LADIES' LUNCHEON CALLS FOR SOMETHING DIFFERENT

supposed to be a colorful and meal. dainty meal which appeals to Each hostess who plans a fat for one minute or in a mod- cube of bread is brown in 1/2 ister G. R. Strauss told Canathe esthetic sense but at the lacies' luncheon wants to do erately hot oven, 375 degrees minute, the fat is ready for the dian newspaper men yesterday. LONDON, (P) -The "beanie"

as able and willing as the men ing and serving. Croquettes are

achievement.

same time is a gastronomic something a little different. Home economists suggest try-How or when this idea be- ing croquettes. They have sev- kept hot in a very slow oven be put into the fat at one time, to "ensure that the necessary, A close-fitting skull cap, all ca came fixed is unknown, for the eral advantages for the homeladies of this century are just maker who does her own cook-

F., for 5 minutes. If made an frying of croquettes. Only a He said the government has has returned as the Easter milhour ahead of time, they may be small quantity of food should instructed all its departments linery rage in Britain. until ready to serve. as the cold food reduces the resources are available for an one piece or sectioned, it may saver or an extravagance, ac-) the fat before adding a second the Canadian market." cording to the ingredients but lot of croquettes. they do give a bit of leftover

plate serving. While croquettes are frequently made with freshly cooked or canned foods such as chicken, \ sweetbreads, lobster, hard-cooked eggs or mushrooms, they are an excellent means of using these or other foods for a second meal.

meat, vegetables or fish the

handled for either buffet or

The usual proportion is two cups of the minced, solid food to one cup of thick white sauce. This makes a fairly solid croquette. For a croquette that is soft in the centre when cooked the proportion is reversed, such soft croquettes do require careful handling but are usually considered worth the trouble.

eliminated deep fat frying from in crumbs then in egg, then in quettes. Beat egg slightly and many households. Now is the crumbs and let stand I hour, add water. Roll croquettes in time to revive this type of Fry in deep fat until golden crumbs then in egg, then cooking. A heavy saucepan with brown. Yield: six croquettes. crumbs. Let stand 1 hour and deep sides should be used The Meat croquettes may be made fry in deep fat until golden

not commonly served because the pan, to keep the fat from EXPORTS HERE they are often considered dif- bubbling over. Croquettes should

MUSHROOM CROQUETTES

- luxury touch. They are easily 2 tablespoons fat
 - 2 tablespoons flour
 - ½ cup milk 1/2 teaspoon spicy meat sauce
 - 1/8 teaspoon curry powder
 - ½ teaspoon paprika ½ teaspoon salt
 - 2 tablespoons cracker crumbs
 - egg, slightly beaten cup chopped fresh
 - mushrooms

egg 2 tablespoons water

1 cup cracker crumbs Melt fat, add flour and blend well. Add milk slowly, stirring constantly until mixture thickens. Cool slightly, add meat sauce, curry powder, paprika,

fat should be about four inches with ground cooked chicken, brown. Yield: 12 croquettes.

Prince Rupert Daily Mews

Thursday, May 5, 1949

LONDON (P)-The governficult to make but this is a mis- be cooked at 390 degrees F. If ment is willing to go to "imtake. They may be prepared no thermometer is handy it may mense lengths" to help Bri-The luncheon for ladies is folk to tuck away a substantaal ahead of time, kept for several be tested by dropping a cube of tish industry increase its exhours and reheated in the hot bread into the hot fat. When a ports to Canada, Supply Min-Croquettes may be a penny temperature of the fat. Retest increased flow of products to have an all round minute roll

FISH RADAR

sory organs that enable it to feel from 29s 6d. (\$5.90) to 55s 6d. its way through muddy water.

pork, veal or beef. MEAT CROQUETTES

- 4 tablespoons fat
- 4 tablespoons flour 1 cup milk
- ½ teaspoon salt 1/8 teaspoon pepper
- ½ teaspoon celery salt
- teaspoon chopped parsley 2 cups minced cooked meat.
- 2 tablespoons water 3/4 cup cracker crumbs
- Melt fat, add flour and blend salt, cracker crumbs, egg and well. Add milk slowly, stirring

mushrooms. Mix well and shape constantly until thick. Add salt, bow. into croquettes. Beat egg slight- celery salt, parsley and meat. Scarcity of fats has practically ly and add water. Roll croquettes Mix well and shape into cro- FLANNEL OR SILK

Humble Beanie Still Popular

Versatility of Revived Style Appealing to All Ages, and Teen-Agers Go For Tartans

By Muriel Narraway

(Canadian Press Staff Writer)

brim, a half-round fold brim or a shallow forward sweep.

The cinderella of Easter bon-A catfish's "whiskers" are sen- nets, it is selling in 10 shades Its popularity lies in its adaptability and suitability for all ages.

> The roll brim beanie can be worn undecorated, sporting curling feather mount or a tall waving pheasant quill; or it can be transformed into a bonnet by two side choux of flowers, minished by eye or face veil.

