

7 pounds, 8 ounces of Sacred Trust

If you have youngsters of your own, then this picture must call up wonderful memories. How happy, how proud you were of the new baby. Proud, happy, and grateful, too. For no one had to tell either of you that your child was a sacred trust. . . . that his or her happiness depended in large measure upon the way you measured up as a parent.

Today, you know better than ever how true

that is. It's you the children look to for all things . . . for love, for learning, for fun . . . and, above all, for the good example to follow in life.

That's quite a responsibility. But, thanks to God, not a lonely one. For God blessed you with children, knows you need His constant help to raise them wisely—and that help is yours for the asking. Worship together, at your Church or Synagogue, every week.

These Messages are being published each week in the Springfield Sun and are sponsored by the following interested individuals and business establishments:

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Overlook Wing Is Progressing

Hard Rocks and Strikes Fail to Slow Building

Raymond W. Forbes and Charles E. Head of Springfield were among the Overlook Hospital officials issuing a report this week that construction of the new 9-story wing is moving into its second phase "on schedule," despite some setbacks. Forbes is a member of the Board of Trustees and Head is a member of the Nef Building Committee. The big hurdles overcome were a 27-day state-wide laborers' strike in May and "the most difficult excavation problem ever experienced by veteran experts" according to the report. Completion of the digging put an end—not only to the construction headache of the builders, but also to the common garden variety of headaches suffered by patients and hospital employees.

ST. STEPHENS CHURCH
Rev. James Elliott Lindsay, Rector (Serving the Millburn-Springfield Area)
Main Street, Millburn, N. J.
During August: Priest-in-charge, The Rev. Harry Bruce.
Sunday: 9:30 a.m.—Holy Communion. (There will be child care during the Service.)
Week-day services will be omitted during August.

MOUNTAINSIDE UNION CHAPEL
The Rev. Milton P. Achey, Pastor
Sunday, Aug. 17—9 a.m. morning worship—service with sermon by the pastor.
9:45 a.m. Sunday school classes for all age groups from nursery through adult. Bus transportation to and from Sunday School is available for children living in Mountainside.
11 a.m. Morning worship service with sermon by the pastor. Junior Church will be held in the Sunday School rooms for children in the first through the sixth grades. Nursery supervision will be provided enabling parents with small children to attend the worship service.
7:45 p.m. Evening service with the sermon "The Return of Christ—The Millburn-Baptist Church—The Rev. Achey."
Wednesday—Aug. 20—8 p.m. Prayer and Bible study meeting at the chapel. Visitors are welcome at all services at the chapel.

FIRST BAPTIST CHURCH
Columb Ave., 14 Thomas Terr., Union, N. J.
Rev. Wallace E. Rangle—MU 6-1724
Sunday, Aug. 17—9:45 a.m. Sunday School. 11 a.m. Morning Worship Service. Our guest preacher will be Rev. Thomas J. Bell, First Baptist Church, Passaic, N. J.
Tuesday, Aug. 19—7:30 p.m. The Board of Christian Education will meet.
Wednesday—Aug. 20—7:45 p.m.—The Church at Prayer.

during the 16-week period of intermittent drilling, blasting, and removal of rock and dirt.

The walls of the new wing, of reinforced-concrete construction, have already started rising, and target date for completion of the shell of the structure is during November of this year, with completion of the building proper 12 months later, in November of 1959.

The difficulty faced in excavation was an unsuspected layer of silica rock of a hardness not revealed by the preliminary test borings, and discovered only after the excavation was in mid-stage. This posed a special problem in dynamiting the rock loose because of the proximity of these operations to the main wing of the Hospital.

"In the whole 35 years I've spent in this business," Superintendent Bowes said, "this is the hardest silica rock I've come across. We couldn't dispose of it to the rock crushing people because the crushers couldn't

crush it. In fact, we had it tested and it showed up as pretty close to the hardness of granite. That's about as hard as rock can get. We also had to use small blasts in dynamiting because the rock ran clear up to the walls of the main wing, especially at the far end where we had to go deeper than anywhere else for the elevator shaft."

Four million cubic yards of this rock had to be removed—enough to fill about 400 100-car long freight trains, or to build a square tower (measuring a yard to each side) that would span 15,000 feet in the air—more than 10 times higher than the Empire State Building—What was actually done with the rock, however, was to dump it in abandoned quarries.

As for the dirt, there was no problem. About 2,000 cubic yards (enough to load 60 freight cars) was removed and disposed of for fill, mostly within the Summit area.

Thoughtfulness . . .

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Lorrie Lewis

Mr. and Mrs. J. Morris of 31 Colonial terrace have returned home after two weeks in Hazelhurst, Georgia where they visited with Mrs. Morris' sister, Mrs. Ed Levance.

Miss Rona Waldorf of 391 Milltown road is having a hard time simr string down long enough to describe her wonderful month's tour of the West and Canada. She was accompanied on the trip by Miss Angela Micchelli and Miss Anita Jacobitti. Among the places of interest visited by the trio were Yosemite, Grand Canyon, Disneyland-Las Vegas, San Francisco, and Lake Louise.

DEWES
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road will do a solo in a children's minstrel show at the Ocean Gate Yacht Club on August 23. The show will be sponsored by the Ladies Auxiliary of the Yacht Club.

Mr. and Mrs. S. Wiener of St. Petersburg, Florida are spending the summer at the home of their daughter and son-in-law Mr. and Mrs. John R. Ashfield of 25 Morris avenue.

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Below is the second and final installment of the Hi Neighbor columnist's trip to Europe. This phase of the trip covers the Scandinavian countries and England.

