

Holidays 'n Berrypicking

"Holidays" someone has said "are no' chiefly to go places; rather to come back with film-fresh eyes" - back to see in fresh perspective that familiar place which out of all the world and over its seven seas is Home. So we returned to our this evening, to its momentary dark window and unmistakable air of desolation which we had recognized in a first glimpse from the opposite summit of hill. The house across the lane was brightly lit and the barns, indicating their tendency then by the farmers' dark, nevertheless settled we knew in content and we its wanderer returning.

"Men built the houses-the women make the homes". Our windows were bright presently... a little girl with happy eyes entered... a small lad too with a wide smile, James with a welcoming hand. It was lived in, alive. The four walls held life, happiness, content. Again it was a home. Yet what a pleasant holiday had been ours there in that white

"Saves time and work" says Moncton homemaker

"Wonderful helper" Writes this grateful user

Dear Sirs: A short time ago, I was invited to a friend's home for dinner. She is a wonderful cook and the dinner was delicious. But what a lot of dishes we had to wash up after!

As she was using a powdered detergent, I learned again to appreciate MAPLE LEAF LIQUID DETERGENT which I always have to help me with dishwashing.

Of course I told her about it and she called today to thank me. As we talked about how grand it is for dishes and for washing fine fabrics, the thought came to me, what a shame if there is someone else who has not tried this wonderful helper. Actually that is what it is: it cleans so quickly, it saves time and work.

Everyone should know how wonderful MAPLE LEAF LIQUID DETERGENT is. I hope this letter will help to spread the good news.

Mrs. Ada B. Connor, Moncton, N. B.

MAPLE LEAF LIQUID DETERGENT

WOMEN

LET'S EAT

Skinless Frankfurters Star In Savory Treats

By Ida Bailey Allen

"Skinless frankfurters can have as important a place in the North American cuisine as sausages have had for centuries in Europe," observed the Chef.

"Today, Madame, while you were at the beach with your small grandchildren, I felt the urge to create a group of quick and easy summer savory specialties based on skinless frankfurters."

"Will you taste-test these new specialties, Madame?" he asked. "I'd enjoy them for supper, Chef, with a big dish of fresh berries and plenty of iced tea," I replied.

First came a hot main dish, good for either indoor or outdoor cooking.

"All measurements are level recipes proportioned to serve 4 to 6, Frankfurter Skillet: Melt 3 tbsp. butter in a skillet.

Add 2 chopped large green peppers, 1 1/2 c. sliced peeled onions, 2 sections crushed peeled garlic,

1 tsp. salt and 1/4 tsp. pepper. Cook over moderate heat until lightly browned. Stir occasionally.

Add 1 lb. skinless frankfurters cut in bite-size pieces. Cook 10 min. or long enough to heat thoroughly. Add 1/4 c. chili sauce and 1 tsp. Worcestershire sauce. Stir over oversized toasted split hamburger buns or with mashed potato.

This frankfurter skillet is so tasty it is featured in our menu today.

Monday Skillet Dinner: Green salad tossed with cheese; frankfurter skillet; whipped potatoes; spinach or chard with lemon coffee gel; whipped topping; hot or iced coffee or tea or milk.

Here are the Chef's further inventions.

Frankfurter Kidney Bean Salad: Drain 1 (No. 1 1/2) can red kidney beans and place in a large bowl. Add 1 fine-chopped peeled small

onion, 1 c. fine-chopped celery, 2 tbsp. fine-chopped pimientos, 2 fine-chopped sweet pickles, 1/4 c. sharp American cheese cut in cubes and 1/2 lb. peeled and cooled skinless frankfurters sliced into matchlike strips.

Blend with 1/4 c. French dressing mixed with 1/4 c. mayonnaise. Serve in a nest of salad greens.

For an attractive garnish, top with a little mayonnaise, a few cheese cubes and strips of frankfurters.

Broiled Frankfurter Sandwich: Split and toast 6 hamburger buns. Place on a broiler pan. Top each half with a slice each tomato and green pepper.

For each serving, slice a skinless frankfurter lengthwise four ways. Arrange on the tomato, with 1 tsp. chopped onion mixed with a very little crushed garlic.

Top with a slice of Cheddar cheese. Dust with fresh minced or powdered basil or oregano and a pinch of dried red peppers. Broil until the cheese melts.

From the Chef peanut-rolled frankfurters:

Slash skinless frankfurters in 4 places. Brush lightly with mustard. Roll in chopped salted peanuts and broil 4 inches from the source of heat.

Words Of The Wise

He who foresees calamities suffers them twice over.—(Porteus)

MORNING SMILE

Two men following a woman driver. "She's got her hand out the window," remarked one of the men. "What does that mean?" "Only one thing for sure," replied the other, "the window is open."

KEEP IN TRIM

Here Is A Weighing Plan To Help you Hold Your Own

By Ida Jean Kala

The best part of reducing is keeping weight right. You can live happily slim ever after. That's a promise.

