COOKING BY CLOCK—HOW TO GET RESULTS WITH PRESSURE COOKER

Commercial establishments and at 15 lb. pressure for 50 minutes. institutions have used pressure Cool cooker quickly. Add vegecookers to advantage for many tables and pepper. Close cooker, years but cooking under pressure homemakers.

When a new or improved way, surrounded by vegetables. Thickof doing any household task, is en gravy and serve separately. discovered there are always a Yield: six servings. few daring women who try it out. If they are satisfied that the job is done easier or better they tell their friends and neighbors. Small, home-sized pressure cookers are being used in more and more homes and are now standand equipment in the bride's

Pressure cooking saves fuel and time but women must learn to use this new piece of equipment correctly in order that it will serve them well and cook the food so that the members of the family will like it.

The pressure cooker allows the woman who works to perform apparent miracles in meal preparation. It is also a boon to the homemaker on her afternoon out, for she is able to serve a delicious dinner half an hour after she arrives home. Economy cuts such as tongue, heart and stewing fowl, which ordinarily require such long cooking, may be cooked to delicious tenderness in an hour or under.

Vegetables are cooked in a matter of moments and can be served in all their delicious freshness. There is, however, a canger of overcooking and spoiling these delicate foods.

The wonderful food value of whole grain cereals gave them a permanent place on the breakfast menu when the coal stove burned all night and they could cook slowly for hours. The pressure saucepan shortens the time of cooking and makes it possible for the children, and father also, to start the day with a satisfying hot cereal for breakfast.

Although the individual homemaker must learn how she may best make her pressure cooker be an efficient servant, it is best to follow accurately, the rules laid down by the manufacturer of the particular co ker. Once she has mostered the basic rules sho may try other ideas.

Home economists recommend the following recipes as being particularly good:

- 4 eggs
- 1/3 cup sugar 1/4 teaspoon salt
- 3 cups milk ½ teaspoon vanilla

Beat eggs until ign idd sugar and salt, blending well Heat milk slowly and add to egg mix-Add vanilla. Beat well. into greased, individual molds or one large baking dish, cover each mold with two layers of waxed paper and tie securely, place water in saucepan and place molds on rack. Cover and allow all air to escape. Cook at 15 pounds pressure for 4 minutes. Cool cooker quickly. ARIATIONS:

Peppermint candy, broken into small pieces, may be sprinkled in bottom of each mold before adding custard.

One half the milk may be replaced with hot, strong coffee. Maple syrup or brown sugar may be used to replace white

One square of chocolate mab' grated and melted in the stalding milk.

OLD FASHIONED COILED DINNER

- 3 lb. comed beef brisket. rump or blade
- 11/2 mins water 1 bay leaf
- ·2 celery leaves 1/2 medium turnip, diced
- lengthwise medium onions, halved

6 large carrots, halved

- 3 medium potatoes, quar-
- 1 small cabbage, cut into

is teaspoon pepper. Cover meat with cold water bring to boiling point and simmer 5 minutes, then discard water. Place meat on rack in pressure saucepan, add 11/2 cups water, bay leaf and celery leaves. Place cover on cooker and cook

TOO NOISY

MORDEN, Surrey, England (P) -Charles Vaughan was blowing his own trumpet about the quality of his ice cream and was fined in court here next day. Charles paid \$3.10 for blowing his ice cream truck klaxon to attract customers.



Queen Charlotte City Wedding

A wedding of interest on the Queen Charlotte Islands took S Holding Tea place Friday at Queen Charlotte City when Miss Eleanor into the small hours of the hands of the men.

J. A. Rutherford, B.C.L.S., sailoring to 15 lb. pressure and cook minutes. Cool cooker at once. Serve meat on a large platter,

holiday in Vancouver.