The ferry which was to take the four of us and our "Opel" from Copenhagen, Denmark to Landskrona, Sweden departed very early in the morning yet it was quite difficult to obtain ferry reservations. We had heard that one of the reasons for the popularity of the ferry was the sale of liquor, beer, chocolate, and cigarettes tax-free (the taxes on these items are quite high). This is probably true because I felt conspicuous drinking coffee for breakfast when all the other passengers seemed so happy with their beer.

My husband, Phil, had been told that it was very important to have our passports stamped as we entered each country yet the Swedish officials insisted upon ignoring us when we arrived in Sweden. Phil assured us that we might have to stay in Sweden permanently because we didn't have an entry stamp but we later learned that there are no customs formalities when passing from one Scandinavian country to another.

We had our first experience with driving on the left-hand side as we drove through the lovely Swedish countryside toward Goteberg, second largest city in Sweden. We spent one night in Goteberg at an ultra-modern hotel with excellent drying-dry facilities. (At this point I was already judging hotels not by the

quality of service nor by the softness of the mattress, but simply did the hotel have an adequate space to string up my "drippy" clothes line.)

After two days of left-side driving, it seemed almost strange to shift back to the right-hand side as we entered Norway.

As we approached Oslo, we glimpsed our first sight of a Norwegian fjord. Little prepared were we for the monumental scenery that we were to behold during the next week of motoring up, down, in, and around Norwegian mountains and fjords. Little did we ever realize that we were to come upon places that surely must be what writers mean by the "forsaken country" or "the lonliest spot in the world."

Little did we believe that we would be negotiating hairpin turns up and down mountain roads that were not possible to build but are there all the same. I had to keep reminding myself that this was mid-July since each day I saw more snow than I saw here all last winter. Believe me, it feels pretty silly to be throwing snowballs dressed in summer clothes.

UNICO Ladies Plan Season
The third meeting of the new year was called to order at the home of President, Mrs. Vincent Bonadies, 12 Sherwood Road last week.

Plans were discussed for a Rummage Sale to be held in November, date and place will be mentioned at a future date.

December 3rd marks the date for the Luncheon and Card Party at E. Altman's Summit. Tickets will be available in September. Chairman for this affair: Mrs. D. LaMorgese; Co-chairman: Mrs. J. Principi.

Plans for the Annual Spring Dance scheduled for March 7 at the Suburban, Summit, and the Bazaar are in the making. Refreshments were served.

Joins Fight For Water Campaign
Mrs. Albert Douglas is Active For Referendum

Carrol M. Shanks, chairman of the Statewide Committee for the Water Referendum, this week announced the appointment of Mrs. Albert W. Douglas of Springfield as a member of his group, which urges an affirmative vote in the November 4th New Jersey Water Referendum.

In making the announcement, Mr. Shanks stated that the "committee will lay the foundation for water security in the entire State and for everybody in it."

The Newark business and civic leader went on to say: "New Jersey's present supply of available water almost exactly matches its water consumption. Consumption is accelerating on a nationwide basis at the rate of one gallon per capita per year—and population is increasing, which further multiplies the demand. Industrial expansion, which we need for economic stability, requires additional water. New Jersey's farms are requiring more and more irrigation. Thus, even if our supply remained dependably constant at present levels, which it won't, we would soon outrun it."

Robert Andrews Is Back From Iceland

SP/2 Robert C. Andrews, son of Mr. and Mrs. Lee L. Andrews, Jr., 1480 Meisel Avenue, Springfield, was discharged from Fort Hamilton, Brooklyn, N. Y., on Tuesday, July 22, after serving 21 months on active duty.

Robert Andrews, received his Boot Training at Fort Dix, N. J., then was stationed at South Park, Pa., prior to being sent to Keflavick, Iceland, for a period of one year.

Mr. Andrews will resume his duties with the home office, of the Prudential Insurance Company, Newark.
Mr. and Mrs. Robert C. Andrews, will reside at 450 Meisel Avenue, on their return from Pa., before being located in their new home.

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M. R. M. CinemaScope METROCOLOR
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LES GIRLS
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PLEASE NOTE SCHEDULE
WED., THURS., FRI., "LES GIRLS" 2:00, 7:30
"DON'T GO NEAR THE WATER" 3:55, 9:25
SAT. "DON'T GO NEAR THE WATER" 2:00, 5:45, 9:25
"LES GIRLS" 3:50, 7:40
NEXT! NEXT! NEXT!
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Ed Cardinal says:
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"Many gardeners use Scott's CLOUT because of the ease of application and quick results, but if you prefer liquids, DIMET and ORTHO CRABGRASS KILLER are both very effective."
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"Don't forget to grubproof soon, or you may not have a lawn by fall. Scott's COPE is very effective, and costs less than 8¢ per 100 square feet."
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FLORIDA HOST—Bill Jensen, former Springfieldite, plays host to visitors from town when they visited him recently in Sarasota. In the picture are Mr. and Mrs. Harry Gregory and daughter Ginny of Mountain Avenue along with "Host" Jensen.

AZA Starts 3rd Year In Town

In September the Springfield A. Z. A. chapter will start the new year, holding its meeting at Temple Beth Ahm. The chapter is open for Jewish boys in High School. A. Z. A. has many purposes, one is to meet other boys from different places and get to know them. The chapter at Christmas time went to Toronto, Canada to visit their A. Z. A., and invited them to come to Springfield during the Easter vacation. During the same time the A. Z. A. of Albany and Schenectady, N. Y. visited us. The Canadians, after they visited here, went to New York to visit places which made New York famous. There was a dance held in their honor in Bayonne, and dates were furnished for the boys, by the B. B. G. girls in Springfield.

in sports, and plays other chapters from the different towns around this section. The chapter that wins, goes on to the finals. If you would like to join please get in touch with Steve Chodos, DR. 9-2369, or Stanley Zeitner, DR. 9-4352.

