

EYES EXAMINED
O. T. WALKER
 OPTOMETRIST
 8 Main St., N., Brampton
 Phone 599
 At Georgetown office over
 Bell Telephone Office, the
 second Wednesday afternoon
 of each month, 7:30-9:00 p.m.



THE MIXING BOWL
 by Anne Allan
 HOME ECONOMIST

Hello Homemakers! This is the time of year of strenuous outdoor exercising and jaded appetites. The family must eat well, so it is up to us to serve cool tempting meals. Salads are the best pick-ups. No salad has to be exactly measured and made. One new addition, (perhaps a dab of something left over) will alter the whole character of the dish. You become enthusiastic over your own creative ability when you mix different combinations. However, be sure to season salad carefully—the taste is the test. As a starter, here are favorite salad suggestions:

1. Chopped leaf lettuce, sliced radish, grated raw carrot, minced young onions with French or thick dressing. Diced cheese or hard-cooked egg or cold meat is a good addition tossed in.
2. Coarsely chopped spinach, grated raw beet, scraped onion, broken crisp bacon and thick dressing.
3. Diced cucumber, finely shredded cabbage, chopped tomato, minced chives, flaked fish and sour cream dressing.

Cooked Vegetables

4. Diced carrot, green peas, kidney beans with minced raw onion and raw celery—with mayonnaise.
5. Cooked or canned corn niblets with half as much diced cooked potato, and a few sprigs of peppercress or nasturtium leaves with mayonnaise.
6. Cooked cauliflower pieces, strips of green beans, with sliced raw radish and salad dressing.
7. Diced cooked potatoes, sliced parsley, cucumber, mixed together with chili sauce and mayonnaise.
8. Shredded cooked cabbage, chopped nuts, cubed pineapple and French dressing.
9. Tomato or perfection jelly with diced celery, peas and cheese.

Meat Salads

10. Cubed cooked veal, a little silvered ham, diced parsley and celery, diced orange and thick dressing.
11. Meat, potato egg salad may be spooned into tomato shells — cubed tomato mixed with cold kidney beans and tart dressing for a cold meat roll (jelly roll fashion).
12. Jellied meat with pieces of tomato, diced prunes and finely grated cabbage.

Colorful Salads

13. Grapefruit sections, diced orange, cubed canned peaches and fruit salad dressing with dates rolled in coconut.
14. Cottage cheese with minced candied peel, canned apricot halves rolled in chopped nuts and jelly mold with whipped cream dressing.
15. Sliced pineapple, fresh sweetened berries, mixed with fruit juice and crushed mint leaf, half of banana rolled in nuts and wedges of creamed cheese.

TAKE A TIP

1. One raw vegetable should be chopped coarse when other tossed greens are minced or grated.
2. Toss greens together using a fork in each hand.
3. Add beets only at serving time because of their running colour.
4. Drain fruits thoroughly for salad or they will have a tendency to thin the dressing.
5. Chill plates as well as ingredients to hold fragrance and crispness.
6. Fresh fruit juices are fine in a French dressing for fruit molds.

REQUESTED RECIPES

Buttermilk Dressing

- 1/2 clove garlic
- 1/2 medium-sized green pepper, finely chopped
- 2 hard-cooked eggs, chopped
- 3 radishes, minced
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 2 tablespoons lemon juice
- 2 tablespoons white vinegar
- 6 tablespoons cottage cheese
- 1/2 cup buttermilk (or thick sour cream)

Rub the salad dressing bowl with the cut clove of garlic. In the bowl, mix the green pepper, hard-cooked egg, radishes, salt and paprika. Add lemon juice, vinegar, cottage cheese and buttermilk. Beat with rotary beater to combine. Serve on head lettuce, sliced cucumbers, shredded raw cabbage and so on. (This recipe makes a rather generous amount of dressing—it may be stored in the refrigerator and used as required).

All-Star Dressing

- 2 tablespoons salad oil
 - 1-3rd cup enriched flour
 - 1 cup water
 - 2 tablespoons lemon juice
 - 1 teaspoon salt
 - 3/4 teaspoon sugar
 - 2 egg yolks
 - 1 cup salad oil
 - 1-1/2 cup dry mustard
- Make white sauce of first three ingredients; pour into combined remaining ingredients. Beat rapidly

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ROUND TRIP
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with rotary or electric beater. Makes 2 1/4 cups.

Thousand Island Dressing

Combine 1 1/2 cups All-Star Dressing, 3 hard-cooked eggs, chopped, 1 1/2 dill pickles, chopped, 1-3 cup chopped celery, 1 green pepper, minced, 1 small onion, minced and chili sauce to taste. Serve on cool, crisp lettuce wedges.

BAPTIST CHURCH HIGHLIGHTS

At the morning service the pastor gave a report of the Baptist Convention of Ontario and Quebec, which was held in Toronto June 9-15. The convention church was the Walter Road Baptist Church. Some of the meetings were held in other centres. On Sunday evening June 14th the convention assembled in the Varsity Arena. There were over seven thousand people present. Dr. Tawney Lord, of Bloomsbury Baptist Church, England, was the speaker. Also on Wednesday evening the gathering was held in the Varsity Arena. Dr. McCracken, a former professor of McMaster University, and now the pastor of the Riverside Baptist Church of New York, the largest Protestant church on the North American continent, was the speaker.

On Monday and Tuesday evenings the meetings were held in Massey Hall. Dr. McCutcheon of Montreal, who is the president of the Federation of Baptist Churches of Canada, brought greetings from that body. The Baptist World Alliance was represented by Dr. Ohm of Oslo Norway, who is the secretary, and now lives in Washington. He spoke on two different occasions. The number of registered delegates was very nearly five thousand.

At the evening service the pastor subject was, the Master's fearlessness. The Pharisees complained because Jesus healed on the Sabbath Day. Jesus said: The Sabbath was made for man, not man for the Sabbath. Jesus was opposed by the Pharisees and leaders wherever he went.

The man who lives up to his best must run counter to many customs of his day. Christ was living an ideal life in an unideal world. He stood alone many times.

Anyone who is going to achieve a worthy character must have power and courage to stand out against debasing and vulgar standards. Jesus refused to subject himself to

the habits of the people. At last it cost him his life. Christ never took for granted the existing situation. He believed in something better, and gave himself for the cause of the future.

Working with God we are on the winning side, no matter what the opposition. Jesus was a hero, but at last he paid the price that heroism costs. He had no fear of his enemies because he knew God was with him.

The finance committee held their meeting on Tuesday evening in the church.



SCOUT NEWS

The White and Red Sixes under Sixers Bob Mackle and Tom Dobbie tied for the "Good Hunting Pennant" this week.

It is hoped that the week of August 14th will be a suitable time for the Scout Camp.

Scouters Bob Smith, Stuart Young, John Smith, and P.L.'s Jim Buck, Bob Simson, Dan Hewitt, George McClure and Seconds Bill Hancock, Bill Hardman, and Ted Middleton participated in a week end camp.

The Boy Scouts and Wolf Cubs are to attend the District Drum Head Service at Burlington on Sunday, June 28th, 2 p.m. Anyone wishing to provide transportation please call 440R.

The Eagle patrol under P.L. Bob Simson won the Honour Pennant for last week's Scouting.

"It is great fun to live in the glorious open air, fragrant with the smell of the woods and flowers, it is fun to set about the open fire and spin yarn, or watch in silence the glowing embers."

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