MY KITCHEN NOTEBOOK

by Mary Blake

Domestic Science Counselor

Giving Vegetables New Frills

If your family inclines to a diet of meat and bread and potatoes, you'll have to lure them into the vegetable habit by subtle, feminine wiles. Let your vegetables appear in new guises, their downright, honest virtues adorned with all the trimmings of new sauces and new flavors that your imagination can devise. Remember it isn't the girl with the commonsense shoes and the mannish tie that wins hearts.

High among the vegetables to which we owe allegiance is spinach. Rich in iron, rich in vitamins, it should be eaten much more often than it is. Yet somehow noses turn up at the word "spinach." I blame the cook. I wonder if she has served it au gratin, with a hollandaise sauce, as a salad with mayonnaise, or combined with onions or leeks and cream sauce in a most tempting puree.

The Sauce Is the Secret

A fine cream sauce is times innumerable the making of a vegetable dish. There's practically nothing it doesn't go well with, practically nothing that doesn't take on added deliciousness—if your sauce is a really good one. I have a recipe that is really wonderful—richer, smoother, creamier, more delicious in flavor by far than the ordinary recipe. It's made with Carnation Milk.

Of course you know that Carnation Milk is more dependable—certain to be pure and sweet—which ordinary milk isn't always. But for Cream Sauces there are certain other qualities particularly advantageous. One is the double cream content of Carnation Milk, which when you use it undiluted, gives a sauce twice as rich in cream as ordinary milk.

Then there is its "homogenization." "Homogenized" milk has all the cream globules broken up into very minute particles; these tiny cream particles distribute themselves all through the milk instead of rising to the top. Every drop of milk is rich in cream, and imparts its richness to the cooking in which it is used. In addition, "homogenization" gives a notable improvement to texture—sauces are creamier, cakes finer textured, ice creams smoother and richer.

If you haven't tried Carnation Milk you are missing a really important cooking aid. Remember, it's just the purest of *whole* milk, evaporated to double richness and sterilized for safe keeping. Write for "My Hundred Favorite Recipes." It's free. Address Carnation Milk Products Co., Limited, 134 Abbott Street, Vancouver, B.C.

Carnation Baked Cauliflower

Prepare by soaking in water with 1 tbsp. vinegar and 1 tsp. salt for 15 minutes. Cook whole, stem up, in boiling salted water for 7 minutes. Put in oiled baking dish, cover with Carnation Cream Sauce,* buttered crumbs and grated cheese. Brown in moderate oven.

Carnation Scalloped Cabbage

Put layers of boiled cabbage in baking dish alternating with layers of Carnation Cream Sauce,* chips of bacon, ham, green peppers and cheese. Sprinkle with grated cheese and buttered crumbs. Brown in moderate oven.

*Carnation Cream Sauce

Melt 2 tbsp. butter in top of double boiler; add 1 tsp. salt, few grains pepper and 2 tbsp. flour; blend without browning. Add 1 cup Carnation Milk diluted with 1 cup water or meat stock; cook over hot water 10 minutes, stirring occasionally.

Makes Creamier Cream Sauces

THE sauce is the secret of delicious creamed vegetables—and Carnation Milk is the secret of the perfect cream sauce. Carnation is double-rich and creamy-smooth. You can't *help* getting better results with it.

(See recipes above)

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MEMORIAL OF MOOSE LODGE

Two Hundred and Sixty Persons Attended Impressive Service Yesterday Afternoon

Two hundred and sixty persons were in attendance at the annual solemn joint memorial service of the Loyal Orange Lodge and the Women of the Mooseheart Legion yesterday afternoon in the Moose Hall when tribute was again paid with impressive and fitting ceremonies to the memory of deceased members of the two organizations. Features of the service were the calling of the roll of dead members of the Moose Lodge and the unique flower ceremony of women of the Mooseheart Legion. Taking a prominent part in conducting the service were D. C. Schubert, dictator of the Moose Lodge, and Louis Astori, prelate, and Mrs. Einar Larsen, senior regent of the Women of the Mooseheart Legion, and Mrs. A. G. Bartlett, chaplain. The oration was delivered by Ex-Ald. G. B. Casey.

Among those taking part in the program were Mrs. Jarvis McLeod, Mrs. S. A. Swanson, Mrs. J. J. Muldoon and M. H. Blott, with vocal solos; John E. Davey, M. H. Blott, J. A. Teng and Alec Clapperton, quartet; Thomas Wilson, cornet solo; R. Reed and E. Hudema, cornet duet; violin and piano duet, Misses Molly and Nellie Lawrence.

Hymns were "Lead, Kindly Light, "Nearer, My God, to Thee," "When Our Heads Are Bowed," and "Abide With Me."

In the evening members of the two lodges paraded from the Moose Hall to First Baptist Church to attend annual divine service, the parade being marshalled by W. B. McCallum, sergeant-at-arms of the Moose Lodge. An appropriate sermon was preached by Rev. W. F. Pryce to a crowded congregation.

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CANADIAN SERVICE

"MAN OF THOUSAND FACES" IN "WHILE THE CITY SLEEPS"

Lon Chaney in Gorgeous Underworld Romance With Beautiful New Leading Lady

A romance told amid the crash of machine guns and the uncanny mysteries of the underworld is the unique drama in which Lon Chaney is starring at the Capitol Theatre tonight and Tuesday, in "While the City Sleeps," Metro-Goldwyn-Mayer's vivid cross section of the underworld.

Thrills, sensations, adventures and mystery mark the swift movement of the story, but a delicate love story runs through it and infinitely touches add to its startling realism. Chaney plays a detective, a mixture of the hard-boiled police officer and the human soul starved for love and sentiment, giving a masterly portrayal.

