

Listen to Jack Dennett
CFRB
8:00 a.m. and 6:30 p.m.

"SALAD" TEA

ANNE HIRST

Your Family Counselor

"Dear Anne Hirst: For over a year I've been engaged to a boy who is now in the armed forces. We are of different faiths, but he is willing that I keep mine, understanding that it gives me my hope for a better life. He does not belong to any church, but goes with me when I ask him to. "But his mother says she'd rather be dead than see him turn to my church! She says he'd only do it to please me. My parents like him very much, and never comment at all. "SHALL WE MARRY?" "I feel that his mother brought him up the best she knew, and now should let him make his own decision. "He and I love each other deeply."



Sandra Wheeler
Company coming? House on show? These make a wonderful effect you know! Beautiful flowers; inserts in spiderweb crochets. Display worthy! Pattern C785 has transfer 6 motifs 6 1/2 x 9 to 8 1/2 x 17 inches; crochets directions in coins (stamps cannot be accepted) for this pattern to Box 1, 125 Eighth Street, New Toronto, Ont. Print plainly PATTERN NUMBER, your NAME and ADDRESS. Send Twenty-five Cents more in coins for our Laura Wheeler Needlework Book. Illustrations of patterns for crochet, embroidery, knitting, household accessories, dolls, toys... many hobby and gift ideas. A free pattern is printed in the book.

CROSSWORD PUZZLE

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Answer Elsewhere on This Page



On their way to the swimming pool, pupils of a Detroit school lean through the window of a classroom to taunt other youngsters who have to attend during vacation time. Insiders missed school during the recent 59-day transit strike. Outsiders missed no school.

Canadians Are Poor Salad Eaters Compared to United States Neighbors

Canadians are poor salad eaters. That is a fact pointed out by comparison with what United States citizens eat and with figures based on what nutritionists say we should eat.

For instance, in 1945, the last year for which comparative figures are available, Americans ate 22.5 pounds per capita of fruits and vegetables used in salads while Canadians consumed only 2.52 pounds per person. These figures do not include potatoes. Even what Americans eat does not quite reach the figures based on what nutritionists say we should eat.

This is the reason why many interested government departments, associations, companies and individuals are lacking "Salad Week" in Canada. "Salad Week" from July 22 to August 4, is designed to increase the consumption of fruits and vegetables in Canada to a level that will bring better health to all Canadians as well as add color and variety to Canadian meals.

As well as being appetizing, nutritious and easy to prepare, salads are an easy solution to the high cost of living, particularly during summer months when fresh fruits and vegetables are in peak supply and prices are low, the Canadian Horticultural Council points out.

The Council also points out that no other type of food lends itself to such a variety of cold combinations as salads. All the contrasting colors of nature can be found in fruits and vegetables. For this reason, in choosing ingredients for a salad, the housewife should try to select foods which offer contrast in color, flavor and texture. If there is sufficient green to act as a neutralizer, you can mix colors that would normally clash.

Salads can be prepared in so many different ways that they are the palate of the most discriminating and hard-to-please eater. Too often, salads disappear from the menu in winter and spring. This is the time of year when they are a real help in adding variety, color and flavor to meals.

Salads are ideal for the housewife with imagination. No other food dishes give them such a chance to develop their own original recipe or give such a variety to meals.

CHRONICLES OF GINGER FARM

By Geraldine D. Clark

We have eight acres of hay cut and raked; another six cut but not raked, also a field that hasn't been touched—and the hay-baler sitting in the yard. That is as far as we have got with our hay-making operations. There has only been one day when the hay was cut to bale and that the baler was busy elsewhere. We have known some "crazy" seasons but never anything quite like this. But we have lots of company—there is hay out all over the place. However, all any of us can do is take what comes and hope for the best.

Right now "the best" seems to be a promise of peace in Korea—if there can ever be peace in that country. Personally I am more concerned with what may happen in Iran—Iran and its oil being of far more importance to Soviet Russia than North and South Korea put together. Of course we are expected to believe that the trouble in Korea isn't Russia's war—but who can doubt but what the whole dreadful business wasn't instigated by the Kremlin.

