

Feeding the Family

By ZOLA VINCENT
Food Editor

Dunking Sauce For Droppers-In

Perhaps you'd like to improve the over-worked eyes of electing friends with a platter of shrimp, cauliflowerettes, short celery sticks, bright radishes, turnip and beet sticks surrounding a bowl of this dunking mix? Plenty for all-comers. Good with crackers, potato or corn chips, too.

1 cup mayonnaise
1/2 cup catsup
1 teaspoon Worcestershire sauce
2 teaspoons horseradish
1/4 teaspoon tabasco
1/4 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon lemon juice

Blend all ingredients thoroughly. Chill and serve your party well by having plenty on hand.

Italian-French Dressing

This superb salad dressing is sure to start your flavor buds a jumping. Perfect for plain wedges of crisp iceberg lettuce or in a tossed salad using turnip or iceberg lettuce and slices, shreds or bits of a number of other fresh vegetables.

Max together one cup salad oil, one-quarter cup red wine vinegar, juice of one lemon, one-quarter cup each of chopped green onions, parsley and crumbled blue cheese, six finely cut anchovy fillets, one-quarter monosodium glutamate, one-half teaspoon coarse black pepper, one-half teaspoon salt and a dash of garlic powder. Makes about 1-2/3 cups dressing.

Monterey Fish Rolls

For each four servings of fish rolls, fill in a favored Monterey way. Cut two pounds of sole or other thin sliced fish, in four equal size pieces; brush with two tablespoons lemon

on juice and sprinkle with pepper. Heat four tablespoons butter in large frying pan until it starts to sizzle (do not let brown) and fry fish on one side two or three minutes (no longer). Remove from pan and spread each piece, on the cooked side, with cottage cheese using about one cup with cheese spread one-half inch thick. Roll up like a loose jelly roll and fasten with toothpicks. Return to pan and cook over medium heat until browned on all sides. Serve immediately on warm plates. Lemon the side, of course.

Jamaica Rice Pudding A Winning Candidate

Polls reveal an unprecedented popularity of rice in desserts. We predict a landslide for this Jamaica Rice Pudding. Full flavor-support is given by the thimble full of rum or rum flavoring, blending with the custard and with the whipped cream topping. The family will really climb on the bandwagon for this dessert.

1/4 cups milk
4 egg yolks
3/4 cup hot milk
Piece of vanilla bean or 1/2 teaspoon vanilla
1 envelope unflavored gelatin
2 tablespoons cold water
2 tablespoons rum or rum flavoring

Topping:
Cook one-half cup converted rice according to the double boiler method on the package, using milk instead of water. Let cool.

Combine egg yolk with sugar in top of double boiler. Stir in three-quarter cup hot milk; add piece of vanilla bean or vanilla extract and cook over boiling water until smooth and thick. Stir in gelatin which has been softened in cold water. Add rice, rum, blend thoroughly and chill until mixture sets.

Topping: Just before presenting to the voters, top with one cup whipped cream to which two tablespoons sugar and one tablespoon rum or rum flavoring have been added. For glamour touch you can sprinkle lightly with grated or shaved chocolate. Six servings.

Spicy Beef Tongue

For Taste Master General give this spiced tongue a fair tasting. You can leave it cooking while you finish up your precinct work. Serve hot or cold with horseradish sauce or lemon-raisin sauce. Wash one smoked or fresh beef tongue well. Cover with boiling water (if using fresh tongue, add 1 1/2 teaspoons salt to the cooking water); add one bay leaf, one clove garlic, three whole cloves and one-half cup vinegar. Bring to a boil and skim water if necessary. Cover until tongue can be handled, then remove skin and trim off root end. Slice and serve hot or cold.

Chances are that more people will drink more coffee and more tea during the next few days than at any other time throughout the past four years. So put in plentiful supplies of both along with some bottled bever-

ages for the children. Right now, instant coffee is far and away the better buy besides being a great convenience when we're likely to be stirring it up any time of the day and night. While instant coffee can be made in the cup if you're grabbing a fast one, it is far superior when made in quantity in a pot.

You'll want good supplies of coffee cakes, small cakes, cookies, maybe a fruit cake handy. Have plenty of coffee cream for coffee-drinkers, lemonade for tea-drinkers. Paper napkins in appropriate red, white and blue are readily available at stationers.

Best Buys in Fresh Vegetables:

The "C's" seem to have it this week with cabbage, cauliflower, carrots and celery heading the list of best buys. Tomatoes continue in good supply and quality. However, we are still waiting for that first frost which will signal the near-close of the tomato season. Fresh, sweet potatoes and yams are more and more in evidence. The fresh sweet potato season is very short—so if you like them fresh, eat them now. Squash, with emphasis on Hubbard, Banana and Acorn, is a good buy. Other vegetables in good supply are onions, white potatoes, Brussels sprouts, Bell peppers, spinach, lettuce and eggplant. Artichokes are in light supply.

Best Fruit Buys:

The season is here for fresh cranberries. How about some fresh, tart cranberry sauce to dress up your next pork, turkey or roast duckling dinner? Keep a good supply of health giving apples on hand. Pippins, Delicious and Jonathans are all in good supply. Grapes, oranges, grapefruit, lemons and bananas are available at reasonable prices. A variety of melons are still on hand, but their season is almost over.

