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THE MIXING BOWL
 BY Anne Allan
 HOUSEWIFE ECONOMIST

Hello Homemaker! We certainly hope that the drought has not affected the fish and that they are thriving better than our vegetables. Fish cannot take the place of vegetables but it can frequently be served in place of our expensive meats.

There is a surprising variety of fish available. Considering the many restaurants which have specialized in fish dishes, it is amazing that the homemaker has not copied more of their methods of cooking, serving and garnishing. Perhaps it is because fish is not very pleasant to handle and often leaves a strong odour. After handling fish, wash hands in strong salt water, rinse and then wash with soap. Also there are air-deodorizers available which help to keep the air sweet throughout the cooking period.

Do not be dismayed by the thought of having to serve fish left-

- NUTRI-THRIFT MENUS**
- Chilled Tomato Juice.
 Baked Haddock with Dressing Tartar Sauce
 Whole Potatoes in Parsley
 Oven Steamed Carrots
 Lime Jelly with Watermelon Slice
 Gobbies — Tea
- BAKED STUFFED HADDOCK**
- 2 pounds haddock fillets
 2 tbsps. lemon juice
 Salt and pepper
 Paprika
- DRESSING:** 4 tbsps. fat; ¼ cup chopped onion; 1 cup chopped celery; 2 tbsps. chopped parsley; 1 tsp. poultry dressing; 3 cups dry bread crumbs; salt and pepper; hot water to moisten.
- Slimmer the onion and celery in melted fat for 10 mins. Add seasonings, bread crumbs and enough hot water to moisten. Mix lightly. Spread dressing over fish (placed on baking foil in casserole) and sprinkle with paprika. Bake in electric oven at 375 degs. for 30 mins.

- TARTAR SAUCE**
- 1 cup mayonnaise
 ½ tsp. scraped onion
 2 tbsps. pickle relish
 1 tsp. chopped parsley
 Combine ingredients and chill well. Serves six.