Wendlandt On Dean's List At Cincinnati

Ronald Wendlandt of Springfield was named to the dean's list of the University of Cincinnati this week for his work during the second semester. He finished in the top ten per cent of his class at the College of Applied Arts.

Summer School For Winter Teacher Here

Miss Lila J. Schwartz of 25 Mapes Avenue, Springfield, is taking courses in the Rutgers University School of Education during the six-week Summer Session at the State University. A teacher at Springfield Regional High School, Miss Schwartz is a graduate of Northwestern University.

Bathing Bits At Baltusrol Swim Club

In a dual swimming meet this past Tuesday, Baltusrol Swim Club played host to the Millidge Swim Club from Millington. Local youngsters scored a 70.55 victory, evidently the swimming lessons and practice paid off. 8 year old Mary Brown of 18 Crescent Road started by scoring 2 first places.

Other first place winners were Anne Howe, 133 Baltusrol Way; Carol Humphrey, 176 Milltown Road and Bobby Belliveau of 25 Proffit Avenue. Second place winners were Anne Howe again; Sandy Patusko, 36 Lyons Place and Peter Creede of 19 Twin Oaks Oval.

Third place winners were Chris Consales, Baltusrol Way and Robin Tackels of 367 Meisel Avenue.

This Sunday, the Baltusrol Swim Club will have a swimming and diving exhibition. The show which starts at 3 p.m. will include Jack Mathers, Eastern Diving Champion and member of the All American Team; Jill Harms, Outdoor Solo Scychezonized Champion of the U. S. and Canada and Robert MacMahon, former national backstroke champion.



TOE DIPPERS—Pool side activities can be limited. Enjoying the water and sunshine, in usual order, are Mrs. Saul Seneper, Mrs. Arnold Rawitz, Mrs. Sidney Rawitz and Mrs. Seymour Marden.

Two Take 4 Day Girl Scout Hike

Lynne Taaffe and Susan Buckley of Springfield attended the third encampment of the Washington Rock Girl Scout Council recently at Swartswood Lake, N. J.

The girls carrying all their supplies and equipment started on the trail near Crater Lake and reached Brink Road Shelter in Stokes Park State Forest for the first night's stop. The second day's hiking brought them to Camp Madeline Mulford, the Essex Mountain Girl Scout Camp for their overnight. On the third day they reached their destination at High Point State Park. After spending the night there the group returned to camp the following morning.

... SPLASHES from SPRING GARDEN Country Club

This week's social rounds at lovely Spring Garden Country Club, Florham Park, reveal another gala program in store when the swim group's members stage a talent show Saturday night with plenty of Springfield names participating. So many in fact there's the suggestion to name these palatial surroundings SPRING (field) GARDEN COUNTRY CLUB. Get to mention that Bess Walsh and daughter, chemist bathing suits. . . . Spring-fellers here particularly pleased with congenial host, Leo Pearl, who together with Social Director Les Fein, team to make it a demer summer. . . . Saul Seneper relaxing at gin rummy game enables wife Elaine to relax at canasta. . . . Finally spotted Abe Rubin-feld leaving sun deck to lovey wife while he tip-toed off to pitch horseshoes. . . . The Irving Shattens are sporting a fabulous tan which proves that not all Springfielders here are anchored in the shade. . . . The Milton Wildmans have given up home barbecuing and, who can blame them with Spring Garden's cuisine so delect-

able. . . . Archbridge Lane is well represented. . . . Irving Tisse's have joined the long hot summer. . . . Joyce-Rosenkrantz should turn in sparkling performance—at talent show with all the rehearsing. . . . Nice to greet visitors Dr. and Mrs. Mond. . . . Mrs. Sam Sarokin takes to Spring Garden's Olympic-sized pool like an expert swimmer. . . . Nice going to Harriet Burnstein who has been very busy supplying combs from Irv's Pharmacy to all her friends. . . . Much enjoyment is had by all at the outdoor Wednesday night movies, particularly by Larry Fines and more particularly when it's a western. . . . Felix and Ruth Gold actually take time off from Disc and Shutter to cool off. . . . Yetta Nemerson doing a fabulous job in rehearsing the girls for—the annual talent show. . . . Jeanne Fried performing second year in chorus. . . . The game of bridge is being learned by Irene Blaustein which is a nice way to enjoy the summer breezes. . . . When it comes to-cha cha, look out for the Harold Cohens who—really—know all the steps. . . . Not a day is missed here by Doris and Arnold Rawitz. He's from the Clinton Street Arnold's Bar & Grill. . . . You've gotta hear 21-month-old Bruce Shaeffer carry on a complete conversation with the adult group. . . . There's nothing like the—pretty smile—of Bea Marder when she wins at Mah-Jongg, nor, for that matter, the smile of husband Seymour. . . . Ralph Nemerson takes his volley ball seriously. Practices his team for play-off. . . . Tennis and Sid Feldman—go together here. . . . Ralph Feldman soaking up all the sun this week. . . . It figures that Lydia Sherman is Springfield's Hadassah president and that her vice-president is Ruth Menkin. . . . Rhododendron, lovely—stat-of-many flowers—shows, takes its name literally from the Greek word for rose, free. However, it is closer to the heather and mountain laurel families than it is to roses.



