The Experts Say - -

By KAY REX
Canadian Press Staff Writer

PANCAKES—Pancakes and maple syrup, pancakes and sausages—whichever way you prefer them they make a tasty dish this chilly weather—either for breakfast or supper.

Home economists suggest a new-form pancake with a modern flavor.

Wheat Germ Pancakes—Ingredients: Two cups sifted all-purpose flour or 2¼ cups sifted pastry flour; 1¼ teaspoons baking soda; one-quarter cup wheat germ; one-half teaspoon salt; two tablespoons brown sugar; two cups sour milk; 1½ tablespoons melted fat.

Sift flour, soda and salt together. Add wheat germ and sugar. Add milk slowly, and beat until the batter is smooth, and then add melted fat and mix well. Drop by spoonfuls on to a hot griddle, or lightly greased frying-pan. Cook until bubbles form on top and the edges are done. Flip and cook on the other side, and serve at once. This makes about 18 cakes.

In place of two cups of flour and one-quarter cup wheat germ, 1½ cups flour, and one-half cup whole wheat flour may be used.

HOT MAIN DISH—One way of making the family arrive for supper on time is by serving a hot main dish that you know they'll like.

Corn and Cheese Souffle—Ingredients: Four tablespoons fat; four tablespoons flour; one teaspoon salt; few grains pepper; one cup milk; one cup grated cheese; four egg yolks; two cups corn; four egg whites.

Melt fat, add flour, salt and pepper. Add milk gradually, stirring until thick. Add grated cheese and stir until melted. Pour over beaten egg yolks, add corn, and mix well. Fold in stiffly-beaten egg whites. Pour into greased casserole. Oven-poach in a moderate oven until set—about 50 minutes. Serves six.

SHEPHERD SOUFFLE—Ingredients: One cup left-over meat; one teaspoon minced onion; two tablespoons fat; two half-inch slices soft bread; 1⅓ cups hot milk; two eggs; one-half teaspoon salt; one-quarter teaspoon paprika; one cup thinly sliced cheese; one tablespoon fat; one tablespoon minced parsely.

Put meat and onion through grinder. Panfry for three minutes with two tablespoons fat. Arrange in bottom of baking-dish. Break bread into small pieces. Cut cheese into small thin slices. Combine bread, salt and paprika. Let stand 20 minutes, or until ready to bake. Then fold in stiffly beaten egg whites. Pour into baking-dish over meat. Oven-poach in a moderate oven until set—about 45 minutes. Serves four to five.

SILVER FOR ETHIOPIA

STOCKHOLM, (AP)—A magnificent set of church silver, consisting of 24 chalices and as many patens, or wafer dishes, have been executed for Emperor Haile Selassie of Ethiopia by a firm of jewellers here. The pieces, made of gold and silver brought from Ethiopia, are to be donated to various churches in that country.

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4:00—Ed McCurdy Sings
4:15—Stock Quotations
4:30—Especially For You
4:45—Sleepy Time Story Teller
5:00—String Stylings
5:30—Music by Sammy Kaye
5:45—Community Calendar
6:00—Beat the Champs
6:30—Three Suns and a Starlet
6:40—According to Record
6:45—Recorded Int.
7:00—CBC News
7:15—CBC News Roundup
7:30—These English
8:00—One-night Stand
8:30—Boston Pops
9:00—Dream Time
9:30—Prairie Schooner.
10:00—CBC News
10:10—B. C. News
10:15—Lister Sinclair
10:30—Dal Richards Orch.
11:00—Weather and Sign Off

SATURDAY—A.M.
7:30—Musical Clock
8:00—CBC News
8:15—Pick of the Hits
8:30—Morning Devotions
8:45—Little Concert
9:00—BBC News
9:15—Records at Random
9:30—Melodies for Juniors
9:59—Time Signal
10:00—Band Stand
10:15—World Church News
10:30—Tunes For Our Times
10:45—CBC News
10:55—Weather Forecast
11:00—Music for Dancing
11:30—Weather Forecast
11:31—Message Period
11:33—Recorded
11:45—Personal Album

— P.M. —
12:00—Mid-day Melodies
12:15—Recorded Interlude
12:25—Program Resume
12:30—Polka Time
12:45—Serenade for Strings
1:00—Announcer's Choice
1:30—Hit Songs of Yesterday
2:00—Tea and Crumpets
2:30—Musical Program, Mont.
3:00—Clearing Up the Weather
3:15—CBC News
3:25—Recorded Interlude
3:30—NBC Symphony Orch.

Advertise in the Daily News.

Reminiscences and Reflections
By W.J.

