

Discover How Good Iced Tea Can Be!

Make tea double strength and while still hot, pour into glasses filled with cracked ice. Add sugar and lemon to taste.

SALADA

ICED TEA



Modern Etiquette

Should luncheon or dinner be served? Should their napkins be refolded? They should not fold their napkins when finishing a meal, they are paying a visit of days, when they follow example of their host and

"Much obliged" or "Thanks", when thanking a person or a courtesy?

A. Neither of these forms is correct. The best phrase always is, "Thank you."

Q If you take a bite of food that is too hot, what should you do?

A. Quickly take a swallow of water.

Light, fine-textured BUNS

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FEATHER BUNS

Combine 2 c. water, 3 tbs. granulated sugar, 1 tsp. salt and 1/4 c. yeast; mix thoroughly. Heat, stirring constantly until sugar and salt are dissolved. Shortening melted; cool to lukewarm. Meanwhile, measure into a bowl 1/2 c. lukewarm water, 1/2 c. granulated sugar; stir until sugar is dissolved. Sprinkle with 1 tbs. Fleischmann's Royal Fast Rising Dry Yeast. Let stand 10 minutes, THEN stir well.

Mix cooled sugar-shortening mixture and stir in well-beaten egg and 1/2 tsp. lemon juice. Stir together twice 2 c. once-sifted bread flour and 1/4 tsp. ground mace. Stir into yeast mixture; beat until smooth. Work in 1 c. once-sifted bread flour to make a very soft dough. Grease top of dough. Cover and set in warm place, free from draught. Let rise until doubled in bulk. Punch down dough and cut out rounded spoonfuls of dough with a tablespoon and drop into greased muffin pans, filling each pan about half-full. Grease tops. Cover and let rise until doubled in bulk. Bake in a hot oven, 425°, about 20 minutes. Yield — 20 medium-sized buns.

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Seasonable Ideas for Housekeepers

SALAD POPULAR THESE WARM DAYS, SOME NEW IDEAS HERE

This is truly a generation of salad eaters. The name salad is said to be the result of mispronunciation. The original "sallet" became "salett" and finally "salad". Originally, it was the green leaves and raw vegetables which were eaten with salt to make the first salads. Today a salad may be made from raw or cooked foods, it may be hot or cold and light and refreshing or substantial. The dressings have gone far from the simple salt. Green leaves are still an integral part of most salads and of these, lettuce is so universally used that in some locations it is called "salad plant."

A salad for luncheon or supper is perfect in summer time. The addition of hard-cooked eggs, cheese, meat, chicken or fish to the crisp, green vegetables makes a meal that is both refreshing and satisfying.

Nippy Moulded Salad

1 tablespoon gelatine
1/4 cup cold water
3/4 cup vinegar
1/4 cup water
3/4 cup sugar
2 teaspoons dry mustard
1/2 teaspoon salt
3 eggs
1 cup whipping cream

Soak gelatine in 1/4 cup cold water for 5 minutes. Bring vinegar and remaining 1/4 cup of water to boiling point. Mix sugar, mustard and salt and add to slightly beaten eggs. Gradually add hot vinegar to egg mixture and cook slowly, stirring constantly, until mixture thickens. Remove from heat, add soaked gelatine and stir until dissolved. Chill until mixture begins to thicken. Whip cream until quite thick but not stiff.

The Experts Say...

By KAY REX,
Canadian Press Staff Writer

PLAYGROUNDS

Playgrounds—where the very young ones are out from under mother's feet and at the same time safe from passing traffic—are becoming accepted as essential in the planning of new neighborhoods.

In the meantime there are many ways of turning that vacant lot in the older district into a children's paradise.

Officials of the Health Department's physical fitness division say the properly-equipped and well-supervised playgrounds contribute greatly to the fun, safety, health and character of the children.

Behavior and skills learned on the playground determine the leisure-time pattern of children for years to come.

The division has published a booklet filled with ideas for pre-

school play areas, based on plans supplied by J. A. Dulude, commissioner of playgrounds for Ottawa.

The booklet recommends the city block playground—made up of "back-yard" land contributed by all block residents.

Such a block gives quick "kitchen - window" supervision and assures mother of junior's whereabouts.

Tots play in "back - yard" safety, free from the dangers of traffic, crossings, ditches or diversions.

Mothers divide daytime duties of supervision and instruction and share in the resulting dividends of more leisure hours.

Fathers co-operate in choosing and installing equipment.

In another booklet based on material supplied by the citizen's committee on children of Ottawa, the physical fitness division gives detailed instruction on the making of outdoor play equipment.

