



LITTLE PEACHES have all the summery goodness of their big sisters at considerably less cost to the homemaker. In this recipe from the Sperry Drifted Snow home service department, fresh peaches and Hawaiian pineapple are combined to make a wonderful dessert.

Peach-Pineapple Upside-down Cake

Sift "Home-Perfected" enriched flour before measuring. All measurements are level.

Have all ingredients at room temperature (about 70 degrees). Preheat oven to baking temperature, 350 degrees.

Place over moderate heat in bottom of a deep 9-inch upside-down cake pan or skillet.

1-3 cup butter or margarine
1 cup brown sugar (firmly packed, free from lumps)

Stir frequently until sugar is melted and mixture is bubbly. Remove from heat and arrange over mixture.

6 small peach halves, fresh or canned
3 slices canned pineapple
Maraschino cherries
Walnut or pecan halves

Set aside in warm place while

BEETS

Whole beets stay deep red when cooked with skins and part of tops. Wash and scrub beets, cut off tops, leaving one of two inches of stem. Use a tightly covered pan with a little boiling salted water. Cook until tender, 30 to 45 minutes for small young beets, 45 minutes to an hour for the larger ones. Drain, cover with cold water. When slightly cool, cut a slice from the top, slip off skin toward root, then cut off root.

GIFT MAILING HINTS

If you are mailing a wrapped gift, particularly if it is a family gift, dispense with the ribbon bow and substitute a large seal, appropriate to the season, or gold or silver foil. Ordinarily, bows become crushed in packing. Jumbo size paper, twice the size of regular gift paper, is now available on the market.



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BEAT THE HEAT WITH FRAGRANCE

Come the August and September doldrums, but that's no reason to let your spirits lag. When the temperature soars, fragrance used effectively and correctly can make even the most uncomfortable humid, hot day seem easier to bear.

Temperature high? Then take to the tub. After the children are in bed or after a hectic day at the office, there's nothing better than a cool scented tub to help you relax and sleep better. Bath salts, bath oils, scented soaps are all fragrance accessories that help ease tension and keep you feeling fresh and relaxed.

Keep a bottle of toilet water or frosty cool cologne next to the tub, and as you soak, moisten a cotton pad with cologne and press it to the base of the neck. Swish it up toward the hairline, covering the entire back of the neck area. Increasing circulation in this vital nerve center, by pressing upward toward the head, will ease tension in the shoulder and neck area.

Then rotate the neck around in a circle, rolling the head from side to side and just feel the tension slip away.

Ready to get out? Dry yourself gently and splash, splash with a wonderful cascade of cologne or toilet water. Don't forget a generous patting of dusting powder around the waistline, on feet and underarms to help keep you from perspiring as you sleep.

In the morning, splash again with cologne, dust with bath powder around your middle before you step into your girdle, and sprinkle some talc in your shoes to keep your feet feeling fresh on a hot day. A final touch of perfume and you're ready for the day.

Since windows and doors are open only to allow the air to circulate, freshen your rooms by spraying with eau de cologne or toilet water. For your sense of smell alone can transmit you into a wonderful world of cool, green leaves, or a garden of carnations, just with a spray of your atomizer.

Another cooling idea, is to put some eau de cologne or toilet water into a small glass or plastic dish and place it in front of your electric fan or air conditioner. Then let your man-made appliances do the work of wafting fragrant breezes around the house.

Regardless of weather condition eau de cologne and toilet water are never a substitute for perfume. For perfume possesses the lasting qualities that lift the wearer into a special cool dimension of beauty, of self-assurance that speaks for itself.

TOASTED MARSHMALLOWS

Here's something sweet: Cut marshmallows in halves. Dip, cut side down, in shredded coconut and place, coconut side up, on small salted crackers. Bake in moderate oven about 10 minutes or broil under medium heat until delicately browned.

Sew Your Own

In a recent survey, 56 per cent of the teenage group surveyed said they sew their own skirts; blouses are made by 35 per cent and complete dresses by 31 per cent.

Two-thirds of these junior seamstresses choose their own materials. Another 25 per cent, at least, have a voice in the selection of fabrics.

Seventy-eight per cent of these girls wash their personal clothes, too, according to the Bureau of Industrial Service.

Girls who learn early to make good homes do not later make bad news. It is becoming smart, as well as popular, to be competent. Thank heaven, the day of the helpless maiden is passing and teenagers are finding that it is fun and personally satisfying to be able to sew, cook, wash and iron. Manufacturers are keeping pace with the trend and whole wardrobes can be assembled that are tubular and require a minimum of ironing.

STORE CAKE CAREFULLY

Cakes should be stored in a clean covered cake box or storage box away from air currents and foods which might absorb their moisture. Frosted cakes keep more moist than unfrosted layers or squares, of course.

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CHERRY FRUIT MOLD is made with a new low-calorie, fruit-flavored gelatin. A serving is satisfying and is an answer to a dieter's needs for the perfect ending to a meal. Hospital dietitians have used this low-calorie gelatin for years and it has recently been made available to the public through regular grocery stores.

—Photo Courtesy Cherry D-Zerta

DESSERT FOR DIETERS

Now desserts are on the diet menu, D-Zerta comes in six delicious flavors and is completely sugar-free — adding up to only 12 calories per serving.

Here are two diet desserts — shown above, Cherry Fruit Mold, and a recipe following for Orange Ice which also can be adapted to Orange Sherbet.

CHERRY FRUIT MOLD

1 envelope (7 grams) low-calorie cherry-flavored gelatin
Dash of salt
Dash of cloves
Dash of cinnamon
1 cup hot water
2 tablespoons pitted, quartered, unsweetened cherries
2 tablespoon sliced banana

Combine gelatin, salt and spices. Add hot water and stir until gelatin is dissolved. Chill until slightly thickened. Then fold in fruit. Divide evenly into two individual molds. Chill until firm. Serve with garnish of cherries and mint leaves. Makes two servings, about 1/2 cup each.

ORANGE ICE

1 envelope (7 grams) low-calorie orange-flavored gelatin
1/2 cup hot water
2 tablespoons of sugar (or equal amount of non-calcium sweetener)
1 cup orange juice
1/2 cup grated orange rind

Dissolve low-calorie orange-flavored gelatin in hot water. Add sweetener, juice and rind. Freeze until almost firm. Then beat until creamy and freeze until firm.

SANDWICH FILLING
Combine chopped hard-cooked egg, chopped walnuts and thinly

sliced celery with enough salad dressing to spreading consistency for sandwich filling.



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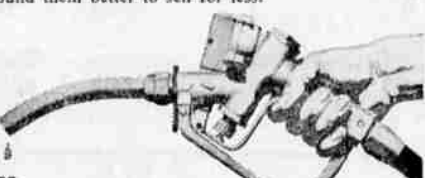
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