

THE EXPERTS Say...

By KAY REX
Canadian Press Staff Writer

SALAD WEEK — This is National Salad Week, seven days set aside to point up the value of crisp, colorful uncooked dishes.

Sponsored by the Canadian Horticultural Council, Salad Week was founded to promote the use of farm and garden products.

There are three types of persons—those who eat salads because they like them; those who eat salads to be healthy; those who won't eat salads at all.

For a wife faced with a non-salad-eating husband, the department suggests a subtle approach.

Does he like cheese? Then try a salad in which cheese is the dominant ingredient. Is salmon a favorite? Stress salmon.

"Many a man... has been weaned away from less nutritious food to a liking for salads by such wiles," advises the department. "But don't expect him to ever admit it."

SALAD DRESSINGS

Home economists have a few tips on dressings which may prove valuable to the salad-conscious housewife.

French dressing:
Ingredients: One-quarter cup cider vinegar; three-quarters

cup salad oil; one teaspoon sugar; dash of pepper; one-half teaspoon salt; one-half teaspoon dry mustard.

Place all ingredients in a jar with a tight-fitting lid. Shake until thick and creamy looking. Store in a cold place. Shake well before using.

FOR VARIETY — Add two tablespoons chopped parsley, one chopped hard-cooked egg and one-quarter cup chopped cooked beets. Use this dressing with a plain lettuce salad.

Add one-quarter cup tomato catsup and serve on meat salads.

Add one teaspoon of meat sauce and serve with vegetable and egg salads.

Add three tablespoons of peanut butter and use on cabbage

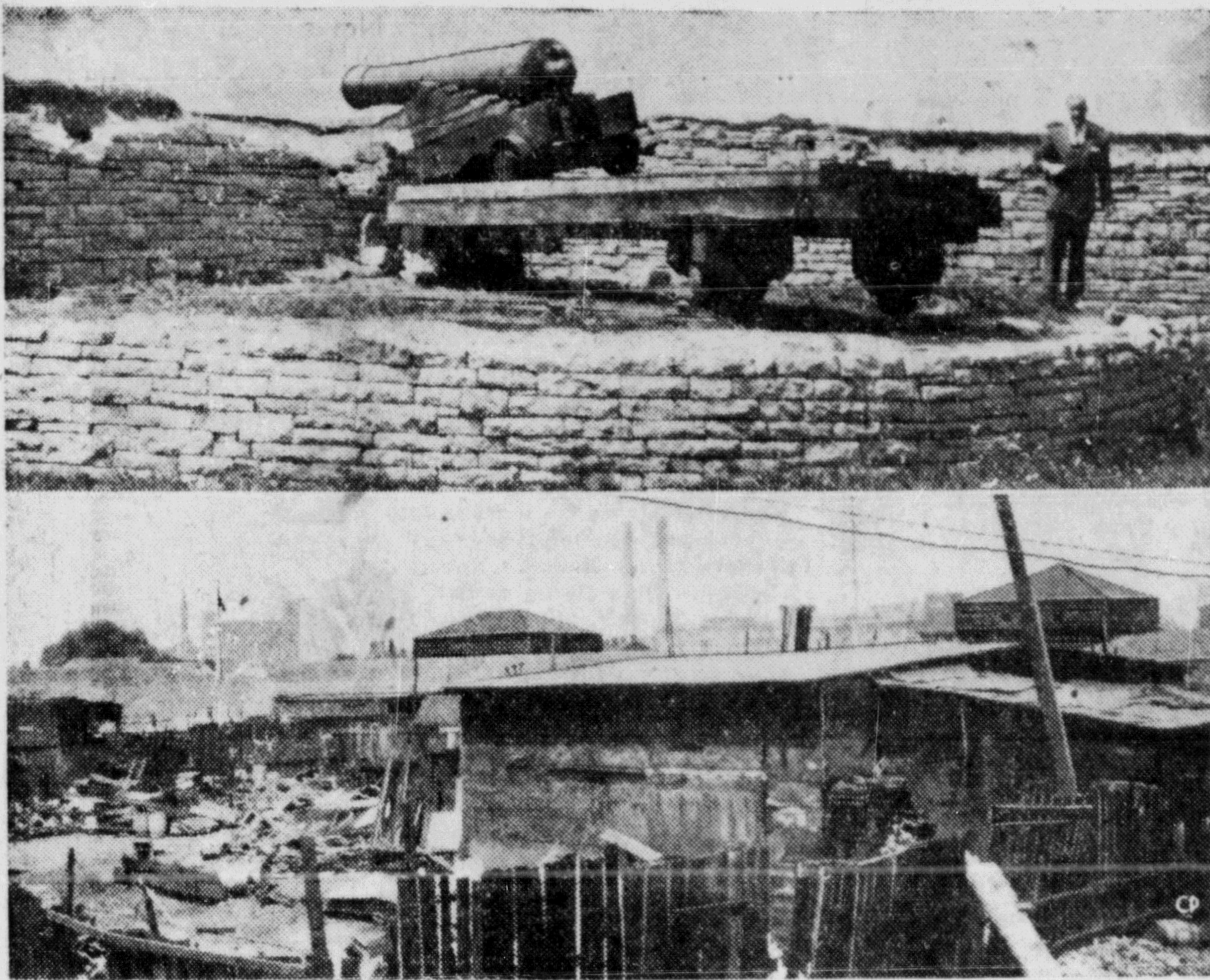
or carrot salads. Add three tablespoons of grated cheese and serve with vegetable salads.

