

Culinary Revolution Changes Nation's Food

British housewives are Learning how to Cook Better Meals—Campaign Instituted By Government Affords Help—Expert Teaches Use of Common Staples.

LONDON.—Food generally—not just rationing—is the major problem and concern of every woman who keeps house in Britain to-day. There is a government-sponsored food revolution on, with the kitchen as the scene—no doubt, throughout the length and breadth of the British Isles.

The government has for some time past now taken a hand in showing housekeepers how to make the most of their food budgets meet more interesting. It has for instance, been teaching Mrs. Average Englishwoman what she didn't know about food.

Just as the average American woman is far more fashion-minded than woman here, so she has long known all about vitamins, calories and proteins, about the value of raw fruit and salads, as well as of raw vegetables. Mrs. Average Englishwoman knew vaguely about these things, but went on blissfully to the goodness out of boiling all throwing extra fat out vegetables and thinking of fresh fruit in the light of "extras" rather than as a daily diet necessity.

The government has changed all that. Through the food ministers at Woolton, it has instituted the carrot cut, as well as that of oatmeal and the ubiquitous potato. The moving spirit of the campaign is a woman—well, efficient Mrs. Horton, who is an expert dietitian and first-class cook as well as an experienced organizer.

New Ways There are one hundred and one ways of preparing and eating carrots and Mrs. Horton's job is to tell women how: raw, cooked, as a vegetable, sweet, savory or in jam. To make them more carrot-conscious housewives are told that there is nothing to equal carrots eaten raw as an aid to beauty and to insure a flawless complexion. Carrots are also a vital part of the British diet to combat a new "blitz" weakness, blackout blindness. It is also claimed they put a new sheen on the hair.

Oatmeal, while it always has been Scotland's staple food, was practically unknown down south except perhaps as a water-softener or, in its more refined form, as a rather unattractive mess called porridge. Wives are now being taught how to cook appetizing porridge and how to use oatmeal instead of or mixed with, flour for all sorts of dishes and cakes for puddings. Potatoes were known in only three or four guises before Lord Woolton came—mashed (often lumpy, grey and lukewarm), fried, baked and baked with the joint. The one-hundred-and-one ideas are also being applied to potatoes, and potato buns are being opened all over the country.

Ingenuity The art of making a savory soup

Ruthless Thinning Out Needed in Most Gardens Only a professional or an amateur gardener calloused by long experience will thin his plants properly without some hesitation. The pulling up of some seedlings seems wasteful, but usually from one packet of seeds many more plants than are needed are raised, and a few properly spaced so that they may develop to their full capacity in the long run will give far better returns than three or four times their number too thickly planted.

There is every danger that the average gardener will transplant his seedlings from boxes and seed beds too thickly unless he watches himself carefully. The surest way to take a foot rule or a stick cut to the right length as to the distance apart the plants should be set and to set the plants at each end of it, moving the stick along. In this way the planter will be held rigidly to the proper distances. The tender standard is to "hunch" and think, "Oh, well, it won't make any difference if they are a little thicker." However, it does when the plants mature.

The proper distances usually are given in the directions on seed packets and it is the wisest plan to follow these strictly, particularly in the case of plants making large leaf growth whose leaves furnish the edible portion of the vegetables. Radishes are invariably sown too thickly, and not more than half of the plants in a crowded row can produce a root. There is no use trying to transplant radishes, so thinning is the necessary task. Keep them 2 inches apart in the row.

Crowded conditions are even more destructive in the flower garden. An annual poppy, for instance, will make ten times the growth if given

out of nothing and everything had long since been forgotten in this country but it staged a very effective comeback under the government's auspices this last winter: honest-to-goodness soup with plenty of body in it in the form of vegetables, with a handful of barley or oatmeal, and perhaps the once-discarded bacon rinds.

Until spring salads are more plentiful and cheaper, people have also been taught to eat edible greenery which European gourmets had long since appreciated. Tender dandelion leaves, nettles, bracken shoots and watercress are now being gathered and cooked or eaten now in salads.