Well, last Tuesday many women in this district came aside and headed for the 50th Anniversary of our Halton District Women's Institute. It was a lovely day, sandwiched in between rain the day before and rain the day after. Over 300 members and a number of guests sat down to a well planned, attractive and appetizing lunch.

Before lunch most of us had our little private session. There were ladies there who had not seen each other in years—members who had moved away; women who once been members of branches that had

MACDONALD'S BOLLER

Canada's Standard Smoke



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TABLE TALKS

Jane Andrews

Leftovers are a challenge to the ingenuity and resourcefulness of women. Shall they disappear as pies, soups, timbales, or mousses, or as stuffed peppers or stuffed onions? There is always an interesting use for every bit of leftover food.

There isn't a piece of vegetable too small to go into a soup or a salad; any bits of fruit may be used for garnishes, put into appetizers, or used in salads and puddings. Even the water in which vegetables are cooked is suitable for cocktails or soups.

One boon to the cook, especially in summer, is the use of condensed soups in preparing leftovers. Use them instead of white sauce for binders—and many of them may be used, diluted slightly, for sauces for loaves and croquettes. Mushrooms, celery, tomato, and others contain flavors that often add special zest to the new dish being formed.

A delicious new version of meat pie, which calls for only one cup of leftover meat for serving six people, is topped with a fluffy sauce meringue that makes it truly company fare. Try this on any member of your family who thinks he doesn't like leftovers, and see him change his attitude about the whole matter.

LITTLE-MEAT DISH

1 can condensed cream of mushroom or cream of celery soup
1/2 cup milk
1/4 cup chopped onion
1 cup cubed, cooked beef or chicken
1/2 cup carrots, sliced
1/2 cup corned, drained
4 eggs, separated
1/4 cup shredded Canadian cheese

Combine soup and milk in a 1 1/2-quart casserole; add onion, meat, and carrots. Bake at 375 degrees F. for 10 minutes. Meanwhile, beat egg yolks and stir in cheese. Beat egg whites until stiff and fold in egg-cheese mixture. The fluffy topping over mixture in casserole and continue baking for 30 minutes. (It is important to cook casserole while preparing topping, otherwise dish is too moist.) This serves six.

If you have only 1/2 cup of leftover, chopped meat—beef, ham, chicken, pork, or flaked tuna—try the following creamed delicacy for four.

CELERY-CREAMED EGGS

1 can condensed cream of celery soup
1/4 cup milk
4 hard-cooked eggs, sliced
1 tablespoon chopped pimiento
1/4 cup chopped meat
4 slices toast

Combine soup and milk and heat over low heat. Stir in eggs, pimiento, and meat. When thoroughly heated, serve hot on toast cut in the shape of ovals.

Leave leftover spinach, try each ball for dinner.

SPINACH BALLS
chopped, cooked
1/2 cup butter, melted

Combine spinach and 1/2 cup butter in a small bowl. Shape into balls. Bake in a 350-degree oven for 15 minutes.

WAKE UP YOUR LIVER BILE

Without Calvert—And You'll Jump Out of Bed in the Morning! No Calvert... The liver should pump out about 2 pints of bile into your digestive tract every day. If this bile is not flowing freely, your food may not digest. It may just do it in the digestive tract. Then you get bloated, your stomach, you get constipated. You feel sour, weak and the "acid" food. It takes from 10 to 15 minutes for the liver to pump out a pint of bile. If you are not getting a pint of bile every day, you are not getting a pint of bile every day. Get a package today. Effective in making bile flow freely. Ask for Calvert's Little Liver Pills. Sold at all drug stores.

SORE MUSCLES?

Want to relieve them—QUICK? Get quick-drying Minard's Liniment—rub it in well. You'll get relief, and quick, too!