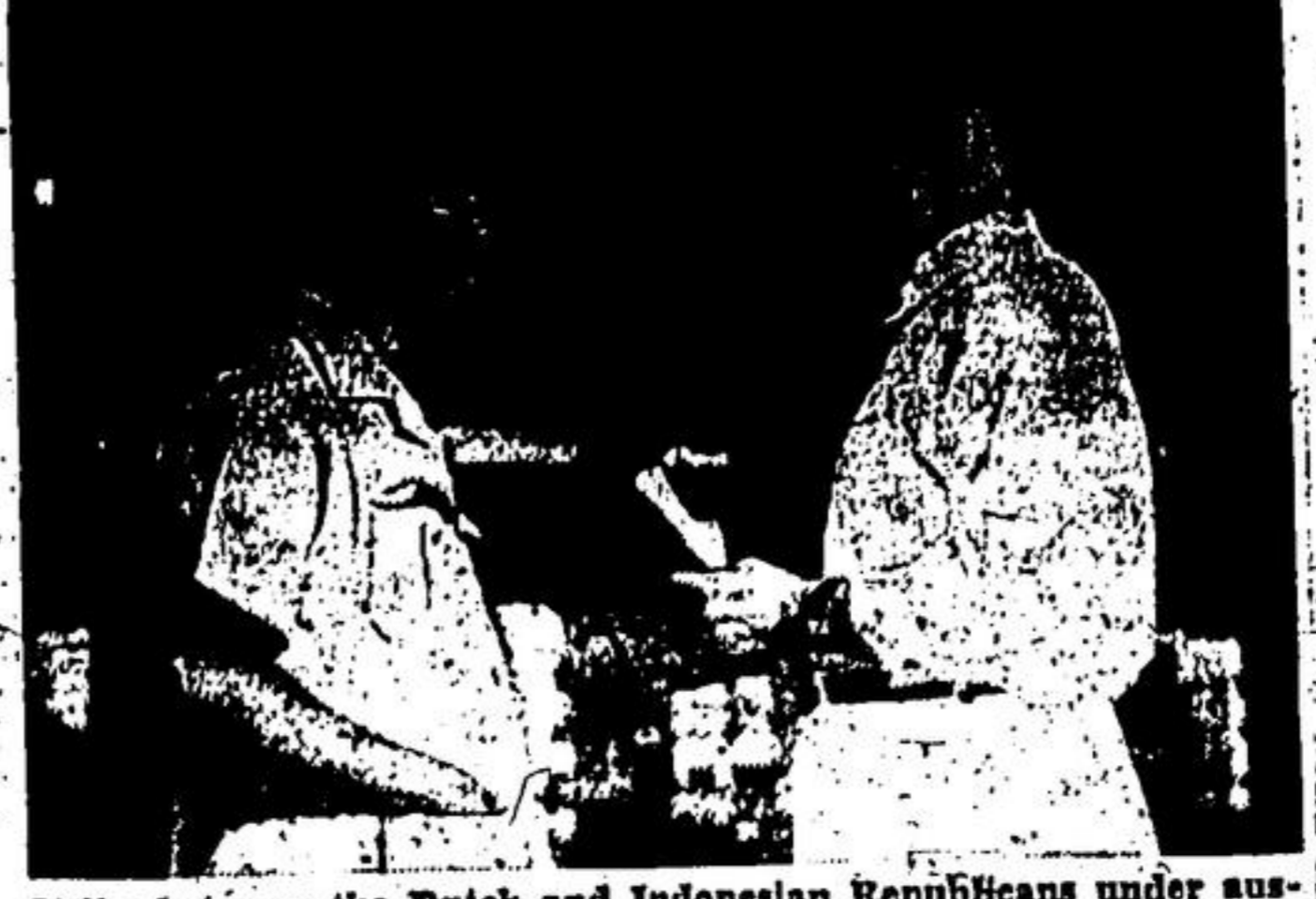
- HOT SALMON SANDWICHES**
- 1 cup flaked, cooked or canned salmon
 ½ cup chopped celery
 Few grains pepper
 ¼ cup mayonnaise or salad dressing
 3 tbsps. sweet pickle relish
 8 slices bread
 1 egg
 2-3 cup milk
 2 tbsps. butter or margarine
 Combine salmon, celery, pepper, mayonnaise or salad dressing and relish. Spread on 4 bread slices. Beat egg; add milk. Pour 1 tbsps. over each side of each sandwich. Brown on both sides in margarine. Serve hot.

- BROILED TROUT OR WHITEFISH**
- Use whole fish weighing 2 lbs. Have head and tail removed and fish split and cleaned. Place, skin side down, on greased broiler with top of food 2" below broiler unit. Sprinkle with salt and pepper; brush with melted fat or salad oil. Broil 10 min. or until brown. Carefully turn; sprinkle with salt or pepper; brush with melted fat or salad oil. Broil 5 min. or until skin is crisp and brown. If desired, serve with Lemon Butter. Serves 4.

TWO POLIO CASES REPORTED IN HALTON

Two cases of poliomyelitis have been reported in Halton by Dr. James M. Mather, Medical Officer of Health. One is a 24-year-old married woman from Zimmerman and the other a seven-year-old girl from Campbellville. Both victims have some paralysis, Dr. Mather reported. The case are in widely separated points of the county and give no indication that there is danger of an epidemic.

Talking Peace in Indonesia



Talks between the Dutch and Indonesian Republicans under auspices of the United Nations Commission on Indonesia have resulted in the return of the capital, Jogjakarta, to the Republican Government. A conference will be held at The Hague on 1 August between representatives of Indonesia and The Netherlands to discuss the setting up of a United States of Indonesia. Here, Dr. J. Lelmsend, chief Republican member of the "Cease Fire" subcommittee, discusses the situation with Dr. J. H. Van Royen, of The Netherlands.

