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HOUSEKEEPING

AUTUMN IN AIR, VEGETABLES IDEAL BASE FOR MAIN DISH

Vegetables make an ideal base for the main dish of fall suppers. Squash, tomatoes, eggplant, cauliflower and peppers lend themselves particularly well to this type of dish and combine well with other foods. Often the addition of a little meat will give flavor and make a satisfactory dinner.

The casserole is the favored utensil of the thrifty cook. She is able to combine a little left-over food with fresh vegetables and perhaps a cereal and serve a steaming, mouth-watering meal in short order. Similar combinations may be cooked in the frying pan or double boiler. The golden brown topping is missing but if these topstove dishes are served on, or with crisp toast the effect is excellent.

Home economists like these vegetable supper dishes which are easy to prepare.

Egg Plant Creole 1

1 medium egg plant
3 tablespoons shortening
1 small green pepper, chopped
1 small onion, chopped
3 tablespoons flour
½ teaspoon salt
1 tablespoon brown sugar
3 large tomatoes (peeled and chopped)
OR 2 cups chopped canned tomatoes
¾ cup bread crumbs
3 tablespoons grated cheese

Pare, slice and dice egg plant in 1-inch pieces. Cook for 10 minutes n a small amount of boiling, salted water. Drain. Place egg plant in greased baking dish. Melt shortening, add green pepper and onion and fry for 2 minutes. All flour, salt and sugar, blending well. Add tomatoes and continue cooking for 5 minutes. Pour the tomato sauce over the egg plant and top with bread crumbs which have been combined with the grated cheese. Bake in a moderate oven, 350 degrees F., for 20 minutes. Yield: six servings.

Egg Plant Creole 2

3 tablespoons fat
½ small green pepper, cut in strips
2 tablespoons chopped onion
1 medium egg plant, peeled and diced
5 large tomatoes
Salt and pepper

Melt fat in frying pan. Add chopped green pepper and onion and cook for 2 to 3 minutes. Add egg plant. Cover and steam for about 5 minutes. Peel and chop tomatoes, add to egg plant and cook, uncovered, until egg plant is tender, about 15 minutes. Season to taste with salt and pepper. Yield: six servings.

September Casserole

5 large tomatoes OR 2 cups canned tomatoes
1 tablespoon flour
1 tablespoon sugar
⅓ cup chopped onion
⅛ teaspoon marjoram
1 tablespoon chopped parsley
1½ cups cooked corn or canned whole kernel corn
1 teaspoon salt
Pepper
4 tablespoons grated cheese
2 cups hot, mashed potatoes

Peel and slice tomatoes. Place in casserole and sprinkle with flour, sugar, onion, marjoram and parsley. Over this, place the corn and season with salt and pepper. Combine 2 tablespoons of the grated cheese with the hot mashed potatoes and place in a ring on top of corn layer. Sprinkle the remaining two tablespoons of cheese over the potatoes. Place casserole in a moderately hot oven, 375 degrees F., and bake until a golden brown, about 20 minutes. Yield: six servings.

Stuffed Squash

3 acorn squash
1 cup water
Salt and pepper
⅓ cup chopped onion
1½ cups chopped cooked meat
2 cups thick white sauce
½ cup bread crumbs
2 tablespoons butter

Cut the squash in half, crosswise. Scoop out the seeds. Cook in a covered kettle with one cup of water until tender about (15 to 20 minutes). Sprinkle with salt and pepper. Add onion and meat to white sauce and fill squash halves with mixture. Cover with crumbs, dot with butter and bake in a hot oven 400 degrees F., until brown bubbling. Yield: six servings.

CFPR RADIO DIAL 1240 Kilocycles

(Subject to Change)

TUESDAY—P.M.

