FOR WOMEN ONLY

Food, beauty garden, career tips for home makers

Plan fall garden

The successful home gardener knows how to keep every foot of ground busy growing something practically all year round.

A small garden properly managed will often produce more vegetables than a big garden which is poorly planned.

Now is the time to get rid of old pea and bean vines, radishes, cabbage stumps and other crop remnants. Compost the old crop residues and let the decay organisms get them in shape for next year.

Now is the time to plan and plant the fall garden. As the old crops come out, start new ones. Apply 2 pounds of complete fertilizer (such as 5-10-10) to 100 square feet of garden and work it into the top soil. Add lime at the same rate if you neglected to do it in the spring.

Rake the plots into smooth seed beds and plant the following crops: snap beans, lima beans, beets, broccoli, cabbage, lettuce, kale, spinach, turnips. Don't overlook the possibility of late sweet corn and squash.

Try New Things

Home gardeners generally like to experiment—to try new things—because its a part of this profitable hobby. Here's a new wrinkle that was discovered only a couple weeks ago that you can try this fall. Dr. Albert Piringer, USDA scientist at Beltsville, found that Grand Rapids leaf lettuce seeds sprout almost one hundred per cent if they are moistened and then exposed to light.

Less than a thousandth of a second of light is enough to do the trick when the seeds have soaked up some water.

But such a short exposure in the home garden is, of course, not practical. What I suggest you try, if you like to experiment, is to sow some Grand Rapids lettuce seeds very evenly in a row divided into three sections.

Cover the first section of the row immediately after seeding; sprinkle water on the second section and cover it immediately; sprinkle water on the third section and leave the moistened seed uncovered and exposed to light for one-half hour. You will find the best stand in the last section.

Try it and see. But remember the lettuce must be Grand Rapids—and excellent home garden variety—and the seed must be fresh.

Thelma L. Allen wins mathematics award

PETERSBURG, Va. — Miss Thelma L. Allen, a Virginia State College sophomore from Pamplin, was winner of the freshman mathematics award for highest scholarship for the first semester, 1953-54.

The senior mathematics award for the highest average in mathematics over a four - year period went to Lawrence DeVere Gould of Bridgeton, N. J.

MAKE IT ... Yourself

9120
11—17

by Marian Martin

JUNIOR GEM—Jrs. This is a date dress, garden-party dress, sun dress! Has the most flattering of necklines—cut to enhance the shoulders, bare the neck, frame the face.

Note contrast inset in bodice—whirling skirt—open-side jacket.

Pattern 9120: Jr. Miss Sizes 11 13, 15, 17. Size 13 dress 3¾ yards 35-inch fabric; ½ yard contrast; jacket, 1 yard.

This easy-to-use pattern gives perfect fit. Complete, illustrated Sew Chart shows you every step.

Send Thirty-five cents in coins for this pattern—add 5 cents for each pattern for 1st-class mailing. Send to Marian Martin, care of AFRO-AMERICAN 220 Pattern Dept., 232 West 18th st., New York 11, N.Y. Print plainly NAME, ADDRESS with ZONE, SIZE and STYLE NUMBER.

EASY ... DOES ... IT

Looking for cool, smooth ideas to make mealtimes a delight? You'll like these suggestions: Finicky appetites can be tempted with a salad platter which offers variety.

Into large lettuce cups on a large platter place the following: seasoned cottage cheese, melon balls, fresh berries, unstemmed dark cherries prunes stuffed with pineapple chunks and peach slices.

Crisp waffles are a wonderful brunch or supper idea. To serve over them combine ½ cup each honey and table cream with 2 tablespoons butter and cook over low heat about 10 minutes. Serve hot.

RECIPE OF THE WEEK
Spicy Chicken Sandwiches
(Makes 12)

2 cups cold, finely diced cooked chicken
1 cup finely diced celery
1 tablespoon lemon juice
¼ teaspoon ground black pepper
¼ teaspoon ground nutmeg
1 teaspoon salt
¼ cup mayonnaise
24 slices day old bread
Softened butter

Combine first seven ingredients. Trim crusts from all sliced bread and spread half the slices with butter. Cover each with a slice of bread spread with chicken mixture. Cut in shapes as desired.