Play equipment does not need to be expensive if it is made of durable material. Usually, it can be made at home, thus saving on labor costs.

All equipment made of wood should be carefully sand-papered and painted. A play-yard can be very attractive if the big objects are painted the same color—a dark color weathers best—and the smaller objects different colors.

The booklet, entitled "Equipment for Outdoor Play," contains several diagrams complete with instructions for father to follow in building playthings for small son or daughter.

Directions are given for construction of a "climbing horse." Climbing apparatus provides

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It's the natural way, too, because CERTO is fruit pectin (the natural substance in fruit that causes it to "jell") in concentrated form. These 5 points, typical of CERTO recipes, explain how CERTO simplifies jam making.

- ONE MINUTE BOIL**
With CERTO you don't have to "boil down" your fruit to make it set. You boil hard ONE MINUTE only. That cuts down by two-thirds the time needed for making jam the old, long-boil way!
- 2 lbs. FULLY RIPE FRUIT**
You use RIPE fruit at the peak of flavor and color (Long-boil recipes call for under-ripe fruit.) The one-minute boil does not dull this lovely natural color or spoil the ripe fruit taste. So your jam keeps the taste and color of fresh fruit.
- 3 lbs. of SUGAR**
A pound of jam made with CERTO contains no more sugar than a pound made the old long-boil way.
- 4 OZS. of CERTO**
You add a half-bottle (4 ozs.) of CERTO to ensure the correct ratio of pectin to fruit and sugar for a perfect set. That ends guesswork. CERTO helps all fruits to jell perfectly.
- 5 lbs. of JAM**
There's no "boiling down" with CERTO, so you average a 50% greater yield from the same amount of fruit. You get about 5 lbs. of jam where long-boil recipes would only yield about 3 lbs!

Follow the Recipes Exactly

Under the label of every CERTO bottle is a book of tested recipes... one for each fruit because different fruits need different handling. RESULTS ARE SURE if you follow the simple directions EXACTLY. Get CERTO at your grocer's.

Look for the Book of 75 Tested Recipes under the label "CERTO" is a trade-mark owned by General Foods, Ltd.

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4:00—Meet Gisele
4:15—Stock Quotation and Int.
4:30—Peter Radisson
4:45—Western Five
5:00—Henry Morgan Show
5:30—Yesterday's Songs
5:45—Lyrical Lady
5:55—CBC News
6:00—Supper Serenade
6:15—Sammy Kaye and Orch.
6:30—Musical Varieties
6:45—The Inside Story
7:00—CBC News
7:15—CBC News Roundup
7:30—Leicester Square to Broadway
8:00—Science Reporter
8:15—Nation's Business
8:30—Jr. Chamber of Commerce
8:45—Musical Prog.
9:00—Record Album
9:30—Variety Time
10:00—CBC News
10:10—CBC News
10:15—Miscellany
10:30—Play on the Desert
11:00—Weather Report
11:04—Fish Arrivals, Sign Off
WEDNESDAY—A.M.
7:00—Musical Clock
8:00—CBC News
8:10—Here's Bill Good
8:15—Morning Song
8:30—Music for Moderns
8:45—Little Concert
9:00—BEC News & Comty.
9:15—Morning Devotions
9:30—Sunrise Serenade
9:45—Famous Voices
9:59—Time Signal
10:00—Ellen Harris
10:15—Carson Robison
10:30—Melody Time
10:45—Invitation to the Waltz
11:00—A Man and His Music
11:15—Roundup Time
11:30—Weather Report
11:31—Message Period
11:33—Recorded Interlude
11:45—Scandinavian Melodies
P.M.
12:00—Mid-Day Melodies
12:15—CBC News
12:25—Program Resume
12:30—B.C. Farm Broadcast

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25 Years Ago

A pretty but quiet wedding took place a few days ago when Miss Margaret Wood of Aberdeen, Scotland, became the bride of Thomas Clwydd Williams, formerly of Denbighshire, Wales, and now of Prince Rupert.

At the annual meeting of the Ladies Musical Club at the home of Mrs. R. L. Macintosh, Fourth Avenue West, Mrs. Macintosh was re-elected president.

Tennis is becoming one of the most popular sports in the city. There are too many players at the Prince Rupert club courts, but the pressure will be relieved when the two railway employee courts near the station are opened.

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Third Avenue

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ROBIN HOOD FLOUR, 24 lb. in Tea Towel Sack \$1.79

PREM 2 tins 89c

APRICOTS—We suggest that customers planning to preserve apricots do so immediately. According to reports from the Okanagan, we will have no B.C. apricots this year.

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