This Thursday afternoon the L. M. Greene, the Club has wit-Bernard became the bride of ladies of Prince Rupert must nessed a steady growth. Projects Norman Blunt. A huge recep- once again look to their social undertaken have so far been tion at the town hall, to which laurels while enjoying the rare limited to carrying out building an open invitation was extended privilege of receiving fine food and equipment repairs and unto citizens of the town, lasted and good entertainment at the derwriting such organizational

Men's Club of the United Church tivity in the community. Victor Welch sailed on the booth this year will innovate the Dr. A. W. Large and Jim Thomp- of home cooking Chilcotin Sunday night for a sale of roast chicken and other son, old hands at this sort of Tony Crawley is the Club's

min of made a bolication frizes for fire 3 and 4 o'clock when well known local talent will entertain the

Since its inception last year under the chairmanship of Dr. activities as the Boy Scouts. But With proceeds going toward with a steadily increasing memtheir program of improvement bership the Club looks forward firemen engaged in rescue work. of building and grounds the to broadening its scope of ac-

delicatessens. A two-spot pro- thing, will pour. Kitchen organi- convenor for the occasion.

Camera fans have yet another contest they can enter, according to word at the Fire Hall The International Fire Fighters Association are offering three prizes in each of two classifications. First prize in each group is \$200, second prize \$100, and third, \$50. The "A" classification is the best photograph of fire fighters in action. "B" classification is the best picture of

zation is again in the charge of is serving tea in the United Club President Dr. L. M. Greene Tony Crawley and Art Nickerson Church basement. Home cooking and Rev. L. G. Sieber will receive. once more presides over the sale

.... Wine at Hazelton Opens

tonight's train for Smither conduct a session of Con Lisle Gatenby, British Columbia mining man, is back from Mr. and Mrs. Vincent South America where he spent no fewer than four years. Mr. to accompany some children charge of the American Standard mine at Hazelton which is

Mr. and Mrs. W. T. Thornton and children sailed Sunday night on the Chilcotin for a holiday in the south

Mr. and Mrs. W. Shortridge sailed Saturday on the Princess Louise for Victoria near where they expect to make their home.

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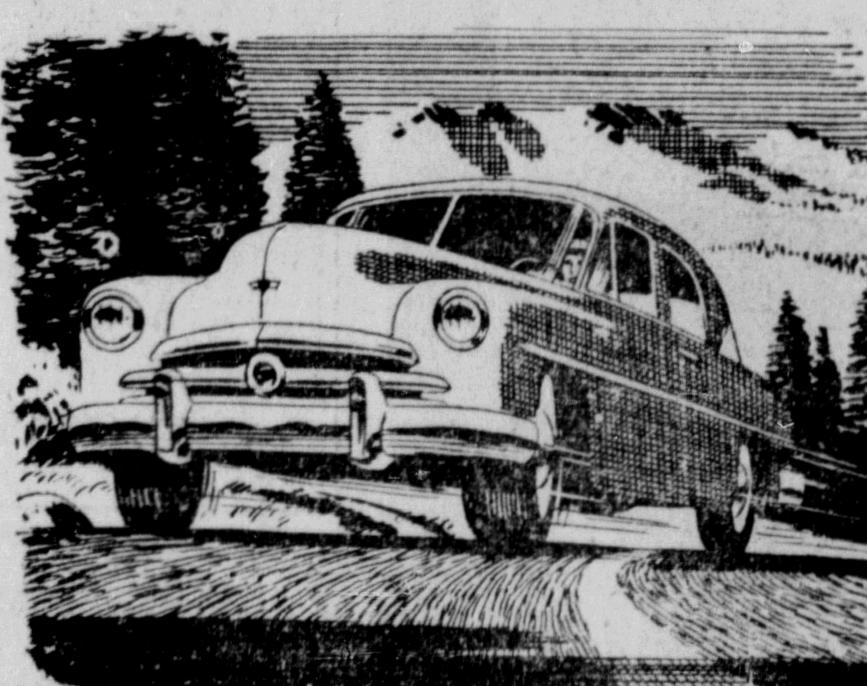
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