The beanie bonnet in pastel straw sits well back on the head with shallow forward brim and side chou of tall black feathers. A petal-edged, to-the-head version in felt has a waving spray of osprey mounting from a side

A tiny cloche style in pale flannel grey has grey and pink satin ribbon choux at either side. A watered silk cap in three sections, cut back to a point in front, is trimmed with a large pompom of marabou and ostrich feathers.

The "shell" beanie is in six sections, with open back and scalloped edges, while the beanie bowler of straw or felt sits well back on the head with shallow bowler-shaped crown, minute roll brim and can be either feathered or flowered with full face veil.

Then there's the tartan tafteta beanie with fold brim and huge matching side bow which is a popular teen-ager. The taffeta hats, in tartan, check or candy stripe, are attracting an increasing following in the younger generation -- be they beanie, cloche or bonnet.

Young and chic is the shirred cloche check taffeta simple and practical with its lack of trimming. A coarse straw cloche with tartan crown has matching scarf and gloves.

The taffeta hats are often matched to the lining and blouse of a suit, the bow of a beau brummel collar or, repeated in gloves, bag and shoes.



VANCOUVER - VICTORIA SEATTLE

Tuesday, 1:30 p.m., Chilcotin Friday, 5 p.m., Catala Sunday, 10 p.m., Coquitlam ALICE ARM, STEWART AND

PORT SIMPSON

Sunday, 11 p.m. FOR SOUTH QUEEN CHARLOTTE ISLANDS s.s. Coquitlam, May 6, May 20.

May 20. FOR NORTH QUEEN CHARLOTTE ISLANDS s.s. Coquitlam, May 13 and 27.

FRANK J. SKINNER Prince Rupert Agent Third Avenue Phone 568

WANWANESA, Man. (P) - deer during the three The local Game and Fish As- March when natural sociation recently outlined a still buried and the an

scheme to distribute feed to in their weakest cond



MONTREAL, May 5th-Don't worry a greasy spots busy children put on your in Oil from bicycles or the markings of pea ter sandwiches on your favorite chair disap gum is easily removed with Energine. Y gine is that famous cleaning fluid that's gentle with fabrics of all kinds! No w many mothers I know say it's a "boon and blessing" when

are around! You can get Energine Cleaning Fluid at your department store for as little as 25c. Just follow the simple di for wonderful results and no tell-tale rings at all! Wonderful May Days . . . but there's that bothersome chore of



I winter clothes out of reach of Mr. Moth 7 know you'll be glad to know about LARV see, there's no need to wrap or store clothes y mothproof them the Larvex way! One spray ally mothproofs the cloth itself for a whole Larvex is so sure . . . moths will starve to dea than eat anything treated with Larvex. It's ... just spray the garment with Larvex and he

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of Heinz.

This Month Your Grocer is featuring special displays the famous 57



years ago the first Heinz kitchens in Canada were installed in a fivestory frame building which was found to be out of "perpendicular" and had to be partially rebuilt. And today the huge Heinz plant at Leamington covers many. many acres - includes the largest tomato products factory in the world! The House of Heinz has grown because all the world loves good cating! . . . today, the Canadian friends of Heinz are numbered by the thousands and thousands! And we can be sure that in the years ahead, Heinz will continue to provide us with quality it's such an excellent idea products easy on our time, energy

and budgets! It Works Like A Charm to clothes . . . this wonderful TINTEX COLOR REMOV-ER! Prepare your Summer wardrobe for a "transformation" with Tintex

Color Remover . . . then add gay new color with All-fabric Tintex Tints and Dyes! All-fabric Tintex climinates all worry and guesswork from home dyeing ... simply follow the easy instructions for guaranteed results! You'll find All-fabric Tintex Tints and Dyes at your drug, department or varjety store at 15c each . . . choose your favorite colors from the Tintex "rainbow" range of beautiful

them so thrifty. Greet May's Sunny Days With An "always fresh" look smooth-as-satin after beauty-mild WOODBURY FACIAL SOAP! Woodbury Fac contains a smoothing beauty-cream ingredients

dry, taut feeling-no "skin-burn"! And here's give yourself a "Woodbury Facial Cocktail" up a creamy-rich lather with Woodbury Fac Massage thoroughly over face to cleanse an Follow with two rinses-a warm and a cold. It

