



**WELL BALANCED MEALS** was the subject of this project of the year by the Bly and Poe Valley-Olene Home Extension units on display at the Homemakers Festival. This was one of the dozen or so displays in the exhibit building the fairgrounds, Festival Day, May 4.



**NORWAY KIPPERS** are one of the most inexpensive forms of canned sea food on the market. A 3 1/4-ounce can of kippers yields eight to ten canapes. The moist, lightly smoked fillets of herring, packed in flavor-preserving aluminum cans, lend themselves to many delicious and inviting canapes. A few are given here.

**PARFAIT**  
To one 6-ounce can of thawed frozen orange juice concentrate, add a No. 1 flat can of crushed pineapple. In tall glasses, alter-

nate layers of vanilla ice cream with pineapple orange sauce. Garnish with a slice of orange and chunk of pineapple on a toothpick at one side of the glass.

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Dancing 9 until 1 - 1.50 Per Person (tax inc.)  
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**GET OUT IN THE SUN** in cotton. Left is a Robby Len's printed sleeveless shirt color-coordinated to khaki shorts. Right, a sun lover wears a dry-off romper suit designed by Melba Hobson of Heatherlane, made to match Pacific Mills' "Navajo" printed terry beach towel.

**Born In May?**

The emerald, birthstone for May, has always been considered a love stone, closely identified with Venus and particularly propitious for women, bringing them happiness in love and comfort in domestic affairs, according to the Jewelry Industry Council.

Entitled to wear the emerald as a lucky birthstone are popular leaders in the entertainment world: Irving Berlin, Benny Goodman, Ezio Pinza, Sir Laurence Olivier, Cornelia Otis Skinner. In the field of sports, Joe Louis and Sam Snead claim May as their month. Henri Bonnet, former French ambassador to the United States, and Bishop Fulton J. Sheen, Catholic theologian and educator, are on the May list, which also includes Florence Nightingale, Ralph Waldo Emerson and Walt Whitman.

Among the legends and superstitions that have attached themselves to this beautiful green stone is a belief that conjurers and magicians could not weave a spell about anyone who wore an emerald. Gold and emerald jewelry has been found in the mounds of Tuscany, Herculaneum, and Pompeii - cities which lay in ruins hundreds of years before America was discovered.

The most important source of emeralds today is South America. With its rich color and depth, the emerald makes a handsome ring stone for men and women and is particularly suited to delicate earrings, bracelets, brooches and clips.

**TRY KIPPERS FOR CANAPES**

**REMOVE WITH CARE**  
Don't scrape paper or labels off furniture. Put a few drops of oil on the paper—olive oil or any oil will work. Allow the oil to saturate the paper, then wipe off with a cloth.

Do you know your canned cherries? The light amber variety is called Royal Anne; the dark red cherry is the Lambert; and the purplish red fruit is the Bing. The Royal Anne cherries are delicious served "as is" or combined with other fruits. The Lambert and Bing cherries make wonderful sauces, cake fillings and toppings, and molded desserts; of course they are also fine served in a fruit cup or salad, as a topping for baked custard or creamy tapioca or rice pudding and in many other ways.

**KIPPER-CHEESE CANAPES**  
Mash together one (3 1/4 ounce) can of Norway kippers and one cake of cream cheese. Spread on round crackers and decorate with olive slices. Yields 8 to 10 canapes.

**KIPPER CANAPE STAVANGER**  
Add two tablespoons of mayonnaise to one (3 1/4 ounce) can of Norway kipper fillets. Mash with a fork and mix well. Serve on toast fingers. Decorate with a dash of chili sauce or tomato catsup. Makes 10 to 12 canapes.

**KIPPER CANAPE ASTRID**  
On Melba toast or square crackers, place 1 slice of tomato, a teaspoon of flaked Norway kippers, and top with a slice of cheddar cheese. Season to taste. Broil until cheese is melted. Serve hot.

**VARY BUTTERED PEAS**  
For variety, try adding such herbs as mint, thyme, savory or basil to buttered peas for flavor.

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**"Fruit-of-the-Day" Shortcake!**



What makes this old-fashioned shortcake so different? 1. The fluffy, light biscuit that you get with lighter Snowdrift. 2. The luscious, thrifty topping you make with double-rich Carnation Milk. 3. You can serve it any time. Make any season shortcake season with fresh, canned or frozen fruit.

**What Every Good Cook Knows:**

Just a little difference in ingredients makes a big difference in cooking results. Snowdrift is pre-whipped just a little longer than ordinary shortenings, for easier blending. It's just a little lighter than any other shortening, for more digestible foods. And Snowdrift's ingredients are just a little costlier than any other solid shortening. That means better-tasting shortcake... every time!

**SNOWDRIFT'S OLD-FASHIONED SHORTCAKE**  
(makes 6 three-inch shortcakes)

2 cups sifted all-purpose flour*	1/2 teaspoon salt*
2 tablespoons sugar	1/2 cup SNOWDRIFT EVAPORATED MILK
3 teaspoons baking powder*	1/2 cup water

Sift dry ingredients together in bowl. Cut in Snowdrift until mixture resembles coarse corn meal. Mix Carnation and water and add all at once. Mix with fork until dry ingredients are moistened. Turn out on lightly floured surface; knead 10 to 15 times. Roll or pat 1/2-inch thick; cut with floured biscuit cutter. Bake on ungreased baking sheet in very hot oven (450° F.) 10-12 minutes.

\*If you use self-rising flour, omit baking powder and salt, and decrease liquid if necessary.

**CARNATION WHIPPED TOPPING**  
(makes about 3 1/2 cups topping)

1 1/2 cups** undiluted CARNATION EVAPORATED MILK	3/4 cup sugar
2 tablespoons lemon juice	1 teaspoon vanilla

Chill Carnation in refrigerator tray until soft crystals form through the milk (about 15-20 minutes). Whip until stiff (about 1 minute). Add lemon juice and whip until very stiff (1-2 minutes longer). Fold or beat in sugar and vanilla. Split shortcakes in half. Cover bottom half with your favorite fruit-of-the-day—such as peaches, strawberries or raspberries, (fresh, frozen or canned). Spoon Carnation Whipped Topping over shortcakes and fruit. Repeat with top half of shortcake, fruit and whipped Carnation. Serve at once.

\*\*Use remaining Carnation from 1 large can for whipping, after preparing shortcake dough with 1/2 cup undiluted Carnation.

Best results guaranteed only with these products:

**Snowdrift**  
No other shortening at any price is so creamy, so digestible and so light!

**Carnation**  
The milk that whips

Store your vacuum cleaner, when you are not using it, in a place that is cool and dry. Never put it near a register or radiator. Give it ample room; if you crowd it into a small space you may damage some part of it.

If water is allowed to stand and evaporate on a waxed floor or furniture surface, it will spot. Wipe up spilled liquids as quickly as possible.

Ever try baking bread pudding in custard cups instead of in one large casserole? This is a good trick when you are in a hurry because it usually cuts baking time in half.

Keep an easily-cleaned ceramic tile on the counter next to your range, or on the enameled surface of the range itself. Use the tile to hold stirring spoons when you are cooking on top of the range.

Mix your pancake batter in a large measure; when you are ready to bake the pancakes you can pour the batter conveniently from the lip of the pitcher-like container.

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