INSTITUTE AIMS EXPLAINED AT BUSY BEES MEETING

Mrs. William Tuck was hostess for the July meeting of the Nassagaweya Busy Bees Women's Institute. Roll call was "How I earned my first dollar." Mrs. Alex Pringle gave an interesting paper on current events and Mrs. C. E. Davenport reported on the District Annual at Palermo. Mrs. Roy Lindsay gave the good cheer report and some "thank you" cards were read. Mrs. Peter McLean, Mrs. Stan Robinson and Mrs. Stephen Cox gave a committee report of the booth which the Institute will operate at Nassagaweya Centennial. A good cheer box was ordered sent to a neighbour who was very ill away from home. Mrs. J. J. Kennedy gave a report of a committee meeting of the Community Activities and Public Relations committee during the month. When the year's work was planned. A discussion held on placing a rest tent on the centennial grounds for the use of older folk and mothers and children resulted in no action being taken as the ladies felt not enough time was available to plan it.

TEAM LINE UPS MEN'S SOFTBALL LEAGUE

The eight teams in the GRC Men's Softball League are providing some good games in their thrice-weekly schedule. Cheltenham Concrete and the Glen are league leaders, but the teams are fairly evenly matched and anyone can win in the finals. The team line-ups are:

ALLIANCE — Al Kirby, Bill Muir, Lefty McMann, Win Wheeler, Curly Wheeler, Roy Ward, Jim Golden, Bill Dwyer, Em Thompson, Herb Robinson, Bob Heaton, Robinson, Joe Dwyer, Jack Cuthbert.

CHELTEHAM CONCRETE — Earl Enond, Dave Stamp, Chubby Stapleton, Harvey Chappel, Rene Martin, Tom Golden, Bob McMennery, Tom Wylie, Jimmy King, Scotty Patterson, Doug Wilson, Nick Brown, George Louth.

GLEN — Del Beaumont, Bob Hepburn, Junior Beaumont, John Haines, Jack Kemshead, Mel Beaumont, George Barber, Jack Beaumont, Tom Hill, Steve Halpin, Cain, Trevor Williams.

LIONS — Ken Nash, Joe Stamp, Jim Sargent, Hal Gibson, Len Self, Don Barrager, Jim Kirkwood, Spence McKinnon, Wheldon Emmerson, Bill Barry, Ken Allen, Ross Boyle, Joe Chapman, Ernie Alcott.

LEGION — Jim Crawford, Jim Brunton, Eric Tomlinson, Larry Ritchie, Bill Grey, Jr. Arnold, Pat Kelly, George Duke, Alex Korzack, Gord King, Denny Wright, J. Ruddy.

MEADOWGLEN — Mike Lorusso, Joe Louth, Lew Bradford, Wm. Anderson, Bob Anderson, Sheldon Lawr, Bill James, Frank Anderson, Alan Gillis, Claude Reid, Keith Scott, Preston, Doug Peck, H. Bradford, Timlett.

NORVAL — Ormie Carter, John Lucas, Clark Lyons, Ted Louth, R. Fendley, Neil Van Vliet, T. McMeekin, Bill Chaplin, Joe Schertel.

SMITH & STONE — Ev Wilson, Leigh Bradbury, Earl Walters, Bob Priedeaux, Ernie Peters, Hank Chaplin, Dick Crichton, Glenn Gibbs, Ted Vahl, George Chaplin, Max Bradbury, Bob Hoare, Ray Pinkney, John Holden.

POLIOMYELITIS

Another case of poliomyelitis was reported on July 28th to Halton County Health Unit. This is a 2½ year old child in Oakville. She had been visiting her grandparents in Mitchell and became ill while there. There has been no contact with other children in Oakville and she is presently in the Hospital for Sick Children. She has a slight degree of paralysis.

Our idea of a real optimist is the fellow who gets comfort out of the fact that a flat tire is only flat on the bottom.

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