



**WALKS AGAIN**—Mrs. Julia White Fletcher, 102, of Hamilton learns to walk again after breaking her hip joint in a fall last March. The broken bone was fastened together with a metal screw which probably will remain permanently in the bone. Nurse Marie Davey helps Mrs. Fletcher in her early steps.

#### THE EXPERTS SAY

### Families Forget Ants, Enjoy Open Air Lunches at Picnic

By KAY REX

Picnicking? It's the season for getting out in the open, spreading a tablecloth on the grass and ignoring the ants.

If there's a swimming pool handy, so much the better. If mother has packed a delectable lunch, well, that's just seventh heaven.

Home economists of the consumer section, Dominion Department of Agriculture, have some time-seasoned advice about picnic preparations.

When making out the shopping list remember that one small sandwich loaf will cut into 30 to 40 slices, slightly less than one-quarter of an inch thick.

Two and one-half cups moist meat filling will spread one loaf. Cold meat, sliced thinly, cuts in 50 to 60 slices a pound.

One dozen hard cooked eggs, chopped and mixed with onion and salad dressing, spreads one loaf.

To slice fresh bread thinly: always use fresh bread and chill the loaf in refrigerator before slicing. Use a sharp knife.

Economy: Save butter and filling by removing crusts (if they are to be cut from sandwiches) before spreading bread. Crusts can be used for crumbs, bread puddings and so on.

For butter economy: Beat one cup of milk into one pound of butter.

This salad sandwich loaf may not be the best type of dish to take on an outdoor picnic but it would be excellent either for

a garden party or when friends drop in for supper.

**Salad Sandwich Loaf:** Chill sandwich loaf to facilitate cutting. Trim off all crusts and cut the loaf lengthwise into four slices. Spread slices with softened butter, except for the two outside surfaces. Spread filling on the first slice. Cover the second slice and spread with a second mixture. Cover with third slice and spread with first filling. Cover with fourth slice. Frost the entire loaf with a cheese frosting or mayonnaise.

Garnish as desired and let the loaf stand in refrigerator for several hours before serving. This sandwich loaf is ideal to serve when "one dish" refreshments are desired. The slices may be served on a lettuce leaf.

Peanut butter cookies are a treat at any time and come in particularly handy at picnics.

**Ingredients:** One-half cup of butter or margarine, one-half cup peanut butter, one-half cup brown sugar, one-half cup white sugar, one egg, one teaspoon of baking powder, one teaspoon of baking soda, two teaspoons warm water, pinch salt, one cup flour.

Cream butter, peanut butter and sugar. Add egg. Sift flour, baking powder and salt. Mix soda with warm water. Add to first mixture, then add flour mixture. Drop with a spoon on pan and pat with fork.

#### Long Before Lodge or Dewey Backed Him

### Three Million GI's Made Ike a Winner

By SAUL PETT

Long before Lodge or Dewey backed him, long before Minnesota made its crucial switch, the first and greatest campaigners in Dwight Eisenhower's rise to the Republican presidential nomination were 3,000,000 anonymous men called GI's.

They made him a winner. They gave him victory in Europe and made him a symbol of free men in triumph. It is a debt he has frequently acknowledged with characteristic humility.

And just what did Ike do for the GI's and other nameless men of the international army which defeated Hitler and Mussolini?

Historians and military experts differ on many points but on this much they seem to agree: Ike was the great organizer, the great welder of unity in the most polyglot force ever assembled. He worked out much of the crucial strategy. He made many of the agonizingly important decisions.

And he did this with a smiling grace and humility that won many grateful friends at the front and at home.

He proved, as Winston Churchill said, he was "no glory-hopper." It was never "Eisenhower's Headquarters" in the headlines of the dispatches. Only "Allied Headquarters."

He took little credit in victory but stood ready to take the rap in defeat.

While Allied troops were

storming Omaha Beach, he dedicated this statement, which he never had to use:

"Our landings in the Cherbourg-Havre area have failed to gain a satisfactory foothold and I have withdrawn the troops. My decision to attack at this time and place was based upon the best information available. The troops, the air, and the Navy, did all that bravery and devotion to duty could do. If any blame or fault attaches to the attempt, it is mine alone."

Although a million light years separated their ranks, the GI frequently felt he had a real friend in his supreme commander. Just before the big push across the Rhine, the five-star general fell in step with a young infantryman.

"How are you feeling, son?" the general asked.

"Sir, I'm awful nervous," the boy said. "I was wounded two months ago and just got back from the hospital yesterday. I don't feel so good."

"Well," said Ike, "you and I are a good pair then, because I'm nervous, too. But we've planned this attack for a long time and we've got all the planes, the guns, and airborne troops we can use to smash the Germans. Maybe if we just walk along together to the river we'll be good for each other." And they were.

