

CANAD



see what forest fires can do to Canada!

Buying Bread

When buying bread or rolls, be careful. If the interior has a grayish cast instead of being clear white or slightly creamy colored, it probably means an inferior flour was used or that it was processed poorly. Look for crusts that are uniform in color and thickness. Ideally, the crust should be golden brown.

Skinny Variation

Here's a skinny variation of French Dressing for calorie counters. Mix 1½ cups of tomato juice and 2 tablespoons minced onion. If desired, add artificial sweetener, herbs and spices to taste. Let stand in the refrigerator 24 hours to blend flavors.

Nonfat Dry Milk

Nonfat dry milk is actually a form of whole milk with most of the fat removed. When constituted with water, it can be used in place of whole milk.

Reduce Calories

Trim excess fat from meat before cooking to reduce calories.

Make or Break

Critics claim the clothes that make a woman can easily break a man.

The Heck You Say

The inquiring wife who couldn't attend the banquet with her husband began questioning him about what the other women wore to the gala function. "They didn't wear anything, as far as I know," he replied in a state of exasperation. "Women came there with no clothes on at all!" she exclaimed. "Well," he said reassuringly, "they didn't have any clothes on above the table and you know I wouldn't dare look under it."



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WEDNESDAY - FRIDAY

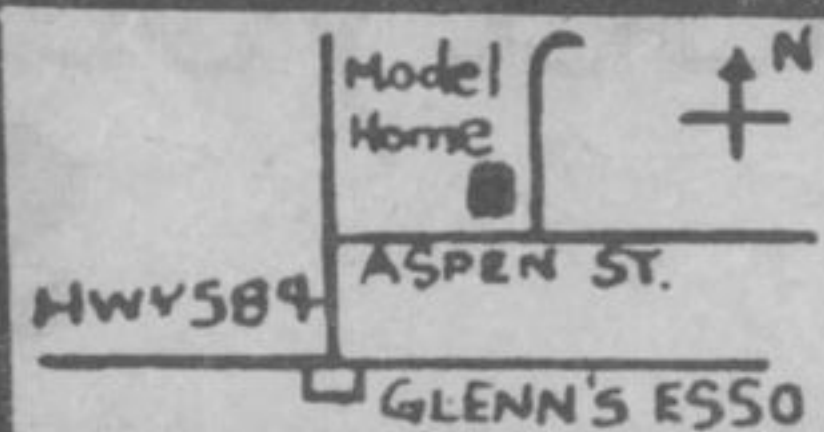
AUGUST 2ND - 4TH

- 5:00 TO 10:00 P.M.

SATURDAY - MONDAY

AUGUST 5TH - 7TH

10:00 A.M. - 10:00 P.M.



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