

CASSEROLE DISH IS EXCELLENT TO STRETCH MEAT

Here is a meat stretcher recipe that is also a very good main dish. Lima beans are much more plentiful than any other kind which is a big help.

Beef and Bean Casserole
 1 lb. dried lima beans
 1 lb. round steak
 2 cup chopped onions
 2 the. fat
 1 can tomato soup (condensed)
 1 cup water
 1 lbs. sugar
 1 tsp. salt
 1/2 tsp. pepper
 4 strips of salt pork

Cook dried lima beans in salted water two hours, drain. Cut beef in 1/2 inch cubes. Brown with the onion in the hot fat. Combine with the beans. Add the can of tomato soup, diluted with the cup of water, sugar, salt and pepper. Pour into greased 3 qt. casserole. Top with the salt pork. Bake 1 hour at 375 degrees. Serve with chili sauce.

Cottontseed Shortening
 As shortening, cottonseed oil can supply all cooking fats for an army of 7,500,000, plus a navy of 1,500,000, plus 42,000,000 civilians.

A WORD TO THE WIVES

Hello, there—one of the finest virtues a human being can have is tolerance—and how few people practice it.

To be completely tolerant of the other person's point of view, ideas and way of living is the only way we ourselves can attain true happiness. True—we don't always have our ideology—but it is their own and by every right we should not interfere or condemn.

Children, to begin with, are fairly considerate, or perhaps unconcerned is a better word for it, of doing things, until their parents step in and put the finger of condemnation on this, that and the other thing. That is the beginning of the shaping of that child's character. How much better to point out the fallacy of undesirable actions in others, but be quick to follow up with the words—"we are not to condemn or judge."

A man's home is his castle and in it he can rule—but his neighbor or relation—he be five feet or five miles away—is entitled to the same privilege, that of ruling his own life and home. Bye now.

Items of Interest to THE WOMEN

WEST POINT PARK

Mrs. William Zwahlen

Mr. and Mrs. Al Edison of Pontiac were Sunday guests of Mr. and Mrs. Edwin Johnson.

The Buckinghams of Norfolk and Mayfield spent the weekend on a fishing trip.

Mrs. Frank Broquet was the weekend guest of relatives and friends in Detroit.

Miss Ina Mae Tallman spent the weekend with Mr. and Mrs. Nelson Cameron of Dearborn at their cottage in Northern Michigan.

Mrs. Norbert Schmidt of Shady-side Avenue was on the sick list for several days last week.

Mrs. Margaret Martin of Hubbard Avenue was the guest of her son, Russell, Rockland, of Detroit, Friday and Saturday.

Miss Lora Ault and Miss Freda Ault were visitors in Highland Park Monday afternoon.

Mrs. Margaret Martin is slowly convalescing from a painful injury to her foot inflicted when she accidentally fell upon a pet house dog, which promptly left his teeth marks in her ankle. The dog was neither mad nor vicious. No disastrous consequences are expected, but it was an unfortunate experience for the elderly woman.

Mrs. Emerson Ault and her daughter, Mrs. Edwin Johnson, were visitors in Plymouth Monday.

A fine turnout of the Sunshine Sisters appeared at the Neighborhood Church Wednesday afternoon for their regular meeting. Mrs. Owen Stevens, a Sunday School and Vacation Bible School worker of Detroit, was present and gave a very fine talk along spiritual lines to the ladies. The next meeting of the Sunshine Sisters will be held on Wednesday afternoon, August fourth, at the church, and at this meeting also it is hoped to have a special feature.

Rev. Edwards of Royal Oak was the guest of his daughter, Mrs. Helen Peterson, for several days last week and preached at the Neighborhood Church Sunday evening. Rev. Edwards is a talented musician as well as a fine speaker, and it is hoped he may often be a visitor in the community.

Mr. and Mrs. Russell Ault were guests of Mr. and Mrs. Herman Keyser of Huntington Woods, Sunday evening.

Mrs. Walter Rehan was hostess to a large dinner party Sunday. Guests included a number of friends and relatives from various points in Michigan.

Toast Points Dress Up Low Point Meat



Beef kidney is easy to cook, and it's an excellent source of the important B-vitamins. Dress it up with toast points made from vitamin-enriched white bread, and you'll have a main dish that's hard to beat from the standpoint of wholesome nutrition.

By Katharine Willingbrook
 ARE you well-acquainted, yet, with that low-point variety meat—kidneys? Served with toast points and gravy, its rich meaty flavor is a real treat. The first recipe given below is a quick-cooking method: If you prefer, par-boil the beef kidney before cutting it up and pan-frying.

Beef Kidney and Toast Points
 (Serves 24)
 1 beef kidney
 1/4 slices enriched white bread
 2 tablespoons fat
 Salt and pepper
 1 tablespoon flour (opt.)

Wash kidney under cold water. Place it on a board, and with a sharp knife, cut it into 1/2-inch slices, then cut each slice into 3 or 4 parts, removing the tubes and tough white fibers. Toast slices of enriched white bread lightly; cut off crusts if desired, and cut each slice across diagonally, making loaf points. Heat fat in frying pan. Put in cut up kidney and fry for three minutes, turning pieces constantly with a fork so that they are equally cooked on all sides. Season with salt and pepper. Transfer meat to warm serving dish, and surround with toast points.