Hold your own with this weighing plan: Slip out the isinglass scales. Mark a cautionary yellow line. Pound over your ideal weight. Two pounds above the yellow line, mark a red danger line. Any morning the pointer on the scale touches that yellow line, curb the calories in sweets, starches and fats. Be resolute—never go above the danger mark.

Now for the nutrition technique by which weight can be controlled. . . Calories are the key. Some established as an accurate measure of the fuel value of food, reducing became a science. When calories are cut below requirements, nature is forced to draw body's energy needs and the pointer on the scales goes down accordingly.

Nutrition knowledge makes it possible to adjust calories below requirements, yet include all the protective nutrients in abundant amounts so that body tissues are kept in a fine state of repair. Truly, science has taken all the guess work out of reducing and weight control.

And now a personal note—your dietitian is off on vacation. I'll be back in a few weeks. In the meantime . . . happy slimming!

FRIDAY

Breakfast: 1/2 orange juice, 4 oz. (Frozen, canned or fresh) soft cooked eggs; Mrs.—1 egg, Mr.—2 eggs; toast, thin slice; butter, 1/2 pat; coffee, black.

Luncheon: Clam chowder, or tomato soup with milk; crisp crackers, 3 green salad with cottage cheese, 1/2 cup; fruit; iced tea.

Dinner: Choice of: Broiled fish with lemon and parsley—gr roux serving, or small broiled steak (lean meat only); spiced beets, 1/2 cup diced corn on cob—1/2 large ear for Mrs. 1 large ear for Mr.; butter, 1/2 pat; red raspberries, 1/4 cup sugar, 1 tsp. rounded; tea or coffee.

SATURDAY

Breakfast: Tomato juice with lemon; soft cooked eggs; Mrs.—1 egg; Mr.—2 eggs; Mr.—strip bacon; toast, 1 thin slice; butter, 1/2 pat; coffee, black.

Luncheon: Cream of pea soup, 1 cup diluted with skim milk; fruit salad 1/2 peach, melon slices, honey dew balls—crisp lettuce; cottage cheese, 1/2 cup; bread, 1 thin slice; butter, 1/2 pat; iced tea with lemon.

Dinner: Meat loaf; Mrs.—1 slice 1/2 inch thick, Mr.—1 slice, 3/4 inch thick; lima beans, 1/2 cup (fresh or frozen); Butter, 1/2 pat; tomatoes, stewed—3/4 cup mixed green salad with green pepper rings; (Dieter's Dressing) Angel food cake—no icing; Mrs.—2" sector; Mr. 3" sector; tea or coffee.

ELEANOR ROSS

Washing Terry Cloth

Terry cloth is growing more popular, taking itself out of the utilitarian class and scoring in beautiful beachwear as well as decorating fabric.

Like all cottons, terry cloth is easy to care for. It should be washed often, for frequent washing to keep it white—or if colored or printed—to keep colors fresh and bright. It also helps keep the fabric fluffy.

Terry cloth may be preshrunk or not, but if it is being bought for fit, it is a good idea to invest in the preshrunk variety.

VERY COLORFUL

If it's very colorful, use moderately hot instead of very hot suds. Wash deep colors alone the first time, using several sudsings to remove excess dye. After the color is "set," it is probably quite safe to wash the garment along with other colored clothes.

Try not to set deep creases in terry cloth during laundering. A little care should prevent this.

HANG OUTDOORS

Hang terry cloth out-of-doors preferably, because it's normally a fairly long-drying fabric. Dry right side out and shake vigorously before hanging to get rid of creases. This also helps to fluff the short-pile surface.

Ease a knitted terry cloth garment into shape before hanging so that trim and seams won't be puckered up. Stretch along the lines of machine stitching before hanging.

If there's trimming such as cotton binding, edging, fringe or braid, be sure to stretch it when damp by pulling it between your fingers. This season's terry things have lots of trim—gold braid is the favorite accent.

Fasten rutton or hooks before hanging up a fairly heavy terry cloth garment. Put robes on a shaped hanger; shorts, skirts or pedal pushers on a skirt hanger.

BLEACHING ACTION

Dry white terry cloth in the sun for good bleaching action. All colored terry cloth should be hung in the shade to dry.

If drying indoors place an electric fan so that it will blow on the garment. This will speed up drying and fluff the fabric nicely.

Terry cloth doesn't need ironing unless you are a real perfectionist. In this case, then spread the garment over the ironing board and hold a steam iron about half an inch above the surface so that the steam penetrates the fabric and coaxes up the loops.

THE ROCK

Gibraltar is a corruption of the old Arabic name Jebel Tarik given to the rock by the Moors in the 18th century.

FEEL GREAT AFTER SKATE

WINNIPEG (CP)—Two women who started out to roller skate 66 miles from here to Emerson, Man., Saturday didn't quite make it.

Mrs. Eileen Kilborn pulled up at Morris, 41 miles south of Winnipeg, with a blister on a toe while Mrs. Jan Lord skated another 13 miles to Latellier before darkness forced her to give up.

Both women, who refuse to disclose their ages, said Monday they "feel great." They sped along on their skates as fast as nine miles an hour at times.

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