



As We Live

By ELIZABETH HURLOCK, PH.D.

Use Planning Foresight To Make Old Age Happy

Elderly people must think of themselves, even if this means putting themselves before others. (Q) "I am a widow with a small job. I took a job as housekeeper for an elderly man, thinking I could get enough to save and add to my pension, if I could not work. But, he doesn't pay me any wages. I have a room in his house and my board, but no money. He tells me he is remembering me in his will but that doesn't help me now. I think I should get out, get another place to live, and get some day work. He isn't well and I'm not either. He gets on my nerves and that doesn't help me. Do you think I would be doing right to leave him?" —B.M.C.P.

(A) Don't leave this man until you have talked things over with him frankly and explained why it is more important to you to be paid for your services now than to be remembered in his will. When he "remembers" you in his will, it may be a sum of

money far less than you could or should be earning. If he is unwilling to pay now, then give him notice that you are leaving with reasonable time, two weeks or a month, to find someone to replace you. As he is not well, it wouldn't be fair to walk off and leave him high and dry.

Housekeeper Role Best While he is trying to find someone to take your place, you can be looking around for something else to do. I question if you would do as well to rent a place to live and do day work as to live in with a widow or widower and act as housekeeper. As you are not well, you might find day's work too hard on you and then you would have no source of income but your pension. By acting as housekeeper you would have a place to live and a small salary which you could save. I think you would come out ahead in the long run with this plan. It is foolish for you to remain with a person who gets on your nerves. Such a situation will not make you happy and it certainly will not improve your health. Make your old age as happy as possible and this can be done with careful planning and foresight.

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Around Hollywood

By ALINE MOSBY

Hollywood — (U.P.) — A New York television producer is scouring the West looking for "Stars" for his show — and he wants them to be cultural.

Charles Romine, producer of CBS-TV's "Adventure," used to confine his camera mainly to the American Museum of Natural History in New York and its film supply. But this season the top-rated educational show is expanding its programs under water, in foreign countries and all over the United States.

Last Sunday the program used the ocean floor off California's Catalina Island as its "studio." For the first time, live, mobile TV cameras were put under waterproof boxes to televise the "actors" of the deep.

New Spots Scouted Now producer Romine is talent-scouting for new spots for the unusual show.

"We hope to show a tuna fishing fleet off the coast of Baja, Calif., this spring," Romine announced as he packed for a "talent search" for more adventures in Portland.

"Then we'll take our live cameras to Catalina Island again to televise the wild life there. Most people don't know there are buffalo and wild boar on that island, right off California."

Romine also plans to train his "Adventure" cameras on San Francisco's Japanese section and on the snakes of Florida. And he's sent crews to Israel to photograph an "Adventure" program on the discovery of the historic religious "Dead Sea Scrolls."

Nature Interests Audiences "Adventure" is proof TV audiences are fascinated by nature and education. The Sunday afternoon show is one of few cultural efforts that save TV viewers from a steady diet of quiz programs, panel shows, Ed Sullivan and Liberace.

Even sponsors are realizing "Adventure's" impact. CBS probably has carried the program for three years minus a sponsor, but now three are nibbling to buy the show.

Romine is pleased with his fan mail—not just letters of praise, but many seeking information on copies of the scripts. But there's been an even greater impact on the behind-camera crew—and himself.

"We feared at first the scientists at the American Museum would be a little musty," he confessed. "Instead, they soon became enthusiastic TV experts."