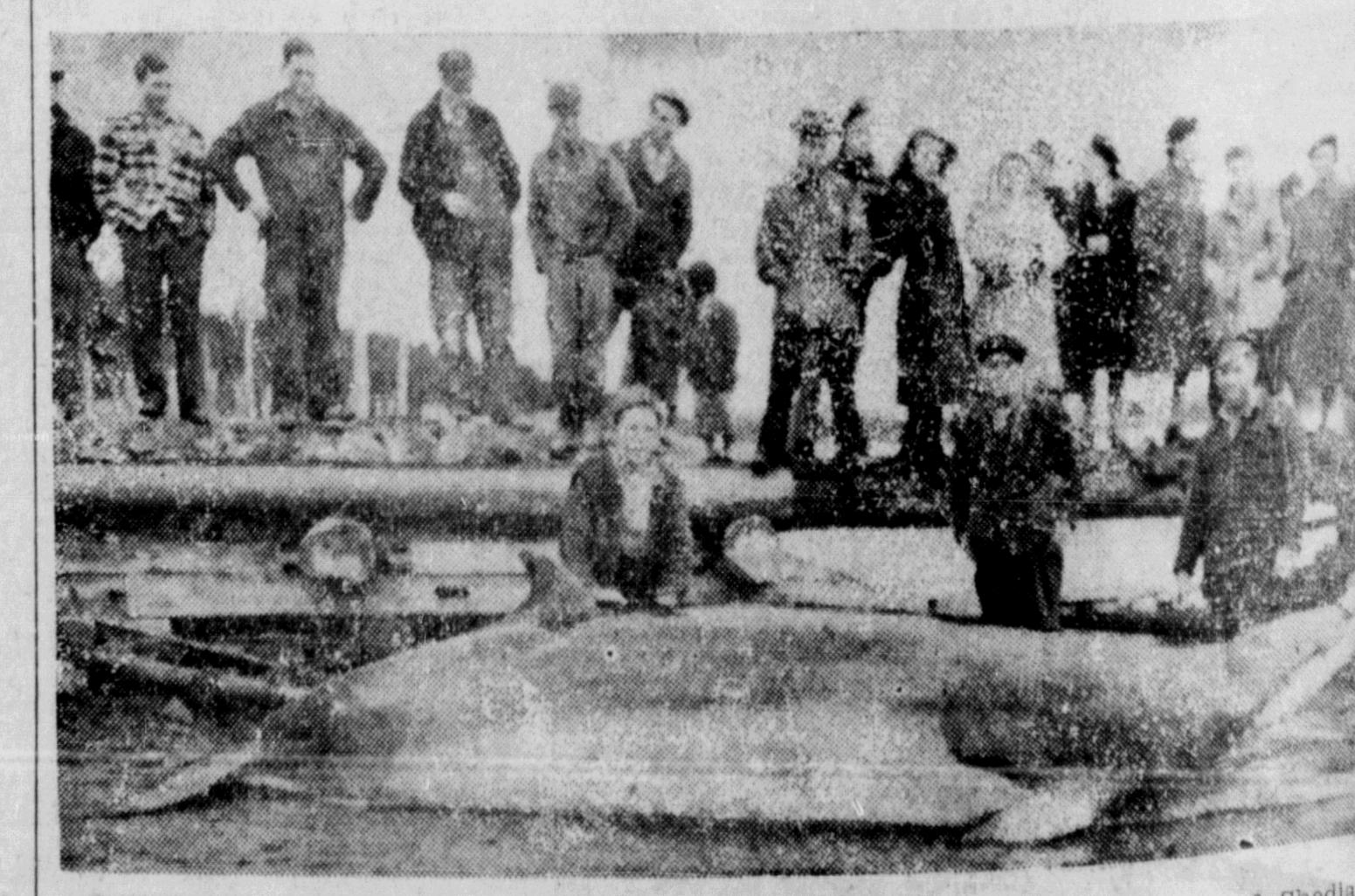




Let's Admit It! We do sometimes worry about those valuables we leave in our homes when we go out for an evening-or away on trip! I used to worry a lot until I rented my Safety Deposit Box at the BANK OF MONTREAL. Then, for a very few dollars a year, I arranged for the security of my bonds, important documents, jewellery . . . in fact all of my "prized possessions"! more fear of their being mislaidor stolen. So when it's so easy to rid yourself of this particular worry . . . why not visit your nearest B of M branch soon. It's a matter of minutes only to rent

your own Safety Deposit Box and for just a cent or two a day! miss!

If You're Shy About Asking, yet know you should know m feminine hygiene, here's a booklet for you! Simply write to me, Barbara Brent, 1411 Crescent St., Montreal, P.C. -for a helpful free booklet giving frank facts on this important subject. I'll send it to you in a plain wrapper. Meanwhile, here's a tip from a successful wife I know who says that ZONITORS are a truly dainty and effective method of feminine hygiene. Greaseless, stainless. snow-white vaginal suppositories, Zonitors are powerfully a yet absolutely harmless to delicate tissues! Ask your druggist tors . . . and send for your free booklet to-night!



WHALE OF A CATCH—This is probably the largest fish Andrew Fougere of Shedia will ever find in his nets. Checking his catch this week Fougere found this 18-foot weighing a ton and a half, trapped in the strands. Looping a rope around the tail of the Fougere and his crew fought an hour and a half to drown the mammal before finally it to shore it to shore.



CHIC YOUNG-



