

**B. C. ELECTRIC**

# *Home Service News*

Vol. 13 ♦ SEPTEMBER, 1942 ♦ No. 8

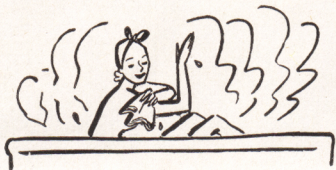
A Magazine of Service Published by the B. C. Electric Railway Company, Limited, Victoria, B. C.



EVERY day there's **something** to wash or clean . . . a stack of clothes or the kitchen floor—always the dishes. And good old-fashioned hot water is still your best ally. Perhaps you're fortunate enough to have in your home one of those marvellous gas water heaters that gives you a constant supply of piping hot water. No doubt about it, these water heaters are a real inspiration when it comes



to keeping clean. Plenty of hot baths . . . clean hands, clean clothes and beds, a clean house . . . the happy, healthy home has an aura of cleanliness that comes from hot water generously and faithfully used.



Plenty of BATHS. . . Clean up in a warm bath—end with a cooler splash or shower to tone up the system. Relax at bedtime in a soothing, warm bath—it should promote sleep (and we certainly need all we can get these days). And when the work piles up and up, take a stimulating bath—warm water followed by a really cold splash or shower—it's a wonderful pick-up.

To wash the dishes CLEAN . . . Dissolve soap flakes in hot water in the dishpan and wash dishes in this order: Glass, silver, china, graniteware, kitchen cutlery, tinware, ironware. Place washed dishes in wire rack or basket and rinse thoroughly with scalding water to remove soapy water and rid them of mouth bacteria. Wipe with clean, dry towels, or, if you use very hot water to rinse, all except glassware and silver may be allowed to dry without wiping.



CLEAN clothes will last longer. . . . When you attack the weekly wash, first of all sort the clothes and remove stains. Fill the washer—or tub—with water at 115 deg. F. Dissolve soap in water and WASH (10 to 20 minutes in

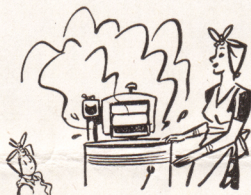
the washer). Rinse in clear hot water at least twice.

And here's how to treat the fabrics right:

1. Cotton goods—Follow the general instructions. Avoid hanging colored fabrics in the sun. . . .

2. Woollens—Wash with mild soap in lukewarm water. Squeeze and work suds in gently without rubbing or twisting. Rinse in water of same temperature, squeeze out water and spread on flat surface to dry.

3. Silks and rayons—Wash in the same manner as woollens with lukewarm water and handle gently. Rayon fabrics



are weaker when wet, and must be handled very carefully.

4. On the "Special List"—First of all those precious girdles. . . . Wash them gently in dissolved soap flakes and tepid water—no rubbing or twisting—just "douse" them—and, for extra thoroughness, scrub them with a soft handbrush. Rinse well, roll in a turkish towel and ease into shape. Stockings must be treasured, too. . . . Wash on removing—squeeze the suds through—again no rubbing or twisting—and dry away from heat.

And the house-cleaning—floors and walls, woodwork and windows—all come in for their share of scrubbing and washing. There's a wonderful satisfaction in knowing that you've banished every particle of dirt. And there's beauty in even the plainest house when everything is scrubbed shining clean. . . .



# Buying Victory Bonds Isn't Sacrifice —It's *SAVING*

Let's look at it clearly—

Our buying Victory Bonds isn't a sacrifice, even though the money's badly needed for our country's war effort.

We're not giving anything—we're being paid for lending. The Government guarantees to return our money safe and sound plus interest, so where does the sacrifice come in? It doesn't!

Unless you think that spending less and saving more compares with risking your life for your country. . . .

Nobody does think so—and that's why, if anyone's bought one bond or two bonds and thought he was doing his part, he's been "kidding" himself. That's why, unless we want the Nazis and the Japs to come and **take** all we have—we'd better do a lot more lending.



## *Buy MORE Victory Bonds!*



# Preserving is Conserving

## RECIPES

• Specially Selected and  
Tested by Mrs. M. A. Foulds  
B.C. Electric Home Service  
Department.



### PICKLED BEETS

4 qt. red beets, 2 qt. vinegar, 2 c. brown sugar, 1 tsp. salt, ½ tsp. pepper, 1 tsp. cinnamon, 1 tsp. cloves, 1 tsp. allspice.