If your husband brings home fish from his catch, serve baked or fried fish with this delectably cool sauce:

Combine a cup of sourcd cream with the juice of half a lemon, a quarter cup of prepared horseradish and ½ teaspoon salt.

A favorite "whole meal" salad takes a half cantaloupe filled with sliced bananas, pineapple, berries and seeded, halved grapes.

Garden peas are delightful when teamed with slivered almonds and melted butter after they're cooked.

Add boiled potatoes and broiled lamb chops and you have a perfect menu even if company comes.

TOP HAIR COLORIST—First prize in the new art of hair coloring in the contest held during the New York State Beauticians' Association's convention, here, last week, went to Lawrence Day. Mr. Day is shown with the prize, a sculptured trophy. At right is Mrs. Sylvia Pitt Jones, whose lovely black hair is adorned with a silver lock of Nestle Colorstreak.

Needlecraft News

by Nancy Baxter

The only thing anyone can do about the hot weather is try to forget about it.

Get the thermometer out of sight. If possible, stay in the shade. You can free your mind from thoughts of the heat by giving your complete concentration to something other than the weather.

Focus your attention on some sort of needlework during your leisure moments and forget the soaring temperatures.

Knitting With Cotton

Knitting enthusiasts who find that it is uncomfortabl working with wool on hot days, are perpetuating their needlework activities by knitting with cotton.

Many new and different textures can be attained with the knitting needles when cotton thread is used.

Fine lacy patterns can be developed, like those seen here in the dainty doilies. This is a pleasant change for one who has been knitting with heavy wool for a long while.

Blocking Knitted Cotton Lace

The method of blocking knitted laces is much the same as that of blocking woolens.

Using rustproof pins, pin the knitted lace to a padded ironing board.

Raised patterns should be placed face down over heavy toweling. The pins should be spaced about ½ inch apart along the edge of the article. Cover the piece with a damp cloth for pressing.

The Knitted Two-Color Doily

If you wish to wash and starch your knitted lace first, gently stretch and shape it while still damp, and pin it as mentioned above.

Cotton thread and small needles were used to give the dainty, lacy effect to this set of knitted doilies. Two colors were employed in making each lovely doily.

The center and outer edge of each are done in sparkling white. Turquoise or yellow is suggested for the inner border.

If you would like the instructions for knitting this doily design, simply send a stamped self-addressed envelope to the Needlework Department of this paper and request Leaflet No. 104.9.

MISSIONARY RETURNS

NEW ORLEANS (ANP)—Miss Mae Turner, a native of Ontario arrived in the city from Monrovia, Liberia aboard the steamer Del Sol last week, after serving two years as a missionary on the Nikeimena plantation at Cape Palmas for the Assembly of God Church.

Couldn't boil water when she wed now her desserts are famous

When charming Miss Elizabeth Gray left her school teaching position 24 years ago to become Mrs. Merrick L. Brooks she couldn't "boil water without scorching it."

Today the cuisine department of a Westside business owes it renown to the excellancy of her delicious pies and cakes.

Mrs. Brooks began the serious study of cookery ten years ago after her children were out of the way, she says. Then she specialized in desserts.

"Twas purely for the fun of cooking that she began, but her hobby has developed into her vocation.

The "work" end of cooking Mrs. Brooks keeps firmly under control, for its still her greatest fun to feed her family and friends and there's nb music so sweet to her ears as the happy laughter and chatter of a well - fed group under her roof,ree, she says.

Mr. and Mrs. Brooks are parents of four children. They are Larry, a postal employee; Miss Reba Brooks, a city school teacher; Mrs. Catherine Dickerson, a government worker; and Cornelius, a graduate of the Layton School of Arts, now studying at Morgan State College, who is planning a teaching career in art.

This week, Mrs. Brooks tells AFRO readers how to make her famous orange cake.

Ingredients

5 medium egg yolks, unbeaten
1 cup egg whites (7 to 8 medium eggs)
2¼ cups sifted cake flour
1½ cups granulated sugar
3 tablespoons grated orange rind (2 oranges)
3 teaspoons baking powder
1 teaspoon salt
½ cup salad oil
½ teaspoon cream of tartar
¾ cup cold water

Step-By-Step Method

About one hour ahead, set out yolks and whites. Start heating oven to 325 degrees F.

Sift together flour and next three ingredients into mixing bowl. Make a well in flour mixture; add, in order, salad oil, egg yolks, rind, water.

