

Delightful June Is Dairy Month

Once again across Canada, June is being heralded as Dairy Month... a good time of year to spotlight quality dairy foods and fresh new ways to serve them in Canadian homes. Not that Canadian homemakers refrain from using these flavor-fine foods the year round, but there are a couple of special reasons why June's a natural for dairy foods.

For one thing, dairy production is at its peak in this first month of summer, so there's fresh-flavored milk aplenty, as well as butter, cream, cheese, ice cream and the concentrated dairy foods. Besides, dairy foods combine so elegantly with Canadian produce from fields and orchards, that a June Dairy Month celebration helps remind homemakers of all the good eating she can put on the family table in June, and on through summer.

As in the past Junes, the Dairy Foods Service bureau will offer dairy food recipe booklets free of charge to homemakers, coast to coast, who request them. The booklets — one for each major dairy food — made available in quantity, free of charge, for women's groups, and may be obtained just by writing to 409 Huron Street, Toronto 5, Ontario.

So... whether it's butter melting gloriously on fresh green asparagus, or ice cream or whipped cream smothering some of those big juicy strawberries, or a refreshing glass of milk, a picnic-size chunk of Canadian cheddar, or evaporated milk and milk powder bound for the summer cottage... here's to June Dairy Month, 1959, and here's to Canada's 17 million consumers, bless 'em, to whom we chorus "Make Dairy Foods Daily Foods".



FRESH PINEAPPLE SNOW

Fresh as a May day, light as a May cloud, and easy-quick to make! This delectable dessert is made with whipping cream, beat-

en egg whites, sugar and flavoring... and grated fresh pineapple. Lady finger halves cross sherbet dishes with elegance.

1/2 cup sugar
1 1/4 cups whipping cream (point)
1-1 3/4 cups grated fresh pineapple
Few drops rum flavoring.

Beat egg whites until stiff. Add sugar, 1 tablespoon at a time, and continue to beat until meringue is thick and glossy. Whip cream; fold into meringue. Fold in pineapple and juice until meringue-cream mixture will hold without becoming too soft. Add flavoring. Chill well. Just before serving mix well and spoon into sherbet glasses. Serve very cold.

SPINACH AU GRATIN

(Makes 2-4 Servings)
1 (10 ounce) package spinach (9% cups)
1-3 cup tomato juice

Place spinach in large saucepan. Combine tomato juice, chili powder, onion salt and sugar. Pour over spinach. Simmer until spinach is tender, about 8 to 10 minutes. Drain. Place in buttered 1 quart size casserole. Sprinkle grated cheese on top. Place casserole under broiler until cheese bubbles, about 5 minutes.

GREAT WATERFALL

The flow over the Canadian falls at Niagara Falls is estimated at 114,000 gallons per minute.

Dairy Foods Combine In Early Summer Meals

If the succulent green of this year's first asparagus is tempting you, yet you still find it a bit on the expensive side to serve it in quantity as a vegetable, why not settle for a slim bunch and treat your family to its fresh taste in a crispy salad. Combining tender crisp asparagus, fresh green beans, raw carrot slices and hard cooked eggs, makes a salad known in gourmet circles as Salad Irma, simple as Simon to make.

Drizzled with its accompanying zesty herb dressing, with a dairy sour cream mayonnaise base, it will add luster to your menus. Serve it as a side salad to main course eating, for a welcome touch of garden freshness. Or serve it at lunch time, with a cup of cream soup, hot biscuits and butter, and our very special Fresh Pineapple Snow for dessert.

For until you've made Pineapple Snow with fresh pineapple, you've missed out on the real flavor and bouquet of this delectable fruit. So buy a pineapple and some whipping cream, get out egg whites, sugar and rum flavoring and in minutes flat you'll have a feather-light dessert all ready for the family. By the way, did you know that there are male and female pineapples, and that the female ones are sweeter—and often plumper too. Look for them next time you pass the pineapple pyramid. You'll know them by the rim of "baby" pineapples that have

sprouted just beneath the green spikes. And, here's to good salads and "snows" on your June tables! P.S. Our third green and gold recipe is a new way to cook and serve spinach. Cooked just until tender—in tomato juice made savory with chili powder and onion salt—its then drained, turned into a buttered casserole and topped with grated Canadian cheddar cheese. Ummm... broiled till the cheese bubbles, this green and gold vegetable dish is good as gold.

SALAD IRMA

(Makes 6 Servings)

1 cup asparagus, cut in 1" pieces
1 cup green beans, Frenched
1 cup raw carrot slices
3 hard cooked eggs, cut in eighths
1 teaspoon salt

Cook vegetables until only tender crisp. Mix all ingredients together with Zesty Herb Dressing.

ZESTY HERB DRESSING (Makes 1 1/2 Cups)
1 cup mayonnaise
1/4 cup whipping cream (1/2 pint)
1 tablespoon lemon juice
1 teaspoon tarragon
1 teaspoon chervil
1 teaspoon paprika
1/2 teaspoon salt

Mix together mayonnaise, dairy sour cream and lemon juice. Add seasonings and mix well. Let stand one hour before serving.

