

Unfortunately, too much of every generation's youth gets the notion that the word "lose" relates dominantly to physical passion . . . when in reality it takes its mainhold in the physical and spiritual world.

The Birmingham Eccentric

Parties Honor Mary Rainey

A series of showers were given recently honoring Mary Ann Rainey, daughter of Mr. and Mrs. Fredrick P. Rainey, 1047 Henrietta. She will become the bride of Alfred J. Rosborough, Jr., son of Mr. and Mrs. Alfred J. Rosborough, Sr., 642 Pilgrim, on August 6.

Mary Elizabeth Smith of Franklin was hostess at a kitchen shower before leaving for a European tour. She will return by plane in August to be a bridesmaid in the wedding.

Mrs. Charles C. Hood and daughter, Virginia, had a luncheon and sewing basket shower for Mary Ann at the Orchard Lake Country club recently.

Mrs. Thomas Butters and Susan Mack were co-hostesses at a bathroom shower given at Mrs. Butters' home on Catalpa.

Among future showers planned is a linen shower to be given Saturday by Mrs. James McCall of Flint.

Mrs. Donald Rogers will be hostess next Wednesday at a mixed

laneous shower.

Barbara Rosborough, the maid of honor, will be the hostess for a spinster dinner given at her home on August 3.

Mr. and Mrs. Alfred J. Rosborough Sr. will give the rehearsal dinner at Oakland Hills Country club on August 5.

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Attend Festival

Mr. and Mrs. Harold Webster of Bates street attended the first Shakespearean festival at Stratford, Ontario last Friday.

The Websters went by special train from Detroit with a group of 200.

They saw the evening presentation of "Julius Caesar".

Society deadline is 3 p.m. each Tuesday.



Mrs. Raymond Giffels has ideas on freezing and low-heat cooking that can help homemakers banish hot weather worries from their kitchens.

Ways to Banish Cooking's Heat Told by Expert

By DOROTHY JEAN ZACK

Mrs. Raymond Giffels, wife of a noted architect and a foods expert in her own right, gives two basic ideas that can help those with problems of hot weather meals.

"Leave off all the frills," she says. "Summer is a good time of year to say supper instead of dinner. You usually leave off dessert except for light fruits."

Porch suppers are a favorite way of entertaining for her and Mr. Giffels, who is a partner in Giffels and Vail, architecture and engineering firm.

HER CAREFUL use of modern equipment is another way to make summer meals easier to prepare in the Giffels kitchen, which is at the end of Z-shape living room in their home on Gilegway in Bloomfield township.

"Plan not to use your stove much on hot days," she says.

Freezers, perhaps large like the 15-cubic-foot one built into her stainless steel 32-cubic refrigerator, or even the frozen food com-

partments of regular units, are lifesavers, she thinks.

"COOK A CASSEROLE and freeze what is left over," she advises. Since many of her meals may spend a cool day cooking up in several casseroles, perhaps baking a log of lamb, or a ham, and baking cookies.

All of these go into the freezer, and come out later—in their same form or perhaps ground in the case of ham.

"I think we stress the use of fruits and vegetables in this sea-

son," she says, in giving her menu ideas.

FOR LUNCHES, she suggests substituting for heavy meat. "We're apt to use more cheese, fish, more fruit plates with cottage cheese and the nut breads, with just butter."

Tomatoes stuffed with either tuna, salmon or other seafood salads, or with chicken salad is a favorite with the Giffels. Also is clubbed beef ham mixed with celery, mayonnaise, and a little pickle relish.

She doesn't avoid hot dishes completely as many are apt to do. The secret of not heating up the kitchen with too much heat is to turn down the stove after the food first starts to cook. "Most people use too much heat for cooking," she says.

SUCH DISHES as creamed chicken, or creamed dried beef are not heavy at all if used on a baked potato or rice instead of on toast, she suggests.

Evening meals often take the form of barbecue or porch meals when Mrs. Giffels plans and cooks them.

"Usually people are interested in something that's quick rather than roasts in this kind of weather. So of course, cookouts are popular. Broiled steak, hamburger, skewers, even chicken are good in cookouts." To these, she adds simply corn on the cob and a green salad.

RAW FRIED POTATOES are another easy addition to a cook-out meal, and are a good for quick indoor meals, too, since their quick cooking time doesn't heat up the kitchen.

To prepare them, she says to slice the potatoes quite thin, keeping water to a minimum by cutting them right into the pan. Add salt and pepper and a small amount of fat—butter or bacon drippings. She says about four tablespoons is enough for a skillet full.

"As they brown," she says, "turn them once in a while."

GARLIC BREAD is the Giffels' usual choice for summer outdoor dining. Mrs. Giffels slices it nearby through, and spreads it with garlic butter. Then, wrapped in foil, it is put on the outdoor grill if there is room, or run into the oven indoors.

"Skip dessert," she advises, "except for company." Her choice of summer dessert is usually watermelon, honeydew, or cantaloupe—a la mode with a scoop of ice cream in each section.

FRUIT, LIKE white grapes, is often served with cookies for a light dessert, too. Cookies are kept in the freezer, baked days ahead of their need.

Entertaining is frequent in the farm colonial type home, where the Giffels just last week entertained five house guests—Giffels' sister and four children. Business friends often come to dinner.

"It's fun to cook for them," the hostess says, "because you can do your best cooking in larger quantities." That is the reason she prefers to cook large casseroles, and freeze the unused portions, if only the two are eating.

SHE OFTEN falls back on her extensive library for food ideas. It was built up during years when she was director on a national basis for an association of food chains. Her weekly bulletin then was full of food suggestions.

Now, with that foods background, she uses her modern home's equipment and new ideas to best advantage to "beat the heat" of summertime.

Two Tales Chosen

Stories selected for presentation at the story hour at the Baldwin Public library next week are "The White Cat" and "The Five Chinese Brothers".

Story hour is from 10:30 to 11 a.m. on Tuesday.

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