion in frying pan over slow fire, add rice and tomato soup, and cook 15 minutes. Place in baking dish, sprinkle with bread crumbs and grated cheese on top and bake in slow oven 30 minutes.

ARE MARRIED AT SMITHERS

Mrs. Margaret Warner Becomes Bride of Jack Dunn

SMITHERS—A very quiet wedding was solemnized at 6 o'clock Thursday morning in the chapel of St. Joseph's Church, Smithers, when Mrs. Margaret Warner became the bride of J. (Jack) Dunn, with Father Leray officiating. Only members of the immediate families were present. The happy couple, both of whom reside in Smithers, will spend their honeymoon in Prince George and attend the bonspiel while there. They will be at home to their many friends in Smithers and district after the middle of February.

Timely TERRACE Topics

A. Howells of the Veterans' Land Board was in Terrace on Thursday.

John Hagan has purchased four lots on Park Avenue East through E. T. Kenny's real estate office.

Along with other places Terrace is experiencing really cold weather. Temperature was 15 below on Thursday.

BILL HANSON TAKEN HOME

SMITHERS—Bill Hanson has been taken home from the hospital and is resting comfortably there, having partially regained consciousness. It is reported that he may travel to Vancouver when his condition warrants a move, to undergo special medical treatment for a fractured skull.

The Markets

Tea and Coffee	
DeLuxe Quality, lb.	.85
Coffee, lb.	.46
Canned Fruits	
Plums	.17
Apricots	.26
Cherries	.32
Raspberries	.32
Pears	.27
Juices	
Tomato, 20 oz.	.14
40 oz.	.33
gallon	.63
Apple, 20 oz, 2 tins	.33
40 oz.	.35
gallon	.64
Grapefruit, 20 oz.	.15
484 oz.	.4 35
Orange, 20 oz.	19
Blended (orange and grapefruit), 20 oz.	.19
48 oz.	.45½
Canned Vegetables	
Cut Green Beans, each	.17
No. 3 Peas	.19
Mixed Vegetables	.18
Diced Beets	.15
Fruit	
Tomatoes (field) lb.	.27
Grapes, Malaga, lb.	.28 - .31
Pears, 2 lbs.	.25
Fancy Apples, 3 lbs.	.26
4 lbs.	.39
Grapefruit, Calli.	.09 and .14
Lemons, doz.	.37 - .47
Oranges, doz.	.28 - .62
Bananas, lb.	.17
Vegetables	
Mushrooms, lb.	.75
Spinach, lb.	.20
Beets, lb.	.06
Cauliflower, each	.25 - .45
Lettuce, each	.18
Celery, lb.	.13 - .15
Garlic, lb.	.75
Cabbage, lb.	.05
Calif. Carrots, 2 lbs.	.17
Brussels Sprouts, lb.	.34
Parsnips, 2 lb.	.15
Sugar	
White, lb.	.09
Golden Yellow, lb.	.09
Flour	
Pastry Flour, 7 lbs.	.35
Flour, 49's, No. 1 hard wheat	$1.75
Second Patent	1 80
Flour (24's	1.05
Fresh Milk	
Quart	.19
Pint	.10
Cream, ½-Pint	.15
Eggs	
Grade A:	
Large, cartoned, doz.	.51
Fish	
Halibut, lb.	.33
Salmon, lb.	.35
Cod, lb.	.25
Black Cod, smoked, lb.	.33
Smoked Kippers, lb.	.22
Milk	
Evaporated Milk, 16-oz. tin, 2 for	.23
Butter	
First Grade, lb.	.45
Lard	
Pure, lb.	.28

Mulligan Dinner Successful Event

SMITHERS—The Junior Women's Auxiliary of St. James Anglican Church, Smithers, held a very successful "mulligan dinner" in the hall on Wednesday evening. Mrs. Hinchliffe was in charge of this affair and the serviteurs were members of the Junior W.A.

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(2) Second Day Sale Shoes are Reg. Price LESS 20%
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