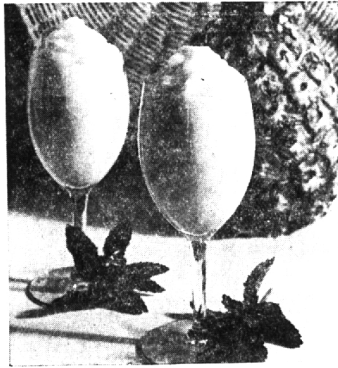


Light, Lovely and Low-Calorie



Pineapple Whip is a refreshingly cool, satisfyingly sweet, calorie-shy dessert you'll enjoy all through the warm days of summer.

Whip up this good and easy dessert in your mixer in a matter of minutes. Spoon the fluffy mixture into your prettiest dessert glasses; then allow to chill until set in the refrigerator.

If you like, the dessert can be made up well in advance of serving.

There's no need to worry about calories when you serve this tantalizing sweet pineapple treat. More than half the total calories normally contained in the dessert have been eliminated, simply by replacing the sugar ordinarily used with the calorie-free sweetener, sucaryl.

Enjoy this light and lovely dessert often—just 82 calories per serving.

PINEAPPLE WHIP

- 2 tablespoons for envelopes
- 1 1/2 cups unsweetened pineapple juice
- 4 teaspoons sucaryl solution
- 1 1/2 teaspoons suet
- 3 1/2 cups unsweetened pineapple juice
- 2 teaspoons grated lemon rind

In a small mixer bowl, soften gelatin in one-half cup of the pineapple juice. Heat remaining juice; add to gelatin, stirring to dissolve. Add sucaryl, suet and lemon rind. Chill until mixture begins to thicken.

Beat on high speed of mixer until fluffy and double in volume. Chill a few minutes until mixture mounds from spoon; spoon into six sherbets. Chill until set.

Makes six servings. Each serving contains 82 calories, three grams protein; trace of fat; 19 grams carbohydrate. If made with sugar, each serving would contain 168 calories.

Researchers Find Moths Have a Taste For Cigarette Ashes

You can forget about that old excuse of "ashes being good for the rug—they protect it from moths." For one thing, a research group at the University of California has found that these perverse insects actually have a taste for both cigar and cigarette ashes.

Manufacturers in the United States have already eliminated the need for such precaution. Most rugs and carpets today are mothproofed permanently during the process of manufacturing by special chemical treatments. The special treatments are blends for carpets made of wool and blends of wool with other fibers. Manufacturers discourage insects simply because they offer no nourishment to moths or beetles.

European Promise: Meals and Marvels

By W. J. DeGRACE

DeGrace is the owner of the W. J. DeGrace Co., a public relations and advertising firm located at 2114 Yorkshire, Birmingham. The following article was written after a second tour of Europe by DeGrace and his wife.

A tour of Europe is exciting, as you can well imagine. Spain is particularly inexpensive. Compared to other capital cities, Madrid is a great bargain. Taxi rides cost next to nothing, so you ride everywhere. The Prado Museum houses a priceless collection of El Greco and Rubens paintings. No one wears a hat in Madrid, except a few tourists, yet every man wears a suit coat or jacket.

Whether he's a businessman or digging ditches. And the flamenco dancing is stupendous.

In Rome, you'll walk your legs off seeing the many museums, churches, art galleries, historical sites, etc. Centuries-old monuments mingle with modern apartment houses or government buildings.

Rome is an exciting city of fountains, piazzas, tourists on the Via Veneto pausing for a cup of coffee in an outdoor cafe, and a few movie stars whom you recognize.

The view from the top of St. Peter's or from Castel San Angelo, the fortress nearby, is unexplainable. You've already seen a much more expensive here than in companion Italian cities.

The famous Ponte Vecchio, the bridge over the Arno lined with shops of goldsmiths, is the spot where you'll browse for considerable lengths of time selecting a pin for that madon aunt and other jewelry for friends and relatives.

VENICE, THE city of gondoliers, water taxis and houses which are boats, is sparkling with color, interesting architecture, history and fun.

In St. Mark's Square, you sit for coffee or an aperitif as orchestras in front of rival cafes perform energetically. You feed some of the thousands of pigeons, you ride to the top of the campanile (bell tower) to take your pictures of this fluid city of boats, tourists, pigeons and bustling people.

AN UNUSUAL sight within St. Mark's Cathedral is a pigeon or

two flying overhead while Mass is being celebrated at the altar where Pope John XXIII formerly presided as Patriarch (bishop). Even the floor is interesting; it buckles here and there due to water erosion on the foundations.

West Germany is a busy area of

industry, farming and wine-making from the grapes grown along the Rhine River (its banks dotted with castles in all stages of repair or ruin).