With electric mixer at medium speed, or with spoon, beat until smooth. Then, at high speed, or with hand beater, beat egg whites with cream of tartar until they hold very stiff peaks. Do not under beat.

Pour yolk mixture over whites, gently folding in with rubber spatula or spoon until just blended. Do not stir. Pour into ungreased cake pan. Bake 55 minutes at 325 degrees, then 10 to 15 minutes at 350 degrees.

Whipped Cream Frosting

This cake is decorated with a really glamorous whipped-cream frosting.

½ teaspoon unflavored gelatin
2 tablespoons cold water
speck of salt
2 tablespoons confectioners' sugar
1 cup heavy cream
½ teaspoon orange juice

Sprinkle gelatin over cold water in small bowl. Let stand few minutes to soften. Add salt, two tablespoons cream. Pour over gelatin, stirring to dissolve. Chill. When mixture is thick but not stiff, beat. Whip remaining cream. Add salt, confectioners' sugar, orange juice. Fold in whipped-cream-gelatin mixture. Frost top and sides of cake.

Mrs. Merrick L. Brooks

Mrs. Brook's orange cake is as enticing to the eye as to the taste.

Louisiana club buys swank plot

NEW ORLEANS — Colored citizens here, members of the Crescent City Country Club, are reported to have closed a deal for the purchase of a $300,000 estate in Violet, La., 10 miles from this city.

According to C. L. Speaker, president of the club, the estate will be converted into a country club for the use of some 1,000 members in the Crescent City organization.

The estate consists of 137 acres of ground, with mansion, glass enclosed swimming pool, two guest houses, and other facilities. Speaker said the club plans to add a dance casino, golf course, and an outdoor swimming pool.

Washing wool blankets?

If you're washing wool blankets, try the easy soak method of getting them clean.

It saves energy and shrinkage Worth recalling is a study of washing blankets in automatic washers by the Ohio Experiment Station several years ago which showed that the agitation of wool in water was the chief cause of shrinkage.

Briefly, here is the blanket-washing method developed to save shrinkage:

Submerge the blanket in water in which a detergent is dissolved and allow a soak of 15 to 20 minutes. Then turn the blanket over once or twice by hand, spin off the water and refill the machine for rinsing. The rinse, too, is done by soaking without operating the machine.

Soak in rinse water 5 minutes, extract the water and turn the blanket while a second deep rinse comes into the machine. Extract water and stretch blanket to bring it back into size and shape. When dry, brush to restore fluffiness.

Other studies of washing wool fabric also indicate that the less handling, rubbing or agitation of the wool in water, the better for preventing shrinkage. In general, lukewarm water and a detergent as mild as that used for shampoo—that is, a non-alkaline detergent—is suggested for washing wool.

Dessa Shop is profitable husband-wife partnership

By LULA JONES GARRETT

A wife who makes exquisite lamp shades and a husband with a mechanical turn of mind have found a profitable business in their partnership.

They are Dessa and Isaac Snowden, owners of the Dessa Lamp Shop at 1516 N. Fulton Ave., Baltimore. Their clientele includes not only discriminate householders but important decorators of Baltimore and Washington.

In fact, when Mrs. Snowden left the employ of one of Baltimore's largest lamp shops to go into business, several of the decorating departments of the two cities' largest furniture stores shifted their business to her.

Originality Keynote

When you visit the Dessa workshop, you understand why. Aside from exceptionally fine workmanship, there's originality and variety in the materials they use, in the designs they create and the taste shown in coordinating lamps and shades.

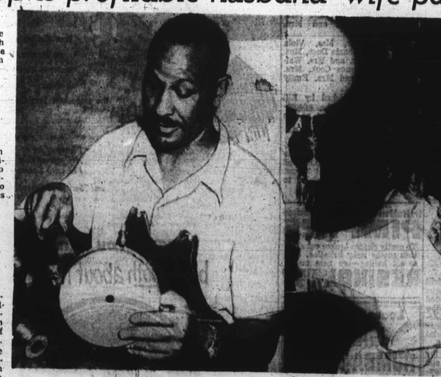
The former Miss Dessa Gosnell and Mr. Snowden were sweethearts when they attended Douglass High School. Later both married, each became parent of a son, both were later divorced.

