sonable Ideas for Housekeepers

E TODAY—GONE TOMORROW D MOTTO, CHANGES POPULAR

emaker who is complaining that the her family are fussy, eeds to turn her critiherself. They may be because they do not me food served in the same way several days in succession or because much of the food she offers is neither well cooked nor attractively served.

A good cook has the ability to make appetizing dishes from plain, inexpensive or left-over foods. She serves favorite dishes fairly often and introduces new ones just often enough to keep up the interest. The family will be anxious to investigate the surprise if it is nicely served and will never suspect that its base was yesterday's stew, vegetable or cake.

If meals are carefully planned ahead of time extra quantities may be cooked so that a second or even third meal may be prepared quickly and with a saving of heat in the already hot kitchen. This double-day cooking may also be a great energy saver in canning time.

If meat loaf or the Sunday roast is served hot the first time then cold for one or two meals and ends up in a casserole dish or shepherd's pie there will be no suggestion of monotony.

Half a cottage pudding, made from a plain cake recip e may be served for dinner, then the remaining piece, when cool, spread with an icing or split and filled with jelly becomes a delicious cake.

The extra pastry shell, baked along with the green apple pie for dinner, is ready to be filled with fresh fruit or custard or a good chocolate filling for a later meal or perhaps the extra pastry will make shells for six or eight jam tarts.

Home economists have a few good suggestions for these second day meals.

Macaroni Meat Special

2½ cups cut mcaaroni (8 oz.)
1½ cups left-over meat, chopped
2 cups gravy
1 teaspoon spicy meat sauce
1 medium onion chopped
¼ teaspoon pepper
½ teaspoon salt
1 cup bread crumbs
1 tablespoon fat

Cook the macaroni in boiling water for 15 minutes. Drain well. Mix together the chopped meat, gravy, spicy meat sauce, onion, salt and pepper. Combine well with the macaroni and place in a well-greased baking dish. Cover with crumbs, dot with fat and bake in a moderately slow oven, 325 degrees F., for 20 minutes. Yield: six servings.

Chocolate Cream Pie

⅓ cup sugar
⅓ cup flour
⅓ cup cocoa
⅛ teaspoon salt
½ cup cold milk
1½ cups hot milk
2 egg yolks
1 teaspoon vanilla

Mix sugar, flour, cocoa and salt and combine with cold milk until smooth. Gradually stir in the hot milk, return to double boiler and cook 10 minutes, stirring frequently. Beat egg yolks, combine with a little of the hot mixture, add to mixture in the double boiler and cook 35 minutes longer. Remove from heat and add vanilla. Pour into a baked, nine-inch pie shell and top with the following meringue:

Meringue

2 egg whites
Pinch of salt
⅛ teaspoon baking powder
2 tablespoons sugar
¼ teaspoon cinnamon

Add salt to egg whites and beat until stiff. Mix baking powder and sugar and gradually beat into the egg whites. Spread meringue over filling, dust with cinnamon and bake in a moderately slow oven, 325 degrees F., until delicately browned, about 15 minutes. Yield: six servings.

YS AND WHYS BY Barbara Brent

eekly shopping and information service for today's woman

MONTREAL, July 22nd.—Your eyes work hard for you every single day . . . and even though you may not realize it, they're bound to get tired! That's why I suggest that you give them the care they deserve. Frankly, I use MURINE night and morning, and could hardly exist without the quick, welcome relief it brings . . . helping to relieve that tired, used-up feeling when eyes get weary! Containing seven ingredients that blend perfectly with the natural fluids of the eyes, Murine cleanses and icate eye tissues gently as a tear. Just put 2 drops in each your Druggist for Murine today . . . use regularly even ur eyes complain!

ed How Your Meals Become Festive and hen you serve golden, fluffy biscuits with course? Your family will think you're ecial" when you can stir up a delicious scuits any time they want them. So try this ipe, with BENSON'S CORN STARCH.

