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—Love Thy Neighbor!



—Flap Your Wings, Dagwood!



Seasonable Ideas for Housekeepers

MAKE THE MOST OF VEGETABLES NOW SUMMER DAYS ARE HERE

During the summer months, fresh vegetables are begging to be served and served often. Fresh, tender and inexpensive vegetables from the garden or market are packed full of sunshine and health-giving elements. Crisp greens will fill salad bowls with flavor and color. Raw or cooked, vegetables are at their best in summer.

The homemaker has a wide variety of fresh, abundant vegetables from which to choose this month and the rules for cooking vegetables as quickly as possible until just tender will give maximum color, flavor and texture.

The Home economists urge homemakers to make the most of the vegetables available this month.

Spinach Cartwheel
2 lb. spinach
1 medium onion
8 medium potatoes
2 tablespoons butter
2 teaspoons salt
1/8 teaspoon pepper
1/4 cup milk
1 can cream of celery soup
1/4 teaspoon nutmeg
1/4 lb. process cheese
Cook spinach, without water,

just until tender. Drain and chop finely. Boil onion and potatoes together until tender, drain and mash with butter, salt, pepper and milk until fluffy. Heat celery soup, add nutmeg and the chopped spinach. Line a greased casserole with 3/4 of the mashed potatoes and fill the centre with the spinach mixture. Cut cheese into narrow strips and arrange on top of the spinach, spoke-fashion. Line the inside rim of the casserole with the remaining mashed potatoes, fluffing them up with a fork. Place under the broiler until cheese is browned. Yield six servings.

Summer Supper
8 whole small potatoes
12 whole small carrots
1 cup green beans, cut in 1-inch pieces
6 green onions, chopped
1 cup boiling water
1 1/4 cups thick cheese sauce
1/2 teaspoon salt
1 tablespoon chopped parsley
Cook the potatoes, carrots, beans and onions in the boiling, salted water until tender, about 25 minutes. Drain well. Add vegetables to cheese sauce, re-heat and serve, sprinkled with



PLANE CRASH VICTIM—Jack Aveson of Winnipeg, 31-year-old reporter for the Canadian Press, was one of 21 persons aboard an R.C.A.F. aircraft which crashed and burned while flying from Churchill, Man., to Winnipeg. Aveson, who specialized in stories of searches for wrecked aircraft in the north, is shown as he flew on another northern assignment—Operation Attache—in September, 1948. Airmen who found the burnt wreckage of the twin-engined Canso, which was carrying Aveson and his companions from Churchill, reported there were no survivors.

—By CHIC YOUNG



chopped parsley. Yield: six servings.

Cheese Sauce
2 tablespoons butter
2 tablespoons flour
1/2 teaspoon salt
1/2 teaspoon paprika
Few grains cayenne pepper
1/2 teaspoon dry mustard
1 cup milk
3/4 cup grated cheese
Melt butter in top of double boiler. Blend in flour and seasonings. Add milk slowly, stirring until blended. When sauce is smooth and thickened, add cheese and stir until cheese is melted. Yield: about 1 1/4 cups sauce.

The Experts Say . . .

HEELS—Mildred shouldn't stick to high heels—nor even to low. If she is wise she will vary her heel heights.

Shoe manufacturers say that nothing is better for the foot than a change of heel. A balanced wardrobe is one that includes low, medium and high heels.

Besides the satisfaction of being correctly shod for the occasion, there is another advantage in having several pairs of shoes. Perspiration rots leather. The same pair of shoes should not be worn day in and day out but should be allowed to rest properly treed, so that they become thoroughly dry before next wearing.

And here are a couple of other tips for extending the life of your shoe wardrobe. Avoid wearing rubbers and galoshes over sueded but if you must, then put cotton protectors over the shoes.

Shoes which have become wet should be cleaned of any mud, stuffed with soft paper to absorb the moisture and hold their shape. Then they should be dried away from direct or artificial heat, oiled and polished. At all times shoes should be treed as soon as taken off.

CAVE FOR OFFICE
The business girl will find calf the best choice of office shoe. The association says this leather is more durable around office furniture, and doesn't scuff easily.

Her high heeled after-five shoe probably will be suede, either in the sandal or classic pump style. Since the working girl often must make this do double duty as an evening shoe, she will be wise to buy one designed on simple lines—for instance a delicate high-heeled suede pump can always be worn with evening clothes.

The homemaker needs a balanced shoe wardrobe every bit as much as the career girl.