Seven years ago, they were married. Six years ago they established the Dessa Shop, which has had exceptional success from the beginning.

Mr. Snowden makes those delightful metal filagreed and scrolled bases on which lamps are mounted. He also does the electrifying. And as mentioned before, Mrs. Snowden makes the shades, designing each for the lamp for which it is intended.

Numerous Materials

For shades, Mrs. Snowden may use one of any number of materials. There are exquisite embroideries for dainty boudoir lamp shades with ruffled skirts, or stark burlap for the modern and Chinese motifs. There are silks, cottons, ginghams, laces and chintzes.



Isaac Snowden makes the lamps. Mrs. Snowden designs the shades.

There are velvets, upholstery trimmings, cordings, and even pearls to trim the shades in.

Shades are shirred, pleated and stretched. There are colors innumerable, many being dyed to match a particular scheme.

Has 100 Shapes

And, says Mrs. Snowden, she makes lamp shades in about a hundred shapes.

The Snowdens often put in 12 to 14 hours per day at the business. Even at that they find time to shop auction sales and antique shops for objects from which to make their lamps.

Large Families

Here, again, one becomes fascinated with the store of objects from which lamps are made. There are buckets and basins, cut glass vases, fine china, figurines, brass candlesticks, bottles, jugs, pitchers, bowls and scores of other objects.

Despite their small family, the Snowdens come from large families. He has nine sisters and brothers. She has seven.

She inherits much of her artistic ability, as do her sisters and brothers. Their mother, Mrs. Armfield Gosnell of Sykesville, is a dressmaker.

Two of the sisters, Mrs. Anne Singleton and Mrs. Margaret White of Chicago, are also lamp shade makers. A brother, Henry Gosnell, of Philadelphia, a sculptor, works in wood, and often provides bases for the shop here.

Another brother and sister-in-law, Mr. and Mrs. Frank Gosnell of Magnolia, N.J., are in ceramics, and have a shop in their home town.

Talented Son

Mrs. Snowden's son, Billy Anderson Jr., is also clever with his hands. Now 14, he does sculpturing, draws, paints, and plays a piano and trombone.

Mr. Snowden was an auto mechanic. During the war he worked for the government in Honolulu, Hawaii. Upon his return to the States, he taught auto mechanics in a Veterans' School.

I might add that the Dessa lamps and lampshades are not inexpensive . . . but they are never ordinary. And if you are the homemaker who is looking for individuality, or the decorator who must have an idea carried out to the Nth degree, the Dessa Shop is for you.

Score Yourself—
HOW BURGLAR PROOF IS YOUR HOME?

		(CHECK ONE) Yes	No	SCORE FOR "YES" ANSWER
1	When you leave your home, do you check to make sure that all exterior doors and windows are securely locked?			10 points
2	When you leave your home for a vacation or any extended period, do you			
	A. Notify your newsboy, so that papers will not pile up?			2 points
	B. Notify your milkman so that milk bottles will not accumulate to let a burglar know that the "coast is clear"?			3 points
	C. Make arrangements to have your mail held for your return, so that your house or apartment has a lived-in look?			3 points
3	When leaving your house for an extended period, do you notify neighbors and local police that you are taking a trip?			10 points
4	Do you check the credentials of servicemen and salesmen before admitting them to your home or apartment?			10 points
5	Do you leave a light on when you leave the house for the evening?			5 points
6	Do you leave the shades up when vacating the house for an extended period?			5 points
7	Do you make certain that a strange caller does not tamper with your door lock?			5 points
8	Do you have Yale pin tumbler locks on all exterior doors? Or, if not, have you installed Yale auxiliary night-latches on doors not so protected?			25 points
9	Do you or another member of your family rent a safe deposit box for storage of your valuables?			5 points
10	Do you keep a record of serial numbers and descriptions of your valuables?			5 points
	My Home Protection Score is:			89 points*

* A score of 89 is perfect. A score of 80 or more means you are doing a good job of foiling burglars; a score of 65 or more means that you are doing a fair job; a score of 50 or less means that your home may become a "burglar's delight."

Separate vacations may refresh marriage

NEW YORK — Should husbands and wives vacation together year in and year out?

While there's no one stock answer to the questions, the general opinion among marriage counselors is that vacationing together strengthens the matrimonial bonds.