Cut the tops from the beets, leaving 1 inch of the stems and roots attached. Scrub well with a vegetable brush and put to cook in boiling water. Cook until the beets are tender enough to be pierced with a fork. Pour off the hot water and run cold water over them. Remove the skins, and slice any desired thickness, or dice if preferred. Pack into jars. Bring the vinegar to a boil with the spices and sugar and pour over the beets. Seal while hot.

### CANNED BAKED APPLES

Bake the apples as usual, taking care that the apples are kept as whole as possible. Pack them in clean, hot sterilized jars, filling the jars with a thin hot syrup. Seal and store away.

### APPLE CHUTNEY

12 sour apples, 3 peppers (1 red), 1 pt. cider vinegar, juice 4 lemons, ¼ tsp. cayenne, 1 med. sized onion, 1 c. seeded and chopped raisins, 2 c. sugar, 1 Tb. ground ginger, 1 Tb. salt.

Chop the apples, onions and peppers very fine, add the vinegar and let simmer one hour, stirring often. Add the other ingredients and cook another hour, stirring constantly. Store as canned fruit.

### Home Preservers' Handbook

If you want a concise, useful booklet of carefully tested preserving recipes, with full instructions for making jams, jellies, marmalades, pickled fruits, butters, relishes and canned vegetables, call in for our Home Preservers' Handbook. It's FREE.

### SMALL CUCUMBER PICKLES

1 gal. water, 4 c. coarse salt, 200 small cucumbers, ½ gal. vinegar, 1½ tsp. celery seed, 1 lb. light brown sugar, ½ tsp. mustard seed, 1 tsp. salt, 1 oz. stick cinnamon, 1 tsp. whole cloves.

Make a brine of the water and the coarse salt, pour it over the cucumbers, and allow them to stand for 24 hours. At the end of this time pour off the brine, wash the pickles in cold water, and place them into crocks. Heat the vinegar, add the celery seed, sugar, mustard seed, salt, cinnamon and cloves, and bring the mixture to the boiling point. Pour it over the pickles in the crocks, cover closely while hot, and place in storage. If the pickles are desired sweet, add more brown sugar to the mixture.

### APPLE SAUCE

Pare, core and cook until soft with a small quantity of water. Press through a colander, and measure ½ c. sugar to 2 c. apple. Put into hot sterilized jars. Seal and cook for 20 minutes at 275 deg. Fill jars to within 1 inch of the top. Serve as cold as possible.

### TOMATO JUICE FOR BABIES

Stem and core the tomatoes. Slightly pulp with a potato masher and place on the stove in a covered kettle. Heat slowly to boiling point for ½ an hour. After the pulp has cooked for half an hour pass through a sieve to remove the skins and seeds. Return the extracted juice to the kettle and bring just to boiling. Have enough small bottles or jars kept hot in the oven. Fill these with the juice and seal and sterilize in water bath, 15 to 20 minutes.

### VEGETABLE MARROW JAM

Peel a large marrow, remove seeds and cut into square pieces. To every 4 lb. prepared marrow take 4 lb. sugar, 2 lemons, 1½ oz. whole ginger, and ¼ tsp. cayenne pepper. Cover the marrow with the sugar and stand 24 hours. Pour off syrup into a preserving-pan, add the lemon juice, lemon rind, ginger and cayenne tied in muslin. When boiling, add the marrow, boil 1¼ hours or until the marrow is clear and tender.



# Setting the Table by JULIA RODNEY

## BUFFET SUPPER

*Third in a Series of Four Articles*

"No tea, no coffee, no sugar for entertaining," said Mrs. Brown, "and I was going to have a bridge party for Agnes and Jim. What on earth can I serve for refreshment?"

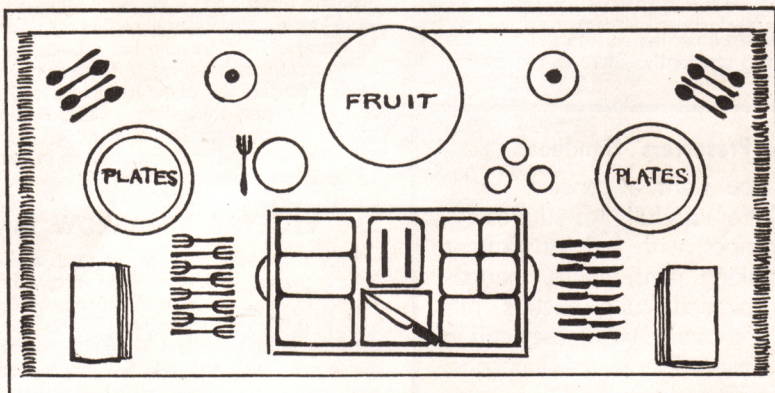
"There are lots of other drinks," suggested Mr. Brown. "Punch and grape juice and soft drinks—lime, lemon, or orange . . ."

