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If you like your coffee "with", but you don't like those extra calories, you've probably discovered that you can replace sugar with calorie-free sweetening, and cream with a rich-tasting but low-calorie powdered creamer. By these same means, excess calories have been cut from this delightful coffee-flavored dessert.

Dip your spoon into this deceivingly rich-looking confection. You'll find it deliciously sweet, velvety smooth and luxuriously creamy. It's hard to believe that it's also low in calories.

Credit goes to two pantry-shelf staples. The natural-tasting calorie-free sweetener, Sucaryl, is used in place of sugar. The rich-tasting, low-calorie powdered creamer, Pream, replaces perishable fresh cream. Note the remarkable calorie savings at the end of the recipe.

Coffee Banana Parfait (Low-Calorie)

35 cup non-dairy Pream 2 eggs, slightly beaten 6 tablespoons flour 2 cups strong, hot coffee 1 tablespoon butter 1 tablespoon liquid Sucaryl 3 teaspoon vanilla 3 medium bananas, sliced

In top of double boiler, combine Pream, flour, salt, Sucaryl and eggs. Gradually add hot coffee, stirring to blend. Cook over hot water, stirring constantly, until mixture is thick and smooth. Remove from heat; blend in butter and vanilla. Chill until mixture sets. Alternate layers of coffee pudding and sliced bananas in parfeit classes.

parfait glasses.

Makes 6 servings, each 155 CALORIES; 3.5 grams protein; 7.5 grams fat; 21.5 grams carbohydrate. (With sugar and light cream 265 CALORIES.)

Distaff Deeds

BY JANICE R. CHRISTENSEN

Pleasant Conversation Wins

In a recent survey made in Sampson County Extension Homemakers clubs, 91 percent

of the members believed that

pleasant conversation provides

the best atmosphere at family

Eight percent of the women indicated they preferred to listen to music during meals.

Less than one percent of the omemakers believed that

atching television provided the

est atmosphere during meal

nics Extension agent, in-

time, Frances Temple, home

No Time Wasted

Finding a leisure time ac-

senior citizens, but not for Mrs. Parthenia Harrington of

tivity may be a problem for

tively. To prove this she proud-

ly displays a bedspread she made with checheted blocks of

her to complete the bedspread,

leisure time activities after

Canning Tip

er's time, not only because of

ESTONE (ED.

SPECIAL CLOSE OUT

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Mrs. Harrington replied,

was no time wasted."

the popcorn stitches.

Casual Picnic Stars Hot Dogs In Hearty Salad

What's an easy picnic to have? Hot dogs in a salad,

ing.

Though frankfurters are often cooked, they are ready to eat, points out Reba Staggs, meat authority with the National Live Stock and Meat Board.

Picnic Salad

- 1 pound frankfurters, sliced 1/4-inch thick
- 2 medium-sized potatoes, cooked, cooled and diced
- 1 small head letture, broken into bite-sized pieces (about 4 cups)
- 1 green pepper, cut into thin
- into small squares
- 1 tablespoon Worchestershire
- 1 tablespoon chili sauce

½ cup French dressing

Season potatoes with salt. Combine frankfurters, potatoes, lettuce, green pepper, celery, cheese, onions and tomatoes. Worchestershire sauce, chili sauce and dressing and pour over salad mixture. Mix lightly. 6 servings. (2 cups salad per servings).

Household

The double bedspread, made entirely from discarded to-Drop onion slices, beet slices bacco twine, is now a family or cooked whole green beans treasure that will be passed into a jar of leftover sweet or from generation to generation. dill pickle juice. Refrigerate

Hints

Train and hold climbing-type houseplants to indoor trellises didn't keep an account of the with strips of cellophane tape. exact time; but, certainly, there

To end the itch of prickly Mrs. Mary J. Whitmore, as- heat, daub the area liberally sistant home economics Ex- with cider vinegar. You may tension agent, notes that many smell like a pickle barrel, but other senior homemakers have the relief is worth it. become interested in creative

seeing Mrs. Harrington's handi-For lidless pans, skillets, make them of foil, Crimp around pan edge for tight clo-Mrs. Partnenia man light the Merrick Moore Extension Canning methods have Homemakers Club, Durham, changed from great-grandmothsures; to let steam out, punch Canning methods have holes in the top.

recipes handed down for generative and fruits on the market today. adapt her old favorite to the newer fruits and vegetables," Virginia Mitchell, home eco-Minstead of using the old nomics Extension agent, Graham county, observes.