But the yearly vacation can be a marriage troublemaker when there is disagreement between husband and wife as to where and how it should be spent, says Ruth Laverty.

The couple who bickers bitterly about it until one unhappily gives in may find the best solution in their vacation apart.

No Hazard

Separate holidays needn't be a marital hazzard, declares Miss Laverty. Couples who vacation apart claim that bringing back new stories, observations and opinions make each partner more interesting.

Vacationing alone may also intensify a wife's love for her husband, and vice versa. A woman who escapes from the routine of housework by going to a glamorous hotel alone may find that the thrill soon wears off if her husband is not along.

A man who goes off on a fishing trip without his wife may, after the first few days, find his camp cot hard and campfire meals pretty monotonous;

Promotes Eagerness

A successful separate vacation is one that finds both husband and wife eager to get back to each other. If they are not, then something is drastically wrong with the marriage and steps must be taken to recapture the element of happiness.

A separate vacation should make couples realize how important their marriage partners are to them. This renewed perspective can refresh a marriage.

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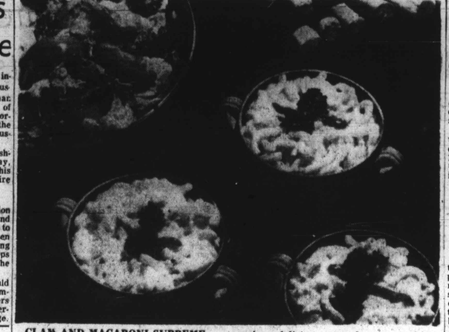

CLAM AND MACARONI SUPREME—Clams with chopped onion and parsley make a delicious sauce for macaroni in these appetizing individual casseroles.

Macaroni is a natural for budget saving meals

Macaroni products are natural for thrifty menu planning.

They can be used in combination with many other foods to create endless variety and new flavor treats. Try these budget-saving suggestions now and see how easy it is to serve delicious meals with a minimum of time and money.

Creamed Clam and Macaroni Supreme
(Makes 4-6 servings)

1 dozen large fresh clams or 1 10-ounce can minced
¼ cup butter margarine
¼ cup flour
2 cups milk
2 tablespoons chopped parsley
3 tablespoons minced onion
½ teaspoon Worcestershire sauce. Salt and pepper to taste.
1 tablespoon salt
3 quarts boiling water
8 ounces elbow macaroni (2 cups)

To use fresh clams, let clams stand in cold water; scrub and rinse thoroughly. In a saucepan, steam clams in ½ inch water for 15 minutes, or until shells open. Remove clams from shells and mince.

Meanwhile, in a saucepan, heat. Add flour and blend until smooth. Gradually stir in milk and cook until thickened and smooth, stirring constantly. Add parsley, onion, Worchestershire sauce, salt and pepper. Stir in steamed fresh clams or undrained canned clams.

Add 1 tablespoon salt to rapidly boiling water. Gradually add macaroni so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Stir drained macaroni into clam sauce. Serve in large bowl. If desired, garnish with pimento strips and parsley.

Cabbage-Cheese Noodles
Makes 4-6 servings)

1 tablespoon salt
3 quarts boiling water
8 ounces egg noodles about 4 cups)
¼ cup butter or margarine
1 medium-sized head cabbage, shredded
1 cup sliced onions
2 cups grated processed American cheese (½ pound cheese)
Salt
Freshly ground pepper

Add 1 tablespoon salt to rapidly boiling water Gradually add noodles so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander.

In a large skillet, melt butter or margarine over low heat. Add cabbage and onions; saute until golden brown. Remove from heat, add cheese and cooked noodles and pepper. Mix lightly but thoroughly. Serve piping hot.

Spaghetti Supper Special
(Serves 4-6)

1 cup sliced onions
American cheese pound
1 tablespoon fat
4 loin pork chops
1 clove garlic, minced
1 No. 2 can tomatoes
1 6-ounce can tomato paste
½ teaspoon salt
¼ teaspoon ground cloves
1 tablespoon salt
3 quarts boiling water
8 ounces spaghetti

Melt fat over medium heat. Add chops and garlic. Brown chops on both sides. Add tomatoes, tomato paste, ½ teaspoon salt and cloves. Cover and cook over low heat 40 to 50 minutes, stirring occasionally. About 10 minutes before chops are done, cook spaghetti.