Poultry and Meat Departments:

A fairly light demand for turkeys has kept turkey prices down. If you have a deep freeze now would be a good time to put away one or two of these traditional holiday birds. Watch your meat department ads for the best buys, remembering that the less expensive cuts have the same good appetite filling and health giving proteins as the more expensive cuts.

Colombians Walk Out From IAPA Assembly

Havana—(UPI)—A walkout of Colombian delegates Thursday marred the closing session of the 12th annual general assembly of the Inter-American Press Association (IAPA).

The Colombians walked out when the assembly rejected their proposal that IAPA not "pass judgment" on governments. The proposal was turned down on the grounds that it would limit IAPA's criticisms of restrictions on freedom of the press.

The regime of President Gustavo Rojas Pinilla was indicted in a report of the freedom of press committee, approved by the general assembly, as an opponent of the free press. Also indicted were the governments of Nicaragua, the Dominican Republic, Paraguay, Bolivia and Venezuela.

The Medical Roundup

by

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Dr. Alvarez

Many men worry about prostatitis which is a chronic inflammation of the gland which surrounds the neck or outlet of the bladder. This gland, about the size of a chestnut, supplies most of the semen. In the cases of many men, there is some slight inflammation of this gland. It shows itself by the presence of a few pus cells in the material that comes away when the gland is massaged through the rectum. The size of the prostate gland can be estimated by the examiner's finger; he can tell also if it is normal in texture or boggy or unusually hard and hence cancerous.

In the old days when gonorrhea was much harder to cure than it is today, many a man who had the disease was left with a chronic prostatitis. In most cases a little infection in the prostate gland doesn't produce any symptoms and should be disregarded. It should not cause importance. In many cases symptoms develop only when a worrisome man finds that he has some chronic inflammation in his prostate.

The treatment is usually massage, given by the physician. This sometimes gives a temporary feeling of relief. In many cases the physician will finally stop treatment because he sees that it is keeping up the patient's anxiety about himself.

Glaucoma

One of the commonest causes of blindness is glaucoma, a disease in which something happens to the mechanism by which fluids go into and out of the eyeball. Because then it is easier for the fluids to get in than out, the pressure within the eyeball gets too high, and this interferes with sight, and can cause blindness. Commonly the patient notices some pain in an eyeball and some dimming of vision. Occasionally, he may see colored rings around objects. When these things happen, a man should go

quickly to a good ophthalmologist. The ophthalmologist will measure the pressure in the eyeballs, and if he finds it much increased, he will know what must be done.

In many cases relief is obtained by the daily putting in of a few drops of a solution of pilocarpine. In other cases the doctor operates and makes a tiny window through which the fluids can get out of the eye. One thing is certain; no one should disregard pain in the eyeball accompanied by falling vision.

A Drug for Epilepsy

Since I told in this column about patients seen who had a lifetime of nervousness, violent temper, bad nightmares and feelings of hostility against people, and since I told how some of these people have been greatly relieved of their distresses with help of Dilantin, many persons have asked me if they could take it. My answer is that I doubt if it would do them any good unless they had epilepsy in the family, and unless their nervous troubles were due to the fact that they were carrying a tendency to epilepsy, without ever a fit. Many persons have that trouble. When a person lives in a big city he can get an electroencephalogram made. In this test wires are stuck to his scalp, and a record is made of the tiny electric currents which are constantly being formed in the brain. In most normal persons these records are made up of little waves which are pretty regular. The person who carries a tendency to epilepsy commonly has an irregular record, sometimes with typical little "spikes" or little "storms."

Few Bad Convulsions

Recently, while looking over my records of the epileptics I have seen in the last few years I was surprised to note how few of these persons had even had convulsions. Some had had a few in childhood, or one or two after the age of 20; most of them suffered only from a violent temper, or hostilities or nightmares or jittery spells, or occasional spells of depression. It is unfortunate that only in

recent years have we physicians begun to recognize those many epileptics who have not fits. It is sad that for so long we failed to see what was wrong with these persons, and hence failed to help them.

Today, any person who is a "bunch of nerves," and who has queer and disturbing mental processes should be sure to tell his physician if he has in his family one or more epileptic or hot-tempered and stubborn relatives. He may be what is called a carrier of epilepsy. In a man's youth he would do well to recognize this fact because if he should happen to marry a young woman who is also a carrier of epilepsy or some other disease of the brain, a number of any children they might have, could easily

POLICE CAT

Bangor, Me.—(UPI)—One of the toughest members of the police department is Snapper, the police cat. Her beat is Court st. where, it is reported, she chases stray dogs into the station.

Desert pocket mice can live without drinking water. Their long acclimation to the desert enables them to produce sufficient water through chemical changes of starch in their digestive tracts.

suffer from epilepsy. Dr. Alvarez hopes his readers will understand that it would be impossible for him to answer requests for information or to attempt to diagnose by mail. (Released by The Register and Tribune-Syndicate, 1956)

ANY MAIL?

Bowenbank, Me.—(UPI)—It is against the law in Maine to shoot a moose, and there is at least one moose on the loose that knows it. The big bull moose strolls to the postoffice here, almost daily.

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A VOTE FOR MORSE IS A VOTE AGAINST EISENHOWER

Morse has been wrong—terribly wrong—on the vital issues that meant war or peace for our country. He was wrong on Korea, wrong on Formosa, wrong on Suez, and is now wrong on the H-bomb. Support Eisenhower's program for peace.

Pd. Adv. Republican Central Committee of Oregon, Wendell Wright Chairman, 406 Central Bldg., Portland 3, Oregon



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