Advice on Foods A daily menu, as well as food tips to wives, is given over the radio every morning. Space is reserved by the food ministry in the three leading daily London papers, giving weekly recipes and valuable hints on food. Recipes and hints are carefully chosen so as to feature all ingredients available to all women throughout the country.

Carrying its campaign even further, the food ministry has just recently been searching for 18 "perfect housewives" to be posted in different parts of the country to advise and demonstrate on wartime cookery and how to make the best of unrationed foods. The "housewives" must be economical, tactful and understanding besides being expert cooks.

As an official at the ministry explained it is not sufficient for a demonstrator to be a good cook. She must also have a thorough understanding of the difficulties facing the feeding of small households. The first to be chosen, however, is unmarried Kathleen Rankin, a cookery demonstrator for the last 12 years. She is already in charge of England's first food advice centre, in Reading, Berkshire.

Two great consolations are offered to British women by Lord Woolton. When the war is over, he says, they will all be slimmer and healthier. While the war is on, no one need go hungry so long as present resources are available, and so long as housewives continue to defend the kitchen front with their present sense of humour.

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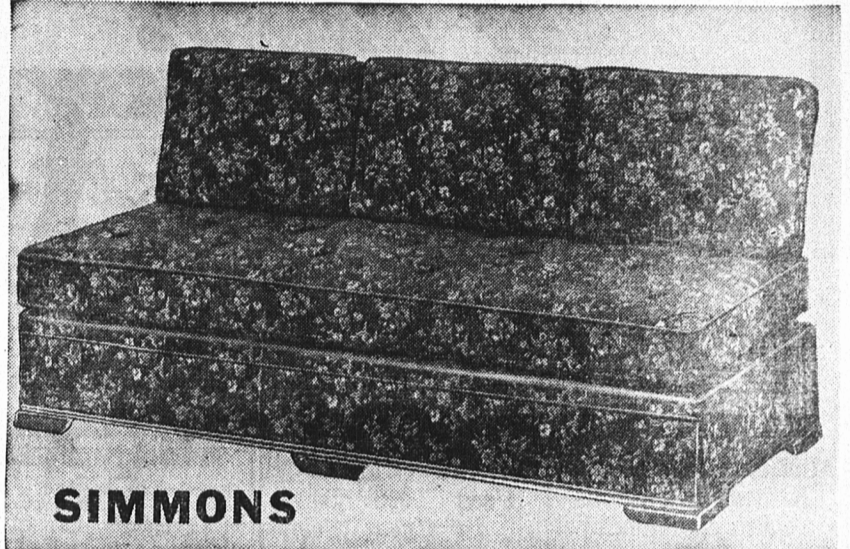
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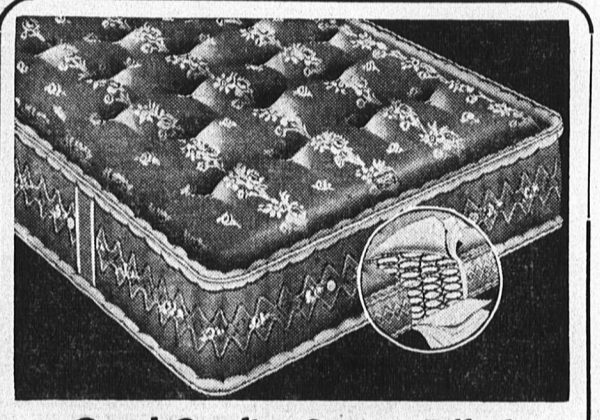
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Argentinians To Go To "The Dogs"

Inquiries received by British dog-breeding agents indicate that, as soon as war conditions allow, South America will have greyhound racing. The first tracks will probably be in Buenos Aires.

Following its success in Great Britain, where it was established in 1926, the sport has been introduced into many countries abroad, notably the United States, India, South Africa and Australia. In Britain it has become quite an important industry, with an invested capital of six million pounds and 25,000,000 attendances yearly at the country's one hundred and fifty racing tracks.

