

The Experts Say...

SMALL MEALS

If home to you means "one room with grill privileges" then a few tips on how to prepare small quantities of food tastefully should prove helpful.

Health and welfare Department officials say that even for working people keeping house alone can be easy and interesting. A little thought given to planning can make the preparation of varied, nutritious meals a pleasant hobby as well as an aid to health and vitality.

A double-boiler is the first "must" in every miniature kitchen. A pressure cooker also is invaluable as a time and fuel saver.

Here are a few cooking hints which might prove useful:

Always remember that too high a temperature shrinks meat. Tougher cuts may be cooked slowly in tomato juice, canned tomatoes or water. Make gravy with the liquid later.

When frying meat, cook in hot

uncovered frying pan with fat, sear on both sides and turn frequently.

To braise: Brown meat in hot fat, cover and cook slowly in its own juice or in a little water or liquid from vegetables.

To stew: Cover with water and simmer. Add vegetables.

Fish May Be Served Several Ways

To fry: Roll in flour or cracker crumbs; fry on both sides in well-greased pan. It's cooked when it flakes.

To boil: Wrap in parchment paper, tie with string and boil in salted water. Allow five minutes a pound for fillets; eight to 10 minutes a pound for thick fish. Serve with a lemon wedge or white sauce with chopped hard-cooked eggs.

Left-over fish may be served creamed in white sauce; added to mashed potato and fried as fish-cakes; or used in salads.

Vegetables may be cooked together to save space and fuel. Put those requiring the longest cooking in first.

Pudding can be cooked in the top of a double-boiler while vegetables cook in the bottom.

Do not overlook vegetables.

Many left-over vegetables may be browned in the frying pan creamed, or served with cheese sauce. Left-over beets may be pickled in vinegar.

The Health Department has other homemaking hints for the single person or working couple in its booklet "Meals For One Or Two."

ENGLISH LONG-BOW

Bows and arrows were used in warfare as late as 1588, when they were used on the British ships while fighting the Spanish Armada.

TORONTO'S TERMITES

The only major outbreak of termites in Canada in the last few years have been confined to the Toronto and Windsor, Ont., areas.

House Decoration In Post-War U.K.

LONDON—Interior decorating in Britain has shown interesting developments since the second world war. Housewives seem to have an increased feeling for mixing colors.

A fireplace will often be highlighted with a different color to the rest of the room or by a contrasting wallpaper. In a bedroom, the wall behind the bed may be treated similarly for emphasis.

Some people prefer to highlight the wall facing the bed, reasoning that this is the one that the sleeper sees most. One attractive bedroom designed recently—a young girl's room—had three white walls and one papered in blue with a white star pattern. The same paper was used on the ceiling, being brought down a few inches on the white walls in scallops, giving a canopied effect.

For rooms with a north or east aspect, pink, one of the warmer colors, is a popular choice. Several tones can be utilized in a single room. A room with pale pink walls and smoky pink carpet, for example, might have wallpaper on one wall in a pink background with a trellis

design in crimson. With too much pink apt to become insipid, crimson cushions and curtains of crimson or vivid green provide a good foil.

"TONE" IMPORTANT

The aspect of a room is still considered important, but the old theory of using yellow for a sunlight effect in a north room is becoming outdated. It is not so much color that matters as tone; it is as possible to have a cold yellow as a warm one, or even a cold red.

The color of light entering a window is also considered in choosing wall colors. In the country there may be a greenish reflection from the trees; in this case blues and pinks are avoided, with the nod going to yellows. Red or yellow brick garden walls and blue water views call for completely different decoration schemes.

Color also is being applied to alter the shapes of badly-proportioned rooms or to reduce or enlarge their size. Ceilings can be "painted out" or lowered. Blue, for instance, is a "distant" color, but orange, yellow and red seem to jump towards you.

Lighting, too, is being used

for its decorative effects. Contrasting lighting will focus attention on a particularly attractive part of the room or pieces of furniture.

LONDON—In London's Bermondsey district the council has refused an offer from a German firm to supply paving stones to repair streets blitzed by German bombs.

WIMBOURNE, Dorset, Eng. — Prices were cheap at a jumble sale here. Camp beds were going for three-pence (about four cents) each, while carpet sweepers were selling at a penny a time.

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