WEISBADEN, a resort city near Frankfurt (head city for our armed

Helter-Skelter Packing Leads to Scuffed Shoes

Take good care of the shoes in your wardrobe when you move from one house or apartment to another.

The prices of shoes being what they are, you'll want the family's footwear to arrive at your new residence ready for use, without scuffs or scratches or stained with polish.

This is not accomplished by throwing the shoes helter-skelter into one big box and away they go. It requires a little extra care in packing, especially for those expensive dress shoes in milady's collection.

PERSONS moving long-distance will want the mover to handle this chore as part of the overall professional packing job. Those moving locally can do it themselves by following the suggestions of the packing experts.

First rule of packing whether you're packing shoes or china is to use a sturdy box or container. Such cartons can be obtained from the mover for a small charge.

Next, spread some cushioning material—crumpled newspaper is fine—along the bottom of the box. Wrap each shoe individually in kraft wrapping paper and then place them in pairs in a disposable plastic bag.

THIS WILL keep them together and aid you in unpacking.

When You Steam Heating By Steam Say "Hydronics"

Hydronics is so new a word that it has just begun to earn the attention of the dictionary people.

It means heating by means of hot water or steam. If your new home is heated by a gas boiler, your system is hydronic.

And if your builder of heating contractor calls it "wet heat," correct him. Hydronic is not only a better but more accurate term.

generous amounts of paper cushioning. Fill the voids with paper and place a layer of cushioning at the top before closing and sealing the carton. Label the box as to contents.

Using this procedure you'll be ready to step out the first night in your new home.

Good Breakfast Important for Morning's Work

Nourishing breakfasts are a necessity for everyone in the family if the morning's work is to get done properly.

Homemakers, mindful of this fact, try to plan nourishing and tempting enough menus to keep the family eating properly.

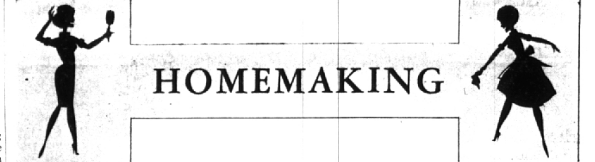
Waffles, pancakes, French toast and fritters are favorites with everyone and one of the main reasons for this is the fact they're served with corn syrup, a good source of carbohydrate, an easily absorbed and available source of energy.

IF YOU'VE confined yams just to your holiday eating, then try them as part of the regular menu, especially at times when you're looking for new mealtime interest.

Years of research have gone into the making of the present day yam to make it less stringy and more moist as well as to cut down on the cooking time.

SPICES with long, slow cooking gives meats what is often termed "old-fashioned" flavor because so many cuts are prepared quickly these days.

Why not fill the house with savory cooking like Danish meat balls which take mace as a spice and a succulent Swiss steak made delicious with a bit of chili powder and a bay leaf or two?



HOMEMAKING

forces in Europe) is a delightful town with small beer halls.

The military personnel and their families lead their own life here, with independent churches, stores, etc., which provide the American way of living, minus some of the taxes which Birminghamites pay to federal and state collectors.

In Weisbaden you find many restaurant watch towers built by early Roman invaders to send messages of battle conditions. And you can still "take the waters" from mineral springs which are claimed to have healing power.

MOVING ON to London, you'll find a city life much like our own. But buses close at 11 p.m. sharp. You get to race from a theatre to have a drink of un-iced beer before they announce "Time, gentlemen."

Buses have upper decks. Waitresses may say "Thank you very much" each time they present a new dish or remove one. And, because there are few identifying signs on buildings, you may ask a haboose, a street vendor or a passerby about the place you are looking for.

BENEATH THE streets in one section are the famous Silver Vaults, corridors of small shops which sell every variety of silver and silverplate that you can imagine. The British Museum is vast and is filled with art and historical works.

Westminster Abbey is the burial place not only of royalty, but of famous poets, artists, and military men. Parliament House is hard to enter, but is one of the most beautiful buildings architecturally you'll ever see.

THE TOWER of London is a treasury of British history and houses the breathtaking Crown Jewels. And the Beefeater guards can be found in their colorful uniforms only on Tower Hill.

The "tube," London's subway, is a masterpiece of engineering, prompt service, immense amounts of advertising, and many escalators at transfer points.

EUROPE is fun for the tourist if he tries to accept each country's way of life, instead of comparing it to ours. Each nation's customs are different, of course. The tourist can best enjoy his time by adapting to each rather than trying to insist upon an American standard of convenience.

In other words, eat and enjoy the lasagna, spaghetti, cannelloni, scalloppine in Italy (along with

some superb wines.) Instead of scrambled eggs for breakfast, hamburger for lunch and steak for dinner.