Stretch Clothing Dollar

Mrs. Alyce Teel of the Green Level Community, Ala-manice county, is convinced you can dress your child at lower cost if you can sew.

According to Mrs. Ozetta P. Guye, home economics Extension agent, Mrs. Tell attended a class in simple clothing construction, where she learned basic sewing techniques.

She applied what she learned by making simple dresses for her daughter .

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Punchy Paragraphs

Good Teamwork

Proteins are made up of cer-tain amino acids. Iron works with amino acids to build the red blood cells which carry oxygen to parts of the body. In other words, iron doesn't work alone.

Meat is one of the best sources of iron, as well as one of the primary sources of protein. Thus, when you eat meat, you get protein plus iron.

Keep It Cool

Hot weather's here to stay awhile, but it need not wilt menu plans. One of the coolest main dishes is a make-yourselfmain dishes is a make-yourself-salad with julienne strips of tongue, ham, noast beef arrankfurters, greens, cheese and potatoes in a bowl, Green onions, tomatoes and dressing are tossed in just before servand asparagus spears. Let the family have a choice of dress-

> As another salad idea, use three or four ready-to-serve meats in a similar arrangement. Choose "cold cuts" which are contrasting in flavor like bologana slices, salami wedges and pressed ham strips. As vegetable separators have celery stuffed with deviled ham, pickle fans and radish roses.

Garnishes Galore

When appetites are "maybe strips yes" or "maybe no," it's the stalks celery, thinly sliced attractive platter which will contess Swiss cheese, cut turn on the affirmative.

6 green onions, thinly sliced dish salads, sandwiches, as well as hot meats will all look pret-

"Frankly" Filling

Hungry big folks join the ranks of the younger set when the popular hot dog is complemented with a novel topping that enhances its eye-appeal and flavorfully boosts its substantial eating qualities. Tip-Top Franks are a very tasty example of this "frank-furter plus" supposely

qualities. Tip-Top Franks are a very tasty example of this "frank-furter plus" approach.

Sprightly flavored salad dressing is the foundation for the savory topping-cum-filling of Tip-Top Franks. The dressing has the teasing taste of a bouquet of subtle spices. Diced tomato and chopped sweet pickle provide color and flavor accents for the peppy filling. It's a combination that makes "real cool" eating of the tavored frankfurter. You'll enjoy it, too, as a tempting topper for hearty open-face meat and cheese sandwiches.

1 cup Miracle Whip Salad 8 frankfurter buns Dressing Lettuce 8 frankfurters 4 cup chopped sweet pickle 8 frankfurters

Combine salad dressing, tomato and sweet pickle. Line buns with lettuce. Split frankfurters; fill with salad dressing mixture. Place filled franks in buns.

of the following in building a minerals, kabob; cauliflowerettes, midget pickles, pickled or small fresh onions (green onion), rice - mushroom accompanigreen pepper cubes, plum or ment to the steak? Place three cherry tomatoes, ceiery pieces, cups of cooked rice mixed with cucumber slices, olives or radione can (four ounces) of mush-

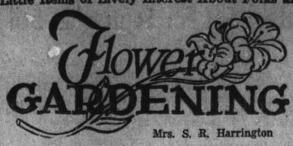
These Steak Drippings

Drippings from that broiled toes.

tier if you use kabob garnish- steak you're having are a good es. For vegetable - pickle com- storehouse not only of flavor binations try any two or more but also valuable vitamins and

> Why not let them flavor a room stems and pieces, drained, right in the broiler pan under

Little Items of Lively Interest About Folks and



Sing a song of Dahlias swaying from exquisitely delicate pastel in the breeze,

such as these, Other flowers are sweeter, manifold in hue,

Yellow, pink and purple, lavendar and blue. But compared to Dahlias they are dwarfed and small,

Queenly in their beauty reign over all!

