

THIS AND THAT—

I have a secret desire—to walk barefooted on Heeneys' lawn!

Losing weight is lovely, but what it does to the fit of your clothes is another thing.

See, it always happens—we deplored the rain last spring and now we are begging for it.

Barnyard Seen:—a rainy afternoon and the ramp leading to the chicken coop was slippery. Out comes the great big white rooster, strutting in his usual manner, when out flies his feet from beneath him and down he slid, the full length of the ramp on that purty white behind of his. Yes—I laughed!

Isn't it nice to go to sleep with the patter of rain on the roof—and wonder if the darn thing will start to leak again?

Little over a week and we'll be back in a welcome routine again—you know, the kids to be early every night and washed good before they are tucked in.

WEEKLY THOUGHT

Self conquest is the greatest of victories.—Plato.

EVANGELICAL CHURCH NOTES

The children of the Evangelical Church were given a rousing send-off on Sunday, August 22, to their week at Camp Mack in Milford, Indiana. The Reverend and Mrs. Schultz and family left for the camp following Church services.

Mrs. Kathleen Gault will be the organist during the vacation of Mr. and Mrs. Adolf Hammond, and it is greatly appreciated by all.

Harry J. Smith of Redford will conduct the services on Sunday, August 29, during the absence of Reverend Schultz.

Ronald Frederick, son of Mr. and Mrs. Alfred Guldner, was baptized on Sunday, August 22.

Letters this week are being addressed to Pfc. Herman E. Maas.

Maccabees Plan Potluck Luncheon

On Wednesday, September 1, there will be a Potluck Luncheon at the home of Mrs. Fred Becker, on Orchard Avenue, at 12 noon. Luncheon will be played following the luncheon and all friends and members are invited to attend for an enjoyable afternoon.

THE GARDEN PATH

Some amateur gardeners did not get very good results this past summer from garden sites that had been unused and uncultivated for years previous to their use as Victory Gardens. But these gardeners have learned that such plots will be greatly improved if the soil is plowed or spaded in late fall for early spring, and have made arrangements accordingly.

One of the most common errors of inexperienced gardeners is that gardens are never started as early as they might be. Competent farmers and gardeners know that early plowing or spading of the soil makes it possible to plant seed much earlier than otherwise. They also know that the soil has an opportunity to mellow and aerate, and has a much better consistency when planting time comes. The loose soil absorbs all available moisture in the form of rain or snow, and crops planted on such soil usually suffer no serious injury from lack of moisture.

This precaution should always be observed, however—do not plow or spade the soil until it is sufficiently dry to work up properly. Soil that is worked when too wet will be cloddy, lumpy and generally unproductive.

Suggestions to take into consideration in connection with plowing or spading of the garden plot, whether the work is done in fall or early spring:

If the plot is small, do not attempt to have it plowed. Any plot less than 100 feet by 40 feet should be spaded.

Make arrangements very early for plowing or spading. There is a shortage of both labor and equipment. If at all possible, do the work yourself.

Before plowing or spading, clean the surface of all trash. Rake up and burn any dried weeds that may be on the lot. Level the surface so that there are no holes or elevations.

Harrow or rake slightly after plowing, as this helps to get the soil in good condition.

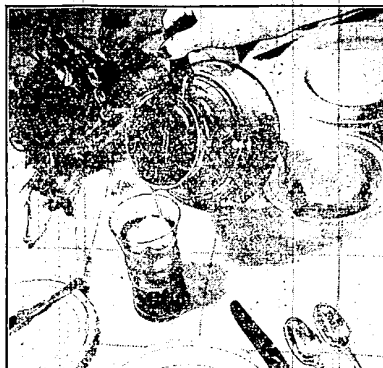
Baptist Church News

The Junior Baptist Union People's Union had a picnic on Tuesday evening, August 25, at the City Park. Games were enjoyed by all following the supper.

The Women's Mission Union

Items of Interest to THE WOMEN

Iced Coffee at its Best



THERE'S always a best way of doing things and iced coffee is no exception to the general rule. In order to get the ultimate in cooling satisfaction, make your iced coffee this way. Have it freshly made each time. Measure coffee and water accurately so that you get the very best brew possible. When making iced coffee it's a good idea to make the coffee a little stronger than usual to allow for melting ice. The ultimate in coffee flavor is obtained by pouring freshly made hot coffee into an ice-filled glass. You can then add cream and sugar if you care to, although possibly you are like many other people and prefer to take your plain with nothing added to the delicious coffee flavor.

met on Thursday, August 26, with White Cross; at 10:30 a.m. Luncheon was served at noon and the meeting began at 1:30 p.m. Reports of the Workers' Conference held at Hillsdale, Michigan during July, were given: Mrs. Ellis Dickerson was in charge of the meeting.

Next week seventeen young people from the church are going to the Christian Life Camp for young people at Brighton, Michigan.

NO MEAT IS NECESSARY IN THIS DISH

I don't know if the rest of you are having as much trouble with red points as I am or not, but try as I might they just won't seem to stretch the way I want them to. Here is a main dish that has cheese as a meat substitute, spaghetti for potatoes, and tomatoes for the vegetable. Good too.

Spaghetti Casserole
With Tomato Sauce
2 cups cooked spaghetti
2 cups soft bread crumbs
2 cups milk
2 cups grated cheese
1/2 cup shortening
1/2 tsp. salt
Dash red pepper
2 eggs, beaten
4 tbs. pimiento chopped
1 can condensed tomato soup
Combine all ingredients except tomato soup. Place in a greased 3 quart casserole. Bake for 45 minutes, then pour the soup over and bake 15 minutes longer at 375 degrees. Makes 6 large servings.



