

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.

- 1 lb. dried Lima beans
1/2 lb. round steak
3/4 cup chopped onions
2 lbs. fat
1 can tomato soup (condensed)
1 cup water
1 lbs. sugar
1 tsp. salt
1/2 tsp. pepper
4 strips of salt pork

Cottonteed Shortening
As shortening, cottonteed 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.

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.

Items of Interest to THE WOMEN

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 Kathrine Willingbrook

ARE you well-enriched, yet, with that low-point variety meat—kidneys? Served with toast points and gravy, its rich meaty flavor is a real treat.

- 1 beef kidney
1/4 lb. butter
2 tablespoons fat
3/4 cup water
1 tablespoon flour (opt.)
1 slice beef kidney
1 slice white bread
1 slice onion
1 slice tomato
1 slice bacon

THIS WEEK AT YOUR LIBRARY

Wednesday—11:30 a. m. to 1:30 p. m.—3:00 p. m. to 5:00 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. This story, 'Native Son' is a crime story, adventurous, exciting, often terrible—written by two authors who chase and a gun fight over the roofs of Chicago, a trail, and what might have been, but was not, a rape.

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Mr. and Mrs. Gerald Teske, son Ivan Louis of Detroit, Mr. and Mrs. Harold McVicar, Harold Junior, Jo-Anne, and Jimmy were the Sunday dinner guests of Mr. and Mrs. Marvin Adella.

F. O. Robins of Detroit was the guest Tuesday of his mother, Mrs. John Attains.

Mr. and Mrs. Arthur Stanley, daughter, Mary Ann, and Frank Bryan, Mr. and Mrs. William D. Zwahlen, two daughters, Janet Mae and Gail Anne, of Detroit, were Saturday evening guests of Mr. and Mrs. William H. Zwahlen.

Senior Scouts of Pierson District, who have completed the requirements of Senior Scouting, are Eunice Gerchow, Lora Anne Ault, Edna Cochrane, Dolores Ault, Barbara Harrison and Yvonne Van Hellemont, and with their leader, Mrs. Robert Hutton, assistant leader, Mrs. Earl Harrison and Mrs. Russell Ault, went for a day's outing last Monday to Bob-Lo Island.

Mr. and Mrs. Howard Middlewood, Mr. and Mrs. William Soos and family and Mr. and Mrs. John Vachol and family attended the Cubberer at Rouge Park Sunday.

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, chives, cabbage, raw cabbage, peppers, salad greens, plimnetoes 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 much 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; promotes active life span. Can be found in cooked beans, cantaloupe and green lima beans.



You Don't Get a Second Chance

Unless you can meet the requirements of the new Financial Protective Law immediately after the first serious accident in which you are involved you will lose your right to drive. And you won't get a second chance to drive until you have paid all claims which may have arisen and furnished proof of financial responsibility for the future.

Why take a chance at all—a Wolverine "No Exclusion" policy gives you complete protection at a surprisingly low cost. Come in and see us for full details today.

LEON L. NEWMAN

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EVANGELICAL CHURCH NOTES

Mr. and Mrs. Aditt 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.

DON'T FORGET—the Annual Picnic to be held this year at the Glen Eden Park on Eight Mile Road, Sunday, August 5. All are most cordially invited. Come and bring a nice full picnic basket and enjoy the day.

DEFENSE WORKERS: OPTICAL STUDIOS OPEN MON., FRI. & SAT. EVENINGS UNTIL 9 FOR YOUR CONVENIENCE NO APPOINTMENT NECESSARY FOR EXAMINATION

Advertisement for 'Newcomer' optical studios. Includes text: 'LOOK AT YOUR NEW HOME TOWN THROUGH NEW EYES', 'GET ACQUAINTED WITH Precision', 'STYLE-RIGHT' GLASSES, 'You'll marvel at the keener vision, the greater comfort, the smarter appearance these Style-Right glasses afford. Make it one of your GOOD habits to test your eyes regularly at DeRoy's.' DE. M. H. FIRESTONE, O.D. Optometrist in Charge. DE ROY OPTICAL STUDIOS, 2154 GRAND AVENUE & 2200 WILMINGTON. The Store of "Common-Sense" Prices.

Advertisement for Cook & Co. 'GET SET FOR HUNTING'. SEE OUR NEW SHIPMENT OF HUNTING GOODS. Coats — Breeches — Shirts 100% Wool. Men's Women's and Children's Rubber and Cloth Overshoes. Fred L. Cook & Co., Adolph Neuker, Phone 10 Farmington.

Advertisement for Michigan Bell Telephone Company. '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. MICHIGAN BELL TELEPHONE COMPANY