

**AMERICAN ADAPTATION**—Neopolitan fish stew, shown in today's photo, is an American adaptation of an Italian favorite. It is a spaghetti dish with a seafood sauce that derives its delightful flavor from oregano, an unusual and delicate herb.

## The Family Council

Editor's note: The Family Council consists of a judge, a psychiatrist, three clergymen, a newspaper editor, a women's editor and two writers. Each article is a summary of an actual report. The Family Council does not give advice; it merely reports on problems that have been dealt with by responsible agencies and counselors.

**PEARL B.**—I want my own apartment.

**MRS. L. B.**—She has everything she needs with us.

**PEARL B.**—I am a young woman of 28. I was recently divorced after a three-year marriage. I returned home to live with my parents, who have nobody else now that my sister and brother have married. My parents have been very good to me, very sympathetic and want to do everything possible for me. Unfortunately, I find I am very unhappy living with them. I'm not a little girl any more and I don't like to account for my comings and goings. I feel, too, as though I'd like to be myself at times. My parents take it that I am brooding and feel sorry for me. They constantly come to my room to ask me to watch TV, have something to eat or go out to a movie. I can't stand their sympathy.

I would like very much to have my own apartment. My parents are outraged by the idea. They seem to think I want to have illicit affairs or that I just don't like them. Neither is true. It is just that I feel "leftover," like a hanger-on in their home. I must live my own life.

**MRS. L. B.**—I cannot bear the thought of our daughter having to live alone with bitter memories of a broken marriage. Now, more than ever before, she should have the warmth and assurance of her family and home. Yet she wants to cut herself off from the people who love her most.

Why? Isn't she just cutting off her nose to spite her face? Why should she punish herself so? Would she not become susceptible to men who prey on unhappy women? Men surely don't think too much of women who live alone.

It would break our hearts to see her involved again in an unhappy situation. She should make her home with us and rebuild her life to regain the happiness that eluded her in her broken marriage. If she stays with us, she can save her money, entertain her friends and meet men under much more favorable circumstances.

**THE COUNCIL**—These parents are using unfair emotional pressure when they tell Pearl they'll be brokenhearted if she leaves home.

They seem to want to take care of Pearl as though she were a little girl again. This grates on any woman of Pearl's age, certainly one who has experienced independent married life. Their suggestion that she would be a prey to men without their protection humiliates her.

These parents should try to take a calmer attitude reflecting their complete acceptance of the fact that Pearl is old enough to make her own choice. If Pearl decides on her own apartment, they should accept it quietly with a recognition that it is her right and does not imply a rejection of them.

Pearl, on the other hand, should recognize that she does have the advantages her parents enumerate by living at home. It is not the advantages in themselves that are distasteful to her, but her parents' emotional, "hovering" attitude, their sympathy, their desire to over-protect her.

If Pearl decides to remain with her parents, they should accept her as another adult, who has no need of their sympathy and little need for their companionship. It might be better if she pays her share of the home expenses, for this shows that she is staying with them of her own free will and not out of dependence.

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## Crash Survivors To Get Cosmetics

San Francisco — (UPI) — The U. S. Coast Guard put "operation lipstick" into effect today on receiving word that nine women of the 31 survivors of the ditched Pan American Stratotriplane lost their cosmetics in the handbags left behind in abandoning the plane.

Capt. Walter Capron, chief of staff of the 12th Coast Guard District, said he understood the nine women were not happy about being photographed without looking their best when their rescue ship, the Coast Guard cutter Pontchartrain arrives Friday.

Capt. Capron said the Coast Guard will intercept the inbound Pontchartrain Friday with a second cutter carrying two Pan American representatives with a supply of lipsticks, compacts and other complexion necessities so the women will "feel right" when they meet the press.

the family. Beat two eggs slightly with fork. Stir in one cup buttermilk and one-fourth teaspoon salt. Dip slices of bread in the mixture. Fry in butter until brown on one side; turn and brown on other side. Serve plain or sprinkled with powdered sugar and cinnamon or with favored syrup. Enough for six delectable pieces of toast.

**Frosting and Filling For Party Angel Food**

When you want an extra-pretty, elaborate appearing dessert for a special occasion or just because you crave it, here is one you can do very easily. Use either angel food or chiffon cake, home-made or bakery-made and a big batch of this frosting. Part of the fluffy cooked frosting is mixed with fruits and crunchy toasted coconut for an easy filling. Remainder is swirled on top and sides of cake and sprinkled with more coconut.

Cut cake in four equal layers. Spread 1 1/2 cups coconut in shallow pan and place in moderate oven, 350 degrees. Stir frequently for even toasting, until coconut is a golden brown. Then make the frosting:

**All-in-One Frosting and Filling.** Combine 2 1/4 cups sugar, three egg whites, unbeaten, one-half cup cold water, one tablespoon light corn syrup and dash of salt in top of double boiler. Beat together with rotary beater or electric mixer on low speed until well mixed, or about one minute; then place over boiling water and continue beating four or five minutes until frosting will hold up in stiff peaks when beater is lifted. Remove from boiling water, add two teaspoons lemon flavoring or lemon juice. Continue beating for two or three minutes longer, until thick enough to spread.