This, of course, was the common touch so important to good generals and political candidates. But more important in the lib-

eration of Europe was Eisenhower's talent for making Americans, British, French, Poles, Greeks, Canadians, Norwegians, Australians, New Zealanders, Italians and South Africans fight together.

Added to this were the jealousies of individual air forces, ground forces, naval forces.

Somehow Ike pulled them all together more truly united than they ever had been before.

Eisenhower could joke about a lot of things but not where the precious unity of his command was involved.

It was legend around his headquarters, in London, Algiers or Paris, that he could forgive you for calling a fellow officer an "SOB."

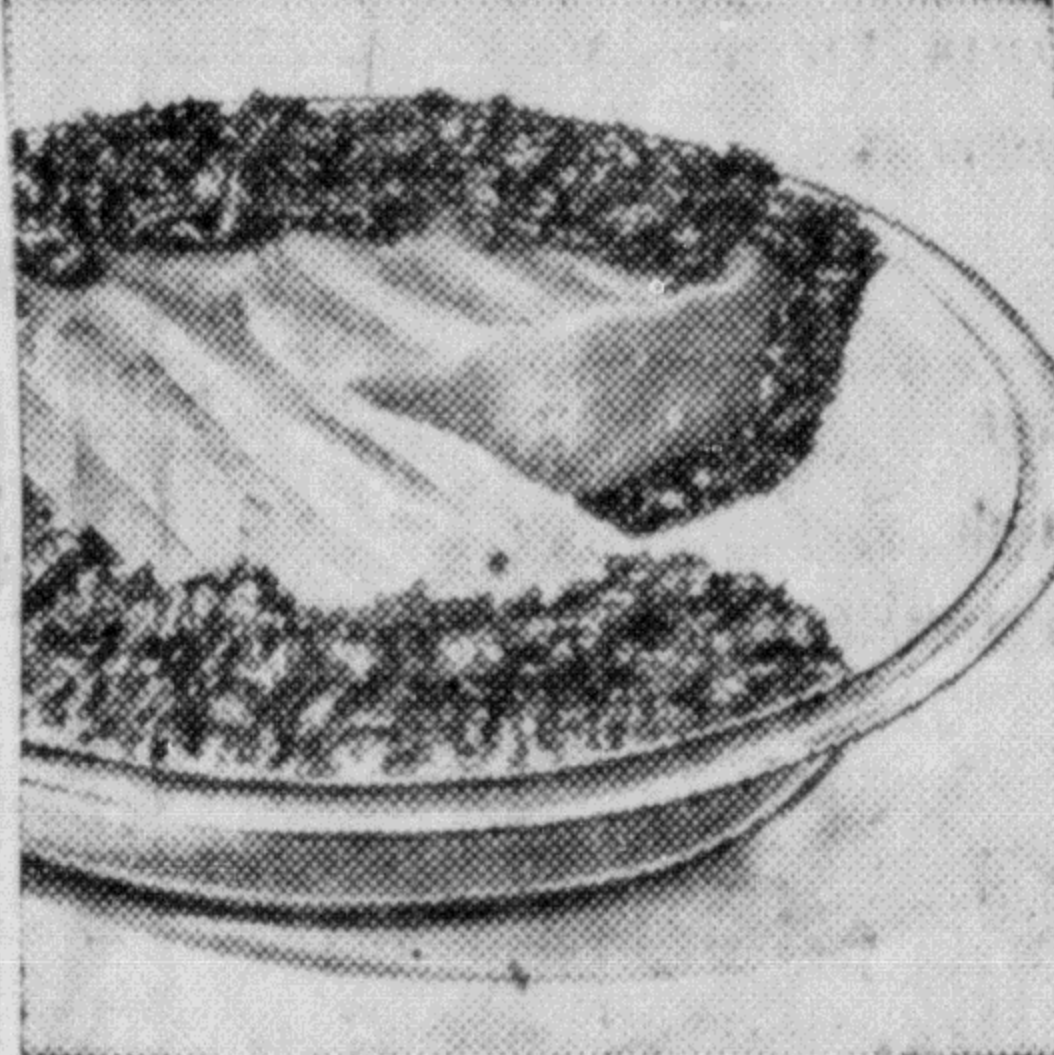


#### Porous Wings Aids Air Speed

MOFFETT FIELD, Calif. (AP)—Porous wings may help supersonic-speed planes to land and take off at something less than suicidal speeds. A strip of porous metal along the leading edge improves the lifting power of the wings when a fast plane is nosed upward slightly for landings or take-offs, the Ames Laboratory of the National Advisory Committee for Aeronautics said yesterday. This may permit the planes to get up and down at speeds not much greater than now used in landings and take-offs.

