

HOUSEKEEPING

MUSMELONS LEND THEMSELVES TO VARIETIZING DISHES

Edible melons are of several classes. The one quite distinct in taste and texture, other than muskmelon, cantaloupe and Honey Dew melon, is the thick flesh with a cavity.

These melons are used for many purposes but have a certain character. These melons are not eaten as such but are used in salads, soups, and other dishes. The green or salmon-colored melon is similar in flavor to the cantaloupe.

These melons reach the weight of fifteen pounds and have a delicate, light green flesh. Watermelon grow naturally in Africa and are much enjoyed by the people and animals for refreshing cool juiciness. The cultivated varieties have the appeal of colour added to the other qualities. The thick white rind is not edible in the raw state but makes a delicious pickle.

Casaba and Honey Dew melons are grown in mild climates and in Canada are often called Winter melons.

Cantaloupe, muskmelon and Watermelon are at the peak of perfection now. While these melons may be cooked in various ways, the flavour changes considerably and so the fresh, uncooked fruit should be served often while in season.

Opinions vary greatly on what to serve with melon. The gourmet feels that a sprinkling of salt brings out subtle flavours. Some authorities say that the slight tartness of lemon or lime is required to bring out the real flavour while still others like a little sugar. All agree, however, that melons should always be

thoroughly chilled.

Melon balls, combined with other fruits and pointed up with a sprig of mint, make a perfect appetizer to start off a summer meal.

Melon balls or cubes set in a tart lemon jelly are delicious for the salad course.

If a mound of cottage cheese is served on crisp lettuce beside the moulded jelly, the salad would be substantial enough for a main course at luncheon.

These recipes come from the home economists.

MELON VELVA
2 tablespoons gelatine
½ cup water
Juice of 1 lemon (about 2 tablespoons)
¼ teaspoon salt
½ cups sugar
5 cups melon puree (about 5 lb. of melon, as purchased)

Soak gelatine in cold water for 5 minutes and then dissolve by heating over boiling water for 10 minutes. Add lemon juice, salt and sugar to puree. Have the puree mixture at room temperature and slowly add the dissolved gelatine, stirring constantly.

Place in trays and freeze until firm, having temperature control at coldest point. Then turn into a chilled bowl and beat with a wooden spoon or electric mixer until it lightens in color, increases in volume and has a smooth texture. Beating must be rapid to prevent complete melting. Return mixture to trays and leave in the refrigerator a few hours to harden. Yield: about one quart.

FRESH FRUIT CUP
1 cup melon balls
1 cup diced fresh pears
1 cup diced fresh peaches
½ cup diced apples
¾ cup marshmallows (optional)

Prepare the melons, either as balls or cubes. Dice other fruit and combine with melon balls and quartered marshmallows. Chill and garnish with blue grapes and mint sprigs. Yield: six servings.

Liberals At Bella Bella

The Bella Bella Liberal Association was reorganized this week by Frank Clark, district organizer from Prince George, who returned to the city on the Camosun yesterday afternoon and proceeded by the evening train to Telkwa enroute back to Prince George.

A. Widsten was elected president of the Bella Bella Liberal Association and T. L. Brown secretary.

Mr. and Mrs. W. J. Richards left by today's plane for a week's trip to Vancouver.

CFPR RADIO DIAL 1240 Kilocycles (Subject to Change)

SATURDAY—P.M.
4:30—Show Business
5:00—Facts about the Films
5:30—Sports College
5:45—Memor from Lake Success
6:00—CBC News
6:10—The Commodores
6:30—Musical Varieties
7:00—Chamber Music Society of Lower Basin Street
7:30—Square Dance
8:00—Prairie Schooner
8:30—Jean Gregory Sings
8:45—John Sturgess
9:00—Soresca a Quebec
9:30—Ray Norris Quintet
10:00—CBC NEWS
10:10—CBC News
10:15—Trocadero Orchestra
10:30—Pat Doyle's Orch.
10:45—John Sturgess
11:00—Weather
11:04—Fish Arrivals
11:06—Sign off

SUNDAY
8:30—Recital
9:00—BBC News and Commentary
9:15—Music for Meditation
9:30—The Concerto
9:59—Time Signal
10:00—B.C. Gardener
10:15—Frosia Tells a Story
10:30—Music for Children
10:45—Heroes of Faith
11:00—CBC News
11:03—Capitol Report
11:30—Religious Period
12:00—Your Invitation to Music
1:30—Church of the Air
2:00—Music I Like
2:30—Critically Speaking
3:00—John Fisher Reports
3:15—CBC News
3:17—Clearing up the Weather
3:27—Weather Report
3:30—My Uncle Louis
4:00—National Sunday Evening Hour
4:45—The Old Songs
5:00—Startime
6:00—CBC Summer Theatre
6:30—Little Symphonies
7:00—CBC News
7:10—Week-end Review
7:20—Our Special Speaker
7:30—Summer Strings
8:00—Winnipeg String Concert
8:30—Organ Recital
9:00—Summer Time
10:00—CBC News
10:10—CBC News
10:15—Canada's Pioneer Industries
10:30—Vesper Hour
11:00—Weather and Sign Off

MONDAY—A.M.
7:00—Musical Clock
8:00—CBC News
8:10—Here's Bill Good
8:15—Morning Song
8:30—Music for Moderns
8:45—Little Concert
9:00—BBC News & Comty
9:15—Morning Devotions
9:30—Sunrise Serenade
9:45—Famous Voices
9:59—Time Signal
10:00—Morning Visits
10:15—Morning Melodies
10:30—Melody Time
10:45—Invitation to the Waltz
11:00—A Man and His Music
11:15—Round-up Time
11:30—Weather Report
11:31—Message Period
11:33—Recorded Interlude
11:45—Scandinavian Melodies
P.M.
12:00—Mid-day Melodies
12:15—CBC News
12:25—Program Resume
12:30—B.C. Farm Broadcast
12:55—Recorded Interlude

Annual Trip To Churchill

WINNIPEG—The 14th annual excursion train to Churchill on the shore of Hudson Bay rolled north toward the Atlantic Ocean from Winnipeg yesterday with 230 passengers of whom 31 were Canadians and the rest Americans from points as far separated as Baltimore and Los Angeles.

Minnesota contributed the largest number of excursionists going north of 54. There were 40 from that state. Illinois comes next with 25. The south is represented by a traveller from Memphis, Tenn.

As usual, doctors led the professional classification among the trippers. There are 10 of them on board, accompanied by their wives.

Waterloo, Iowa, contributes 20 folk who looked over the field last winter and picked on Churchill for their vacation this summer. They are a travel interest group.

There are two diners and a recreation car with movie projector and piano on the 15-car train which will become a travelling hotel for the next seven days.

The group was entrained at Dauphin yesterday afternoon where the Chamber of Commerce drove them through this rich wheat growing area, followed by a tea on the station grounds. Subsequently they will go far underground clad in oilskins to visit the workings of a base metal mine, fish for lake trout deep in the bush country.

Mounties Were Here Before

It will not be the first time, next week, when members of the Royal Canadian Mounted Police were on duty in Prince Rupert. Quite a few years ago Commissioner S. T. Wood, the present Dominion head of the force, was in charge of the detachment here. The Mounties had a small barracks on Third Avenue just across from Second Street. It was originally a bank building and is now owned by Jack Wrathall.

coax Eskimo into being photographed and climb the tumbling masonry that was once Fort Prince of Wales, terminus of an ocean route between Europe and this continent, before most American cities were born. The party returns here August 17.

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—By CHIC YOUNG



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