



They go together! Swim suits by Gantner for men and women feature matching tropical prints on fine cotton poplin. White pique lines the skirt panels of the girl's two-piece suit. Strap interest is introduced in the wide halter, also trimmed with white pique edging. The man's suit has an elastic waistband and is vented at the side.

Dark Blue Suit Back in Favor For Men's Wear

New York — In the weeks ahead, millions of men are going to keep some of the most important dates of their lives—weddings and graduation affairs—and most of them will dress for these big moments in a dark blue suit, back today as the smartest as well as the most traditionally correct of men's clothing.

Michael Daroff, president of one of the oldest clothing firms in the country, estimates that the blue suit this summer will be a 50 to 1 favorite of men who will take part in either one of these two top social events, either as principals or guests. He also predicted blue again would be a leader at most of the other purely summer occasions.

Not since charcoal suiting shades captured the imagination of American men has a single color been as important as blue is this year, according to the clothing expert. And its fashion leadership is no secret; he explained, because it is easy to accessorize, has an air of traditional correctness and, combined with the new "natural" tailoring, has a slimming effect on a man.

The popularity of the blue suit has resulted in a wider choice of fabrics and blends in this color than ever before. For the year round "best suit," the regent royal gabardine and unfinished worsted fabrics are the undisputed champions, the firm reports.

For special spring and summer wear, the laurals are divided between the light weight, crease resistant dacron and worsted blend, and the silky sheen and wrinkle resistance of the mohair and worsted suiting, it was said.

It appears the finely tailored, plain blue suit, with its understated "gentlemanly" good taste, will be king of the social season.

Spiced Peaches

When Sunday supper is to be a sandwich meal, prepare spiced peaches for a delicious accompaniment. Drain syrup from canned peaches into saucepan, heat with a few whole spices and a dash of vinegar. Add peach halves and simmer 5 minutes. Let stand a few hours or overnight.

Cook prunes with stick cinnamon and whole cloves, and cool in liquid. Pit and stuff with cream cheese. Mold in clear lemon gelatin for a cool luncheon salad.



Polished cotton swim suit designed by Robby-Len for sun worshippers everywhere has Aztec print motif. Suit has boyleg shorts, high neckline split at center, and narrow removable shoulder straps. A single pocket accents the hipline.

Food Labor-Savers Cost More Money; Women Don't Care

Washington — One supermarket official says today's housewife is fully aware that food labor-savers cost her more money. But she's happy to have things that way.

This was the comment of Rilea Doe, (of Safeway Stores), during the annual meeting of the National Association of Food Chains.

"Human needs are fairly stable," said Doe. "Human wants are never stable, never regimented, never static. Today they are ballooning."

Doe said that the number of food products competing for the housewife's dollar may total as high as 6,000 a year. He pointed out that many of them had "built-in" features which save preparation time and the need for the cooking knowledge that made grandmother's cooking famous—but exhausting.

"Today's housewife," he said, "has a sneaking suspicion that all this labor-saving costs more money, and it does. But she, like Scarlett O'Hara, prefers to worry about that tomorrow."

Put a little vinegar in any new frying pan and bring it to a boil. This process will prevent food from sticking.

Studies Indicate Diets Lack Fruit And Vegetables

Is your family eating the proper amounts of fresh vegetables and fruits necessary for buoyant health? Studies from various parts of the country and among different types of people show that vitamin-rich fruits and vegetables are two of the food groups most often lacking in the average American diet.

The Harvard School of Public Health found that yellow and green vegetables, milk and cheese were the foods slighted most by older people living at home, while a study in Iowa pointed out that 30 per cent of the women questioned did not include vitamin-rich vegetables in their diets and 40 per cent ate no vitamin-rich fruits. The University of Georgia discovered that pre-school children were not eating the proper amounts of vegetables and a survey of industrial workers in New Jersey showed that at least 1/4 of those surveyed were low in the consumption of milk and vitamin C-rich vegetables and fruits. Samplings of teenagers and other groups throughout the country have produced the same results, warning us that to keep our nutritional aims high we must include vegetables and fruits in the family's daily menus.

This discovery certainly need not worry you either for there are many delicious ways to see that appetizing fresh vegetables are a part of your menus. First there is a large variety of western-grown fresh vegetables available the year round, and these colorful, flavor-rich vegetables can be prepared in many appealing ways. There are dozens of sauces that blend well with fresh vegetables and also these nutritious foods are excellent in combination with meat, fish, poultry, cereal and dairy products.

For a new way to serve onions, try cheese marinated onions. Slice four onions and separate into rings. Crumble a three-ounce package of Roquefort or bleu cheese and mix with one-half cup olive oil or salad oil, two tablespoons lemon juice, 1 teaspoon salt, dash of pepper and paprika and one-half teaspoon sugar. Pour over onions and chill thoroughly. Serve on crisp lettuce or as an accompaniment to frankfurters or hamburgers.

Asparagus piquant is an interesting dish. Wash and cook one and one-half pounds of asparagus in a small amount of boiling salted water until tender but still crisp. Meanwhile cook 3 slices of bacon, diced, with 1 small clove garlic until bacon is crisp; add 3 tablespoons wine vinegar and heat. Brown one-third cup soft bread crumbs in 2 tablespoons butter or margarine; pour sauce over asparagus and sprinkle with crumbs. Spiced green cabbage combines this vegetable with apples. Melt one-fourth cup shortening in a

Women Said Suited For Optometry Field

Chicago — Women are "naturals" in optometry, Dr. Henry W. Hofstetter, director of the Indiana University division of optometry, believes.

Hofstetter said women temperamentally are well-suited for the detailed work, as well as the tactful, personable relations necessary for dealing with the public, particularly children.

Many women optometrists are married and have families, but maintain their practices on a part-time basis, often with offices right in their homes.

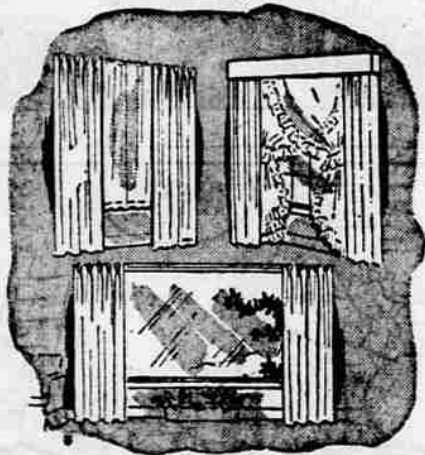
Hofstetter said optometry is a field where a woman finds no discrimination from her male counterparts, whether she establishes her own practice, works with the U. S. Public Health Service, in industry, public school systems, in the military, research or education.

Fresh mint sprigs added to canned peas just before serving lend a delightful flavor.

large skillet and stir in 4 cups shredded green cabbage, 2 cups diced apple, 3 tablespoons white vinegar, and one-fourth teaspoon allspice. Cover and cook over low heat, stirring frequently until cabbage is tender, about 20 minutes. Stir in 1 cup thick sour cream and cook only until heated. Serve immediately.

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