

**Louisiana's Waterways**  
Louisiana has 4,700 miles of navigable streams in bayous, rivers and lakes reaching almost every region of the state.

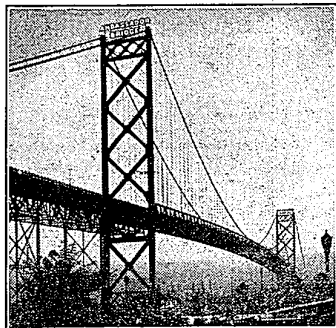
**Moon Changes Distance**  
Because of the attraction of the moon, once in every 24 hours the distance between New York and London is extended 63 feet.

DINE AND DANCE  
EVERY  
SATURDAY NIGHT  
AT

**Rustic Beer Garden**  
12 MILE & MIDDLE BELT ROADS

Good Time to be had by ALL  
BEER SOLD TO TAKE OUT—BOTTLE, CASE  
OR BARREL AT MONKEAN'S

**MICHIGAN BELL  
TELEPHONE CO.**



Ambassador Bridge—Detroit

**SPEND AN ECONOMICAL  
VACATION IN MICHIGAN**

There is no disposition in Michigan to "soak the tourist". Here you will find vacation costs moderate and accommodations to fit every pocketbook. Inexpensive tourist homes... moderately priced hotels... free camps... many points of historic interest and a variety of sports that cost but little to enjoy... all contribute to the pleasure and economy of a vacation in Michigan.

Michigan's tourist and resort business brings large sums of money to the state each year. It provides employment for thousands, and greater prosperity for all of us. We can increase that business further by telling out-of-state friends about Michigan's vacation advantages and by spending our own vacations here.

And, no matter which part of Michigan you visit this summer, banish worry by telephoning home and office frequently. Call ahead for reservations, or to tell friends you are coming. Long Distance calls will add but little to the cost and much to the enjoyment of your vacation.



**River and Lake Outings  
on STR. PUT-IN-BAY**

Enjoy a cool, delightful cruise on Detroit River and Lake Erie. Music, free dancing, deck games, tables for bridge, dining room and lunch counters and Rathskeller on the steamer—everything for a good time.

**Put-In-Bay Island Park**

Str. Put-In-Bay leaves foot of First St., 9 a. m., Wednesday, Thursday, Friday and Sunday, but on Saturday steamer leaves 1:30 p. m. Excepting Saturday steamer arrives at noon. Four hours at the island for sightseeing and recreation. Visit Perry Victory Monument and the Caves. Bathing, boating, golf, dancing, picnic on the beach. Home at 8:15 p. m. Saturday, 11:30 p. m. Friday and Sunday home at 10:15 p. m. Fare 75c. R. T. children 50c. Friday and Sunday six hours at the Island. Fare Sunday, \$1.00 R. T. children 50c.

**Cedar Point Outings**

Sail from Detroit any Friday or Sunday. Over three hours at the Lido of America. Wonderful bathing beach, Board Walk, all amusements, big hotels; everything on a grand scale. \$1.50 R. T., including ride on the Inlet Trolley to the Park. Home 10:15 p. m.

**Saturday Afternoon Outing**

Leave Detroit at 1:30 p. m. for a cruise on the river and among the Put-In-Bay Islands. Four hours at Put-In-Bay Park. Dance under the Lake Erie moon returning. 75c R. T. Home 11:30 p. m.

**A Real Week End**

Stay over at Crescent Hotel, Put-In-Bay until Sunday night, only \$5.25, or at the Breakers Hotel, Cedar Point, only \$7.50. Price includes steamer fare, hotel rooms and all meals Saturday and Sunday.



**Showboat Midnight Moonlights**  
Every Saturday Night. Leave Midnight. Fare \$1.00

**DANCING MOONLIGHTS**

Dance on Lake St. Clair every Wednesday and Thursday evening. Sail at 9:00 p. m. Parking on the dock foot of First Street, Detroit, Mich. Tel. Randolph 0230.

**ASHLEY & DUSTIN STEAMER LINE**  
Foot of First St. Randolph 0230 Detroit, Mich.

**TESTED  
TASTIES**



YOUR FAMILY WILL ENJOY!

by JEAN ALLEN  
We will publish in this column regularly the very latest recipes and food news, developed and tested by the Kruger Food Foundation. If you have particular problems in buying or preparing food, let us help you solve them. Just write our Food Editor, in care of this paper. We will be pleased to see that your questions are answered helpfully and promptly.

Nothing is immune to change these days, and now the scientists are changing the "Milky Way." But they are not astronomers and "The Milky Way" is not the one you see at night, but the path to strong bones and teeth.  
After years of tireless effort, science has developed a practical way to bring to you, in Evaporated Milk, that sunshine Vitamin D. So rarely found in foods, it is nevertheless very essential to the bone development of growing children and to the well-being of adults.

Milk should be in every daily diet. And Vitamin D milk, especially, for young and growing members of the family, and for those whose "sunshine opportunities" may be limited.