ANOTHER RECIPE

Carrot salad is a favorite with those who like bright dishes. Ingredients: one bunch of carrots cooked and diced; one can peas, drained; one teaspoon chopped onion, celery diced in small pieces; dash of lemon juice; salt and pepper to taste two hard-boiled eggs; salad dressing.

Line a salad bowl with lettuce. Fill in centre with salad. Slice eggs and put on top.

Recent tests have proved that most persons like frozen peas with sugar. At the California Foods Research Institute 190 women each were given two paper cups of peas. Of this figure 155 preferred those to which three percent sugar (by weight)



ORIGINAL CAPITAL—Fort York, original site of Ontario's capital, located on the shore of Lake Ontario in the western section of Toronto, has fallen into a state of decay in recent years. Crumbling parapets are unable to support the old cannon on display at the 158-year-old fortification. Broken windows dot the blockhouses and a junk-yard clutters the view of the historical site from the south. The fort fell to United States invaders in the War of 1812; was rebuilt to become the main defence of Upper Canada and was restored in 1934 as part of Toronto's centenary celebrations. It hasn't been touched since. The top photo shows the cannon leaning against the parapets. The bottom photo shows the blockhouses with the junk-yard in the foreground. (CP PHOTO)

CFPR RADIO DIAL 1240 Kilocycles (Subject a Change)

THURSDAY—P.M.
3:30—Step Lightly
4:00—The Sunshine Society
4:30—20,000 Leagues Under the Sea
4:45—Stock Quotation and Int.
5:00—Int. Comty.
5:10—The Weston's
5:30—Intimate Revue
5:45—Young Man with a Song
5:55—CBC News
6:00—"Canada at Work"
6:15—Vaughan Monroe and Orchestra
6:30—Musical Varieties
7:00—CBC News
7:15—CBC News Roundup
7:30—Eventide
8:00—Radio Cartoons
8:15—Points of View
8:30—Tales of the 7 Seas
9:00—Guestin's with Kestin
9:30—Vancouver Concert Orch.
10:00—CBC News
10:10—CBC News
10:15—Let's Find Out
10:30—Winnipeg Drama
11:00—Weather Report and Fish Arrivals

FRIDAY—A.M.
7:00—Musical Clock
8:00—CBC News
8:10—Here's Bill Good
8:15—Morning Song
8:30—Morning Devotions
8:45—Little Concert
9:00—BBC News and County
9:15—Music for Moderns
9:30—Surprise Scenade
9:45—Your Music Appointment
9:59—Time Signal
10:10—Morning
10:15—Morning Melodies
10:30—This Week's Artists
10:45—Invitation to the Waltz
11:00—A Man and His Music
11:15—Roundup Time
11:30—Weather Forecast
11:31—Message Period
11:33—Rec. Int.
11:45—Scandinavian Melodies

FRIDAY—P.M.
12:00—Mid-Day Melodies
12:15—CBC News
12:25—Program Resume
12:30—P.C. Farm Broadcast
12:55—Rec. Int.
1:00—The Concert Hour
2:00—Easy Listening
2:30—Records at Random
2:45—Do what you like, Comty.
3:00—The Music Box
3:15—Don Messer and His Islanders
3:30—Step Lightly

STARTLING FACT
Even people in Canada die from tuberculosis each day in

21-Piece Breakfast Sets \$6.95
32-Piece Breakfast Sets \$8.95
21-Piece Bone China Tea Set \$15.95
Dinner Sets, from \$27.95
66 pieces at \$27.95
(Including beautiful Wedgwood and Coudon King's Plate)

SPECIAL
English Bone China
CUPS AND SAUCERS at
69c and 97c
PUNCHBOWL SETS
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MANSON'S
China Shop

Labor Inquiry Date Here Set

Special committee of the Legislature on the Industrial Conciliation Act, in the course of a tour of the province for the conducting of hearings, will be in Prince Rupert September 27 and 28 and in Prince George September 29, according to notification received by J. D. McRae, MLA for Prince Rupert, who is a member of the committee. Chairman of the committee is Arthur Ash, MLA for Saanich.

The committee will start out from Victoria August 21 and will tour Vancouver Island, the Okanagan and Kootenay before coming to Prince Rupert and Prince George. Travelling through the Cariboo it will be back for sessions in Vancouver October 9.

The committee's report on possible overhaul of the Industrial Conciliation Act, on certain phases of which there has been considerable discontent on the part of organized labor, is to be presented to the Legislature at its next session.

The Prince Rupert Trades and Labor Council is among local organizations preparing to make representations here.

IMMORTALIZED SKULL
Indian Head, Sask., is said to have been named when railway surveyors found an Indian's skull on a rock at the site of the town.

MISHAP RECALLED
A British geologist was kicked by his horse while crossing the Rockies in 1858 and his party named the scene of the mishap Kicking Horse Pass.

If you want to see it, advertise in News classifieds.

GIGANTIC CLEARANCE SALE

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WOMEN'S OXFORDS from **2.95**

CHILDREN'S **50c to 3.95**

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THE COFFEE!**



REGINA 6—For the first time in 20 years a woman—Miss Alexandra E. Graham—has been appointed principal of a Regina public school.

HUMBLE POLITICIAN
Former Premier Ralston, chair of Madras used to wear his own homespun clothes before beginning his official duties in morning.

STRIKING EXPERIENCE
Some 250 Americans interest a lethal bolt of lightning year.

had been added. Thirty-one preferred peas packed in their natural state, without sugar. Four expressed no preference.