THE GANG—A close-knit gang of boys, bound by the confines of the Short Hills-Village swimming pool, in Springfield, meets daily to perform the secret rites of boyhood. Above an issue of justice is being settled by "One potato, two potato, three potato, four." Starting clockwise with the boy lying in the water, the group consists of Bob Gillis, Roy Rienalda, Jonny Neihseh, Fred Blesse, and Roi Rienalda.

quaplane riders have at least one person with the boat operator. The ruling followed incidents in past years in which it was apparent that when a skier is in any difficulty the boat operator may find it impossible to give assistance and simultaneously handle the boat properly.

There is general observance of the regulation already, state of officials say, but in instances where violations have occurred, it has appeared that the boat operators were not familiar with the new ruling.

The ruling also specifies that while the boat is underway towing ski or aquaplane riders, it must keep at least 100 feet from any shore, wharf or pier or persons in the water. It must keep the same 100-foot distance from any other boat or craft. Skiing and aquaplaning and the towing of such riders are permitted only between sunrise and sunset.

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Playground News

RIVERSIDE PLAYGROUND... CALDWELL PLAYGROUND... Henshaw Wins 10-2 Over Irwin For Playground Crown... The Henshaw Playground Baseball Team defeated Irwin Playground by the score of 10-2...

REGIONAL PLAYGROUND... With the County Tournament heading the list of events for the week... FINISHING TOUCHES... On Wednesday we held an interesting hobby show...

WEDNESDAY PLAYGROUND... We had several new and interesting experiences at Caldwell Playground last week... FINISHING TOUCHES... On Wednesday we held an interesting hobby show...

THE HENSHAW PLAYGROUND... The Henshaw Playground Baseball Team defeated Irwin Playground by the score of 10-2... The starting lineup: Henshaw: Puro, ss; Earhardt, 3b; Blafar, 1b; Freidman, rf; Lies, 2b; Haydu, c; Inamoto, p...

Real Estate

49A—WESTFIELD VICINITY... BIG LOT—LITTLE HOUSE... ELSIE BETZ, INC. Realtor... RUMSON... HIGH FIDELITY IN TELEVISION... 173 Mountain Avenue

MISS SOMEONE? PHONE It costs little—EASTON (for example) 40¢

Look over the financing... TOO! Just as you look under the hood of that new car—look the financing over carefully, also.

LIKE HAVING SIX HANDS! an ALL ELECTRIC LAUNDRY... Your home laundry is only half complete with just an automatic washer. Hanging that wash out to dry is an unnecessary job.

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- MOTT'S APPLESAUCE 2 1/2 oz. 37¢
- V-8 COCKTAIL 46 oz. 37¢
- INSTANT COFFEE EARLY MORN 2 oz. 35¢ 4 oz. 95¢
- HEINZ INDIA RELISH 1 1/2 oz. 27¢
- MIRACLE DRESSING-FRENCH 5 oz. 23¢
- HEINZ TOMATO SOUP 2 1/2 oz. 23¢
- FRESHPAK GRAPE JELLY 10 oz. 21¢
- HEINZ CAMPSIDE BEANS 2 1/2 oz. 43¢
- COLLEGE INN BROTH CHICKEN 46 oz. 41¢
- SWANSON BONED CHICKEN 5 oz. 35¢
- RAGU DINNER SHILL MACARONI 2 1/2 oz. 39¢
- HEINZ KETCHUP 2 1/2 oz. 49¢
- PUSS-N-BOOTS CAT FOOD 3 8 oz. 25¢
- SCOTTISSUE WHITE & COLORED 4 100% 49¢
- PILLSBURY MIX YELLOW CAKE 18 oz. 31¢
- CLOROX BLEACHES-DISINFECTS 8 1/2 gal. 55¢
- BRILLO SOAP PADS 2 1/2 doz. 45¢
- S.O.S. SOAP PADS 500 35¢
- BETTY CROCKER BROWNIE MIX 16 oz. 33¢
- MOTT'S APPLE JUICE 2 1/2 gal. 47¢
- REALEMON JUICE 1/2 gal. 45¢
- ROSE-X BLEACH 1/2 gal. 16¢
- SCOTTOWELS 2 1/2 doz. 39¢
- CAMPBELL'S BEANS WITH PORK 2 1/2 doz. 27¢
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- C & B MARMALADE 1/2 gal. 29¢
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- EARLY MORN COFFEE 1/2 lb. 69¢
- GRAND UNION COFFEE 1/2 lb. 77¢
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- STALEY'S STA-PUF RINSE 1/2 gal. 45¢
- CHEF BEEFARONI 2 1/2 oz. 43¢
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SERVE WITH OCEAN SPRAY CRANBERRY SAUCE 16 oz. can 23¢

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BONELESS CROSS RIB ROAST 16 oz. can 79¢

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- LAMB CHOPS DELICIOUS SHOULDER CUTS 79¢
- SKINLESS FRANKS DEERFOOT FARMS 59¢
- GREEN SHRIMP EANCY MEDIUM SIZE 89¢
- FLOUNDER FILLET FRESH CUT BONELESS 59¢

Garden Fresh Produce

GOLDEN SWEET

FRESH CORN 12 large ears 35¢

FIRM, RED RIPE TOMATOES 1/2 ctn. 19¢ NEW LOW PRICE! GOLDEN RIPE BANANAS 1/2 lb. 15¢

- JUICY AND DELICIOUS BARTLETT PEARS 2 1/2 doz. 35¢
- PREPARE NOW FOR FALL PLANTING MICHIGAN PEAT 100 sq. ft. 2.69
- NABISCO CHIPAROONS 1/2 lb. 39¢
- THE BRISK TEA LIPTON TEA 1/2 lb. 83¢
- LIPTON TEA BAGS Delicious pkg. of 48 Hot or Cold 65¢
- GOLDEN ALL PURPOSE MAZOLA OIL gallon can 2.09
- SIX MONTH FLOOR WAX quart can 1.49
- HELENE'S CASTILE SHAMPOO \$1.00 Value only 49¢
- PLANTERS SALTED PEANUTS COCKTAIL 7 1/2 oz. 35¢
- GREEN GIANT - SPEARS ASPARAGUS 19 oz. 47¢
- GREEN GIANT MEXICORN 2 12 oz. 37¢
- HOMOGENIZED SPRY 1/2 lb. 35¢ 3 1/2 lb. 91¢
- BUG A BOO ROACH AND INSECT KILLER 12 oz. 89¢
- BUG A BOO ROACH AND ANT KILLER 6 oz. 59¢
- CONCENTRATED Lemonade 2 1/2 cans 27¢
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- ANGEL SOFT Facial Tissue pkg. of 23¢