**For Cake Filling.** Take out three cups of frosting and fold in one tablespoon grated lemon peel, one-half cup chopped dates or raisins, and one cup of toasted coconut (save the rest to decorate the top). Spread thickly between the layers, placing one layer on top of the other to form the original shape of the cake.

Spread the rest of the plain frosting in pretty swirls over top and sides of cake and sprinkle with remaining toasted coconut.

## There's only one SKIPPY

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## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Italians Have a Way with Food: Past Masters at Use of Herbs

Now while we're celebrating National Macaroni Week and participating in the Fish Parade, let's borrow from Italian ways of enjoying these two fine well-liked types of food.

Italians eat heartily and with gusto, enjoying the flavors and aromas of their succulent dishes, relishing their hearty pastas and heartier soups. When we think of Italian cooking we are apt to think exclusively of spaghetti, drenched in tomato sauce. We forget that they are masters of fish cookery. We forget that risotto, a delicious dish of rice and various bits of meat and cheese, is well-beloved by the Italians and that antipasto is the French hors d'oeuvre.

One of the reasons for the Italians' enjoyment of food is the seasoning used in its preparation. An Italian cook would be lost without flavorful oregano, delicate rosemary, aromatic marjoram and other herbs. She uses these herbs with discretion, experimenting and tasting as she goes along. She uses the herbs alone or in combinations of two or three in most of the dishes she prepares. Her salads are spiced with herbs. Fish is raised to gastronomic heights by the addition of these natural flavoring agents.

The geography of Italy, with its long coast line, much like that of our Pacific, insures a great and varied supply of fish. Italian fish stews are famous among gourmets the world over. American fishermen of Italian descent have popularized the fish stew in the localities in which they live. The rest of us should try this delectable dish, gently seasoned with oregano and basil. It's a main dish in itself, with the possible addition of a crisp green salad and a long crusty loaf of Italian bread.

To help us familiarize you and your family with the joys of Italian herb cookery, we've adapted the following authentic recipes to American use.

### Neopolitan Fish Stew

**Superb Spaghetti Sauce**

This much talked of and enjoyed fish stew may be made with either canned shrimp and crab meat or with fresh cooked. Wonderful either way... we're sure you'll agree.

1 1/2 cups chopped onion  
1/2 cup finely chopped green pepper

3 tablespoons olive oil  
8-ounce can Spanish-type tomato sauce

No. 2 can (2 1/2 cups) tomatoes  
2 teaspoons salt

1 3/4 teaspoons crumbled whole oregano leaves  
1/4 teaspoon sweet basil

1/4 teaspoon garlic powder  
2 tablespoons dried parsley flakes

1/2 pound fillet of Haddock or other white fish  
3/4 cup fresh cooked (5-ounce can) shrimp

3/4 cup fresh cooked (5-ounce can) crab meat

1 pound spaghetti, cooked

Saute onion and green pepper in oil until tender. Add tomato sauce, tomatoes and seasonings. Simmer 10 to 15 minutes. Cut fish into 4x5 inch pieces and add. Cook slowly until fish is flaky, 10 to 15 minutes. Add shrimp and crab meat. Cook five more minutes. Serve hot over cooked spaghetti. Six wonderful servings.

### Italian Broiled Fish

No additional sauce need be served with these divine filets of haddock or other filets of your choice... they are taste-perfect just like this.

2 pounds fillet of haddock  
1/3 cup fresh lemon juice  
1 teaspoon dried mint flakes

2 teaspoons crumbled whole oregano leaves  
1 1/4 teaspoons salt

1/4 teaspoon ground black pepper  
Wash and wipe fish dry. Place on a greased broiler rack. Combine lemon juice and seasonings and brush over top of fish. Place under a preheated broiler (oven control set to broil) four-inches from the source of heat. Cook four minutes. Turn fish with two pancake turners or spatulas. Brush with the seasoned mixture. Broil four minutes or until brown. Place on heated serving plate. Brush again with the sea-

### soned mixture. Six servings.

### Variation of a Well known Macaroni and Cheese Theme

Always popular with the entire family, this macaroni and cheese gets a new and different treatment that will prove even more satisfying than usual. Always economical, macaroni products will be even more attractively priced thanks to National Macaroni Week promotions.

1 8-ounce package elbow macaroni

1 medium onion, chopped  
1/4 cup green pepper, chopped  
1/4 cup (1/2 pint) butter or margarine

1 can tomato soup, undiluted  
1 1/4 cups grated American cheese  
6 slices Canadian bacon

Cook macaroni according to package directions until tender. Drain. Sauté onion and pepper in butter or margarine over low heat until tender and golden brown. Combine onion-pepper mixture with cooked macaroni, tomato soup and one cup of cheese. Place in greased casserole and top with remaining cheese and slices of Canadian bacon. Cover and bake 20 minutes in moderate (375 degree) oven. Uncover and bake 10 minutes longer. Six servings.