LEVIN CRAB INTO WINO

Women Who Cut Their Own Hair Are Helped By Professional Advice

Your proper haircut and shaping is the foundation for any hairdo. Most short hair requires trimming every two weeks and a good shaping once a month.

Thinning shears have a series of very fine teeth, which you use on dry hair. Each tooth cuts about 12 hairs at a time. While using, keep the shears in motion and watch that you don't cut out in chunks of hair too much. You can do a perfect piece of thinning with plain barber shears when you have become more skilled.

Whichever tool you use, the following simple blocking procedure will be helpful. First section your hair in halves from the back of each ear over the crown. Part the front piece on each side and secure the three sections flat with hairpins.

Then divide the hair in back horizontally across from the top ear to ear and over the highest curve of bone structure before it begins to taper down. Secure this top middle back section out of the way. Divide the hair on each side into a narrow rectangle of hair between your first two fingers, hold the hair tight and the hair strand on a tension. Slide the razor flat over the full length of the hair, bearing down in a series of short strokes, taking off just a little at a time.

For scissor thinning, use this rule: Hold the strand tight between your first two fingers, slip the open V of your barber shears up and down the strand and close to your scalp according to the amount of thinning you need. Neatly pluck the hair. This should neaten the hair at alternating lengths. Do not close your scissors. It is best to twist the strand a little, so you don't cut it off abruptly at the beginning when you insert your scissors.

If you wish the ends to be tapered to a very fine point (and a tapered end curls better than a blunt end) back-comb the strand of hair, slicing off just what remains between your fingers.

Next proceed to the three sections on your neck. The sides back of your ears usually need more thinning than the middle section and can serve as a guide to the entire back section.

Take care in thinning the top so as not to have any blunt ends showing in your part. For a final test, pull your hair up through your fingers, making it stand out like a round ball. You can use the comb as a ruler to see that all of your hair is approximately the same length. Give it any finishing shaping it needs.

For Blunt-End Bob
If you wish a plain bob with blunt ends which swing or dovel-tail to one side of your crown, hair will have to be one and a half to two inches longer here than over the rest of your head. You need not section off your hair but start from the top and top back, cutting each thin layer bluntly, using the top hair as a guide for picking-up the bottom layers so that it has a graduated, beveled effect when finished.

If your hair is inclined to be thinning it in the grooves of the waves. This will encourage more depth to the wave.

If you cut a child's hair, to give him a rather short cut with a shingled, tapered back, section off the hair as in the ball method. Start at the back of the right ear. Scoop the hair up through the large teeth of a barber comb, cutting that which fills on the side of the comb towards you. Cut the same length around to the other ear. With a fine edge of the comb feather-edge the neckline; or clippers can be used for finishing.

leisure, some member of his family would say: "He's sure to be in the stamp room." He usually was.

One day the Royal Collection, which is now worth at least £750,000, will probably become the property of the nation. It is generally regarded as the finest individually-owned collection in the world.

A woman in Australia lost her handbag. It eventually turned up a mile of wool at Schio, near Verona, Italy, where it was found by a sorter.



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The Canadian Family owes much to . . . Wales

Canada has been a land of opportunity to settlers for many generations. Much of our strength stems from the blending of racial and cultural heritages from many lands. It is a grand feat of nation building when many cultures march cordially together, cooperating and making allowances, merging ideas and preserving ideals, linked by a common citizenship in the great Canadian Family.

One of the first Welshmen to come to Canada was Thomas Button who set sail in Henry Hudson's *Discovery* in 1610 to find the North West Passage. Another famous Welshman was David Thompson whose surveys are the basis of our maps of Western Canada.

The Welsh are a quiet, serious, devout and music loving people. Their industry in the fields of chemical and mining engineering, language and science teaching, manufacturing, editing and law has contributed much to Canada's progress.

Calvert

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AMHERSTBURG • ONTARIO

Calvert, head of the famous Calvert family, founded one of Canada's first colonies in Newfoundland in 1622. The Calvert ideals of freedom and tolerance helped set the pattern of the democracy we now enjoy.