

... HOUSEKEEPING ...

COOL SALADS FOR SUMMER ... COOK EARLY IN MORNING

"Keep cool with cool cooking and cool eating," is the sound advice passed on by the home economists. They suggest that the way to avoid that mid-day heat frustration is to do the cooking early in the morning before the sun turns on the heat. This is where jellied salads come into the picture for they may be made in the freshness of the early morning and allowed to set in the refrigerator. Then they will be ready with a minimum of last minute preparation for supper or dinner. Refreshing jellied salads may be as simple or as fancy as anyone wants to make them and almost any combination of fruits, meats or vegetables may be used in their making.

Tomatoes also make delightfully cool and appetizing salads. They are plentiful these days and the home economists are sure that everyone will want to serve them as often as possible.

An ideal way of serving them is as Stuffed Tomatoes. There is such a variety of fillings that may be used for the purpose that it would be easy to serve a different stuffed tomato salad for each day of the week. For example, a filling of diced celery, diced cucumber, sliced radishes and chopped green onions combined with a small amount of whipped cream, a little vinegar and seasoning to taste and gives a salad which is sure to banish any Monday's blues. For Tuesday the tomatoes may be filled with cottage cheese which has been mixed with diced celery, chopped parsley and salad dressing. This will certainly be a winner with any family. Wednesday's stuffed tomato salad might boast a filling of diced chicken, diced hard-cooked eggs and celery and chopped pickle moistened with salad dressing. For variety, ham or other meat may be used instead of chicken. Why not try an Italian type salad for Thursday? The filling would be cooked left-over macaroni, spaghetti mixed with diced celery and well seasoned tomato pulp. Cole slaw, which adds interesting contrast of color and texture, may be the choice for Friday's filling for stuffed tomatoes. The last filling the home economists suggest is devilled eggs, on a bed of salad dressing spread on tomato petals.

To make these petals cut a tomato in quarters to within one-half inch of the bottom and spread out the quarters to form petals.

Regardless of the type, any salad has greater eye appeal if attractively garnished. As a gay bouquet of flowers pinned to the shoulder lifts the spirits, so a gay garnish brightens the salad. Simplicity is the key-note in garnishes and one rule to remember is that all garnishes should be edible.

Most folks know how to make radish roses, but not everyone has tried tomato roses. This is the way to make them. Cut a slice across the bottom of a tomato leaving about 1-inch attached, then turn the knife downward and pare the tomato round and round, as is peeling an apple to get a continuous peeling. Coil the tomato peeling around and over the bottom slice. The end should drop down naturally into the centre to form the heart of a rose.

The home economists suggest that sprigs of parsley or watercress, slices of cucumbers or tomatoes, green pepper rings, stuffed eggs or carrot or celery curls may also be used as other edible garnishes for your favorite salad.

Instead of peeling a cucumber before slicing it, try scoring it lengthwise with the tines of a fork. Then cut in diagonal slices. The dark green of the skin adds much to the color of this edible garnish.

Here are a few secrets for success in making salads. Salads that are moist seem to lack freshness, so dry all greens thoroughly; if using cooked vegetables, drain them well. Always mix salads lightly, using two forks, as stirring with the spoon crushes the ingredients. Do not prepare salads until just before serving and wait until the last minute to add the salad dressing.

With the number of fruits and vegetables on the market today, there is great scope for ingenuity and originality in preparing salads. Lettuce, watercress, Swiss chard, endive, spinach or parsley may be used as a basic green. The salad may be tossed, jellied, or the fruits and vegetables may be carefully arranged on a bed of crisp greens. For contrast of texture, flavor and color, try mixing seasonal fresh fruits or vegetables with canned or frozen ones.

Otherwise, the lettuce may become limp and wilted, instead of being crisp and attractive.

To give a little more character to the flavor of a vegetable salad, rub the salad bowl lightly with the cut surface of a piece of garlic, or let the garlic stand in the mayonnaise for just a few minutes. Remember, a little garlic goes a long way.