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- EARLY MORN MARGARINE 1 lb. 19¢
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- HEAVY DUTY WISK DETERGENT 1/2 gal. 39¢ qt. 73¢
- NEW! SOFTEST EVER KOTEX 2 boxes of 12 89¢
- ALL-TIME FAVORITE Fels Naptha Soap 3 bars 29¢
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\$10 For Favorite Recipe

If you have been yearning for a native of Harrison, has lived a bread pudding just like in Union 27 years. She has two Grandmas used to make, by all daughters, one married and one means try our winning recipe this week. Mrs. Walter J. Richter of 1015 Adams Ave., Union, who submitted the recipe, says it is excellent for church dinners because it is easily prepared in quantity. Mrs. Richter

Best as simple as that and a \$10 cash prize is awarded every week.

Bread and Butter Pudding

Line: Bottom of greased baking dish with 1/2 cup raisins.
Cut: 5 thin slices of stale bread in three strips crosswise.
Melt: 1/4 cup butter.
Dip: Each piece of bread in melted butter. Arrange on top of raisins.
Beat together: 2 eggs, 2/3 cup sugar, 2 cups milk, 1/2-teaspoon vanilla.
Four mixture over bread: Set dish in pan of hot water. Bake in hot oven (375 degrees F.) until bread is browned and knife blade comes out clean. Serve with vanilla sauce; Mix in saucepan:

1 cup sugar, 2 tablespoons cornstarch. Stir in gradually: 2 cups water. Boil one minute, stirring constantly. Stir in: 1/4 cup butter, 2 teaspoons vanilla (or 2 teaspoons lemon juice, or 2 teaspoons grated nutmeg). Makes one pint; quantities may be reduced by half. Pudding may be served warm with warm sauce; warm with cold sauce; cold with warm sauce, or cold with cold sauce.

The muu-muu... a loose fitting play dress inspired by those the South Sea natives wear... is fast becoming a favorite fashion with the teenage set. Dress patterns for making the muu-muu in bold floral cotton prints are now available at local department stores.

There Is A Lot To See In Tea
Iced Tea Is Low In Price And Low In Calories

By Audrey Chase Walters

"Take Tea And See" is a well-known advertising slogan. It has a bit more logic behind it, however, than many an advertising cliché screamed daily from TV sets. One sometimes wonders why the advertising has to be so loudly. Probably the advertisers are well aware that, during the program break, thousands of their listeners rush to the refrigerator, nearest lavatory or the nursery to check on baby and they want to be sure their message follows to the furthestmost reaches of the house!

There is a lot to see in tea, not even counting soothing-sayers and tea-leaves. Its part in the history of our country is well known and the Boston Tea Party is famous. Down on the outer banks of North Carolina they did something about tea, too. Yaupon is a shrub which looks very much like ordinary hedge. It grows along the coast of North Carolina. In 1585 John White discovered the Indians on Roanoke Island drinking "tea" made from the dried leaves of the Yaupon. During the Revolutionary War, Yaupon tea was used as a protest against the Tea Tax. It is still used and at least one of the large hotels serves it on all state occasions.

Speaking of history, according to reports, iced tea was discovered during the St. Louis World's Fair in 1904, quite accidentally. Richard Blechynden, an exhibitor, was trying to promote tea by serving it in the customary manner. That year, St. Louis had its worst heat wave in history. No one wanted hot tea. In desperation, Blechynden added ice to his tea and his Tea House became one of the most popular meeting places at the Fair. Today, it is estimated Americans drink over 10 billion glasses of iced tea during the summer months.

Next to plain water, iced tea is the least expensive beverage available and it contains almost no calories, except for what you put in it. Dr. Norman Jolliffe, Director of the Bureau of Nutrition of the NYC Department of Health, reports six ounces of unsweetened iced tea contains four calories. The same amount of unsweetened iced coffee without cream contains 11 calories. Six fluid ounces of carbonated, fruit-flavored beverage contains 91 calories, Dr. Jolliffe says. According to his report, on a hot day you might lose from two to four quarts of water through perspiration. From a health standpoint, it is important to make this up but you should know what you are drinking. Beverages with a high sugar content supply too many calories and too few nutrients. You will either take the edge off your appetite so you cut down on consumption of essential foods, or you will eat normally and put on weight. Either iced tea or iced coffee can be sweetened with a non-caloric sweetener and will quench the family's thirst in a refreshing and healthful way.

The open saucepan method is an excellent way to prepare iced tea. Bring one quart of freshly drawn cold water to a full rolling boil in a saucepan. Remove from heat but while water is still bubbling add one-third cup loose tea or 15-teabags. Brew five minutes. Stir and strain into a pitcher holding one quart of cold water, making about two quarts of tea in all. Keep at

room-temperature, not in the refrigerator. Pour into ice-filled glasses when ready to serve.
Spiced sugars add interest to iced tea. Combine two tablespoons cinnamon, clove and ginger with one pound of fine sugar and allow it to stand for a week in a covered jar. Fruit flavored sugars can be made by combining two tablespoons chopped fresh mint, grated lemon or orange rind with one pound of fine sugar. Cover and allow to stand one week near, but not on, heat. Sift before using.