She should have a properly fitted house shoe which will carry her through her many household tasks. She may find the closed wedge casual comfortable, or the tie oxford such as nurses wear. If she wears a comfortable shoe during working hours she can then afford to be frivolous in her choice for a dressy shoe—high heels and very open styles.

FALL FASHIONS
In some quarters, fall shoe fashions are not placing as much emphasis on straps, although high-riding straps and buckled instep straps are certainly being used. However, a good deal of emphasis is being put on pump styles, with both closed and sling-backs.

Fine calf may rival suede this

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MARKETS

Fresh Fruit	
Cherries, lb.	3.25
Cherries, crate	6.45
Grapes, lb.	3.25
Apples, 2 lb.	3.25
Bananas, lb.	2.25
Apples, cooking, lb.	1.45
Lemons, large Cal., doz.	5.55
Grapefruit, Calif., 3 for	2.25
Oranges (Navel), 27 1/2	3.85
Dates, 2 lb.	4.95
Cantaloupe, 27 1/2	3.85
Peach Plums, 2 lb.	3.95
Pears, Bartlett, lb.	2.25
Vegetables	
Celery, lb.	1.15
Rhubarb, 2 lb.	1.15
Beets, bunch	1.15
Parsley, bunch	1.15
Turnips, lb.	1.15
Spinach 2 lb.	2.75
Radishes, bunch	1.08
Green Onions, 3 bunches	3.00
Mushrooms, lb.	3.35
Head Lettuce	1.10
Cooking Onions, 3 lbs.	2.39
Corn on Cob, 4 for	4.27
Cabbage, lb.	1.07
Tomatoes, No. 1 lb.	2.27
New Potatoes, 10 lb.	5.59
Green Peppers, lb.	4.42
Cucumbers, each	1.10
Vegetable Marrow, each	1.15
Squash, lb.	1.15
Canned Vegetables	
Dill Pickles, gal.	1.79
Cut Green Beans, icy.	2.26
No. 5 Peas, fancy	1.19
Mixed Vegetables	2.22
Diced Beets, per tin	1.14
Wax Beans, choice	1.19
Mixed Peas and Carrots	1.19
Pumpkin, 2 for	2.25
Baked Beans, 20-oz. tin	2.29
Baked Beans, 15-oz. tin, ea.	2.21
Tomatoes, 28-oz.	2.23
Fresh Milk	
Quart	2.22
Pint	1.12
Cream, 1/2 pint	2.28
Eggs	
Large, carton, doz.	3.81
Medium	3.70
Butter	
First Grade, lb.	6.44
Margarine, lb.	3.37
Evaporated Milk	
16-oz. tins, 2 for	3.33
Case	7.75
Cheese	
Canadian Cheese, lb.	5.50
Flour	
Pastry Flour 7 lbs.	5.57
Flour 49's, No. 1 hard wheat	3.65
Flour, 24's	1.95
Tea and Coffee	
Coffee, lb.	6.66
DeLuxe quality, lb.	1.14
Juces	
Tomatoes, 20-oz. ea.	1.15
28-oz.	3.34
gallon	5.59
Apple, 20-oz. tin, 2 for	2.29
48-oz.	3.34
Canned Fruits	
Pineapple, crushed	3.34
Peaches, 20-oz.	3.37
Apricots, 20-oz.	3.33
Cherries, fancy, 20-oz.	3.30

fall, although for the early part of the season a number of snappy looking suede suit shoes are appearing in black, parkway green, and browns. Snakeskins have been employed to make tailored pumps, combined also with a suede

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Peaches, choice	3.30	Seeded Raisins, 1 lb.	2.21
Pure, lb.	3.25	Shelled Walnuts, 1/2 lb.	4.47
Shortening	2.45	Shelled Almonds, 6 oz.	4.39
	3.32	Shelled Brazilis, 1/2 lb.	4.35
Soap		Jams—Pure	
Soap, face, bar	1.10	Strawberry, 24-oz.	4.48
Laundry, cake	2.25	Raspberry, 24-oz.	3.89
Soap Powders, large	3.39	Blackberry, 4-lb.	7.72
	3.25	Cherry, 24-oz.	3.24
Cherries, 1/2 lb. pkt.	2.25	Peach, 4 lb.	3.73
Almond Paste, lb.	3.39	Apricot, 4-lb.	7.79
Coconut, lb.	3.30	Soups	
Fruit Cake Mix, lb.	3.39	Canned Soups	13 to 20
Dates, fancy, 1 lb. pkt.	3.34		

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