PINEAPPLE SNOW

(Makes 6-8 Servings)
4 egg whites



ENTERTAIN WITH A LUAU

Another Isle Sends Ideas For Exciting Dairy Meals

Enchanting and beautiful, the South Sea Islands offer adventure to all travellers, whether the visit is made in person, or from the more distant arm chair or movie seat. South Sea Island food offers plenty of adventure too, and right now across Canada, folks are keen to duplicate the succulent Polynesian dishes they've tasted on trips, read about, or watched on the screen.

All of which points to a Luau... the island's name for a luxurious feast, and pronounced Leo-ah-oo. Mind you, an authentic Luau consists of enough courses to make weight-conscious Canadians shudder, and takes about a week to prepare (enough to make Mrs. Homemaker run for cover). However, the Dairy Foods Service Bureau has created three recipes with the flavor enchantment of these far-off islands... and since their adaptation uses ingredients easy to come by, including dairy foods of course, you can have a small amount of Luau anytime, without much more time than it takes to fix an ordinary meal. And what an eating adventure there'll be at your house!

Their three recipes which we share with you today, come in the form of Kona Chicken (pictured in native service in a hollowed out coconut shell), along with Curried Baked Bananas and Jumbo Batter Fried Shrimp. The accompaniments of Red Sauce and Micronesian Mustard we also give you. Other than including some crispy celery and green onions, your feast has almost got itself ready. Bamboo mats if you have them, rough pottery and natural wood serving pieces will help capture the

spirit of the South Seas for you. And as they say at the beginning of a Luau, here's to your happiness — hauoli maoli oe!

P.S. Might we add that after a Luau, guests and hosts together do a Hula. Here in Canada we'll perhaps be more prone to use a Hula (hoop)!

KONA CHICKEN

(Makes 5 Servings)
4 tablespoons butter
2 teaspoons curry powder
1/4 cup minced onion
1-3 cup sliced mushrooms
2 tablespoons chopped green pepper
1/2 cup diced canned pineapple
1-3 cup diced celery
2-3 cup diced apple
2 cups cubed cooked chicken
2 cups milk
2 tablespoons cornstarch
2 tablespoons cold milk
1 teaspoon salt
1/4 cup shredded coconut

Saute in butter, the curry powder, onion, mushrooms and green pepper until slightly browned. Stir in pineapple, celery, apple, chicken and milk. Bring to boil. Combine cornstarch and cold milk and add to chicken mixture. Cook until thickened. Season. Just before serving, add coconut.

Note: To serve authentic Polynesian fashion, use a hollowed out coconut shell for a casserole and border the top with a rim of mashed potatoes, piped rosette fashion, then browned.

BATTER FRIEND SHRIMP

(Makes 10 Servings)
1 cup sifted all-purpose flour
4 tablespoons cornstarch
3 tablespoons cornmeal
1/2 teaspoon salt
1/4 teaspoon baking powder

1 egg, slightly beaten
1 1/4 cups water
1/2 cup milk
2 1/2 pounds large shrimp, shelled and cleaned

Curry Baked Bananas

(Makes 4 Servings)
4 green tipped bananas
4 tablespoons melted butter
4 tablespoons flour

Mix dry ingredients. Add egg, water and milk and stir just to blend. Coat shrimp with batter and deep fry at 400 deg. F. 3 to 4 minutes. Serve with red sauce and Micronesian mustard (recipe below) for dipping, or with catsup and prepared mustard.

Red Sauce

Combine 1-3 cup catsup, 3 tablespoons prepared horseradish, 1 teaspoon lemon juice, dash of Tobacco, salt and pepper.

Micronesian Mustard

Stir 1/4 cup boiling water into 1/4 cup dry mustard. Add 1/2 teaspoon salt and 2 teaspoons soft butter.

and smooth. Stir in curry powder. Four over bananas; cover. Bake in a moderate oven (375 deg. F.) 18 minutes.

Canadian 'Air Defence' Item Is Seen In American Budget

By DAVE McINTOSH
Canadian Press Staff Writer
OTTAWA (CP)—There is an item in the United States defence budget called "Canadian air defence."

The amount requested from congress for this purpose in the U.S. fiscal year that begins July 1 is \$182,400,000, of which \$21,400,000 is for actual expenditures and \$161,000,000 for spending authority on equipment for which contracts have not yet been placed.

The figure of \$182,400,000 compares with an amount of some \$230,000,000 included in the 1959-60 Canadian defence budget for Canadian air defence. Congress has not yet approved

SHARE OF INSTALLATIONS

The American amount for Canadian air defence—almost 80 per cent of the Canadian figure for that purpose—represents part of the U.S. share for new installations in Canada.

These include two Bomarc anti-aircraft missile units, the SAGE electronic control unit for the Bomarc stations and at least seven new radar stations, most of them on the Prairies.

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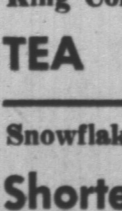
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 6 Tins 89c	King Cole 1/2 lb. TEA 49c
	Snowflake 2 lbs. Shortening 55c

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JUNE IS DAIRY MONTH

GET THESE BIG BUYS

June is dairy month. This is the month we salute the dairy industry for their contribution to the health of the nation. Be sure to keep lots of tasty, nutritious dairy foods in your refrigerator... they're rich in protein which is so necessary for good health.

ISLAND NEW CHEESE Lb. 47¢

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