Party-pretty iced tea punch is easily made. To the basic, two-quart recipe given above add one cup lemon juice, two cups orange juice, two quarts ice water, one lemon thinly sliced, one orange thinly sliced, one cup sliced strawberries or whole blueberries and a few crushed mint leaves. Add liquid, non-caloric sweetener to taste. Instead of using ice cubes in the

(Continued on Next Page)

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I'd like to tell the whole world about it. Imagine... 1-hour service. Just the thing when you need that special party dress in a hurry—or that good suit for your Saturday-night date.



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PROOF IN THE PUDDING: The Bread and Butter Pudding held by Mrs. Walter Richter proved a winner in our Favorite Recipe Contest and \$10 check this week goes to smiling housewife pictured above.

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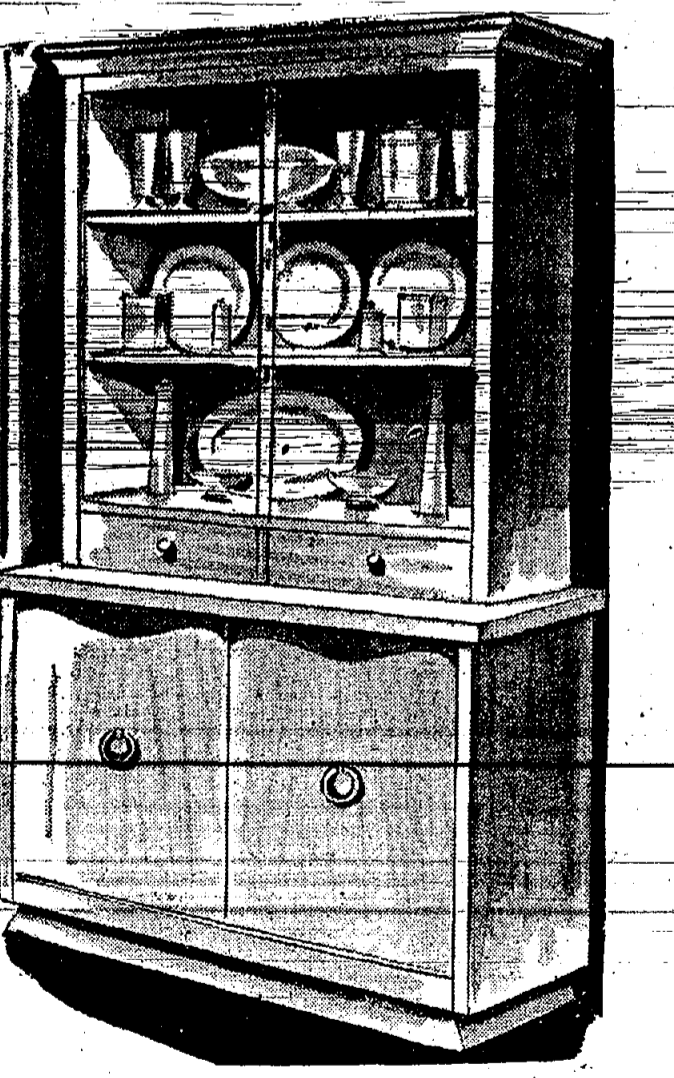
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There Is A Lot To See In Tea

(Continued from Previous Page)

punch bowl, try a block of ice which you can make by freezing a plastic or aluminum bowlful of water. This recipe will serve 25-30.

Just about anything that suits your fancy may be added to the basic iced tea recipe to make a really good punch. Here's one suitable for the most-gala occasion. Using the sauceman method, bring two cups water to full rolling boil. Remove from heat and add one tablespoon tea. Brew four minutes. Stir and strain into pitcher holding four cups grape juice, two cups grapefruit juice and four cups gingerale or club soda. Add sweetener to taste. Makes about 25 servings.

For that outdoor party, watermelon punch can be a conversation piece. Make basic tea recipe. Add one cup of sugar to the hot tea and stir until dissolved. Cool. Add one can apricot delight, one cup pineapple juice, 1/2 cup lemon juice and meat from 1/2 watermelon cut in cubes. When ready to serve, place ice block or cubes in watermelon rind shell, pour punch over ice and add one quart chilled sparkling water. Place sprig of mint in each punch cup. (Be sure to cut the watermelon cubes down to small-bite size or your guests are going to wonder how to manage!) Makes 30-40 punch cup servings. (Be sure, too, to cut a slice off the bottom of the watermelon shell to get a flat surface for secure placement on the serving table.)

Fruited Lemonade Flip



Lemonade is the classic, old-fashioned summer cooler good as is, even better dressed up as a fruited flip. In this frothy modern version, quick-frozen lemonade is combined with beaten eggs and crushed fruit. The fruit goes in the bottom of a tall glass, the lemonade-egg mixture is poured on top. Serve with a long spoon so you can scoop-up every last drop.

LEMONADE FLIP

- 1 can (6 ounces) quick-frozen concentrated lemonade
Cold water
3 eggs, beaten
Crushed pineapple, strawberries, or other fruit
Mix concentrated lemonade with cold water as directed on can. Add the beaten eggs, mix well, cover, and chill thoroughly. To serve, put a spoonful of fruit in each glass and fill with lemonade-mixture. Makes about 4 1/2 cups (without fruit), or enough for 6 six-ounce servings.

For the new baby: A small transportable bassinet can be easily made from a wicker clothes basket. Line the basket with gay checked cotton gingham that ruffles over the edge. Use a firm bed pillow with a matching gingham cover as the mattress.

