

The Experts Say...

By KAY REX

Freezing Food

A food locker means garden-fresh fruit and vegetables all winter long. But the housewife should guard against letting her enthusiasm run away with her storage space.

Some economists warn housewives to budget food needs for the year ahead. Since frozen foods may deteriorate in flavor appearance, and food value, after more than one year's storage, it is not wise to store more than actually used.

Here is a suggested budget for a family of four, based on the six-month non-productive period of the year:

Asparagus—12 pint (16 oz.) containers; beans—24 pint containers; peas 24; spinach 24; corn (whole kernel) 24; corn on cob 12.

This amount will serve 120 dinners during the six-month period, or frozen vegetables served five times a week.

Strawberries—24 pint (16 oz.) containers; raspberries—24 pint containers; rhubarb—12; fruits for pies (gooseberries, sour cherries or blueberries) 12.

This will give 21 frozen fruit desserts for a six-month period, or three times a week.

Cherry Olives

Cherry Mock Olives is a new dish which may be served as a relish or hors d'oeuvres and makes a colorful garnish for salads, meats or poultry. Here is the recipe:

BEEF STROGANOFF

1 lb. beef round strips, 1x2x1/4" 4 tablespoons fat

1/2 cup chopped onions 1 teaspoon salt

1/8 teaspoon pepper

1 teaspoon paprika

1 cup hot water

2 tablespoons flour

1/4 cup cold water

3/4 cup sour cream

Brown meat in fat with onion in heavy frying pan.

Add salt, pepper, paprika and hot water.

Cover. Cook until meat is very tender.

Mix flour and cold water to smooth paste.

Add to sour cream. Add that to meat and stir constantly over slow heat till it thickens. Serves four.

Sit back and watch the pleased faces 'round your table.

Next day braise the rest of the beef round. Remember Burns & Co.'s directions?

Brown meat in fat. Season.

Add enough liquid to cover bottom of pan. Cover tightly. Cook slowly. Add vegetable and top those and half the meat and gravy with pastry. It's a good pie!

Then the following day try this:

Grind braised meat.

Mix with macaroni and sauce and bake to make a savory casserole.

If you buy carefully, use ingenuity in cooking, you'll never hear the family say, "I'm tired of roast beef every day."

ON TOP

Venezuela is the northernmost nation in South America.

SETTLED BY DUTCH

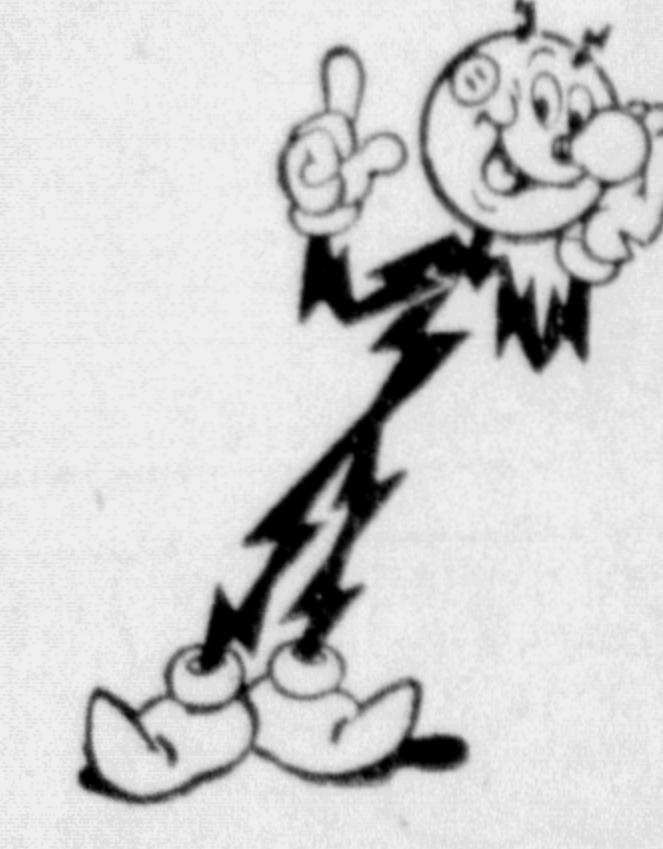
British Guiana was first settled by the Dutch West Indian Company about 1620.

You saw it in the Daily News!

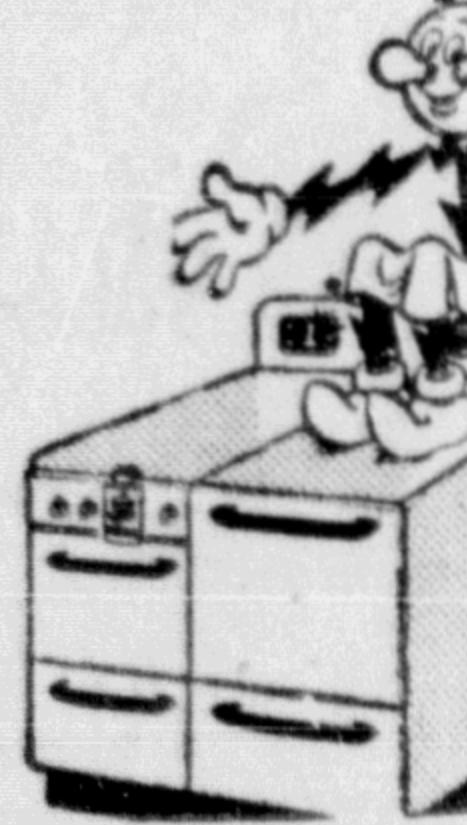
B. F. Brandstrom, forestry consultant to the Columbia Cellulose Co., left by air this afternoon on his return to Vancouver after spending the last couple of weeks in the city on business.