When we think of August flowers the dahlia is foremost. Look for them now in gardens and enjoy their stately beauty.

At Mr. and Mrs. Fred Ashe's, on Island Ford Road, a glory of Dahlias in rainbow colors in many sizes. And to complement them are white flowering Hydrangeas in marvelous array. The walkway is lined with gay and colorful marigolds. On the porch are begonias galore with amazingly beautiful coleus and other flowers. There's much beauty at the Ashe's.

August Gardening consists of "up-keep", Seed - Sowing, re-planting, planting, etc.

Have you noticed the Delphinium re-blooming? This is a delightful flower to grow. The blooms will enchant you. No flower quite equals them in the the steak, which is on a rack. commanding stateliness of their It's a good change from pota- profusely bloom-laden stalks. Their gamut of colors range

in the breeze,
No place in the garden colors shimmering white.

Delphiniums require a rich, generous and well drained soil.

Heavy soils should have the subsoil dug up, and a compost of two parts loam and one of equal proportions of decayed manure and sand added. This should be pulverized.

On soils of a light or medium nature dig in plenty of well-decayed manure.

Plant new delphinium about two feet apart. They like room. Planting may be done now, (anytime in early autumn), or in early spring.

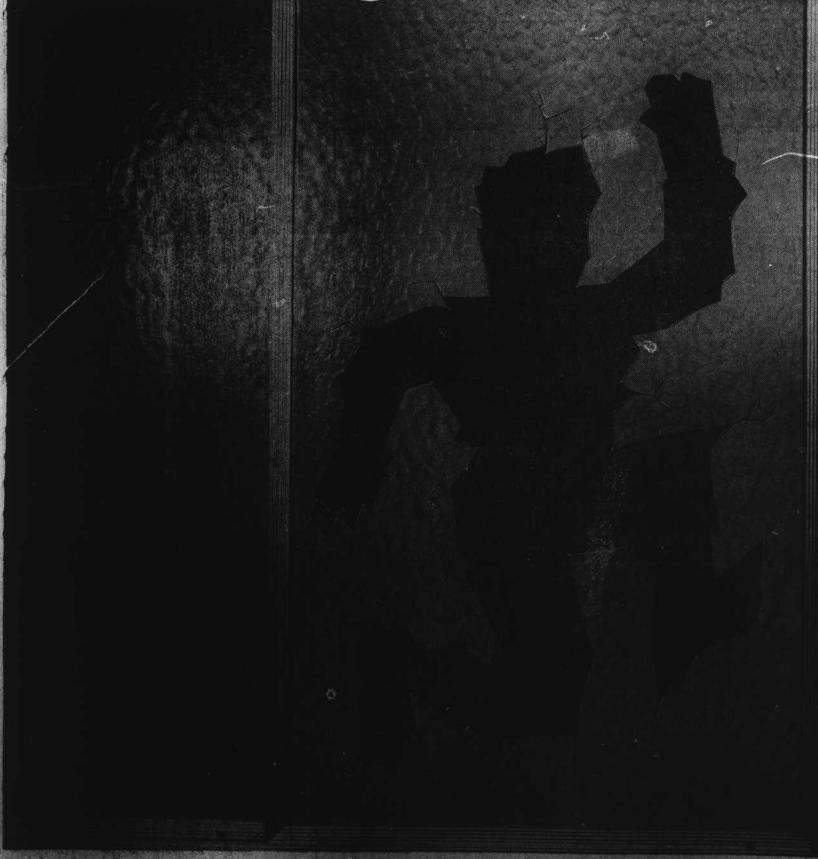
Always remove faded flowers. If you do, you can expect a second flowering on your plants.

I think the best known Delphiniums are perhaps the Giant Pacific Hybrids with the Engdish Hybrids close behind. The

—Turn to Page Eight

Continuous Craftman's Fair At Peter Murphey CRAFT SHOP

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