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Seasonable Ideas for Housekeepers

Some people in this world eat just from habit. Others swallow food from a sense of duty, just to get the necessary quota of calories, vitamins and minerals. Most people, however, eat because they like food and they like it because it tastes good. To such people food is fun. When you come down to fundamentals it is the flavor of food that tempts the appetite and keeps people eating the right amount of the right food. That is why laboratories are set up to test foods and do research on methods of cooking which preserve natural flavors. Food laboratories also try out combinations of foods which will bring new flavor treats. The homemaker who thinks of the interesting things she may do in her own kitchen also finds pleasure in food.

Every home cook should consider the matter of saving flavor. Certainly every thrifty homemaker wants to prevent the loss of good flavor and to be sure that her cooking methods do not produce flat or unpalatable foods.

As citizens of a country which produces an abundance of good food we are often careless. Every day in many homes, flavor leaves food in escaping steam from the cooking pot or in water poured down drains. Sometimes it is spoiled by too long cooking or too much heat. Then it is necessary to pep up these spoiled foods with seasonings and sauces. Home economists say this is an expensive and unsatisfactory way. It is much better

to keep the natural flavor and texture. The first point in keeping flavor is to look after foods before cooking. Many vegetables and fruits lose their freshness very quickly in a warm store or kitchen. If these products must be stored they should be moist and cold. The natural sugar in fresh peas, beans and corn changes in a few hours in a warm atmosphere. Sometimes the flavor comes from volatile oils. These are also easily lost before and during cooking.

A prejudice against vegetables is almost always the result of poor cooking methods. Overcooking always spoils that freshness-from-the-garden flavor. Cabbage, cauliflower, turnips and onions are excellent examples of the result of overcooking when they come to the table with that strong "boarding house" odor and taste instead of with the freshness of color as well as flavor which they retain when properly cooked. The phrase "strong smelling vegetables" has passed from general usage with our modern knowledge of cooking methods.

Baked potatoes and baked apples are always popular because the unbroken skin holds in the flavor. Pears, peaches, onions and beets also have a special deliciousness when baked in their jackets.

In roasting meat it is important to develop flavor by controlling the temperature of the oven. Browning the surfaces of

a roast develops a rich taste and makes both meat and gravy appetising. This browning develops evenly when roasts are cooked at low temperature, 325 deg. F. to 350 deg. F., but if the temperature is high the outer portion is over cooked and dry and the meat shrunk. Browning meat for stews before adding water also develops best flavor.

Starchy foods have an undesirable flavor if they are undercooked. Good flavor in all cereal foods depends on thorough cooking.

The fine delicacy of a fresh egg is elusive and needs special protection. It may be lost by storage at room temperature or by contact with other more odorous foods. On the other hand the blandness of eggs makes them an excellent base for well seasoned dishes.

This recipe for eggs is a little out of the ordinary.

BAKED EGGS
1/4 cup salad dressing
1/4 teaspoon salt
1/4 teaspoon pepper
1 teaspoon chopped parsley
1/2 teaspoon spicy meat sauce
1/2 cup milk
1 cup grated cheese
6 eggs
Paprika
Combine salad dressing, salt, pepper, parsley and spicy meat sauce. Beat in milk and grated cheese. Pour sauce into a well greased baking dish. Break eggs water and oven-poach in a moderate oven, 350 deg. F., until eggs are set. Yield: six servings.



"The reason my father's signature looks different is that a hornet stung him on the finger, he burned his hand, and broke two fingers, and it's in a cast!"



PORT SIMPSON ON AIR—A young Port Simpson man is one of the members of The Commodore Quartet, heard each Saturday at 6:10 p.m. on stations of the CBC's Trans-Canada network. Former members of the Navy Show's Sea Shanty Choir, the four have toured Canada and the United States since the war. Reading from the top, they are John Ringham of Vancouver, baritone; Donald Parrish of Wallaceburg, Ontario, bass; Carl Tapscott of Toronto, second tenor and arranger for the group; and Harvard Redick of Port Simpson, British Columbia, first tenor. The broadcast from Toronto includes sea chanteys, western ballads, English folk songs, operatic melodies and negro spirituals.

French naval vessels rendered the first foreign honor to the U.S. flag when the National ensign was flown by the USS Ranger, commanded by Captain John Paul Jones, on February 14, 1778.

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From the East—
Tuesday, Thursday, Saturday
10:15 p.m.

IN
RE ESTATE OF VICTOR CARLSON
DECEASED, INTERSTATE
TAKE NOTICE that as Administrator, duly appointed by the court of the estate of Victor Carlson, who died at Whitehorse, Yukon Territory, on the 10th day of April, 1950, I require all creditors and others having claims against the said estate to send the same to me, properly verified, at the address mentioned below on or before the 31st day of August, 1950, after which date I shall proceed to distribute the estate to those entitled by law, having regard only to such claims of which I shall have then been notified.
AND FURTHER TAKE NOTICE that all persons indebted to said estate are required to pay their indebtedness to me forthwith.
DATED at Atlin, British Columbia, this 12th day of June, 1950.
ALBERT EDWARD RUDDIS,
Official Administrator,
Atlin, British Columbia. (HP)

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