2-15 min. Oven: 450 deg. F. Yield: 12 to 13—2" biscuits. d measure 1¾ cups flour. Then sift together with ¼ cup Corn Starch, 4½ tspns. baking powder and 1 tspn. salt. Cut p lard or shortening rather coarsely. Make a well in centre mixture and pour in ¾ cup milk all at once. Stir lightly with knife, turn on lightly floured board and knead gently until Roll ½" thick and cut into desired shapes with lightly cutter. Place on lightly greased baking sheet and bake.

"Special Treat" Dish that Junior will love! More and more mothers are discovering that one *good* way to make sure baby will eat every last bite is to give him luscious "Cream of Wheat"! And it *extra*-appetizing . . . d ½ cup raisins, figs, r prunes to "Cream of hile it's cooking. So . . . and so good for baby, 5 Minute "Cream of s fairly brimming with ding Iron and Food- . . . and it provides extra nd Phosphorus for diets n these elements. That's any mothers put 5 Minute "CREAM OF WHEAT" at of their shopping lists

Summer's in Every Soft Breath of Wind . . . every faint rustle of poplars. High time to tune dessert-making to this pleasant leisurely season! You can do it *easily* if you use Jell-O—any of the seven "locked-in" fruit-fresh flavors. For instance—imagine the mint-lemony coolness of this dessert: Chill Lemon Jell-O until slightly thickened . . . set in a pan of ice water, whip frothy, pile in graceful glasses . . . garnish effectively with fresh mint. Or try Jell-O Fantasy: Pour heavy cream over set Jell-O in tall glasses . . . cut in several places to let the cream trickle through prettily. Easy—and good as they look, if you insist on the jelly powder with the big red "JELL-O" letters on the box. Jell-O is so economical.

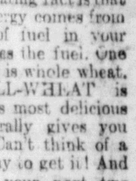
It's ation "os- . . to that won't nge unning drains! But the he matter is that they and, what's more, your nd" won't tell you—un- ause she knows *this* sec- eping drains clear. Just poons a week of GIL- DRAIN CLEANER will ns—even the "laziest"— ing and free from clog- ment! Yes, it's true . . . n an *easy* time-saving Gillett's Drain Cleaner you plumber's bills, too! y I urge you to ask your o-morrow for this time ble saver . . . Gillett's leaner!

Pack These Wonderful Playthings for your youngsters' fun at your favourite vacation spot! You'll find that VINYLITE Inflatable Toys take up no suitcase room at all when they're deflated . . . and they're so extremely simple to inflate! Your youngsters will love them . . . and so will you, for they're safe as safe can be—and noiseless, too! So for a pleasantly peaceful holiday, take along any one or several of the Vinylite toys—amazing animals straight from "Wonderland" . . . frogs — whales — beach balls — Vinylite Buoy-o-buoy cushions for your comfort and convenience. And when you're buying for summer fun—remember to look for the Vinylite Plastics trade-mark . . . it's your assurance of products tested and approved by *"The Better Fabrics Testing Bureau"*.

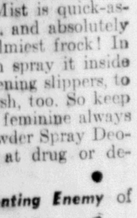
Keep Cool! There's nothing cooler nor more refresh- a shower-bath on a hot summer day . . . *every* hot there isn't a day-of-the-month that you won't be athe to your heart's content—when you've learned the TAMPAX sanitary protection that's worn internally. **your Trial Package** of Tampax *now*. Simply write to bara Brent, 1411 Crescent St., Montreal, P.Q.—en- se to cover mailing costs . . . and specifying the size —Regular, Junior or Super. Discover for yourself many modern women know . . . that Tampax, designed tor for women's monthly use—gives sure protection fort no matter how busy or warm your "calendar" days!

Quick and Delicious way to give yourself that added energy that makes everything seem to run smoothly. The fascinating fact is that energy comes from ing up of fuel in your od supplies the fuel. One est foods is whole wheat. GG'S ALL-WHEAT is eat in its most delicious d it literally gives you *to burn!* Can't think of a oyable way to get it! And ou order your next two , you'll have the two box r youngster needs to get r-Top...fascinating gadget ges! **Two All-Wheat box** 0c **and your name and** sent to: Kellogg's, Dept. lton, Ontario, bring you e-Yr-Top!

