



EASY DOES IT
BY HELEN MALE

SALADS help keep meals from becoming dull especially if you practice the fine art of making salads properly.

Combine your fruits for salad just before serving so their appearance will be just as fresh and crisp as possible.

When using canned or cooked fruits or vegetables for salad, drain them carefully before placing on the salad greens. Liquid will often weigh the tender greens down and make them look wilted.

Chill the plates as well as dressing and ingredients. Salads should be served cold unless they're a hot type of salad such as hot potato or wilted lettuce.

Vegetable salads can be varied simply by adding a flavorful ingredient to the dressing. Flavor

RECIPE OF THE WEEK

Veal en Casserole
(Serves 4-5)

- 2 cups cooked, cubed veal
- 3 slices bread, cut in cubes
- 2 tablespoons pickle relish
- 2 tablespoons flour
- 1/4 cup shredded American cheese
- 1 cup milk
- 1 tablespoon catsup
- 1 teaspoon salt

Place bread cubes into oven to toast while preheating oven. Place veal into 2-quart casserole. Cover with pickle relish and flour. Top with 1/4 cup shredded cheese. Cover with toasted bread cubes. Combine milk, catsup and salt. Pour over all. Top with remaining cheese. Bake in a moderate (350°) oven for 25 to 30 minutes.

mayonnaise or French dressing with one of the following: deviled ham, sweet relish, chopped pickle, olives, mustard or catchup.

Now that we're going to be in season for fresh berries, toss a few of these on your fruit salads for color and interest. Berries and grapes can be frosted when you want to make salads special by dipping in slightly beaten egg white and then rolling in granulated sugar.

Keep the salad plate from looking cluttered. Greens should never hang over the edge, for example.

Mayonnaise for fruit salads can be thinned with leftover fruit juice for canned or citrus fruits. Cream or whipped cream may also be used.

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PIGEON STALLS MAP-MAKERS . . . When mother pigeon laid two eggs in huge hotplate used by Washington's National Geographic Society in drying 10 million maps per year, officials ordered machine, only one of its kind, idled until eggs hatch.



Read Garment Labels—Look for an informative label stating that the fabric has passed washing tests. Look for these labels or tags when you shop. Check for washing test and color fast statements.

Did you know that while most fibres are washable, washability in a finished fabric or garment depends on other fac-

tors? It depends on how the fabric has been constructed, dyed, and finished, and on the construction of the garment. Poorly made garments with skimpy seams will not stand up in washing. Heavily-trimmed garments will be difficult to handle in washing and ironing, regardless of how well the fabric might wash.

Summertime Washing Hints—Perspiration tends to weaken all lingerie fabrics. Wash undergarments in very mild soap. Garments with lace or embroidery trimmings, dainty buttons, etc., should always be handled carefully. Squeeze carefully, roll garments in Turkish towel, and hang to dry.

Wash foundation garments often. Never soak them. Use a small handbrush on soiled parts. Lay the garment flat on a drainboard or table and brush. Don't wring it. To remove excess moisture, roll lengthwise in a Turkish towel so that hose supporters and metal fastenings cannot cut the fabric. Dry flat on a towel, or hang over a clothesline. Press only the fabric or lace sections of a girdle or brassier. Never dry

in direct heat or sunlight—both tend to cause rubber deterioration and will shorten the life of your foundation garment.

Geographically speaking, Dwight D. Eisenhower is a Cross Timbers man. He was born October 14, 1890, at Denison, Texas. South across the Red river from the year-old Oklahoma Indian Territory, Denison with its 11,000 inhabitants stood midway along a strange north-south strip of tangled oak forest known as the cross Timbers.

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