"But they are all cold," said Mrs. Brown. "A hot drink is so much better in the evening, especially now the nights are cooler. Well, I suppose I could serve soup—consomme or bouillon. Yes, that's it, consomme and toasted sandwiches. Most people prefer them to sweet cakes, anyway. I'll serve hot consomme in cups and they can make their own sandwiches on the Toastmaster. For a sweet I'll have a dish of chocolates and some fruit . . ."

So Mrs. Brown put the dining-room table back against the wall, so there would be plenty of room for the sandwich makers. She chose a long table scarf in a bright peasant weave for a cover, and

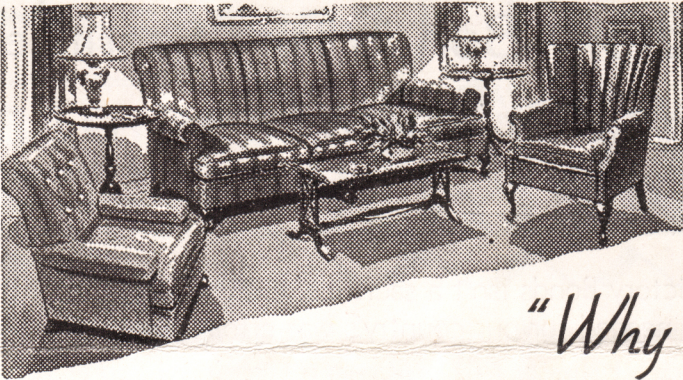
for a decoration a wooden bowl filled with apples, peaches, pears, plums and grapes—"to be consumed by the guests if they desire." Two candles in wooden holders were placed with the bowl of fruit at the back of the table. The toaster, on its tray with an assortment of sandwich spreads and breads, she set in the centre front, and on each side, various kinds of pickles, olives, sauces, mayonnaise, etc., arranged in an orderly fashion. Also on the table were plates, knives, forks and spoons and napkins. Mrs. Brown used her plainest china, keeping it all in the peasant motif.

"I'll serve the soup in the kitchen," she thought, "and bring the cups in on a tray. It's so much nicer to have really hot soup. Of course, a soup tureen would be ideal, but I'm sure we can manage. I can serve it while they're making the sandwiches. It should be lots of fun—and very easy for me. . . After all, the war mustn't stop us from entertaining our friends—no matter what we can offer."



THE BUFFET SUPPER





## *"Why Betty,*

how lovely your room looks!

"I didn't know you had been redecorating again."

"We haven't, dear—all this was done by rearranging the furniture and changing the position of the lamps."

"What inspired you, my pet? It has certainly made a difference to the look of the room. Did you have to spend a lot on new fixtures and outlets?"

"New outlets, indeed! I thought you said you knew about the Government restrictions on wiring. We got by without any new wiring at all."

"We, darling? Don't tell me John has blossomed out as the home type!"

"What a hope. No, he still thinks home work is for children and wives, but he does enjoy staying home more now that he has better lighting for his beloved paper."

"Well, who was the 'we,' then?"

"The B. C. Electric Home Lighting Adviser. After all your ranting and raving last time you were here, I thought I'd better do something. So I phoned and made an appointment, and she came out here and showed me how I could light the whole house better."

"And you didn't need any new wiring?"

"Not a scrap. We did it all with changing the positions of the lamps or furniture, shading the glaring lights properly, and in the case of that table lamp you were so sniffy about, lining it with white."

"Why did you do that?"

"Well, white reflects more light than any other color, so that lining the shade with white increases the amount of light that is thrown off into the room. The Home Lighting Adviser made several suggestions on how to get value for the light we burned."

"What else did she suggest besides the white lining for the shade?"

"She said . . . but why don't you phone her yourself? The service is free, and it's certainly helpful."

"I think I will. I ask for the Home Lighting Adviser, don't I?"

"That's right, and the number is Garden-7121."