Do Be Sure that a Midsummer Night's Dream-of-a-Dance isn't turned into a Nightmare by carelessness on your part! When you're dressing for the dance, spray SNO-MIST head-to-toe! And as a double precaution, if heat is apt to "get you down" . . . tuck your handy Sno-Mist atomizer in your pocket or evening bag and take it along. That way, you can refresh yourself between dances in the Powder Room! For Sno-Mist is quick-as-a-wink to use . . . and absolutely harmless to the filmiest frock! In fact, you can even spray it inside your nylons or evening slippers, to keep your feet fresh, too. So keep yourself fresh and feminine always with Sno-Mist Powder Spray Deodorant—available at drug or department stores.



n Grate- y dress- ver since told me wonderful ICELLI SEW- THREAD. I've found it's a for mending split seams never split again! And, iety of fashion's favourite it will help you make test, most durable ward- ve ever owned! For Cor- ylon thread is *strong* . . . elastic . . . seams sewn with last for the life of the o why not take the expert of a dressmaker . . . for truly ory home sewing ask for Nylon Sewing Thread!



Here's an Unrelenting Enemy of every kind of insect pest you've ever heard of or been bothered by! It's SAPHO "The Killer" . . . it neatly, easily, instantly disposes of mosquitoes, flies or spiders that have made a rendezvous of your home! The first liquid used against flies, moths and bugs—Sapho has proved itself more than adequate for general indoor use. And it leaves clothes and furniture entirely unstained . . . the DDT crystals can so easily be brushed away. Ask for Sapho 5% DDT with the hand sprayer or for Sapho 10% DDT Pest Dust—for a home free from insect pests of all kinds!

Are Like Grown-Ups when it comes to food. every bit as fussy about the taste . . . and ed as much good nourishment as you can give them. That's why so many mothers HEINZ STRAINED BABY FOODS. Babies m and they're so exactly and skilfully cooked vacuum-sealed to retain vitamins and miner- igh degree . . . and so easy to digest! After his first birthday, ou vary his diet with Heinz Junior Foods . . . he'll be thrilled ose good chopped and diced vegetable—the three desserts and mplete vegetable Beef Dinner! So do look for Heinz Baby (blue label) and Junior Foods (red label) in the convenient e tin . . . and remember, they're each and every one of them by the famous Heinz reputation for quality!

"PRINCE" MIKE AND HIS BRIDE—"Prince" Mike Romanoff, 48, Los Angeles restaurant owner, is shown with his bride, Gloria Lister, 24, after their marriage in Las Vegas, Nevada. Romanoff said he had been in love with Gloria for most of the three years that she worked for him as his secretary. He had hesitated proposing because of the difference in their ages. The couple are spending their honeymoon in Beverly Hills, California.

Timely Recipe

Nectar Pear Whip

1½ cups apricot whole fruit nectar
1 tablespoon plain gelatin
2 tablespoons cold water
¼ cup granulated sugar
⅛ teaspoon salt
1 tablespoon lemon juice
1 cup diced fresh or canned pear

Heat nectar. Soften gelatin in cold water. Dissolve sugar, salt and softened gelatin in hot nectar. Blend in lemon juice; cool until thick but not firm. Beat with rotary beater until light and frothy. Fold in pears. Chill until firm. Serves 5 to 6.

Mr. and Mrs. M. R. Monsarrat of Honolulu, who arrived in Prince Rupert at the end of last week after an extended motor trip through Canada and the United States, sailed last evening on the Princess Louise for Vancouver where they will again take to the road.

WIDE INTEREST IN CITY RITES

Miss Elizabeth McBeath Bride of Richard Cameron

Prince George and Golden shared interest with Prince Rupert in a wedding solemnized quietly at First United Church here Wednesday evening when Elizabeth Eleanor, daughter of Mr. and Mrs. D. McBeath of Golden, became the bride of Richard Kenneth Cameron, of Prince George, youngest son of Mr. and Mrs. F. H. Cameron, of Prince Rupert. The ceremony was performed by Rev. A. J. Lawton, of Port Simpson.

Given in marriage by her brother-in-law, Bert Lenny, of Golden, the bride was attired in a three-piece suit of eggshell blue gabardine with corsage of roses, which she later wore for travelling.

