# Seasonable Ideas for Housekeepers

## Saving Food to Share It; Use Vegetables---Some Recipes

SAVE TO SHARE IT—A great number of Canadians are conserve food so that shipments to the starving peoples of Europe can be increased. Many of those who want to help are wondering how and where they can save food. Many are not aware that a little bit of food wasted here and there amounts to a considerable quantity in a short time It must be remembered that every saving, no matter how insignificant, is of very real help because the less wasted, the less bought, and it is the food not bought that is made available for the hungry peoples.

There are many ways to cheat the garbage can but one of them is to make the clean plate the vogue of the day for the whole family. Buying foods such as flour and cereals in fairly large quantities is advocated as good housekeeping practice under ordinary circumstances but for the next few months extra amounts may be released for export if these foods are bought in smaller quantities and only when actually needed.

Bread presents a problem to many a housewife who finds that no matter how little is bought, part of the loaf gets too dry to be enjoyed as bread. A great number of delicious dishes may be prepared with really stale bread or dry bread crumbs. Usually eggs and cheese play an important role in recipes using stale bread but these foods also have to be saved. The use of more vegetables, cooked or raw, in season, will prove most helpful in extending these foods.

The following recipes are suggested by home economists. The "Angel Bread Pudding" is an old favorite that stands being repeated.

**Angel Bread Pudding**

2 cups sbelaterad ;dGxhUcn6
2 cups stale bread cubes (½-¼ inch)
2 cups milk
½ cup honey
Dash of salt
2 eggs
½ cup chopped raisins

Place bread crumbs in greased baking dish. Heat milk and honey together sufficiently to dissolve the honey. Beat the eggs slightly, add salt and stir in the warm milk; pour over bread cubes. Set the baking dish in a pan of hot water and bake in a moderate oven, 350 degrees F., about one hour, or until a knife inserted in the centre of the pudding comes out clean. Four to six servings.

**Fricadillies**

3 cups whole wheat sale bread crumbs
2 cups rolled oats
3 medium potatoes, cooked and mashed
2-3 cup chopped onion
1 tablespoon chopped pickle
1 teaspoon celery salt
1 teaspoon grated nutmeg
1 tablespoon steak sauce
½ teaspoon salt
⅛ teaspoon pepper
3 eggs

Soak bread in cold water for 5 minutes, press out until dry; mix with rolled oats, add vegetables and seasonings. Add beaten eggs, mix well, form into 12 flat patties. Saute in a little hot fat until brown. Turn and brown other side. Six servings. Serve with spicy chutney or catsup.

**Vegetable Special**

2 strips bacon, chopped
¾ cup chopped onion
1 cup cooked carrots or peas
2 cups cooked green beans
1 cup canned tomatoes or juice
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon flour
¼ cup cold water

Saute bacon, remove from pan and cut into small pieces. Add onion to bacon fat and cook until tender, but not brown. Add vegetables and seasonings. Stir well and heat thoroughly. Blend flour with cold water and add to vegetable mixture. Cook 8-10 minutes longer. Six servings.

GARDEN OF REMEMBRANCE

LONDON (AP) — St. James's bombed churchyard is to be a garden of remembrance, dedicated to the fortitude of Londoners.

Weekly Meat

| SUN. | MON. | TUES. | WED. | THU. | FRI. | SAT. |
|---|---|---|---|---|---|---|
| Chicken | Sausage | Fish | Veal Cutlet | Veal & Kidney Stew | Vegetable Plate | Meat Loaf |
| unrationed | Group D | unrationed | Group B | leftover | unrationed | Group C |
| | 5 oz. 1 token | | ½ lb. 3 tokens | veal (kidney unrationed) | | 1 lb. 4 tokens |

If your spring stock-taking has revealed a tin of chicken on your shelf, you'll have the makings for a Sunday pie for you and your guest. Or perhaps you'll give in to your yen for the season's first broiler. Monday's sausages will save pennies and tokens. And if you have pineapple left from Sunday's dessert, you'll find it a tasteful adjunct broiled along with the sausages. Fish can be a fine dish for meatless Tuesday. The middle-of-the-week veal purchase will allow a goodly portion for breading and baking on Wednesday. And on Thursday the rest, along with unrationed kidney, gives you the wherewithal for a stew full of flavor and goodness. Friday is vegetable day, for which sprightly spring asparagus topped with a good cheese sauce is suggested. Saturday's meat loaf of beef, veal or pork, will adequately serve from four to six and so take care of week-end hospitality.

# HOARD FOR SPRING CLOTHES

**With Depleted Wartime Wardrobes Women Improvice For Spring**

LONDON (AP)—With 14 coupons to go until September, and the bright sunshine of this first peacetime spring since 1939 raising her spirits but exposing her shabby clothes, the woman of Britain finds it difficult to make her appearance match the postwar festivities of the London "season."

Fourteen coupons will buy, for example, only one spring suit at a special reduced rate of 12 plus one pair of non-fashioned hose (fully fashioned require three), or one pair of suede gloves (three coupons), provided she still has a coupon left over from the last allocation—which is unlikely.

How then can she buy a long garden party gown for the Eton and Harrow cricket match, or the peacetime Ascot; how replace that seven-year-old bathing costume the moths ruined in the summers when the beach was closed?