REDDY KILOWATT — Your Electric Servant

COOK ELECTRICALLY AND ENJOY THE DIFFERENCE



"Enjoy a cooler kitchen when the thermo starts creeping to high heaven... thermostatic control of heat which affords dependable, even temperature without the need to hover over the range!"



"Enjoy the pleasure of cooking electrically—the various innovations in the modern electric range which turn 'experiments in cooking' into 'experienced cookery'!"

"Enjoy controlled cooking: meats neither overdone nor underdone—vegetables cooked in little or no water so that the very minimum of vitamin goodness goes off in steam!"



LIVE ELECTRICALLY AND ENJOY THE DIFFERENCE!
Says Ready Kilowatt
Your Electric Servant

NORTHERN BRITISH COLUMBIA POWER COMPANY LIMITED

Local News Items...

• Soccer tonight, Roosevelt Park, 7 p.m., Legion vs. Battery

Miss F. Micholuk returned on the Prince Rupert today from a trip to Vancouver.

Mr. and Mrs. Gilbert Brown of Victoria arrived in the city this afternoon on a holiday. Mr. Brown was formerly a naval officer here during the war.

Dr. and Mrs. P. J. Cheney returned to the city on the Prince Rupert today from a trip to Vancouver.

• Attention — Housewives of Prince Rupert. Are you satisfied with the purchasing power of your dollar? If you are not, attend meeting to be held in Moose Temple, Monday, July 19, 8 p.m.

Canadian Legion Regular Monthly Meeting suspended during July and August.

(1t)

Mr. and Mrs. Charles H. Coull of Victoria arrived in the city today on the Prince Rupert. Mr. Coull is to take the position of manager of the local office of Central Mortgage and Housing Corporation, replacing J. L. McEwen, who is being transferred to Victoria. Mr. Coull and Mr. McEwen are leaving Friday night on trip to Prince George and will return next Tuesday night.

• Hear Colonel and Mrs. J. Tyndall at the Salvation Army Citadel tonight. All are welcome.

(1t)

TWO B.C. MEN UP IN GOLF

HAMILTON, Ont.—Vancouver's Walter McElroy and Hugh Morrison were the only British Columbia golfers left today in the running for the Canadian Amateur championship following Tuesday's first round matches at the Ancaster Golf Club here.

Morrison defeated Montreal's Guy Rolland on the nineteenth hole and McElroy beat Montreal's R. A. Ellis two up.

Both advanced into the second round today.

Tommy Robertson, who paced British Columbia's Willingdon Cup victory, was beaten by R. B. Pritchard of Montreal three and two.

The British Columbia amateur champion, Percy Clegg, lost to Bruce Dorman.

The Canadian junior champion, Bill Mawhinney, was ousted by Doug McKellar of Oakville, Ontario, on the nineteenth.

Another big upset was the defeat of the United States amateur champion, Skee Riegel, by 30-year old Ken Ward of Montreal.

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OLD PICTURE**Recalls Days When Railway Was Being Linked Up**

S. B. Peacock, veteran railroad man, has a picture of historic interest. It shows the meeting of the two steam shovels, working east and west, in a cut at a point at Fraser Lake, in 1914. It was here, not long after, that the steel laying crews completed their work and the rails of the new transcontinental railway, the Grand Trunk Pacific, were joined.

To Vancouver—O. J. Moscrip, I Pallant, B. F. Brandstrom, R. McMillan, A. C. Findlay, R. Forgie, Mrs. C. Thompson, T. Christie, B. Chow, J. Slatta, C. Underhill, G. Rasmussen. To Sandspit—D. G. Stevenson, Mrs. A. Husband, Dennis Husband.

From Vancouver—Mr. Foster, J. R. Kerr, A. C. Findlay, Mr. Smith.

From Sandspit—Mr. and Mrs. J. Daniels and infant.

SCIENCE OF LANGUAGE

Philology is the science of language.

Announcements

All advertisements in this column will be charged for a full month at 25 cents a word.

Loyal Order of Moose public basket picnic excursion to Terrace August 1.

Catholic Bazaar, October 6 and 7. (168)

Queen Mary I.O.D.E. Bazaar, October 20.

Rebekah Fall Bazaar, November 3.

Canadian Legion W.A. Bazaar, November 10.

Presbyterian Fall Bazaar, November 18.

Salvation Army Home League Sale, Nov. 23, 2:30 p.m., Sons of Norway Hall.

Cambrai Chapter, I.O.D.E. Sale November 25th.

Hotel.. Arrivals