

Cook meat platters call for a reddish-flavored lime, tomato aspic, garnish of bright colored vegetables, onion with fruits of black cherry. Use plain salads such as horse-radish, tomato and onion with cream cheese.

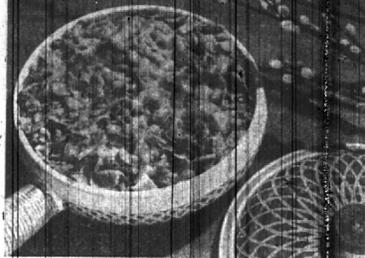
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This Ad. Published in Cooperation with Gas Appliance Dealers by C. P. Co.



Here Are Thrifty Ideas for Your Lenten Planning

SENSIBLE meal planning doesn't require the thinking of a genius. Your Lenten main dishes may be solved easily with the use of thrifty and nutritious breakfast cereals.

- Offer Wide Variety**
- Cereals offer a wide variety as an ingredient food because of their flavor, texture, and adaptability. They're valuable, too, as a source of protein.
- A quick casserole topping may be made by adding crushed, ready-to-eat cereal to a small amount of melted butter or margarine in a skillet. Season and brown the cereal over a moderate heat, then add to your casserole.
- Crisp-topped Baked Eggs:**
- 2 cups whole wheat flakes
 - 2 tablespoons butter or margarine
 - 1 egg
 - Salt and pepper

Look Before You Eat in Restaurants

When eating at a restaurant, do you ever read anything but the menu? If you don't, you should.

The regulations of the United States Health Service ordinance reads that "every restaurant shall display a notice stating the grade of the establishment."

From the standpoint of health, everyone should understand the foods of sanitation to which a restaurant must comply in order to be granted a grade "A" rating according to the federal regulation.

IN ROOMS where food and drink are prepared floors must be clean, smooth, and in good repair. Walls and ceilings must be clean, smooth, and of a light color.

Doors and windows must be screened when flies are prevalent. Rooms must be well lighted and well ventilated. There must be adequate, clean, toilet facilities and the water supply must be safe and safe.

Wastes must be disposed of in a proper manner. Food and drink must be clean, wholesome, and free from spoilage, and must be stored, displayed and served in such a way as to be protected from flies and other contamination.

Employees must be clean at all times. Fingers must be kept clean and free of litter or rubbish.

IF A RESTAURANT fails in any of these points, it will not be given a federal grade "A" rating. Why endanger your health when you eat out? If you don't see an inspection card, inquire about it.

And whenever in the slightest doubt, never hesitate to go to see the kitchen. Most reputable restaurants invite inspection. If permission is refused, pack the family up and move on. Nothing can hurt them more than unsanitary food.

Newspaper copy submitted early is necessary. It is given preference over late items. So the "Early Bird" usually gets the place.

Lenten Fare Can Be Attractive If Fish Stocks Properly Used

Lent is the season for fish and if you're planning meatless Lenten meals you'll welcome the news that supplies of frozen fish in stores are at a record high.

Local markets often do not carry a supply of fresh fish. If you're a fish fan you are after you may have to visit a fresh fish market, or a grocery store. Most grocery stores do have good supplies of canned and frozen fish of excellent quality.

Stocks of frozen cod, haddock and salmon are about twice last year's supply, with halibut about one and a half times as abundant as in 1952. Other fish supplies vary, but the total supply is about twenty percent more for this year.

SELECT FISH carefully. Check to see that frozen fish is really solid and the package tightly sealed. One pound of fish fillet makes four servings. One pound of dressed whole fish makes two servings.

Fish must be kept very cold. Fresh fish should be wrapped in moisture-proof paper or placed in a lightly oiled dish and stored immediately in the coldest part of the refrigerator.

Frozen fish should be wrapped and kept frozen until just before use. Once thawed, it should be used immediately.

Fish have very tender flesh and require little cooking, just enough to allow the fish to become easily flaked. Overcooked fish will be dry and have poor flavor.

MOST COOKING ranges have broilers these days, and the Lenten season is an excellent time to try fish cookery in the broiler.

As a general rule, swordfish, cod and brook trout are especially delicious when broiled. They are also excellent when broiled on a rack or grill, baste with butter, catsup, or sauce, and take them out a golden brown. Swordfish is

particularly a very delicate flavor when prepared in this fashion. For a variation of codfish, try fish on small cod steaks, seasoned with salt and pepper, on a well-greased baking sheet. Broil for about ten minutes or until almost done, three inches from the flame.

Combine and mix in a cup mayonnaise, 1 cup strained pickled red fish, two tablespoons minced parsley, one tablespoon lemon juice, 1/2 teaspoon salt, 1 teaspoon Worcestershire sauce and a few drops of tabasco.

TRY SERVING fish with horseradish, tabasco or tomato sauce, or as an extra treat, try with sauce with hard-cooked egg, mushrooms, pineapple or onion.

Many like a lemon, butter or tartar sauce made with mayonaisse, pickle, onion and mayonaisse.

Resort dresses are true to cotton in their fashions—and that's high praise. Styles are varied, colors have rainbow ranges, and prints are gay and distracting.

Outstanding this season is the one-piece dress in a smooth or flared skirt silhouette.

That gem of practicality—the one-piece dress with princess line—is dramatic in wide-sleeve black pique, discreet in gray Oxford weave cotton. Wear it as the main event, smartly accessorized, or combine with a topper for cool evenings.