The shopper in London, therefore, is up against the same dreary perplexity of spinning out her coupons, made worse this year by the fact that she doubtless has been obliged to spend a number of them to replace threadbare underwear and household linen.

Thus with a depelted wartime wardrobe the British woman is improvising for the happy new occasions, summoning all her ingenuity to impress her recently returned husband or fiance who may speak admiringly—and tactlessly—of smart Paris clothes.

The luckiest women are those who have hoarded materials. Fashion houses and women's tailors are desperately short of piece goods, due to their strict priority for export, and the few designers who have their labor back are begging customers to bring their own materials.

**Evening Gowns Are Scarce**

Evening dresses, to meet the pressure of fashionable night clubs and restaurants for formality, are hardest of all to get, and are likely to become scarcer. Worth's had a beautiful champagne colored evening gown, studded with gold trimming, and worn with a heavier weight hip-length coat in the same color. But such a dress is a heavy loss to the maker. He is allowed to charge a mere seven coupons for it, just as he would for a short dress. But he must give up coupons at the rate of two a yard, for which he is compensated only if he makes it up at the rate of not more than three-and-a-half yards a dress.

"We used to make evening dresses with as much at 18 yards of materials," a Worth spokesman said. "Who ever heard of an evening dress with three-and-a-half yards of material in it?"

Paris fashions, with ample skirts and the materials cut generously, featured in style magazines and coveted by British women, probably will remain a dream here unless the piece goods shortage eases.

Utility fashions—government controlled in price and quality, from the output of yarn to finished article—still are good, and when the lifting of austerity regulations governing cut of cloth, number of pockets and the like is reflected in new stocks, they probably will be even better.

Plastic material lends a gay note generally in the stores. By the yard in brilliant hues and coupon-free it is being sold for curtains and many other household uses. Made into bright raincoats—at nine coupons and the equivalent of $23—plastic is something of a bargain in this uncertain climate.

## HOW CAN I ? ? ?

By ANNE ASHLEY

Q. How can I draw out the insects in lettuce, cabbage or greens?

A. They can be drawn out when preparing for the table or for cooking by letting them remain in cold salt water for about an hour before using.

Q. How can I prevent whipped cream from falling when it is not used immediately?

A. Dissolve a pinch of gelatine in half a teaspoon of water, and then whip into the cream.

Q. How can I prevent tears in baby's stockings from safety pins?

A. Try sewing loops of tape to baby's stockings, through which to fasten the safety pins of the diaper.

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Sweet Sixteen LIMITED

Raisin Sandwiches
1 cup seedless raisins
1 tbs. lemon juice
½ cup chopped almonds
¼ cup orange juice
½ tsp. salt
¼ cup peanut butter
Wash and dry raisins; put through food chopper. Add fruit juices, almonds, salt and peanut butter. Spread mixture on slices of bread cut in different shapes.

Serve with "SALADA" TEA

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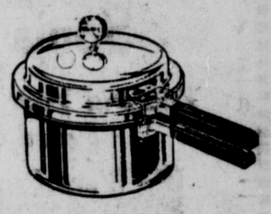

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RECIPE

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Luscious raised muffins for Saturday lunch . . . tempting fruit whirls for Sunday breakfast . . . and a rich, tender loaf that's perfect for the lunch-box sandwiches—all from *one* batch of dough! Clip this easy recipe *now!*

BASIC 3-WAY RECIPE

3 cakes compressed yeast*
2¼ cups lukewarm water
⅓ cup molasses or brown sugar
2 teaspoons salt
6½-6¾ cups sifted flour
2 tablespoons melted shortening
3 cups All-Bran

*If you do not plan to store dough in refrigerator, use only 2 yeast cakes

Crumble yeast into large bowl; add lukewarm water; stir until yeast dissolves. Add salt, molasses or sugar, add 3 cups flour; beat well. Add shortening; beat well. Add *All-Bran* and remaining flour; mix thoroughly. Sprinkle with flour, turn out onto board; knead until smooth and elastic (about 10 minutes). Put in bowl *twice* as big as mound of dough; brush with melted fat. Dough may now be stored, if desired. (To store, cover with waxed paper and store in refrigerator.) If dough, or part of dough, is to be baked at once, let rise until double in bulk. Punch down. Let rise 15 minutes, shape and bake according to the following directions. (If just bread or muffins are desired, make only half the recipe.)

ALL-BRAN RAISED MUFFINS: Form ⅓ of dough in balls to fill greased muffin pans ½ full. Brush with melted fat; let rise to double in bulk. Bake at 425°F. about 15 minutes.

ALL-BRAN FRUIT WHIRLS: Roll ⅓ of dough ½ inch thick. Spread with fruit filling. Roll up and cut in inch slices. Place on greased cookie sheet and brush with melted fat; let rise to double in bulk. Bake at 400°F. about 20 minutes.

ALL-BRAN BREAD: Form ⅓ of dough in loaf; place in greased bread pan; brush with melted fat. Let rise to double in bulk. Bake at 400°F. for 15 minutes; reduce heat to 350°F. and bake 45 minutes.

P.S.—Kellogg's *All-Bran* is guaranteed to keep you regular *naturally* or double your money back!

*Kellogg's All-Bran is sold at the following Prince Rupert stores:*
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FAIR WAY FOOD MARKET
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