Bridesmaid was Miss Laurie Hart of Salmon Arm. Groomsman was Goodwin Stromdahl of Prince Rupert.

Following the ceremony, a reception was held at the home of the bridegroom's parents at 337 Eighth Avenue East where 30 friends gathered. Guests were received by the bridegroom's mother and Mrs. Bert Lenny.

Toast to the bride was proposed by Mr. Lenny with response by the bridegroom. The evening was spent in dancing.

Out-of-town guests included Mr. and Mrs. Clifford Cameron, and son, Clifford, of Ocean Falls. Mr. Cameron is the eldest brother of the bridegroom.

The couple left by train last night to take up residence at Prince George where Mr. Cameron is employed by Canadian National Railways.

The Experts Say - -

By Kay Rex
Canadian Press Staff Writer

RAISING CHILDREN — Patience is one virtue parents must have if they want to raise children with well developed personalities.

Two brisk little booklets—"Fear" and "Temper" — have been published by the health and welfare department with a view to smoothing the path of child training for parent and offspring alike.

It's nothing out of the ordinary for the two-year old child to throw temper tantrums, says one booklet, explaining that the baby now is becoming a person and able to make his demands more known. He is demanding his right to explore his expanding world and to make a few decisions for himself.

Parents must limit their controls over the child to the most necessary ones.

While it's normal for a young child to be frightened at times health experts claim that if his fears are too intense or prolonged they can be harmful and cause much permanent damage to his developing personality.

Some fears are brief and immediately forgotten, such as a loud noise, or a scary Hallowe'en mask. But others are lasting and deeply injurious. Fear of authority may develop from a father who is too stern; fear of dirt from constant harsh scolding for getting dirty during play.

"Avoid the growth of such fears in your child by being tolerant and friendly about his progress, or lack of it . . ." says the booklet on "Fear." It urges that the child be praised for his efforts even if they are clumsy. If you make him feel a failure he will be full of fears.

A child of three or four often is afraid of htunderstorms, snakes, cats, dogs and so on, especially if the parent has shown a similar tendency in his presence. In such a situation it's up to the adult to reassure him and avoid ridicule. The youngster needs affection to help him over the insecurity that is the basis of such fears.

Family quarrels should be taboo when the young child is around. Parents may not know it, but experts say that family bickering can produce an uneasy fear in the child which may endure and become most damaging.

Bubble gum may be fun for the kids, but it's no joke when mother has to remove it from Junior's hair, or his face. One easy means of taking it off is by applying a little turpentine or alcohol to a soft cloth and gently wiping the gum away. Rinse with water.

Keeping the two-year old baby out of mischief is the problem of many a busy mother. An old purse with a few articles—a compact, comb and so on—put in its several compartments will keep the youngster quiet for a while. It will take him a long time to remove everything and meanwhile mother will have finished a few of those odd jobs.

Moose Women Entertained

The regular meeting of the Women of the Moose was held last night with Senior Regent Mrs. Thomas Glenn in the chair. Following a brief business session the members were entertained by the new officers. Whist was played, winners being Mrs. W. Bussey, first; and Mrs. F. Grimble, consolation. Delicious refreshments were served by the committee.

FOUR GIRLS IN CONTEST

Two pretty brunette girls, employed in the fisheries here, are the latest entrants for Prince Rupert in the Pacific National Exhibition-Famous Players beauty contest for the honor of representing British Columbia as "Miss PNE" on a trip to Hollywood.

The new entrants are:

Patricia Dumas, aged 16, five foot, six inches, 135 pounds, daughter of Mr. and Mrs. Stephen Dumas.

Frances Dorreen Hiltz, aged 19, five foot, six inches, 130 pounds, daughter of Mr. and Mrs. Arthur Hiltz.

These girls join two previous entrants—Miss Gloria Sawka, 17, and Miss Edith Jordan, 17—in the contest.

TROPICAL BIRDLAND

Tiny Ecuador has 1,780 species of birds; North America has about 600.

You saw it in the Daily News

Rev. and Mrs. R. A. Wilson, accompanied by their young son and daughter sailed on the Coquitlam Tuesday night for Massett where they will spend a month holidaying at the Sangan River.

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