A few leaves of fresh mint give a refreshing flavor to fruit salads.

Be practical! Use your leftovers for appetizing salads. Cubed left-over meat may be mixed with raw carrots, beets, cabbage, spinach, radishes, cucumbers or with cold cooked peas or beans. Serve with your favorite salad dressing in a fresh, crisp lettuce cup.

For a quick and simple, but appetizing supper dish, serve a fruit salad. Cut any desired fruit in cubes, quarters or halves, top with a big spoonful of cottage cheese and serve with an appropriate dressing. For special occasions, stuff peach or pear halves with cream cheese, cherries and almonds.

Well, if Mr. Dale had the queen of spades there was still a chance to make the contract. So at the fourth trick a small spade was led toward dummy's jack. No good. The jack was killed by Mrs. Keen's queen. A diamond return was ducked by Mr. Abel, but he had to win the next diamond with his king.

Desperately he laid down the ace and king of spades, hoping for a miracle. But no miracle happened. So he took his eight tricks and gave up, for down one. He didn't even try to throw Mrs. Keen in with a heart, hoping she would have to lead clubs

Blackwood on Bridge

By Easley Blackwood

As you know, Mr. Champion seldom gets the best out of his partners. On the hand before this one he sharply criticized Mr. Abel for not making a lead that would have set the opponents two tricks instead of one.

That verbal barrage was the direct cause of Mr. Abel's failure to make today's hand. The three no trump contract is ice-cold against any defense. But Mr. Abel was upset and he played carelessly.

Mr. Dale opened the queen of diamonds which was won in the closed hand with the ace. No joy the hand looked so easy that Mr. Abel started banging down his high clubs. All he needed was a 3-3 or a 4-2 break to give him four tricks in the suit; and these, with two diamonds, one heart and two spades, would be enough for game.

However, when Mr. Dale showed out of clubs on the second lead, discarding a small spade, Mr. Abel knew he was in trouble.

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South dealer
Neither side vulnerable

North
(Mr. Champion)
S-4 6
H-A 10 8 7 5 2
D-9 4 2
C-9 3

West
(Mr. Dale)
S-10 9 4 3 2
H-K Q 6
D-Q J 10 6
C-6

East
(Mrs. Keen)
S-Q 7
H-J 9 3
D-8 7 3
C-J 8 7 5 2

South
(Mr. Abel)
S-A K 3 5
H-4
D-A K 5
C-A K Q 10 4

The bidding:
South* West North East
1 C Pass 1 H Pass
2 S Pass 3 H Pass
3 NT All pass

Extract Wax From Lignite

SASKATOON — Researchers at the University of Saskatchewan are extracting wax from the province's lignite.

Professors R. L. Eager and S. D. Cavers, with graduate student R. N. Dunne, have been able to extract the wax using a mixture of organic liquids as solvents. They have been able to get 3 1/2 to four per cent of wax per weight of coal. It is not expected that extraction of the wax will lessen the qualities of the coal for fuel.

Their "test tube" research is now being advanced one stage further. They must determine whether it is economically feasible to extract the wax from the

coal in commercial quantities. The project was started a year ago under the auspices of the Saskatchewan Research Council with the object of finding new uses for lignite found in the southern part of the province.

Until the Second World War, Germany supplied much of the world with wax from lignite. The wax was used in shoe and floor polishes, rubber extenders, insulators in inks and for leather dressings.

The wax is dark brown or black, hard and brittle, and splinters and breaks into uneven pieces.

DISCIPLINE PREVAILS
CALGARY — The police commission decided Calgary police can't work in shirtsleeves and must wear tunics this summer to save expenditure of new shirts and altering trousers.



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PORT SIMPSON
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CHARLOTTE ISLANDS
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July 20, 9 p.m.
FOR SOUTH QUEEN
CHARLOTTE ISLANDS
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July 13 and 27
9 p.m.

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