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Peas &
Carrots



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ING IN THE DAILY NEWS BRINGS RESULTS.

Timely Recipes

APPLE CRUNCH PIE
Make pastry for two-crust 9-inch pie.
¾ cup shortening
2¼ cups sifted flour
1 teaspoon salt
¼ cup water
Sift flour and salt into bowl. Take out ½ cup flour. Cut shortening (with knives, fork or a blender) into remaining flour until the pieces are the size of small peas.

Mix ¼ cup water with flour to form paste. Add flour paste to shortening flour mixture. Mix and shape dough into a ball. Divide the dough into two parts.

Apple Filling:
6 large tart apples or 5 cups pared sliced apples
¾ cup sugar
¼ teaspoon cinnamon
¼ teaspoon salt
1 tablespoon flour
1 tablespoon lemon juice
1 tablespoon shortening

Crunch Topping:
1 tablespoon shortening
1 tablespoon sugar
3 tablespoons flour
¼ teaspoon salt

Roll pastry ½ inch thick. Line 9-inch pie plate with pastry and trim edge even with plate.

Pare and slice apples. Combine with other filling ingredients. Place in pastry-lined plate. Top with pastry which had had small steam vents pricked in the top. Trim edges to ½ inch beyond edge of plate. Fold edge under, seal, and flute with the fingers of a fork.

Sprinkle with topping ingredients blended together until crumbly. Bake in a hot oven (425°F.) 10 minutes; lower temperature to 350°F and continue baking about 25 to 30 minutes.

Doctors—Dentists Being Drafted

WASHINGTON—The department of defence has called for the drafting of 922 physicians, 50 dentists and 100 veterinarians for the army during November, December and January.

After painting and sketching at Telkwa over the past month, Miss Jeanne Faure, 111 8th Ave. East, returned to the city Saturday night. While in Telkwa Miss Faure stayed with Mrs. A. Dockrell.

HOUSEKEEPING

Buying By Grade Is Penny Saver; Home Economists Tell How to Do It

A PENNY SAVED

"Take care of the pennies and the dollars will take care of themselves." Most people think it rather necessary to take care of the dollars too but at least we may start with the pennies.

Home economists say that buying by grade is a wonderful penny saver.

Take eggs for instance. Whether from the seller's or buyer's viewpoint, grading is a decided advantage. There are four grades for eggs in Canada. All eggs sold in Canada are graded. If the eggs are packed in thirty-dozen cases the grade will be indicated on each end of the case; if packed in cartons, the grade-mark will be on the top of the carton; if displayed for sale loose, as in baskets, the grade may appear either on the container or on a tag displayed with the eggs.

GRADE A1—Clean, fresh and sound in shell, finest flavor. The eggs are marketed only by inspected farms operating under a special permit from the Dominion Department of Agriculture. Eggs of this grade are not available on all markets. They are, of course, higher in price than other grades.

GRADE A—Clean, fresh and sound in shell. The white is firm and jelly-like. These are suitable for cooking in the shell or for poaching or frying.

GRADE B—Reasonably clean eggs, sound in shell. The white is less firm. These are good for general cooking.

GRADE C—Any egg which, because of low quality or lack of cleanliness, cannot be placed in higher grades. These are suitable for use in baking.

GRADES A1 AND A—Are sold in three sizes:

Large—24 oz. and up per dozen.

Medium—22 to 24 oz. per dozen.

Pullet, Grade A1—20 to 22 oz. per dozen.

Grade A—18 to 22 oz. per dozen.

The grade of an egg may be judged by the appearance when it is broken. An upstanding, firm yolk and a jelly-like white usually means a top grade egg. A yolk that tends to flatten out and merge into the white and a white that is "runny" and spreads out,

indicates a grade B egg or perhaps a grade C.

Grade B eggs are just as high in food value as the higher grades and may be used in dishes where the eggs lose their identity when mixed with other more flavorful foods. The higher grade eggs are a "must" for cooking in the shell when delicacy of flavor is most important and for poaching, where the yolk should stand up and be covered by the water.

Whatever the grade purchased, careless handling in the home will cause high quality eggs to drop a grade in a surprisingly short time. Eggs must be kept cool all the time. The retailer should keep eggs under refrigeration and when they reach the kitchen they should be popped into the refrigerator immediately and not too near apples or Roquefort cheese as they readily absorb odors. Eggs should be stored with the larger blunt end up. This large end contains the air cell. If the large end is down the weight of the egg presses on the cell and tends to force it upward. This may loosen the protective inner skin of the egg. The yolk will rise to the small end of the egg and cling to the shell so it will be difficult to remove the egg from the shell without breaking the yolk.

So to save the pennies it is wise to know which foods may be purchased by grade and to give careful attention to the foods when they reach the home kitchen.

Indian Dep't Indifferent?

But in Prince George, Not Prince Rupert

The Vancouver Province makes editorial reference to an Indian woman convicted in the County Court at Prince George of arson and sentenced to two years. She had pleaded not guilty. The judge, the paper says, passed sentence reluctantly. The accused had no counsel and spoke

little English and could not understand court procedure. Obviously, to quote, "here was a case in which the Department of Indian Affairs should have been represented and should have at least provided counsel for its ward." (The Province said the case was in Prince Rupert whereas it was actually in Prince George.)

ACHING BACK?

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