4:00—Meet Gisele
4:15—Stock Quotation and Int.
4:30—Prairie Folk
4:45—Western Five
5:00—Rendezvous Room
5:30—Don't Drown
5:45—Lyrical Lady
5:55—CBC News
6:00—Supper Serenade
6:15—Sammy Kaye and Orch.
6:30—Musical Varieties
7:00—CBC News
7:15—CBC News Roundup
7:30—Leicester Square to Broadway
8:00—New Schools for Old
8:15—Preacher's Diary
8:30—Record Album
9:00—Time, Space and Echoing Themes
9:30—Jake and the Kid
10:00—CBC News
10:10—CBC News
10:15—Miscellany
10:30—Presenting Charles Boyer
11:00—Weather Report
11.04—Sign Off

WEDNESDAY—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—Ellen Harris
10:15—Morning Melodies
10:30—Melody Time
10:45—Robin Hood's Musical Kitchen
11:00—Kindergarten of the Air
11:15—Roundup 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
1:00—The Concert Hour
2:30—Records at Random
2:45—Comty—Our Children
3:00—The Music Box
3:15—Bernie Braden Tells A Story
3:30—International Comty.
3:45—Divertimento

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Ray Reflects and Reminisces

In the melancholy thirties, some folks used to say that in Prince Rupert they lived on fish and strangers. We do yet, in certain respects. Lots of the strangers married, and how to properly prepare and serve the finest sea food in the world, has become one of the fine arts.

Daylight saving time for 1950 will end within another week or so, and no one will give much of a hang, one way or the other, for we are becoming used to it. Yet, it's entirely possible to have things on a much more systematic basis. The Canadian Chamber of Commerce held it's 21st annual meeting in Saskatoon this month, and received numerous suggestions and recommendations from all over Canada. Among these was a proposal from Saskatoon Board of Trade that daylight saving uniform legislation become an item on the agenda of a dominion-provincial conference. Sounds sensible.

Some members at Ottawa deplore the dullness of press dispatches supposed to describe the services of the three Canadian destroyers in Korean waters. They put it down to censorship. States one: "The stuff has all the human interest of a column of Saskatchewan wheat figures." And that's pretty flat. But a correspondent today is just another soldier. Like enough he writes what he wants to, but it does not follow it will ever see type. He's just another soldier, obeys orders and takes his chance on getting killed.

A Victoria daily asks which is the most dangerous to human safety, a drunk at the wheel, or a drunk on foot? Any responsible newspaper should be ashamed to make such an inquiry. We all know, or should, that annually thousands—young mature and robust, or aged and helpless—die under the wheels of a speeding car, or from the effect of a blow inflicted by a passing automobile. True, whiskey and a pistol never go well together. An intoxicated man, gun in hand, has taken many a life. But between the two casualty lists, there is no comparison.

There come times, it is said when, in some Canadian cafes, tourists are disappointed. They fare well enough, yet miss plenty of little attentions welcome in more ways than one. A thoughtful matron says what Canada needs is a national dish, and mentions apple pie and cheese. Be sure, however, the cheese does not bounce, and the apples were never dried. Under other and more Christian like circumstances, the suggestion is not without merit.

A California machinist, arrested for intoxication told the police the name of the man responsible for murdering Sir Harry Oakes, in his home at Nassau, seven years ago. Oakes, mining multi-millionaire, had made his strike at Kirkland Lake Canada. The latest review of the case appeared only a few weeks ago in a magazine. Oakes son-in-law, disliked by Sir Harry and charged with the killing, was acquitted. The crime, and subsequent developments still keep a lot of people interested.

With the North Koreans booted back to where they came from what then? Some one starting something somewhere else? Just how uneasy is Formosa? Will France stand for the arming of West Germany? Will China's Communists give Hong Kong an extra hard look? Will more than one iron curtain be seen? How sick is Stalin? At all costs, the world, somehow must be kept jittery.

Mooseheart Women Enjoy Card Party

Whist was enjoyed by the Mooseheart Committee of the Women of the Moose when they met in monthly session at the home of Mrs. V. E. Morrison with Mrs. A. Auroil as a joint hostess. A brief business session preceded the playing of cards in which the prize-winners were Mrs. V. E. Morrison, Mrs. A. Auriol, Mrs. A. Hamilton, Mrs. R. Murray, Mrs. A. J. Croxford, Mrs. K. Mulder, Mrs. R. B. Skinner, Mrs. H. Paulson, and Mrs. J. Flewin with Mrs. Jack Hoskins as chairman, Mrs. H. McVety and Miss Frances Corliss were visitors. Delicious refreshments were served by the joint hostesses.

Mrs. Eugene Dutton left by air today for Vancouver to visit her daughter, Lorna, who is about to have surgical treatment in the Vancouver General Hospital for heart ailment.

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