### Tangy Oil and Vinegar Dressing

A combination salad bowl can be a meal in itself and deserves as much attention as any cooked meal. But the crowning glory in any salad is the dressing. To make sure yours comes up to par try this tangy oil and vinegar dressing.

3/4 cup salad oil  
1/4 cup tarragon or salad vinegar  
1 teaspoon sugar  
1/4 teaspoon dry mustard  
1/4 teaspoon salt  
1/2 teaspoon each of garlic, celery and onion salts  
1 1/8 teaspoon black pepper  
1/2 teaspoon chili powder

Mix all the dry ingredients and stir to a smooth paste with a little of the vinegar. Combine the oil and vinegar and add all the dry ingredients along with one-fourth teaspoon finely minced chives, if you like. Place in a tightly closed jar and shake very well. Let stand at least two hours to blend the flavors well.

Mustard seeds make a most attractive and unusual garnish for vegetable salads.

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**Buttermilk French Toast**

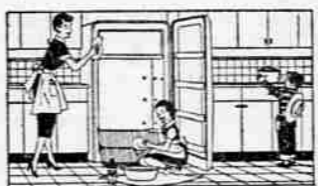
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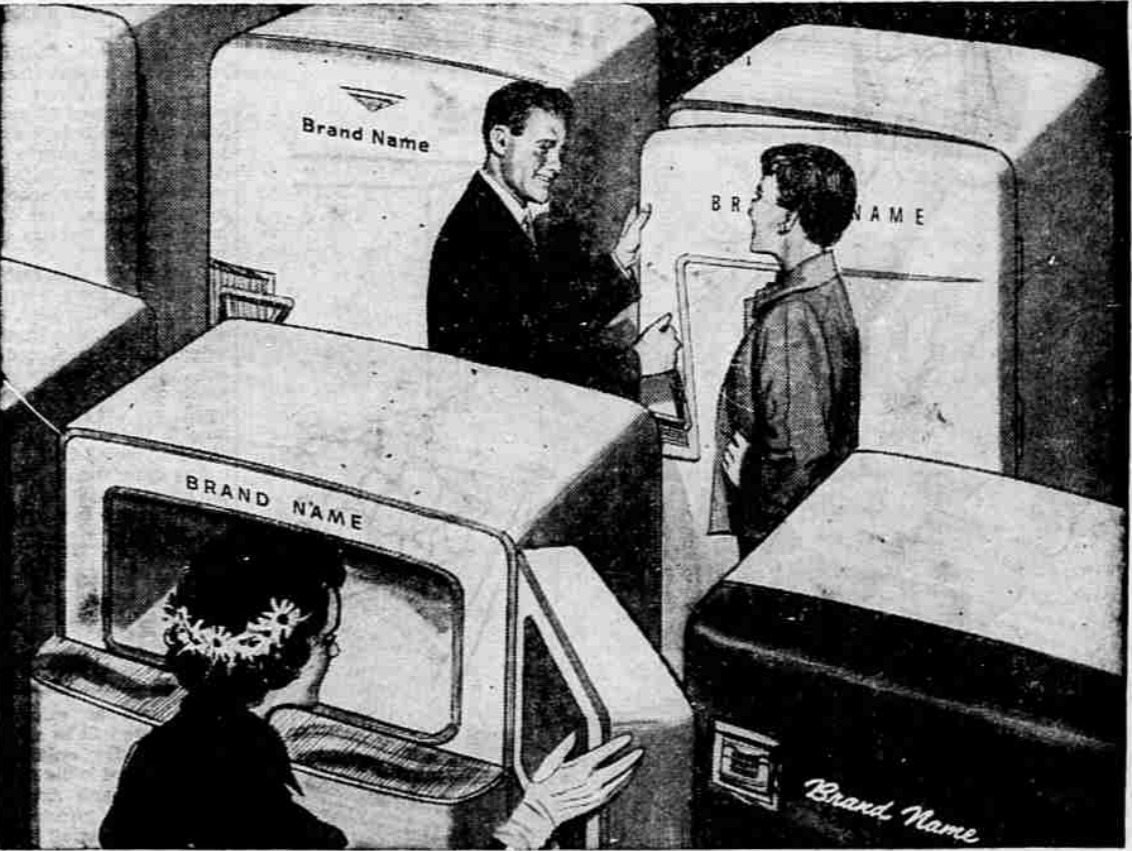
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## Can you find the "guarantee" in this picture?

You buy a refrigerator only two or three times in your lifetime. Yet you don't hesitate to buy one without getting so much as a look at the intricate "works" that makes it run. How do you dare make such an important purchase without having an expert check it over for you? What makes you so sure you're getting your money's worth when you say, "I'll take that one?"

The answer's obvious. You look for the brand name on the refrigerator—your "guarantee." You've learned to follow this first rule of safe and sound buying:

**A good brand is your best guarantee**  
No matter what kind of product you want to

buy, you know a good brand won't let you down. You know the maker stands back of it—guarantees it. And so, when you buy a good brand you know you're right.

Read this newspaper to find out which are the good brands (and the stores that sell them.) The more good brands you know, the surer you are about all your shopping.

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