Feeding the Family

By ZOLA VINCENT Food Editor

Frozen Creme Au Chocolate

Love chocolate desserts?... Not worried about calories?... Then here's a dessert that will win your heart. 1/4 pound sweet chocolate squares 1/2 cup hot water 6 eggs, separated 1/2 cup sugar 1/2 teaspoon cinnamon Pinch of salt 1/4 teaspoon vanilla 1 cup cream, whipped Butter

Melt chocolate in top of double boiler. Add hot water and stir to smooth paste. Beat egg yolks until thick and lemon colored. Blend in chocolate mixture. Beat egg whites until stiff, then fold in sugar gradually. Fold in cinnamon, salt and vanilla, then gently fold into chocolate mixture. Now fold into whipped cream. Turn into 2 freezing trays and freeze until starting to get mushy. Turn into bowl and stir gently. Grease bottom and sides of one large or 2 smaller freezing trays generously with butter. Sprinkle bottom and sides with cracker crumbs. Turn chocolate mixture into trays and freeze firm. Cut into squares and lift out with spatula or pancake turner. May be garnished with spoonfuls of whipped cream and bits of maraschino cherry. Makes eight servings.

Banana Shortcake is always in season. Add sliced bananas to whipped cream, slightly sweetened, if you like. Spread between layers and on top of homemade or baker's cake or biscuit. Top with additional slices of banana and perhaps a bit more whipped cream. Peanut-Butter Cookies are always a favorite with children. 1 1/4 cups sifted flour 1/2 teaspoon each, salt and soda 1/2 cup (1 cube) butter or margarine 1/2 cup peanut butter 1/2 cup white sugar 1/2 cup brown sugar 1 egg 1 teaspoon vanilla

Sift flour, salt and soda together. Blend margarine and peanut butter together. Add sugar gradually, mixing until creamy. Add egg and vanilla and beat until fluffy. Stir in flour. Form into one-inch balls. Place on greased baking sheet. Press flat with a fork. Bake in moderate oven (350 degrees) 12 to 15 minutes. Makes three dozen cookies.

Vegetables Can Be Interesting Nutritionists keep reminding us that vegetables are among the foods needed every day by young, middle aged and older folks alike. One or more servings of either white or sweet potatoes and at least two servings of green or yellow vegetables, one of which should be uncooked, are highly recommended. The inclusion of a wide variety of vegetables in a child's diet at an early age will go a long way toward encouraging life-long enjoyment of whatever food is set before him.

Here are some suggestions for making vegetables look and taste so good that your family's consumption of these health giving foods will take a definite jump upwards. Spinach. Add crumbled crisp bacon to season spinach and top with the yellow and white fluff of hard-cooked eggs put through a sieve. Peas. Add chopped parsley, thyme, sweet basil or mint to melted butter or margarine and pour a generous amount over cooked peas. Carrots. Saute finely cut parley and chives (or finely chopped onion) together for two to three minutes, then pour over carrots just before serving. Red Cabbage. Shred and cook red cabbage, then combine with stewed tart red apples. Season to taste with salt and lemon juice. Tomatoes. Add finely-chopped green pepper, minced onion and a dash of sugar to either scalloped or stewed tomatoes before cooking. Green Beans. Season cooked green beans with drippings when broiling meat patties, sausages or ham. Cabbage. For added crunch and distinctive flavor, strew caraway seeds or poppy seeds over cabbage dishes. Beets. Combine fresh cooked

or canned diced beets with sour cream. Season; cover with grated cheese, then place under broiler until cheese melts.

More about spinach. Fold sliced grapefruit sections and juice into cooked spinach just before serving. **Sweet Potatoes.** Cook sweet potatoes until tender, remove skin then put through ricer. Combine with drained, crushed pineapple, dot with butter, sprinkle with sugar then brown under the broiler.

Bananas Have Only Slight Market Ups and Downs

Bananas come in for some market report talk because they have the uniqueness of no special seasonal ups and downs. Their price for top quality will vary just a penny or two per pound the year around. Wonderful nutrition-wise and so easily digested that they are one of the first solid foods given to infants.

Pick bananas with an eye to the use you are going to put them. It is wise to get them a bit green and to ripen them at home. Ripen at room temperature. Do not store in the refrigerator as low temperatures prevent proper ripening. Slightly green-tipped bananas are excellent for cooking... bake, broil or fry and serve as a vegetable. All-yellow bananas are firm enough to cook, ripe enough to eat and to use as an ingredient in baking. Fully-ripe bananas... yellow flecked with brown... are best for immediate eating, for fruit cups, salads, desserts, drinks and in baking. Now let's get down to the meat of the market report.

