

HOUSEKEEPING

Beans were cultivated long before the commencement of recorded history. They were well known to ancient Greeks and Egyptians and when the first voyagers reached this continent they found various types of beans growing profusely. Beans offer interesting variety to suit every taste. Europeans prefer the broad thick types but the slender long-podded varieties are more common in America.

Another valuable quality of some beans is the suitability for use either immature or fully ripened. The edible podded varieties, which are at their best through July and August, are commonly known as "string beans" but are tender, crisp and stringless and may be either yellow or green. The yellow type are often called "butter beans" perhaps because they are so good when served with butter.

When buying fresh beans, see that they are crisp and tender when broken. Toughness or limpness is a sign that the beans are too old in either growth or in the length of time they have been kept after gathering. Green beans are often called "snap" beans because of the way in which they break when young and fresh.

The season for beans extends because it is possible to have several crops during the summer.

Fresh beans are always delicious when boiled and seasoned with butter but if they are served with a variety of sauces and

seasonings the family will never tire of them.

Home economists of the Consumer Section, Canada Department of Agriculture, suggest several variations in the preparation of beans as a vegetable and they say that a supply of beans pickled in mustard sauce is a decided asset in preparing winter meals.

SWEET-SOUR BEANS

6 cups beans, cut in 1-inch pieces
1 cup boiling water
1 tablespoon minced onion
2 tablespoons melted fat
1 tablespoon brown sugar
1 tablespoon vinegar
1/2 teaspoon salt
Dash of cinnamon

Cook the beans in boiling water for 15 minutes. Brown onion in fat. Add sugar, vinegar, salt and cinnamon. Add to cooked beans. Simmer 10 minutes. Yield: six servings.

Bean custard is a delicious supper dish.

BEAN CUSTARD AU GRATIN

2 cups drained, cooked beans
1 tablespoon chopped onion
1/2 cup bread crumbs
1 egg
1 tablespoon flour
1 cup milk
1/4 teaspoon salt
Pinch of sage

1/2 cup bread crumbs
1/2 cup grated cheese
Mix beans with chopped onion. Cover bottom of a greased casserole with 1/2 cup bread crumbs. Add beans and onion.

Beat egg, add flour, milk, salt and sage. Pour over beans cover with 1/2 cup bread crumbs then grated cheese. Bake in a moderately slow oven, 325 degrees F. Yield: six servings.

MUSTARD BEAN PICKLES

2 pounds yellow beans (8 cups cut beans)
2 teaspoons turmeric
1/2 cup mustard
1/2 cup flour
1 1/2 teaspoons salt
2 cups brown sugar
4 cups vinegar
4 teaspoons celery seed

Wash beans, trim ends and remove strings if necessary. Cut into 1-inch lengths. Cook in boiling, salted water until just tender. Do not over-cook. Mix turmeric, mustard, flour, salt and brown sugar to a smooth, thin paste with 1/2 cup of the vinegar to the mustard paste, blending well. Cook, stirring



FALLS LEAP FAILS — An attempt by Major L. Lloyd Hill, 31-year-old Niagara Falls riverman, to go over the Horseshoe Falls in a barrel Sunday ended in failure for him although the barrel completed the trip. This aerial photo shows the chain of events that led to failure. Hill and his barrel were launched above the falls. After going over a small dam, the barrel became caught in the under current and for 15 minutes rolled until it came near a powerhouse sluice gate. Then Hill was removed from the barrel. It was pushed out into the river and continued its course over the cataract. Hill plans to try again "around Labor Day." (CP Photo)

Ray Reflects and Reminisces

Statistics show that of late the families moving away from British Columbia have outnumbered the total of those moving this way. Probably heard of a house or a room to rent, somewhere on the outside.

It is quietly announced by the Department of Agriculture that beans were cultivated long before the commencement of recorded history. Speaking off hand, we should say the cultivation of pork started also a -- of a long time ago, too, but not that far back.

Lloyd Hill, sealed in a barrel, tried to go over Niagara Falls a few days ago. The barrel was swept into a cove, above the falls. Hill was dragged out, and may not try again. So far, there's only been one honest-to-goodness thriller at Niagara. About a century ago a Frenchman walked a tight rope stretched across the gorge from shore to shore, with ceaseless thunder and churning spray to steady his nerves. Not since then has there been anything to become excited about.