#### Peru Picks up Cuban Friendship

LIMA (AP)—Peru today announced the resumption of diplomatic relations with Cuba after a three-year break. Cuban-Peruvian relations were broken off in 1949 when some Peruvian political refugees fled abroad after having been given asylum in the Cuban embassy here.



#### Butterscotch Choco-Bran Pie

New! Smooth butterscotch filling in crunchy chocolate-bran pie shell. No baking! Quick, easy, thrifty!

**1/2 cup (3 oz.) semi-sweet chocolate bits**  
**1 tbsp. vegetable shortening**  
**1 pkg. Butterscotch Pudding, made as directed on pkg.**

**1 cup Kellogg's ALL-BRAN, rolled to crumbs**  
**1/2 cup chopped nuts**

Melt chocolate, shortening over hot water. Stir in ALL-BRAN crumbs, nuts. Reserve 2 tbsp. mixture for topping. Press rest evenly, firmly on bottom, sides of well-greased 8-in. pie plate. Let stand till firm. Spread cooled pudding in pie shell. Border with choco-bran crumbs. Chill till set. Remove from refrigerator 15 to 30 min. before serving. Yield: 8 in. pie.

For youthful regularity, bulk-balance your diet with 1/2 cup toasty ALL-BRAN every day.

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### Barbara Brent's BUYS AND WHYS



MONTREAL, July 17th—Lovely Joyce Woodbury, another beautiful Woodbury bride, wore a ruffled, hoop-skirted gown of white chiffon and organza and carried a nosegay of delicate white stephanotis. But her magnificent Woodbury complexion stole the show. Joyce knows that Woodbury Facial Soap is more than just a cleanser. You see, there's a precious beauty-cream ingredient in every cake of WOODBURY SOAP. It's the same softening oils you wash away. Try Woodbury yourself. See how its mild, rich lather cleans your skin thoroughly, gently...and smooths it too. Ask for the Big Beauty Bath size of Woodbury Soap—for lovely skin-head to toe.

**Keep The Campfire Burning** while you boil water for the taste test of the evening...INSTANT CHASE & SANBORN COFFEE. It's such a friendly "cup of cheer"—and as easy to make ten cups as one. Good? It's wonderful coffee! That's because it's made by folks who "know their coffee"...with nearly a century of coffee experience to make it the best "instant" you've ever tasted. The flavour's there—and the real coffee lift. So when good friends get together...be sure to serve Instant Chase & Sanborn. It's economical. You save up to 40¢ a pound compared with ground coffee. So take my tip and keep a jar of Instant Chase & Sanborn handy—always.

**I Don't Know When** burglars take their holidays. But I'm willing to wager it's not during the summer. It's "windfall" season for them just now, with so many people away from home, and so many valuables left around unprotected. Don't add to their easy pickings by leaving yours at home when you go away! Put them securely away in a Safety Deposit Box at the BANK OF MONTREAL. Costs you only a cent or two a day and assures you of extra safety for all your important papers, jewelry and keepsakes. Rent a Safety Deposit Box at your B of M branch today! It will be a happier summer once you know your valuables are in the vaults of the B of M.

**There Are More Good Ways Than One** to enjoy Heinz wonderful soups. Yes, HEINZ CONDENSED SOUPS are certainly "tops" as a first course—but have you tried their tantalizing flavours in meat loaves—pies—macaroni? Heinz Soups are very special taste treats, all right. You see, Heinz are soup specialists—they combine long experience with great skill to bring you the very best of flavour-packed soups...many scrumptious varieties—and special soups for baby, too! Ask your grocer for Heinz Condensed Soups. The folks will ask for second helpings every time you serve them.

**It's Cool From The Word "Go!"**—and so are you. For here's a tip that you don't cook—you freeze it only once—it costs only 5¢ a serving...and it's delicious. It's Lemon Ice Box Pie, made with SUNKIST LEMONS, of course...they're the finest, juiciest grown.

**SUNKIST LEMON ICE BOX PIE**

1 small can evaporated milk  
2 eggs  
1/3 c. fresh Sunkist Lemon Juice

1/2 c. sugar  
1 tsp. grated lemon peel  
Spiced Crumbs

1. Cool evaporated milk in ice cube tray until crystals start to form.  
2. Separate eggs.  
3. Mix the egg yolks, lemon juice, sugar and grated peel.  
4. Beat egg whites stiff, lightly mix in yolk mixture.  
5. Beat chilled milk in another bowl and carefully fold in egg mixture.  
6. Pour into ice cube tray lined with Spiced Crumbs and freeze. Serves 6 to 8.

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