The new story is essentiallly a romance of the "inside" at New York police headquarters, where A. P. Younger, the author, studied for it at first hand for weeks. Jack Conway, who directed "Twelve Miles Out," directed the new play.

Anita Page, Chaney's new leading lady, is charming as the blonde heroine, and figures in the "triangle" with Chaney and Carroll Nye, a new juvenile of huge promise. Mae Busch does a forceful characterization as "Bessie," the "moll" of the gangster and unique bits of comedy are injected by Polly Moran as the policeman's landlady, Richard Carle as the inebriated reporter and William Orlamond as the comical undertaker.

MANY DRAWN ORGAN RECITAL

Work of Ewart Lyne Makes Another Musical Treat at St. Andrew's Anglican Cathedral

St. Andrew's Anglican Cathedral was filled last night with an audience which extended even outside of the spacious auditorium for the pipe organ recital by Ewart Lyne which was a real musical treat. In addition to Mr. Lyne's solos, there was an anthem by the choir and the processional and recessional hymns.

The full program was as follows:

Boellmann .....Suite Gothique
Introduction choral, Menuet Gothique.
Priere a Notre Dame, Toccata.
Hollins .....Spring Song
Rosse, Suite From "The Merchant of Venice."
Prelude No. 1, "Portia," Oriental March; Prelude No. 2, Doge's March.
Bach, Prelude and Fugue in D
Sullivan ......"The Lost Chord"
Anthem and Collection, "Jesus Is Risen," solo, by Mr. Blott.
Wagner, overture to "Tannhauser."

MRS. A. H. CARSON HOLDS RECEPTION

Many Ladies Called Saturday Afternoon on Wife of New Bank Manager

Mrs. A. H. Carson held her first reception in Prince Rupert on Saturday afternoon at her home in Bank of Montreal suite and was a charming hostess for a large number of ladies who called upon her between the hours of 4 and 6. The spacious rooms were suitably decorated for the occasion with sunflowers, iris and mauve and pink tulips. The tea tables were laid with pink crepe centred with silver candlabras.

Mrs. T. McClymont and Mrs. J. C. McLennan poured and Mrs. J. B. Gibson cut the ices. Assisting in serving were Mrs. J. P. Cade, Mrs. J. A. Hinton, Miss Amelia Pillsbury, Miss Jean Robertson, Mrs. J. G. Johns and Mrs. M. A. Burbank.

Mrs. Carson was assisted in receiving by Mrs. E. W. Marentette and little Miss Betty Marentette opened the door for the guests.

Appointments gazetted this week include those of Kenneth Campbell McCannel to be junior forester for the Prince Rupert district and G. A. C. Roberts, M. D. to be district registrar of vital statistics for the registration district of Queen Charlotte.

Dr Alexander

PHONE 575

BESNER BLOCK

DENTIST

LARGE CROWD ARRIVES ON STEAMER CATALA

Teachers Return From Attending Convention at Vancouver; Others Came North

Union steamer Catala, Capt. A. E. Dickson, arrived in port at 4 o'clock yesterday afternoon from the south and sailed at 8 p.m. for Anyox, Stewart, and other northern points of call, whence she will return here tomorrow morning and sail south at 3:30 p.m. Passengers included many local school teachers returning to the city after attending the recent convention of the British Columbia Teachers' Federation in Vancouver. Among these were E. Gee, J. S. Wilson, Miss Phyllis Lamb, Miss Edna Vickers, Miss A. Garnett, Miss B. Rogers, Mrs. B. Walker, Miss Ruth Stewart, Miss Hartin, Miss Jessie Rothwell, Miss Mary Easthope, Miss Caroline Mitchell and Miss B. A. Leitch. Other passengers aboard the vessel included Miss McMillan, Miss K. McKay, J. H. Pilling, J. H. McPhee, O. Hansen, H. Anderson, P. Sten, J. Watkins, Miss Harrison, Mrs. Soucie, Mrs. Reid, Miss A. McKay, Mrs. C. H. Elkins and Mrs. P. J. McMillan, for Prince Rupert; C. Westrand, P. Hilder, G. F. Griffin, J. Cherry, G. W. Kerr, W. McBroom, W. E. Walker, R. H. Miller, W. Whiteley, G. Lande, Jr., Mr. and Mrs. G. Lande and Mr. and Mrs. R. A. Buick, for Arrandale; G. W. Haskett, W. R. Munnis, D. J. Hartley, W. White, H. T. Eales, Miss Richards, Miss Ormrod, C. M. Buscombe, C. F. Clark, A. E. Boges and G. S. Cuttress, for Anyox; J. C. Murray and A. D. Yorke, for Alice Arm; and G. Skelhorne and J. L. Sansum, for Stewart.

W. E. Walker, manager of Arrandale Cannery, and members of the cannery crew were passengers aboard the Catala yesterday afternoon going north from Vancouver to put the plant at the mouth of the Naas River in readiness for the approaching season's operations.

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COMEDY—NEWS

NOTICE—The final episode of "The Masked Menace" will be shown Tuesday night only.

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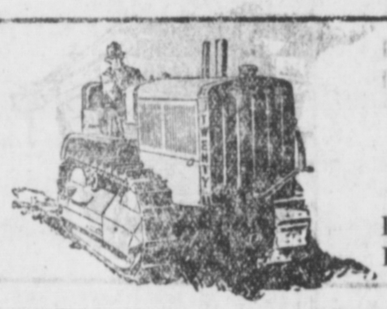

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