Add 1 tablespoon salt to rapidly boiling water. Gradually add

9032
10-20

by Marian Martin

SEWING BUY— Almost sews itself up, it's that EASY! So figure - flattering and fashion-news, too! It's the new princess with bones — catching neckline, molded middle and airy skirt.

Pattern 9032: Misses' Sizes 10, 12, 14, 16. Size 16 takes 6 yards 35-inch fabric.

Young slim lines are especially flattering to the short, fuller figure. Note the novel weskit influence of the bodice — this is very popular now! Note the cool turnback revers, the graceful flare of the skirt. Proportioned to fit—no alteration problem.

9371
14½—24½

by Marian Martin

Pattern 9371: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 3¾ yards 35-inch fabric.

These patterns offer a perfect fit. Complete, illustrated Sew Chart shows you every step.

Send Thirty-five cents in coins for each pattern. Send to Marian Martin, care of AFRO-AMERICAN Pattern Dept. 220 West 18th St., New York 11, N.Y. Print plainly NAME, ADDRESS with ZONE, SIZE and STYLE NUMBER.

To prevent mildew

Molds that cause mildew thrive in damp, warm, poorly ventilated and poorly lighted places.

They grow on anything from which they can get food—cotton, linen, silk, wool, leather, paper or wood, for example, often getting a start on dust or other soil. They decay wood and discolor fabrics and leather. If left to grow, they may eat into fabrics, rot and ruin them.

To Prevent

To prevent mildew, make sure that clothes or household goods are clean and dry when stored for the summer and then are put in a clean, dry place.

For example, when storing winter clothes and blankets, make sure they are both clean and dry before they go into tight containers, and then put the container in a dry place. Otherwise, mildew may cause serious damage.

Though the basement may seem dry, it's hazardous for summer storage because condensation in muggy weather causes dampness. Automatic dehumidifying appliances are being widely used today, especially in basements. Electric fans, chemicals that absorb moisture, and keeping an electric bulb burning in small clothes closets also are helping against mildew.

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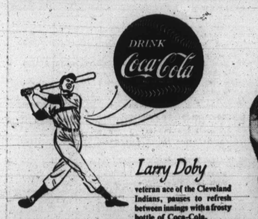

Larry Doby

veteran ace of the Cleveland Indians, pauses to refresh between innings with a frosty bottle of Coca-Cola.

Ever notice how many baseball players are big stars during spring training, but are never heard of again? The big leagues demand quality performance day after day, week after week, year after year, and only players with something "extra" make the grade. That's the way it is with a lot of other things, too.

Here's a good example: for more than four generations—ever since 1886—people have enjoyed ice-cold Coca-Cola. Day after day, week after week, year after year, Coke has been a *quality product*. Best of all, Coca-Cola has always had the same magic sparkle—the same wonderful taste—it has today.

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Cooking Fun

Here's a most delicious avocado dressing to serve with wedges of head lettuce or with finely shredded cabbage.

With a rotary beater combine cado with ½ cup orange juice, 1 tablespoon lemon juice and ½ teaspoon salt. Beat until dressing is satiny smooth.

Walnut Crackers

halves, crack your walnuts this way. Place the walnut in a nut cracker with the seam parallel to the arms of the cracker. Press arms together gently to break shell. Remove walnut halves carefully.

Add a festive note to any entree with these broiled fruit puffs. Combine 2/3 cup mayonnaise with 1/4 cup chopped sweet pickle. Pile into canned cling peach halves and broil until filling of puffs is golden brown. Delightful with lamb.

Your family will love this quickie.

Combine a can of cream of mushroom soup with ¼ cup white wine and simmer 2 or 3 minutes over hot water. Add 1 lightly beaten egg.

Place a layer of canned tuna in a greased baking dish. Cover with a layer of ripe olive wedges and then with the hot mushroom sauce. Sprinkle with grated cheese and broil until delicately brown and bubbly.

Fruit Appetizer

Fruit appetizers are delicious. Steam prunes until soft enough to remove pits. Pit and fill with bits of chipped beef or ham.

white wine and simmer 2 or 3

Place a layer of canned tuna in a greased baking dish. Cover with a layer of ripe olive wedges and then with the hot mushroom sauce. Sprinkle with grated cheese and broil until delicately brown and bubbly.

