

"SALADA" TEA BAGS

Perfect
for picnics

Canning Corner

When a quick dessert is called for, there is nothing better than canned fruit. Served plain with cake or cookies, it is always satisfying. On the other hand if something a little more elaborate is needed, canned fruit forms the base of delicious pies, puddings and sauces. So if one has the storage space, the home economists of the Consumer Section, Dominion Department of Agriculture, suggest "canning what you can."

Following are their directions for canning one of the favorite fruits—peaches. Being a sweet fruit, peaches need only a thin or moderately thin syrup. Thin syrup is made in the proportion of 1 cup sugar to 2 cups water yield, 2 1/2 cups syrup; moderately thin syrup, 1 cup sugar to 1 1/2 cups water (yield, 2 cups syrup).

Hot Pack Peaches

Blanch peaches 15 to 60 seconds in hot water to loosen skins. Cold dip, cut in half, remove skins and pit. Drop peaches into brine (1 teaspoon salt to 1 quart water) as they are prepared, to prevent discoloration.

Drain, leave in halves and water) as they are prepared, to prevent discoloration. Drain. Leave peaches in halves or slice and drop into hot syrup, bring to boil and simmer 3 minutes. Pack hot (placing peach halves cups down) in clean, hot sealers. Cover with the hot syrup leaving 1/2 inch headspace. Adjust rubber rings and tops. Process in the boiling water bath 15 minutes for pints and 20 minutes for quarts, or in an oven with an automatic heat control for 25 minutes, at 275 degrees F. for pints and quarts.

Cold Pack Peaches

Blanch peaches 15 to 60 seconds in hot water to loosen

skins. Cold dip. Cut in half and remove skin and pit. Drop the peaches in brine (1 teaspoon salt to 1 quart water) as they are prepared, to prevent discoloration. Pack cups down, or slice and pack in clean hot sealers leaving 1/2 inch headspace. Adjust rubber rings and tops. Process in the boiling water bath 20 minutes for pints and 25 minutes for quarts. The oven is not recommended for Cold Pack Peaches.

In Ethiopia, butter is used as a hair dressing.

The Experts Say - -

VEGETABLE COSTUMES—It's the fashion this season to own a vegetable garden—and when it comes to meals, home economists know exactly what the well-dressed vegetable should wear.

Just because French dressing is easy and palatable, there's no reason why tomato dressing, mayonnaise, or Thousand Island dressing, cannot be used occasionally on a plain lettuce salad.

CROUTONS—those small cubes of bread which have been well dried and browned in the oven—make an interesting addition to texture and flavor of a lettuce or mixed green salad.

Cooked vegetables also often are improved if fussed up a bit. Butter is the all-round favorite, but during rationing bacon fat became a desirable substitute and it's use should be continued. It adds flavor to vegetables such as marrow or green beans.

HORSE RADISH, mustard, nutmeg, and paprika, added to cress sauce, give it new piquancy. A teaspoon of honey added to melted butter brings out the

Seasonable Ideas for Housekeepers

GET ACQUAINTED WITH SQUASH -- MAY BE SERVED IN MANY WAYS

If the squash family had a reunion picnic such as many clans have each summer there would be a large attendance. It would include all edible varieties of gourds, vegetable marrows and pumpkins as well as all shapes and sizes of other green and yellow varieties. Squashes are also classified as "summer and winter" squashes according to whether they are early maturing and used when under ripe or late maturing which may be stored for winter use.

Many people are unfamiliar with summer squashes or have eaten vegetable marrow when it was watery and tasteless and, therefore do not try any of the many delightful ways in which this vegetable may be served. Summer squashes differ a good deal in shape and color but the flavor and texture is about the same.

Small summer squash of the patty pan, or zucchini, yellow

crook neck types, do not require peeling but as they develop the skin becomes hard and should be removed.

Home economists offer the following recipes which are well worth trying.

Squash and Pepper Casserole
Peel and cut marrow or squash into half-inch slices. Cut green pepper into thin rings. Arrange in layers in a greased casserole, sprinkling each layer with salt, pepper and a little onion salt. Top with bread crumbs, dot with butter or other fat, cover and bake in a moderate oven, 350 degrees F., about 35 minutes. Remove cover and continue baking about 10 minutes longer or until crumbs are brown and vegetables tender.

Stuffed Vegetable Marrow
Cut a small marrow in half lengthwise and remove seeds. Place marrow halves on a greased baking sheet and fill with the following mixture.

2 cups soft stale bread crumbs
1 small onion, chopped
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon poultry seasoning
2 tablespoons chopped parsley

MARRY AT 17 IT'S NATURAL

LONDON, (P)—Seventeen is the natural age to marry, Dr. J. Macalister Brew, 34-year old woman physician, told London youth group leaders, "but today it is not the thing."

"Our Victorian great-great grandparents married early and had fine bundles of children, and they were happy," the doctor said. "The best age, physiologically, for girls to have babies is between 19 and 21."

SLOW BUT SURE

A camel walks at about the rate of two and one-half miles an hour.

2 tablespoons melted fat
Bake for one hour in a moderate oven, 350 degrees F. Six servings.

Squash Casserole
3 sliced summer squash
Zucchini or other small varieties
2 tablespoons flour.
1 teaspoon salt
Pepper
Arrange sliced summer squash and sliced onions in alternate layers, sprinkling each layer with flour, salt and pepper. Cover and bake at 350 degrees F. until tender, about 30 minutes. Six servings.

BUYS AND WHYS BY Barbara Brent

A weekly advertising and information service for today's woman



The cold winds of winter may seem far off just now—but you'll be startled at the way the weeks slip by, and how soon the days begin to grow short and cool. That's why now is the time to plan your winter clothes budget. If you'll be wanting furs, fabrics, or fine clothes, then—open a Savings Account now at the BANK OF MONTREAL! It's simplicity itself—and such a good idea! For money in a B of M Savings Account not only earns interest but is available whenever you want it. So open your Winter Wear Account tomorrow... any member of the B of M's staff will be glad to assist you!

MANY HAPPY RETURNS of this mid-summer day to little Sue—who's celebrating her fifth birthday with a party! There's the excitement of preparation around the house and in the garden—and in the midst of it—the man from the store... bringing lots of family "Fresh Up", 7-Up! Cheerful 7-Up is just right for children's parties... bubbly and gay and thirst-quenching! It's the family favourite with everyone from Small Sue to Big Bill... and no wonder! It's the famous "FRESH UP" drink... a delicious treat at any time!

SALAD SUPPERS ARE THE THING... they're the good thing for summertime evenings when any number of guests drop round at mealtime. Serve your salad suppers buffet style—in the garden—or the living room... and be sure to make your salad dressing with delicious MAZOLA... like this—
FRENCH DRESSING...
Place in a tightly covered jar and shake well... 1 cup Mazola, 1/2 cup cider vinegar, 1 teasp. salt, 1 teasp. sugar, 1 teasp. dry mustard, 1/2 teasp. paprika, dash cayenne and a few drops Worcestershire Sauce. Shake each time before serving and your guests will all agree—your salad dressing is delicious made the MAZOLA way!

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