Get Directions For Freezing N.J. Peaches

It's a peach of a year and the biggest peach crop in more than a decade fills fruit stands and counters, says Mrs. Mary W. Armstrong, Union County Home Agent.

Announcement!

REX (formerly of L-E-S Chevrolet) is pleased to announce that he is NOW LOCATED WITH WALLACE CHEVROLET, U. S. ROUTE 3 at WINANS AVE. LINDEN, N. J. In Stock: IMPALA Sport Coupes & Convertibles Call Hunter 6-4900 and ask for REX

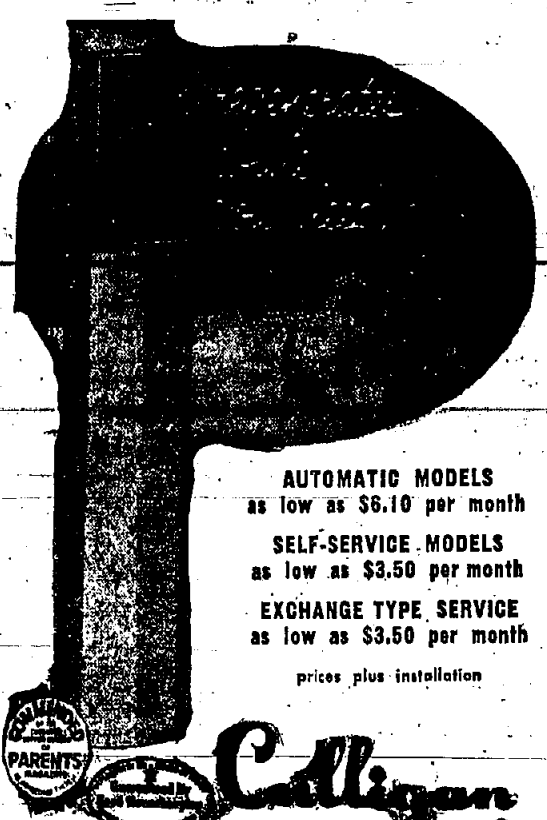
If you have a home freezer, this is the year to put some peaches away. Some peaches freeze better than others, so it is important to choose the proper variety. You can pack peaches dry with sugar or in a sirup. In either case, they should be packed with ascorbic acid to prevent darkening. If you would like detailed directions, including recommended varieties, get a copy of the leaflet, "How to Choose and Use New Jersey Peaches," from the County Home Economics Extension Office, Court House Annex, Elizabeth. You may ask for one by telephone at Elizabeth 3-5000.

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Don't Believe All You Hear About Food

Just because someone says something doesn't make it true. You may be told many absolutely false things about food.

Food faddism is rampant, even as the science of nutrition has brought more accurate knowledge. Quacks and opportunists have used fear, psychology and exaggerated claims to promote their products. Says Mrs. Mary W. Armstrong, Union County Home Agent.

In the early days of the history of man, no study had made possible accurate knowledge about foods and its specific contribution to man's health and life. So all sorts of legends were common. Cabbage was worshipped as a god by the early Egyptians, and the Greeks gave it credit for preventing intoxication. Lettuce, said the Greeks, would cure insomnia. And radishes, at one time, were considered good medicine for snakebite and falling hair.

Dependence on these legendary properties was unwisely then as it would be today, but there was more excuse for lack of accurate knowledge. Scientifically correct food information is available from home economists, research workers, and others.

Information is expensive. Mrs. Irene Wolgamot, Extension Food and Nutrition Specialist on the Rutgers University staff points out. It usually results in poorly balanced diets and it may be downright dangerous.

Relyance on "miracle" foods instead of a variety of basic wholesome goods is an earmark of the food faddist. For example, extravagant claims for yogurt, wheat germ, yeast, special breads, raw vegetable juices and blackstrap molasses have no basis of fact.

The truth is, says Mr. Wolgamot, yogurt is no more nutritious than the milk from which it was made. Enriched white bread is just about as valuable in the diet as whole wheat bread. Vegetables are valuable sources of vitamins and minerals, cooked or raw. Cook them a short time and eat the juices with the vegetable to get the most nutrients.

Food faddism is especially rampant in the area of weight reduction. Thousands of dollars are wasted on reducing foods that are ineffective and worthless. Some can adversely affect health. A well-balanced diet, including a wide variety of foods, is important to the overweight person as well as to people generally. Over-eating is one of the common causes for overweight, usually eating less of all foods, especially those high in calories, such as rich desserts, is more helpful in the long run than denying oneself all but a certain few foods.

But disregarding the notions held by quacks is also important. Some common beliefs that have no basis of fact are: "Toast has fewer calories than bread"; "Margarine has fewer calories than butter"; and "sugar is not so fattening as starch." Actually, toasting does not change the calorie value of bread. Butter and margarine have the same calorie value. Sugar and starches, weight for weight, provide the same number of calories.

and Use New Jersey Peaches," from the County Home Economics Extension Office, Court House Annex, Elizabeth. You may ask for one by telephone at Elizabeth 3-5000.

Hot weather and so much summer activity stimulate children's appetites. From pre-schoolers to teen-agers, they'll want three and four snacks a day. Keep plenty of sandwich spreads available in the refrigerator, and let everybody build his own. Frequent, light meals are good in hot weather, and sandwiches are wonderfully enlightening. Enriched bread provides B vitamins and food iron, plus supplying needed energy for work and play.