IN GERMANY try the excellent variety of wines and beers. In England (where the food frequently lacks taste) try the traditional roast beef and Yorkshire pudding just to see what it is all about.

The American tourist, popularly thought to be immensely wealthy, is probably most guilty of creating this idea by overtipping.

OVERTIPPING is not always intentional on the part of the traveler. Often you do it simply because you do not have enough small change when you enter a country or because you haven't mastered the valuations of a country's money system.

The best way to handle the problem is to demand small coins and to learn their value before you enter a country so that you may properly tip baggage handlers and taxi drivers.

But touring Europe is all fun—exciting and a challenge.

Economical Movements Save Housework Strain

The homemaker who wants to make her work easy will find that creative management, good planning, and labor-saving equipment are important.

But when she starts doing the work, the way she uses her body is also a major factor.

Good body movement can be healthy exercise. Poor body motion can cause discomfort, body strain, tension, and fatigue. Let the following suggestions help you.

DO NOT USE more parts of your body than you need to. Some tasks require mainly finger motion. Position your work so that the rest of your body is not working.

For example, when shelving news, place the necessary pans and the news so that you can hold your arms close to your body and let your wrists, hands and fingers do most of the work.

FOR HEAVY work, use the largest and strongest muscles and joints. The leg muscles are the strongest in your body, so let them do the major part of such work as lifting, pushing and pulling.

To lift a suitcase from the floor, lower your body by bending your hips, legs and ankles enough to grasp the handle. Then, as your body returns to a standing position, lift the bag with your legs.

WHEN DOING tiring work, use the greatest number of muscles and joints. Work can often be best shared by a number of muscles. This is particularly true of small muscles that tire quickly.

When carrying a loaded platter, for instance, instead of grabbing it with your fingers and thumb, bal-

ance it on your palms to engage the entire hands in the work.

USING DIFFERENT kinds of motions for different jobs can also help you. For instance, the right-handed worker works best from right to left.

If you are right-handed, arrange the dish-washing procedure so that soiled dishes are stacked to the right of the sink. Then move the dishes to the left as you wash, rinse and place them in the draining rack.

RELIEVE your hands from work that a holding device can do. When putting a pillow case on a pillow, place the pillow on the bed so that both hands are free to put on the case.

You can use both hands when work requires starting and stopping at the same time, as when dusting or putting dishes away.

CONSIDER momentum, the tendency for an object to continue moving in the direction in which it is started. Change of direction, starting and stopping take extra effort.

It is easier to push the vacuum in one direction across the room than to jerk it back and forth.

WHEN DOING these things, prevent fatigue by moving at a rate that seems easy and comfortable for you.

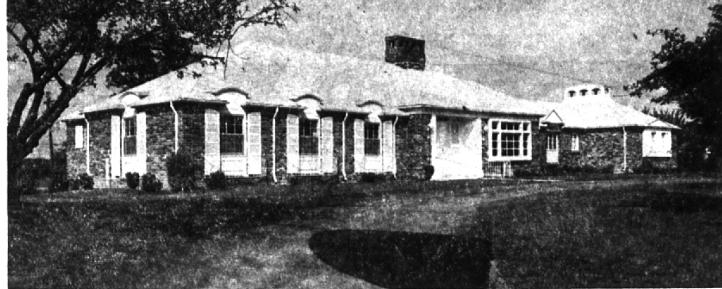
Work without feeling hurry or pressure. Try to remove the cause of rushing by planning your time better and applying the rules for easier work. Remember—haste makes waste.



Convenient story and a half family home. Near shop and school. Huge screened porch . . . Fenced yard with fine shade trees. 18,200.



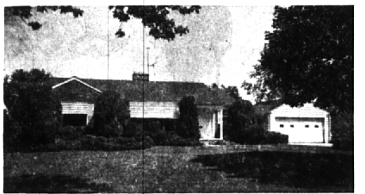
UNUSUAL CHARACTER AND CHARM to be found in this ideal English style home. Surrounded by magnificent trees. Four bedrooms—three baths. Attractively priced at 31,500.



A DISTINGUISHED FRENCH PROVINCIAL BI-LEVEL . . . Offers 5 bedrooms . . . 4 baths. The paneling, woodwork and architectural details are exceptional. 3 Fireplaces . . . Garage space for 3 cars.

Perfect for formal or informal living—entertaining. 89,000.

Open daily for your convenience to view this beautiful house and its wonderful value.



DELIGHTFUL BRICK AND FRAME RANCH HOME. Generous cheerful living room . . . Huge porch . . . 3 bedrooms. Beautifully landscaped. Outstanding buy at 25,500.



DELUXE 2 FLOOR COLONIAL HOME . . . Impeccable condition. 3 bedrooms . . . large kitchen . . . Carpeting. A quality home reasonably priced. 27,000.

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