Easter Fashions

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For a sharp, quick, clear view of the Season's Fashions —we invite you to visit our Aisle of Fashion, on the Second Floor.

Easter Accessories and Easter Gitts are here for your selection, too. And Toys for the children to play with through the Easter holidays.

Smallman & Ingram

London, Canada

STRONG'S



ESTABLISHED 1874

NUTRITION NOTES

Corn beef and cabbage is a popular dish. New green cabbage is plentiful but be sure to buy corned beef that has little fat.

Grapefruit is still on the plentiful list. Try cutting them in halves, basting with a bit of honey and broiling for breakfast.

Fat goes farther when used correctly. Stretch yours out when frying potatoes by boiling them first, then slicing and browning in a little fat.

Have you ever hear the word "Zabaglione?" It's an Italian dessert based on eggs. Beat two egg yolks thoroughly, put them in the top of a double boiler which has cold water in the bottom. Add two half eggshells full of sherry and a tablespoon of sugar. Turn on the fire and keep beating the mixture with a rotary egg beater until the water in the lower part of the pan boils. Pour it in glasses and serve hot or cold.

When baking a cake, remember that two small ones cook more quickly than one big one. Save your fuel by cooking them that way.

If it is your practice to boil your Easter ham before gaking, it is better to just simmer it. That means a longer cooking period but the results will be better.

Have you ever tried ham and corn pie? It makes both go farther. Mix a cup of ground cooked ham with a cup of whole grain canned or cooked corn, season and spread on biscuit dough rolled thin. Bake and serve with those left-over creamed peas.

Spinach is plentiful but select it for the abundance of leaves rather than the size of stalks. Make sure too, that the leaves are crisp and green.

Give your jams and jellies a frequent check-up. A drop of bright juice on the paraffin covering is a good sign that the seal has broken and the contents are exposed to spoilage. Remove the paraffin, wipe the inside of the glass clean and dry, then pour enough new hot paraffin to cover it, rotating the glass meanwhile so that the paraffin hits all the edge and makes a complete seal.

Delightful salad for early spring can be made of dandelion greens. Cut off the roots, wash the leaves thoroughly, and finish off with a tasty french dressing.

The proper care for cheese is to rub the cut surface with a bit of salad oil and press wax paper tightly on it to keep it from molding or drying out. Store the cheese in a cold place and keep closely covered away from moist air.

Chief thrill in night clubs for Mike Roy, "Spotlight Bands" emcee, is picking up match covers. He sends them to his mother who pins them up in his boyhood room in Jamestown, N.D.

Irish singer Morton Downey, star of the Blue Network's "Songs by Morton Downey" has crossed the Atlantic 27 times to fill professional engagements in every country of Western Europe but one; Ireland! MERCHANDISE AND
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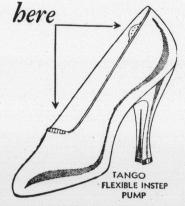
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