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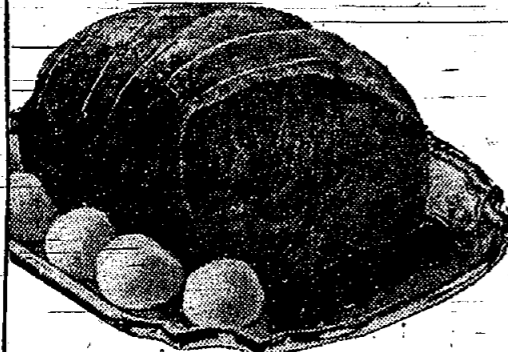
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- Birds Eye Cauliflower** 10 oz. can **25c**
- Artichoke Hearts** Birds Eye 9 oz. can **47c**
- Cheeseburgers** Excelsior-brand 8 oz. can **45c**
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REPORT TO THE PEOPLE FROM YOUR CONGRESSWOMAN FLORENCE P. DWYER



Several times recently, Speaker of the House Sam Rayburn has admonished the House about the importance of the legislation it was considering and chided the members for lack of attention. In each case, as I looked around the chamber, I could see only 20 or so other members.

The fact that the Speaker felt required to deliver such a school-maesterish lecture is significant. It reflected the fact that the mood of the House has changed drastically from the first few days of the Middle East crisis. The spirit of alert preoccupation with the Middle East situation has gone. But it has not been replaced—as one might expect—with an equal concentration on the flood of really important legislation which has been flying through the House at record speed.

Volume of legislation as I have mentioned takes up only the afternoon hours of the House. The committees, meanwhile, and their subcommittees are channeling into the House an equally vast volume of bills and resolutions and reports—the residue, in a sense, of all the hours and days of committee activity in the months preceding the dash for adjournment.

For instance, my own Government Operations Committee met last Wednesday. Within the 48 hours preceding this meeting, each member received proposed reports of subcommittees on six major studies and investigations: on the atomic shelter program, research and development activities in the Defense Department, the saline water program, false and misleading advertising, the availability of information from Federal departments and agencies, and (my own subcommittee study) on Federal-State relations as they involve Federal grant-in-aid programs.

Each report averaged 180 to 200 pages in length and each was supported by volumes of hearings; and each represented the sum of thousands of man-hours of thought and work on the part of members, staff, Government officials, and private citizens.

Yet, within the period of less than two days, each committee member was expected to read and digest each report, consider the reliability of the information, and decide whether the findings and recommendations were sound and wise enough to warrant his approval. To say that a lot of sleepless evening hours went into just this one project last week is an understatement.

Adjournment Fever
Today, adjournment fever has gripped the members. And this explains both the quantity of business and the manner in which the business is handled. The emphasis is on speed—get rid of the bills (pass them or defeat them) as speedily as possible so Congressmen can get back to their districts and campaign—and on making a record in support of or opposition to as much legislation as will influence constituents. Neither of these concerns makes for the soundest kind of legislation.

Consider, for example, that in this past week alone, the House has acted on an historic education aid bill, a major bill to regulate the employee's welfare and retirement funds, legislation raising the limit on the national debt; it refused to approve, after some debate, a comprehensive farm bill; it adopted conference reports on the reciprocal trade bill, the \$40 billion-dollar defense appropriations bill, the important anti-dumping amendment to the tariff laws, the controversial military construction authorization bill—it further considered the new Federal Aviation Agency Bill; it extended the Renegotiation Act; it passed the first authorization bill for the brand-new National Aeronautics and Space Administration—it passed or amended or recommitment or simply refused to act on dozens and dozens of other bills of real importance—bills concerning Indians, the District of Columbia, ship construction and other maritime matters, the regulation of imported agricultural commodities. Government transportation charges, health research facilities, criminal sentencing procedures, disposal of Government-owned land, a highway cost allocation study, the development of coal-mining on public lands, imports of paper and of articles intended for State Fair exhibitions; it quickly disposed of dozens of private bills and a bunch of administrative resolutions which dealt with the operation of the Congress; and it sent to the Senate legislation establishing the new design for the American flag, the flag with the 48th (Alaska) star.

Needed: Full Justice
But my point is this: the Congress cannot do full justice to its work by jamming so much major legislation into so short a period of time. The concentration on politics, especially in an election year, interferes with the calmer, more objective judgment expected of men and women legislating in the public interest. And the volume of the legislation automatically diminishes the time and care that any member can put into any particular bill.

Many before me have worried about this unfortunate condition. And some potentially sound suggestions have been advanced. Uniformly, they aim at increasing the members' opportunity to give thorough attention, in committee and on the floor, to the legislation on which he must pass. It is time, I believe, in the public interest—to re-examine these constructive proposals.

That is the key word—the public interest. This is the public's business—we're conducting here. The bills that become law affect all our people regardless of their party politics. What goes into the law depends on the care, the wisdom, the accuracy of information and the good judgment of those who have represent the people. The obligation is heavy upon us all to assure that our best goes into every bill.

My contention is that this is too much legislation for the House to give the kind of careful, thoughtful and intelligent consideration each of these bills deserves. Granted that several of the bills had previously passed the House, and that members were simply approving conference-committee compromise versions. But conference reports frequently involve major changes in legislation, and every member theoretically, at least, is responsible for knowing what's included in the legislation on which he casts his votes.

It's not difficult to judge a dish for appetite and taste appeal. You do that frequently. The hard part is to look inside and see the nutritional building blocks foods provide. Have you ever wondered what's inside a sandwich? Sandwiches made with enriched or whole grain bread supply important amounts of thiamine, niacin and riboflavin. These 3 B-vitamins are essential for growth, healthy nerves and appetite. Plant protein and food-iron are also present to help maintain good health. All this is in the bread. Sandwiches made with meat, fish, poultry, cheese and vegetables contribute protein and additional vitamins and minerals.

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