How Tuck's Inlet came to be chosen Pacific terminus of the Grand Trunk Pacific Railway has an interesting history. Yesterday, the Daily News published a letter signed by Geo. T. Kane, which in itself, is one of the several engaging and instructive stories associated with the building of the transcontinental railway. Port Simpson was for a while regarded as the potential terminus on the west coast. However, there were reasons why the final decision ruled otherwise.

General Eisenhower is about to commence his memoirs in order, as he says, to provide security for his family. Winston Churchill also has a tale to tell. It may be finished by now, and will be a great one, if he so wills it. Cordell Hull, secretary of state under Roosevelt, is placing unwritten history before the world. He was close to events. Eisenhower is not the first American general to write his memoirs to provide for his family. In the eighties, General Grant, racing against cancer of the throat, did it, penning the last chapter before he passed on a few weeks later. Memoirs are of value to the generations unborn.

A letter from Brother Moody came this way a while ago. The brother, who lathered weather-beaten faces and clipped unruly hair in Prince Rupert long ago, has been living in Minneapolis for the past few years. Prince Rupert has been kind to him. He saved his pennies and made a killing at the first sale of lots. He likes it here anyway. One could see it in box car letters, between the lines. Sometimes a fellow can get that way.

The giant warehouse here, handiwork of the United States Army during the war, might have been built of steel and concrete had the general question of material been less complex, according to waterfront sewing circle gossip. Had it been otherwise, no one would have had the nerve to even think of the word "demolition" let alone mention it.

Senior citizens in the United States have had their pensions increased by $5 with no change in the age limit which remains at 65. Legislation has been enacted whereby Congressmen will enjoy a pension of $11,750 with the age limit lowered from 65 to 62. There is something about this, strangely familiar to what is in effect in other countries. One cannot escape such an impression.

Seattle may not be threatened with nervous prostration but it is evident something has managed to get under Seattle's skin and is in no hurry to leave. People living in Alaska and Prince Rupert have a notion they know the cause. Source of all the trouble is up north. But then, Seattle has had trade and easy pickings on a platter for a long time. Yet, there used to be a time when Seattle knew the day of small things. It was then nobody knew what Klondike meant, when Prince Rupert was only a name in British history and jobs were scarce. There were no buildings of any size and plenty of ivy-covered cottages. Out on newly cleared land around Lakes Union and Washington, fire wood was being chopped into convenient length for carting home.

Some kind friend has sent this department a copy of the Saskatoon Capital, dated August 15th, 1907. The limp, faded pages number eight. They are six columns wide. We were earning bread and butter (not oleomargarine) there, at that time. The Capital, now the Saskatoon Star, carried advertisements that today have an unreal look. For example—Good, Strong Knockabout Suits $8. Perfect, High Grade Shoes $3.75. Yes, Ripley, believe it or not. Behold, the proof.

Farmers of Alberta are objecting once more to daylight saving. From April to September is growing time and any monkeying with the crops, or any practice or policy adversely affecting harvests cannot but arouse their opposition. Food is important. There never was a time when it wasn't! Only more so, just now. Bless the Good Earth. Fads and fancies come and go, but it carries on forever if given time. And to it we all return—also, if given time.

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HOW CAN I ? ? ?
By ANNE ASHLEY

Q. How can I remove gloss from a painted surface before repainting?

A. Before painting the kitchen woodwork, try washing it with gold dust and a little ammonia in warm water. The gold dust removes all dirt and grease, while the ammonia takes off the gloss of the old paint.

Q. How can I restore shrunken woolens?

A. By using clean soapsuds as the last rinse. Squeeze the woolens with the hands instead of rubbing them. Soda in wash water will cause shr

Q. How can I make ice cubes from the elec frigerator?

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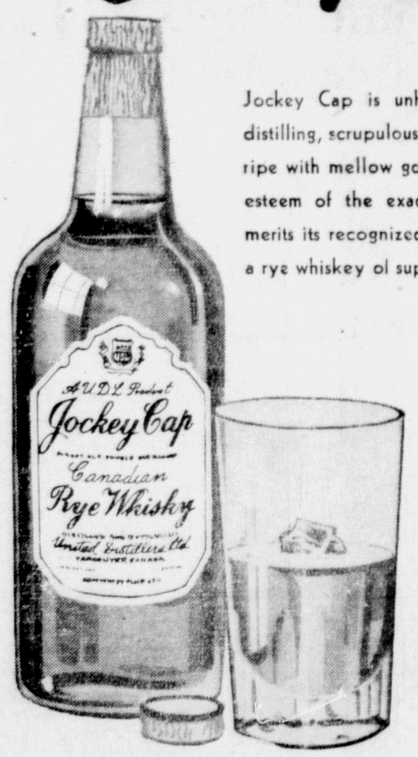

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