Liver and Bacon Special
 1 pound cooked liver
 (calf's, lamb, beef pork)
 1 tablespoon melted butter
 2 tablespoons mayonnaise
 1/2 slice tomato
 1 teaspoon pepper
 1/2 slices buttered enriched white toast
 1/2 slice tomato
 1/2 slice bacon
 Put cooked liver through food chopper or chop finely. Combine with onion, mayonnaise, salt and pepper. Spread on slices of enriched white buttered toast and top with 1/2 slice tomato. Cut up 1/2 slice bacon strips in halves and place 1 piece each on top of tomato slices. Slide sandwiches under broiler to cook bacon—about 1 minute. Makes six sandwiches.

THIS WEEK AT YOUR LIBRARY

HOURS:
 Wednesday—11:30 a. m. to 1:30 p. m.—3:00 p. m. to 8:00 p. m.
 Friday—6:00 p. m. to 9:00 p. m.
 Saturday—2:00 p. m. to 9:00 p. m.

Native Son—Richard Wright. On this remarkable novel Henry Seidel Canby comments:

"Superbly, 'Native Son' is a crime story, adventurous, exciting, often terrible—with two murders, a chase and a gun fight over the roofs of Chicago, a trail, and what might have been, but was not, a rape. It is the old story of a man hunted down by society—but there is something different in this story. Bigger—and we all know Bigger—is no persecuted black saint. His family is a good tenement family, as tenement families go; but he is a bad actor from the first. There is no sentimentalism in the writer who created Bigger, and made him chauffeur in the family of a wealthy white philanthropist who spent some of the money wrung from Negro tenements on benefits for the race. Bigger is headed for jail from the first chapter.

No reader, however horrified by its frank brutalities, will be able to stop in this engrossing story, which coils and mounts until a tale of crude violence brawls into a human tragedy.

Paper Chase—Oliver Wend Bayer. The unscrupulous Ballstons, who had run out of luck and money, felt that heaven had purposely smiled on them when Albert Mercer, with his four wills and his financial potentialities, was delivered into their hands. They had not reckoned on Jeff Paper, who later also met Mr. Mercer under unusual circumstances. Jeff enlisted the aid of Elizabeth Neff, and together they pursued Mr. Mercer, the Ballstons, the wills, and suddenly, they were much bigger than all of them combined. To say just that that bigger thing was will give the plot away, but follow Jeff and Elizabeth on their paper chase and you will have fun.

A fast-paced mystery by a new writer who offers speed, humor, and one of the cleverest plot twists

WEEKLY THOUGHT

Have you had a kindness shown? Pass it on.
 It was not given to you alone, Pass it on.
 Let it travel down the years, Let it wipe another's tears, Till in heaven the deed appears— Pass it on.

—Burton.

THE GARDEN PATH

Here is a compact, understandable form of the different vitamins, what they do and in what vegetables to obtain them.

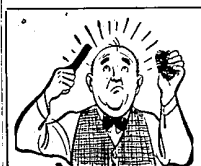
Vitamin A—prevents nutritional night blindness; necessary for maintenance of healthy epithelia in mouth, eyes, respiratory tract, etc.; necessary for growth. May be found in spinach and other cooked greens; salad greens; sweet potatoes; carrots; lima beans; cooked squash.

Vitamin B1, (thiamin)—essential in securing full energy value from foods; necessary for appetite and good digestion; protects nerves and aids in maintaining a good morale. May be found in summer squash, asparagus, lima beans and green peas.

Vitamin C (ascorbic acid)—necessary for good teeth, bones and gums; prevents scurvy; necessary for proper growth. May be found in Rutabaga, cooked greens, cantaloupe, turnip, kohlrabi, cauliflower, Chinese cabbage, raw cabbage, peppers, salad greens, plums and tomatoes.

Vitamin D—necessary to the body in making use of calcium and phosphorus to maintain sound teeth and bones; prevents rickets. There is no vegetable that constitutes a good source for obtaining this vitamin.

Vitamin G (riboflavin)—needed by all cells of the body in making use of food; necessary for proper growth; prolongs active life span. Can be found in cooked beans, cantaloupe and green lima beans.



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EVANGELICAL CHURCH NOTES

Mr. and Mrs. Adair Hammond were the soloists at the morning service on Sunday, July 25. The lovely rendition of "Love Divine, All Love Excelling," was thoroughly enjoyed by every member of the congregation. Mr. and Mrs. Hammond were assisted at the organ by Mrs. Catherine Gaul.

DON'T FORGET—the Annual Picnic to be held this year at the Glen Eden Park on Eight Mile Road, Sunday, August 8. All are most cordially invited. Come and bring a nice full picnic basket and enjoy the day.

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"EVER TRY TO TALK WHEN A WILLIWAW'S BLOWING?"

"Up in the crow's-nest of a destroyer in the Aleutians, with one of those Arctic gales howling around your ears, you don't waste many words over the telephone. A call from the lookout generally means action!

"You folks back home in Michigan aren't troubled with williwaws, but you're in this fight right along with us. And keeping your long distance telephone calls short when the circuits are crowded is one of the ways you can help us win."

When you must use long distance to a war-busy area and the operator asks you to limit your call to 5 minutes, your co-operation will help others who are working.

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