SUMMARY DRESSES bloom in fresh pink or white pinks, trumpet in mauve or blue or gray chambrays. Designers give pique a scatter of small prints, a touch of velvet, shiny silk buttons.

Denim, with its new polished face, gives sophisticated a sleeker, less gray sheath graced with white pique collar.

Prints are plentiful—and likely to continue. You can find fresh and sweet in a fern and leaf print on crinkle, carefree in doodie and relaxed novelty prints, interesting in exotic bird prints.

Use These Techniques in Starting Seeds Indoors

There are advantages to starting seeds indoors. Under protection in late winter or early spring, or later outdoors, when they could be sown directly in the garden.

The chief gain comes when seeds are sown early indoors while freezing weather still lingers. But many sow flowers, vegetables and bulbs, because it is safer than the open ground and a higher percentage of the seed can be developed into plants.

The plants can be set exactly where they are wanted when large enough to transplant.

Three ways of having seed in pots are generally practiced: in pots, broadcast, in rows, and in plant bands. The first is good when only one variety is being grown. Plant bands insure the plants against crowding from the start, and enable you to flower them to plan. Then give them all the light possible.

Cucumbers, melons, egg plant, and peppers are often sown in plant bands, two seeds to a band, one to be removed if both come up. Any seed can be sown in bands if plants are transplanted without the need of transplanting seedlings into pots. Plant bands are obtainable with distinguishable in the soil when moved to the garden, and some have a fertilizer effect on the plants.

Do not sow seeds in flats or trays or thickly. Cover them lightly with finely sifted sand, perlite, or sphagnum moss. A layer of sphagnum moss half an inch thick on the top of the soil, in which seed is sown, will prevent damping-off, a fungus which may destroy seedlings, even before

they emerge from the soil. If moss is not used, it is advisable to treat the seeds with a disinfectant.

If automatic watering is not used, the soil should be soaked after sowing by standing in a pan of water, so the moisture soaks up from the bottom. Thereafter water only with fine spray so the seeds are not disturbed. Some cover the flat with a pane of glass to prevent evaporation until the seeds sprout. Keep the flat in a temperature varying from 65 to 75 degrees until the germs appear. Then give them all the light possible.

When the young plants are growing a lower temperature is preferable, with full daylight, if the light is inadequate the seedlings will bend toward it. This may be corrected by turning the box daily, or by placing a white cardboard or mirror behind the flat, reflecting the light when grown too warm the seedlings will grow too tall and spindly, slow starchy growth.

Inadequate light may be corrected by electric light from a table lamp or fluorescent lamp, added to the daylight. The light of a 50-watt bulb will usually be sufficient if burned several hours a day. Avoid raising the temperature unduly by keeping a translucent light top close.

TARGETS FOR MARCH

(Try and hit some of them.)

1. Order ROSES now if you really expect to plant some this spring.
2. We were not kidding about getting the lawn mowers and sprinklers fixed. NOW! Later is too late. We can sharpen shears, shovels, etc. here.
3. The following annual seeds can be started indoors this month:
 - Phlox drummondii, cosmos, aster, snap-dragons, salpiglossis, zinnias, salvia, verbena, ageratum, scabiosa, stock, nicotiana, galleria, chrysanthemum, moonflower, etc.
4. Get your SEED STARTERS here: Tom Thumb, Metal Tray, Plant Bands, Liquid Fertilizer, Vermiculite.
5. Plant SWEET PEAS as soon as you can work the ground.
6. Note: Pot newly rooted cuttings in soil not rich in nitrogen.
7. Garden perennials will benefit from an early feeding of 4 lbs. of complete fertilizer such as Gard-N-Gro, Vigoro, Agrico, etc. per 100 sq. ft. Broadcast among plants before frost leaves ground.
8. Fall flowering CROCUS must be ordered soon for planting in late July and early August.
9. Come in at your leisure to talk about fertilizer and grass seed problems.
10. BEGONIAS — GLOXINIAS
11. Vauehans, Manderville and King's and Ferry's packaged seeds are now available.

(Try and hit some of them.)

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REGISTRATION NOTICE CITY OF BLOOMFIELD HILLS BIENNIAL SPRING ELECTION MONDAY, APRIL 6, 1953

Notice is hereby given that any person wishing to vote at this election must register on or before March 9, 1953 at eight o'clock P.M.

Any person who is a citizen of the United States 21 years of age, will have resided in the City of Bloomfield Hills 30 days and in the State of Michigan 6 months prior to the date of election may register by calling at the Clerk's Office in the Municipal Building between the hours of 8:00 A.M. and 5:00 P.M. except that on Monday, March 9, 1953 the Clerk's Office will be open from 8:00 A.M. to 8:00 P.M.

Those persons who have already registered under the permanent registration system, and have voted within the last four years do not have to re-register.

ROBERT J. STADLER, City Clerk



Your House is one year older

... than it was at this time last year. It has undergone 365 more days of wear and tear. NOW is a good time to inspect it for places where repairs are needed—and to have them attended to promptly, before more expensive trouble develops. If you find you haven't enough ready cash to meet your contractor's estimate, see us about financing—with a fast-action, low-cost home repair loan.

THE BIRMINGHAM NATIONAL BANK
BIRMINGHAM, MICHIGAN

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