Fruit Appetizer

Fruit appetizers are delicious. Steam prunes until soft enough to remove pits. Pit and fill with bits of chipped beef or ham.

This frosting is easy to make and tastes positively elegant on a fudge cake.

Combine 1 cup brown sugar with 2 or 3 tablespoons evaporated milk, at until sugar melts and mixture begins to boil. Remove from heat and stir in enough sifted confectioners' sugar to give the desired spreading consistency.

Add a few drops maple flavoring and stir in ½ cup finely chopped roasted almonds.

Hot or cold canned cling peach halves make wonderful meat garnishes. Their sweet delicate flavor is perfect for ham or lamb or any other favorite.

Use one of the new instant vanilla pudding mixes for making this handsome dessert.

Bake 3-inch tart shells. Prepare pudding according to package directions and half fill tart shells with pudding. Finish filling with well - drained canned canned fruit cocktail. Then top with enough warm apricot jam to give the tarts an elegant gaze.

Fruit Cup

Combine cooked prunes, sliced bananas and sectioned oranges for a tasty fruit cup. It makes a delicious dessert to serve with thin crisp butterscotch cookies after a hearty meal of stew and dumplings.

A crisp cabbage salad dressed with this supeq delicious dressing will taste extra good with any of those Lenten fish entrees you're planning.

Combine ½ cup mayonnaise with 1/3 cup ripe olive chunks, 1 chopped hard-cooked egg, 2 tablespoons tomato catsup and 1 tablespoon pickle relish.

A frozen fruit salad can add a desirable touch to a summer menu.

Cream together a [illegible] package cream cheese with ¼ cup mayonnaise and 1/8 teaspoon salt.

Fold in 1 cup whipped cream and 1 No. 2½ can well-drained canned fruit cocktail. Pour into freezing tray and freeze. Cut and serve on crisp salad greens.

Honey Butter

Honey butter is simply marvelous to serve on waffles, toast, [illegible]

make it, cream 1 cube of butter or margarine until soft and smooth. Gradually beat in ½ cup honey and continue to beat until mixture is light and fluffy.

Fix this thrifty lamb and ham bean casserole for your family.

Cut 1½ pounds lamb shoulder into inch cubes and brown in hot bacon drippings. Add a finely chopped clove garlic. Combine with 1 cup cooked California large dry limas, 1½ teaspoons salt, pepper to taste and 1 cup boiling water.

Cover and bake in slow oven about 1 hour or until meat is tender.

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When you've finished the wine, the Edlavitch Quart bottle makes a handy refrigerator container for fruit juices or ice water.

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Smoked Ham Hocks lb 39c | Short Ribs of Beef lb 33c
Lean Plate Boiling Beef lb 19c | Tender Sil. Pork Liver lb 29c

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Thin Sliced Supreme Sandwich Bread loaf 16c
Louella Butter Bread or Protein Bread loaf 25c
Big 59c Large 1½ lbs - - Va. Lee POUND CAKES Special! only 55c

GET THIS! A BIG 2 LB. JAR OF PURE APPLE JELLY FOR ONLY 25c

Give the youngsters plenty on Supreme Bread

Talk about a Red-Hot Special - - - Stock Up!

Fresh Produce for the Week-End and Fourth

Jumbo California Pink-Meat Luscious, Big, Meaty Jumbo 36 Size Cantaloupes 2 for 39c

PEANUT BUTTER Ideal Creamy 11-oz jar 33c
WHITE MEAT TUNA Ideal Fancy 6½-oz can 37c
STUFFED OLIVES Mirrose Spanish 4½-oz jar 29c
BONED CHICKEN Banquet Brand 5-oz cans 3 for 79c
LOAF CHEESE Hillcrest 2 lb pkg 73c
TOMATO JUICE Ideal Fancy 46-oz can 23c
Peter Piper Mustard In re-usable measuring cup 19c
New Sugar 'n Spice Hot Dawg Relish 12-oz jar Number 25c
Biggest Value in Town! Bala Club Sparkling Beverages Full Quart Bottle plus dep. 10c Five Kinds
1c SALE IDEAL TEA BAGS 64 bags only 50c
Prices Effective July 1-2-3, 1954. Quantity Rights Reserved.