**Milk as a Drink**

The delicious caramel-candy flavor of Evaporated Milk with Vitamin D, appeals to many children who do not like the flavor of raw milk. That sweet taste of safety is your assurance that the milk has been sterilized by heat and is therefore absolutely safe. In serving as a drink, dilute it half-and-half with water. Add some vanilla nutmeg or cinnamon, if you like, and perhaps a bit of cracked ice. It is delicious. Try it served hot with a pinch of salt and some crackers.

**Pineapple Cream**

2 cups chilled pineapple juice  
4 tablespoons lemon juice.  
1 cup water.  
2 tablespoons sugar.  
1 1/2 cups chilled Evaporated Milk with Vitamin D.  
Combine fruit juices, water and sugar and add to milk. Shake vigorously and serve with chilled ice. Yield: 6 servings.

**Sturdy Youngsters**

It is the dream of every mother that her child will have a strong, healthy body, firm even teeth and a general foundation of good health that is so necessary to face responsibilities of later years. Today scientists are giving help to mothers. Every tall can of Evaporated Milk gives the food value of approximately one quart of bottled milk, and now it is obtainable with Vitamin D added. Use it in making Frozen Egg Nog.

**Frozen Egg Nog**

1 cup Evaporated Milk with Vitamin D.  
1/2 teaspoon granulated gelatin.  
2 teaspoons cold water.  
1/2 tablespoon cornstarch.  
1/4 cup sugar.  
1/4 teaspoon salt.  
1/2 cup water.  
1 cup Evaporated Milk with Vitamin D.  
2 well-beaten egg yolks.  
2 stiffly beaten egg whites.  
4 tablespoons Vanilla or cooking wine.  
Nutmeg.

Scald milk in top of double boiler. Soak gelatin in water for 5 minutes and add to milk. Stir until dissolved. Pour into bowl and chill until icy cold before whipping. Mix cornstarch, sugar and salt in top of double boiler. Stir in water and milk, which have been previously mixed. Cook 20 minutes, stirring frequently. Remove from fire and stir in egg yolks. Return to fire and cook 2 minutes longer. Cool. Whip cold milk and gelatin mixture. Then fold in egg whites, add vanilla or cooking wine. Freeze in mechanical refrigerator tray, or in mold, packed with a mixture of 1 part salt to 3 parts ice. Sprinkle top with nutmeg. Yield: 8 servings.

**The Danger Signal**

The body cannot store Vitamin D for long. It requires a new supply constantly, because smoke and dust in the city atmosphere obstruct the rays of the sun. We find ourselves getting that "tired feeling," and we wonder why. By eating foods containing Vitamin D, we are able to build body resistance to the onslaught of disease. Use Evaporated Milk with Vitamin D in your cooking.

**Baked Luncheon Omelet**

3 tablespoons butter.  
4 tablespoons flour.  
1 1/2 teaspoons salt.  
Pepper and paprika.  
3/4 cup Evaporated Milk with Vitamin D.  
3/4 cup cold water.  
2-3 cup left-over meat, finely minced.  
6 eggs separated.  
Make a white sauce of the first six ingredients. When sauce is thick and smooth, add the chopped meat. Cool and add egg yolks beaten until thick and light. Cut and fold in stiffly beaten egg whites. Bake in a greased baking dish in a moderate oven of 325 degrees F. until top firm and delicately browned. Fold over and turn on a large serving platter which has been heated. Serve

the refrigerator to have ready when wanted. This all purpose sauce may be served with almost any meat. It is also delicious with rice, spaghetti, noodles, eggs, beans—Mexican, navy or kidney beans. Two or three teaspoons of chili powder may be added to recipe.

**INSECTS COME EARLY  
AND STAY OVERTIME**

Bugs, beetles, moths, flies and all sorts of other insects in all stages of development seem to have chosen this year to put forth a concentrated attack on everything planted in the ground, according to the entomology department at Michigan State College. Past records which show the dates at which insects are likely to appear in Michigan and which tell when the season of serious injuries is past will have to be revised. The insects are arriving before schedule and are hanging around after they should be satisfied with the damage done.

**PARKVIEW  
SINGING  
TOWER  
Free  
TWILIGHT  
CONCERT  
Every Sunday 7:30 P. M.  
Every Wednesday 7:30 P. M.**

**Parkview  
Memorial Park  
5 Mile Road, near  
Farmington Road**

**KEEP YOUR VISION UP TO PAR**



You can't afford to neglect your eyes. So make it a point to come to us tomorrow and have your eyes carefully examined. If glasses are necessary a style will be suggested that is best suited to your own personality.

**W. B. Murray, O. D.**  
Optometrist 22009 Grand River  
Redford

**FEATURES**

to be presented at  
this special cooking

**Demonstration**

**WATERLESS COOKING  
FOR HEALTH AND  
ECONOMY**

Speed With Accurate  
Heat Control.

Saving Time and Money  
with Oven-Cooked  
Meals

Preparing Roasts  
Without Water

Using "Stored Heat"  
For Cooking

Cleanliness  
and Coolness

If you have an electric range, you can't afford to miss this demonstration!

THE DETROIT EDISON COMPANY

cordially invites you to attend a

**Presentation**

of the newest methods of

**FINE  
ELECTRIC  
COOKING**

on Tuesday and Wednesday, July 24 & 25

M. E. COMMUNITY HALL

Farmington

One day will be devoted to the family subject "Oven Canning"

2:30 P. M.