An old friend, not seen for years, called Wednesday and, after the usual exchange of

constant, until slightly thickened, about 5 minutes. Add beans to mustard sauce, blending well. Bring to boil and pour into hot, sterilized jars and seal store in a cool, dry place. Yield: about 8 cups.

pleasantries, inquired what the secret was. All he wanted to know was how I kept looking so young. For lack of something better to say, it was explained that keeping in the newspaper line helped preserve youth. Come to think things over, there must be something to it. For, you can't live in the past. Life today is now -- not yesterday or tomorrow. No dreaming, no dawdling, and enjoy a laugh now and then. It's no crime.

Never, in his evil-starred life, was Hitler very far from Austria or Germany, although he might have thought he knew all about other countries. It is presumed Stalin has never travelled widely. The chances are that the more anyone roams the world and meets more people of all colors and creeds the more difficult is it to think of ever being a dictator -- actual or would be.

Living on a flat, townsfolk has its conveniences, even if lacking, possibly, easy drainage or the picturesque. Prince Rupert's townsite has plenty of the latter two. Yet it has to be admitted there are disadvantages. For example, there is no handy contact between the business district and one of the most popular parts of the central part of the city. It's quite a step between the corners of McBride and Fulton Streets. It cannot be denied, though considering how unusual the topography is, the site was skillfully laid out. There is vast improvement work still to be done but the day will yet come when Prince Rupert will be one of the finest appearing cities in the west.

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Sweet Music Of Blasting

Much Activity On Various Properties Around Stewart
STEWART — The town of Stewart is echoing with the sweetest music a miner can hear these days -- the blasting of rock. Mining is in full swing.

Big Four now has 500 sacks of rich high grade silver ore stacked. A 14-horse pack train is taking it down to Marmot dock. A party of engineers was looking over the property last week. L. S. Davidson is in charge of operations.

A party of engineers flew to Morris Summit mine Friday morning. They will spend about two weeks examining it and nearby properties. Mining experts, they represent the Newmont Company.

Owney McFadden is packing out sacked ore from A. Phillips' Tide Lake property. John Hovland and A. Moa are working at the Unicorn. They, too, will be shipping high grade ore.

There have been encouraging reports of uranium deposits in the district.

The Yale Lead and Zinc Co. is now diamond drilling on the Red Cliff property at American Creek.

The Indian mine hopes to be shipping ore in the near future.

Surveys By Aluminum Co.

As part of the Aluminum Company of Canada operations looking to establishment of a \$300,000,000 plant in Central British Columbia, a field crew is at work in the Kildala area on the coast. This consists of clearing a trail and building winter shelter as preliminary to a year long study of weather conditions along the proposed line.

Back in Tweedsmuir Park, diamond drilling crews are examining the banks of the Nechako River, in an endeavor to find a dam site that would be powerful enough to stop eastward bound water, and allow a great reservoir for the development of power.

One of the chief problems is the construction of a power line that would lead by a tunnel through coast mountains, and into the proposed city of Kitimaat, fifty miles distant.

Judging from general results of all the work so far completed, particularly the surveying, the likelihood of the huge aluminum enterprise being established at Kitimaat is said to look favorable.

The vice-president of the company, M. Neely Dubois, is expected back from Arvida, Quebec, late this summer, when he will study what has been accomplished at Tweedsmuir to date and lay plans for the future.

Better English

1. What is wrong with this sentence? "I hope he received my letter."
 2. What is the correct pronunciation of "Bahamas"?
 3. Which one of these words is misspelled? Tremulous, treachrous, trespass.
 4. What does the word "inability" mean?
 5. What is a word beginning with "u" that means "easily deceived or cheated"?
- Answers
1. Say, "I trust he received my letter." Hope means to entertain desire with expectation of obtaining what is desired.
 2. pronounce ba-ha-maz, first and third a's as in ask, second a as in bay, accent second syllable.
 3. Trespass. 4. Discourtesy of man.
 4. The inaffability of the host embarrassed the guests.
 5. Gullible.

TOO LATE TO CLASSIFY

HELP WANTED — Applications will be received up to and including the 4th day of August for the position of manager for the Legion "27 Club" at the Canadian Legion, Sechartaral and bookkeeping experience essential. Applicants must apply in writing to 753 Daily News, stating salary expected and experience. Particulars of duties will be given at a personal interview at a later date. Veterans only need apply.

New president of the Vancouver Ministerial Association, 1950-51 is Rev. W. D. Gurn. Hollingworth, formerly of Prince Rupert where, years ago, he was minister of First Presbyterian Church.

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