Meat Department. Pork prices are settling down a bit after having taken a rise. Actually the fall "crop" is coming to market, and there will be some good pork values for several weeks. More and more we find lamb being "specialized." How about a leg of lamb seasoned with bits of garlic, well salted and peppered, then roasted to a crispy brown. Shoulder cuts have low price tags. Beef has many good buys to offer the careful shopper. When looking for the best in meat buys keep in mind the amount of fat and

STAR GAZER By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars. To develop message for Sunday, read words corresponding to numbers of your Zodiac birth sign.

ARIES MAR. 22-31	1 Travel	31 Yourself	61 Confidence
APR. 1-20	2 Change	32 May	62 To
6-55-66-73	3 Keep	33 Charm	63 Extravagant
74-76-77	4 Use	34 The	64 Romantic
8-17-28-39	5 Don't	35 Makes	65 To
50-60-81-86	6 A	36 Writing	66 Day
TAURUS APR. 21-30	7 Be	37 Ave	67 Cheerful
MAY 1-20	8 Put	38 Dealing	68 Make
21-30	9 Poor	39 On	69 Favored
31-40	10 Some	40 Self	70 Important
41-50	11 Your	41 Tolerant	71 Don't
51-60	12 This	42 By	72 Please
61-70	13 Of	43 Center	73 Be
GEMINI MAY 22-31	14 Visits	44 And	74 Promised
JUNE 1-20	15 Heart	45 You	75 Interests
21-30	16 Time	46 Day	76 Be
31-40	17 The	47 Letters	77 Sociable
41-50	18 Up	48 Stimulated	78 People
51-60	19 Cooperative	49 With	79 Expect
61-71-79-85	20 Over-reach	50 The	80 Gain
LEO JULY 23-31	21 Trouble	51 Try	81 Be
AUG. 1-20	22 You	52 Being	82 Be
21-30	23 Is	53 On	83 Objectives
31-40	24 Outlook	54 Persuasion	84 Conservative
41-50	25 And	55 Fleeting	85 Concessions
51-60	26 Interests	56 More	86 Determined
61-70	27 For	57 To	87 Be
VIRGO AUG. 23-31	28 Facts	58 Are	88 Some
1-20	29 Your	59 Now	89 Bold
21-30	30 And	60 Line	90 Changes
31-40	31 Good	61 Adverse	2/26 Neutral
41-50	32 Good	62 Adverse	2/26 Neutral

Guide Available for Veteran Homeowners

A 22-page guide for veterans who purchased homes with the aid of GI loans is available at the veterans administration office, 33 North Riverside ave., according to S. T. Brannock, officer in charge. The pamphlet discusses obligation of veterans under terms of the GI mortgages, as well as other phases of home loans, and is designed to help World War II and Korean conflict veterans. Veterans who have GI home loans may obtain copies by writing or calling the local office.

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E. Germany Detains American Skaters

Berlin—(U.P.)—Twenty American figure skaters, including world champion Hayes Allen Jenkins and Olympic figure skating champion Tenley Albright, were detained at the East Berlin airport by Communist authorities on the grounds they did not have Communist transit visas.

The Americans flew in to East Berlin's Schoenefeld Airport from Prague aboard a special Czech air line plane. They are booked for a two-day show in West Berlin.

The Americans were permitted to proceed to West Berlin after a Communist official visited East German police headquarters.

First Squadron of Jets Handed Over to Spain

Valencia, Spain—(U.P.)—Spain had its first squadron of U. S. F86 jet interceptors today. The planes were formally handed over at ceremonies Thursday at the Manises Military Airport.

The planes, 30 Sabrejets and 22 T33 jet trainers, will be manned by Spanish pilots trained by American forces in Germany. U. S. Ambassador John Davis Lodge and Spanish Minister of Air Eduardo Gallarza came here from Madrid for the ceremonies.

TV...TONIGHT
THOMAS MITCHELL
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