The greyhounds required for racing or breeding overseas are usually supplied by Great Britain. Although she does not part with outstanding dogs like the famous "Mick the Miller"—these are more valuable at home for stud work when their racing days are finished—as much as 500 guineas has frequently been paid by overseas countries for dogs from British tracks. The average price however, is nearer 75 to 100 guineas.

Recently, a large shipment of greyhounds was sent to Nassau,

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Covered in attractively colored cretonne, strong steel frame and comfortable springs. Opens to double bed size. SALE SPECIAL, complete—

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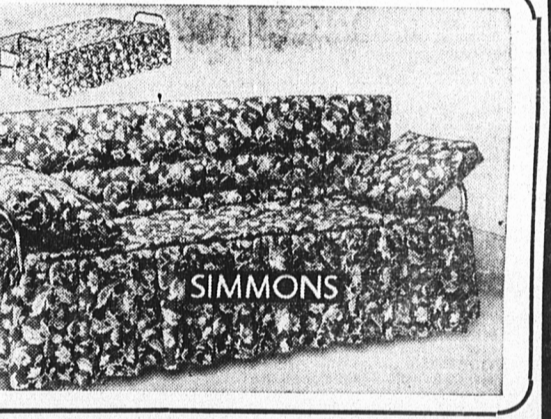
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HOLMAN'S 2 BIG STORES

SUMMERSIDE & CHARLOTTETOWN



BRINGING UP FATHER

"OH-I THINK THIS APARTMENT BUILDING IS LOVELY- I'LL SHOW THE FLOOR PLANS TO MY HUSBAND- AND WE'LL DECIDE."

"HERE ARE THE PLANS-I HOPE YOUR HUSBAND LIKES IT- BUT REGARDLESS-I WILL HAVE THE LEASE DRAWN UP FOR YOU TO SIGN."

"JIGGS-COME HERE-WANT YOUR OPINION ABOUT A NEW APARTMENT- BUT THAT IS ALL."

"NOW THIS IS THE RECEPTION-HALL- AND THIS IS MY BED ROOM- THIS IS MY DINING-ROOM- AND THIS IS MY BATH- EVERYTHING FOR ONE'S COMFORT."

"BY GOLLY- THAT'S A PRETTY FAIR-SIZED CLOSET-THERE."

"DON'T TALK LIKE A FOOL- THAT'S YOUR BED-ROOM-"

LOOSE CIGARETTES.

Do you smoke cigarettes? If so, you had better look out that cigarette case you got for Christmas.

Fewer cigarette packets are being made. Before long they will not be made at all. There isn't enough cardboard.

Tobaccoists are going to get their supplies in boxes of 50 or 100, and will sell you the cigarettes loose.

Manufacturers have been making use of old "packets" sterilized but the inferior quality of cardboard now prevents their being used more than twice.

Pipe tobacco will be supplied to shops in pound and half-pound tins. Cigar-buyers will have to take it loose.

Restriction of the number of brands of tobacco and cigarettes is being considered by the trade.

There are about 400 brands of cigarettes on the market just now—but not everywhere, as you may have noted.—London Daily Herald.

Hens lay as many eggs from March to June as in all the other months of the year.

American machinery may be used in printing wooden rulers in Java.

By George McManus

ATTENTION FARMERS NEAR CHARLOTTETOWN

We are in the market for a number of beef type steers or heifers around 1 1/2 years old. Part or all of the value of same against your fertilizer order.

We are buying daily Certified Seed, Table Stock and No. 1 small potatoes at prevailing market prices.

Will be in a position to make delivery of fertilizer orders Monday and I very strongly recommend that those who have not already placed their order do so at once. The total tonnage imported into the Province will not, in my judgment, be near as large as last year.

We may be buying turnips on or about May 15th. Contact with the office advising how many you will have at that time.

Frank B. Clarke

L-574-5-10-51