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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—5:00 p.m. to 8:00 p.m.
Saturday—2:00 p.m. to 8:00 p.m.

The Farmington Library is very happy to be the recipient of the following books, presented by the Farmington Garden Club.

Let's Arrange Flowers — Hazel Peckinpaugh Dunlop. Fresh, cut flowers, arranged with imagination are fundamental to pleasant living as every home-lover knows. They are as important to the small home as to the mansion, and they are within reach of the most slender pocketbook. In "Let's Arrange Flowers," Mrs. Dunlop has stressed above all simplicity—the use of familiar floral material rather than rare specimens. It is an invitation to the reader to discover beauty in the most unexpected places—the road by the door, the nearby vacant lot or the common kitchen garden.

For the amateur or the expert this is a book of valuable information and suggestion. It discusses design, color, holders, containers and accessories as well as the preservation of plant material. The chapters on shows and judging offer pertinent helps to the informed as well as the uninformed reader, and the section on photographing flowers is especially designed to aid the beginner. Thirty-two pages of striking photographs and numerous line drawings contribute pictorially to a delightful and useful book written with authority and humor.

Grow Your Own Vegetables — Paul W. Dempsey. All over the country, the small vegetable garden is coming back. Few amateur gardeners realize what strides have recently been made in the science of raising vegetables. This advance is due largely to the brilliant work of the experts at the state experimental stations. In "Grow Your Own Vegetables" Mr. Dempsey tells you:

1. How to 'streamline' your garden, making the most of every square inch. (Detailed charts with the text.)

2. What varieties of each vegetable are best and why. (For many years, Dempsey has made official tests of all new varieties and strains.)

3. What fertilizers to use to get the most from your soil. (Here, as with new varieties, great progress has recently been made.)

4. What vegetables contain the important vitamins. (A new subject, mentioned in a few books.)

5. How to combine flowers with vegetables, making your garden a feature of the landscape.

America's Garden Book—Louise Bush-Brown and James Bush-Brown. In the preparation of "America's Garden Book," the authors have endeavored to meet the needs of those living in suburban and country communities for accurate information on all phases of garden-making. The subject matter is not confined to flower and vegetable gardening, but included all activities within the meaning of the word. Throughout the book has been the aim of the authors not only to present the latest and most approved methods and practices of gardening, but also to emphasize the importance of the results as judged from the artistic standpoint. No attempt has been made to write an all-inclusive encyclopedia. Although practically every phase of gardening is discussed, there is evident an element of selection dictated by matters of taste. The lists of garden flowers, trees and shrubs are not complete catalogues, but contain a selection of those varieties which have merit as materials for planting compositions.

There is at least one bright spot in the food picture that is good news for us all. More coffee is in the country just now than there has been for some time and therefore you are able to get more coffee for your ration coupon... a pound every three weeks to be exact. And what is more you can enjoy this increase secure in the knowledge that our men in the armed services are being supplied first.

Don't neglect to use some of your increased ration for iced coffee! There's nothing quite as thirst-quenching, cooling and refreshing. Especially during these hot, humid days, everybody needs the healthful "lift" and stimulation that good coffee provides. Cool off and pop up with iced coffee.

A WORD TO THE WIVES

Hello there—well, girls, at last I can speak with authority. Yep, I've actually done it, lost weight I mean, through dieting.

To me that means not only the satisfaction of losing weight, but having the will to do it and say "No," when a luscious sundae beckons to me with gooey, chocolaty arms.

It honestly isn't hard to do, particularly if you're really in earn-

est about the whole thing and desire avails lines to welcome fall with. (Course my lines are exactly "avails," but at least they're better than they were.) And now is the time to do it while our gardens are most prolific and the produce counters that rise and fall like produce counters should look.

This is how I've done it—though maybe each of you would make some deviations—as I did with the diet I followed, after a fashion. The one trouble with following a diet is that it either gives you outlandish dishes, or else they never fit in with what the rest of the family are having. For breakfast I ate, and still continue it, a piece of fresh fruit and coffee. Now if you are one of those noble persons that rise and fall with the rest of the day, I'd sit down again about 9 o'clock and have another piece of fruit and another cup of coffee.

For lunch, laid the ice box, but only of vegetables, and make yourself a great BIG salad of everything imaginable. I also served any dabs of vegetable from dinner the night before and dump that in too. (For example, today I made a bed of lettuce and on top chopped fine I put a little each of onion, celery and green pepper. Then I cut up a generous amount of broccoli left from dinner yesterday, over all I poured a spicy dressing, and was it GOOD.) By the way—the family bore up bravely with me, and at the dinner table I'd serve the vegetable plain and each one could butter them if they wished. In that way it didn't spoil them for salad the next day. Cottage cheese mixed in with your vegetable salad is very tasty as well as nutritious.

At dinner, eat the salad, vegetable and the meat. Don't steer clear of the gravy, bread, potatoes and heavy desserts. You see, on this diet, the more fruit and vegetables you eat, the more you'll lose—that is because it takes so many more calories to consume what you eat than you actually are.

Wish I had room to give you a complete list of the caloric value of all the fruits and vegetables—but corn, bananas, grapes and fruit juices come higher than the rest. And of course, trim the fat off your meat!

Now if you really mean it, and have special "bumps" you want to get off, exercise too. You'll be able to devise special exercises all your own to meet your special "bumps." I discovered a duze! My cupboards cover one side of the kitchen, and I found a way on each side, sooo—I get in the corner and twist and bump like mad, and do it several times a day. But it did get results—and in the proper places too.

With apologies to the bombardier, let's make it "Bumps away!" Bye now.

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