



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 favorite salad suggestions are:

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.
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 peppergrass 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 sliced 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 cocconut.
14. Cottage cheese with minced can-

CATTLE RUSTLER SENTENCED TO YEAR IN JAIL

Cobourg, June 10th — Pleading guilty to two cattle rustling charges, Ernest A. Allen of Orono was sentenced on Friday to 12 months definite and six months indefinite, concurrent, on each charge. The accused stole one cow from his brother, Harold, and six from Oliver Knapp, both of Clarke township. He has an extensive record.

- died 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
3 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
third 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 teaspoon dry mustard

Make white sauce of first three ingredients; pour into combined remaining ingredients. Beat rapidly with rotary or electric beater. Makes 2 1/2 cups.

Thousand Island Dressing

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

MOUNTAINS OF PEANUTS

The word "peanuts" is going to lose its depreciatory flavor if production of this lowly vegetable continues in meteoric rise, asserts the Minneapolis Tribune, adding: "World output was close to 11,000,000 tons last year, and it seems this is only the beginning."

During the war many nations which had developed a taste for goobers had to go without them. The price at your local nut store remains high, ten times more than the grower receives. As a result efforts to raise them have been intensified, so that already production in India, the United States and China, the principal sources of supply, is far above prewar.

But if you think 11,000,000 tons is a lot of peanuts, consider what the world output will be if and when Britain's \$100,000,000 peanut project in East Africa gets going. Or when harvests begin on the 494,000 acres of reclaimed jungle land on which France proposes to plant peanuts in French West Africa.

The British project is already under way. It aims, over a period of five years, to reclaim 3,250,000 acres of bushland now inhabited only by the tsetse fly. The scheme has been progressing slowly with many halts due to difficulties in obtaining machinery. And there have been grumblings in Britain because costs are exceeding expectations. But 7,000 acres were under cultivation last year, and the Labor government appears determined to complete the work.

The French development project will require E.C.A. funds for purchase of American bulldozers and other equipment. If it is undertaken, the government will hold 90 per cent interest and a private firm 10 per cent. Eventually it is hoped the ratio will be reversed, with 90 per cent of the investment in private hands.

Both projects will be worth watching. For both promise sizable contributions to world food supplies. In addition, they will be useful as laboratory experiments for testing various means by which nations with funds to invest can poorer nations develop their resources.

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| STRAWBERRIES | 39c |
| HADDOCK FILLETS | 45c |
| SMOKED FILLETS | 45c |

| | |
|-------------------------|---------|
| PRIME RIB ROAST | lb. 55c |
| BRISKET (bone in) | lb. 25c |
| STEWING BEEF (boneless) | lb. 45c |
| RUMP ROAST | lb. 58c |
| LEG OF LAMB | lb. 55c |
| FRONTS OF LAMB | lb. 35c |
| PURE PORK SAUSAGE | lb. 40c |
| SIDE BACON | lb. 60c |
| SMOKED BACK BACON | lb. 75c |
| PEAMEAL BACK BACON | lb. 75c |
| HOME RENDERED LARD | lb. 15c |

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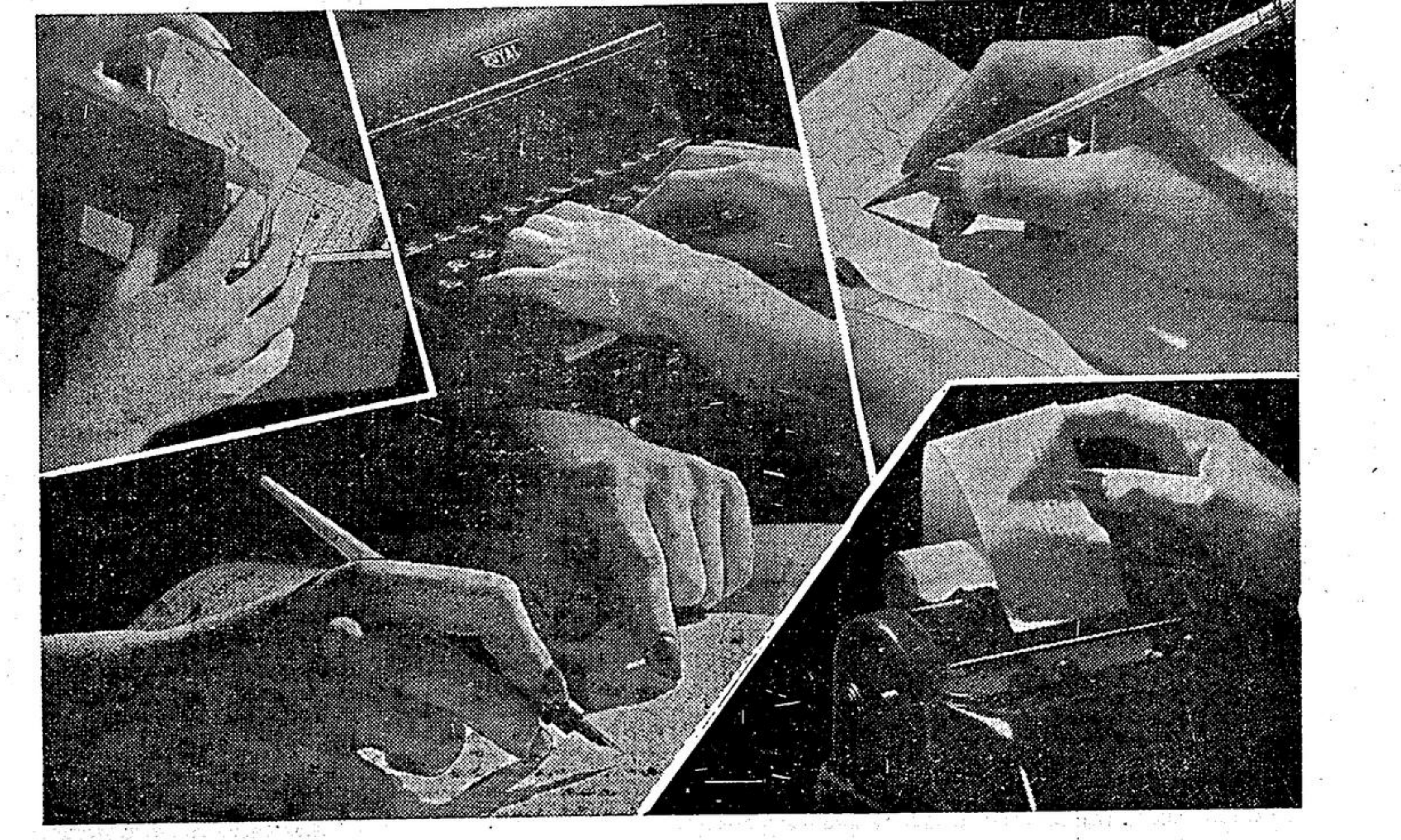
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