

The Family Council

Editors 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.

Mr. L. R. — My wife should encourage her father to marry. Mrs. L. R. — He's going into second childhood.

Mr. L. R. — My father-in-law is a widower of 71. When his wife died two years ago, he came to live with us.

At first he was quite depressed, but lately he has been going to meetings and various events with a group of elderly people. He met some women and started going out with them. He told my wife he would like to get married again and she just laughed at him and told him not to make a fool of himself.

Now, my father-in-law is in excellent health. He says he does not want to spend his remaining years alone and I can't say I blame him. I feel my wife is very foolish. She ought to encourage him.

Mrs. L. R. — I didn't say anything, but my father hurt me very much by saying he didn't want to spend his remaining years alone. He knows he'll always have a home with us.

I wouldn't object to his marrying again if he found a nice woman and said simply, "I'm getting married." Instead he talks endlessly about his "dates" and his "girl" friends. He spends hours primping for one of these dates and keeps asking me, the children and our friends "which girl" we like best.

I find the whole thing very embarrassing and ridiculous. I know my father is in good health physically, but mentally he seems to be going into second childhood, and I've told him so.

The council: It does not sound as though this elderly man is seriously thinking of marriage at the moment. From his con-

duct, it would appear he is instead trying to boost his morale and obtain reassurance from his daughter that she wants to keep him with her.

He was probably testing his daughter's reaction at first and she made a mistake by laughing at the idea of a second marriage and then not expressing her real feeling that he need never worry about being alone. Now he seems to be trying very hard to call everyone's attention to the fact that he is perfectly capable of taking what probably seems to him a drastic, almost shocking step.

Mrs. L. R. is aggravating the situation with her talk about his second childhood. This undermines the morale he is trying so hard to build up. She ought to listen to him seriously, without mockery, when he discusses the problem with her. It would probably not be the best thing to encourage him, as M. L. B. suggests, at this stage. It would be better to state her exact feelings—that she would be glad if he found a nice woman with whom he could be happy, but until then she would like to see him happy in his present home.

This man is just getting over the shock of his wife's death. He is trying hard to regain his balance and can come out of his "second childhood," if treated tactfully. At that time he will be more capable of deciding for or against marriage.

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Drops of rain have been measured as large as one-fourth of an inch in diameter. Their rate of fall is from 15 to 25 feet per second.

Imperial valley, now a fabulous garden center, was reclaimed from land once believed to be useless.

Feeding the Family

By ZOLA VINCENT
Food Editor

Cranberry Sauce

Here is something new in cookery. A catsup which is just right for service with pork, turkey, duck, chicken, veal or ham. And you'll probably be serving one or all of them sometime in the next four weeks.

- 3/4 pound fresh cranberries
- 1/3 cup cider vinegar
- 1/2 cup water
- 1/2 cup light brown sugar
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground ginger
- 1/4 teaspoon paprika
- 1/2 teaspoon ground cinnamon
- 1/16 teaspoon salt
- 1 tablespoon butter or margarine

Wash cranberries and cook with vinegar and water in a covered saucepan five minutes or until soft and tender. Strain through a sieve. Add brown sugar, spices and salt. Simmer until mixture begins to thicken, about three minutes. Stir in butter or margarine. Pour into jars with tight lids and store at room temperature. Or, if desired, pour into sterilized canning jars and seal for use when cranberries are scarce.

Check Up On Cheese Supply

Cheese makes an excellent desert course when accompanied by thin slices of fruit cake, cookies, crackers or ginger snaps and

some pears, red or yellow apples or other fresh fruit. It is particularly perfect during the holidays when many of us have a tendency to eat heavier, richer meals than usual and could well do with a light dessert. So check on cheese supplies now. Possible kinds you'll be wanting include good old American, Swiss, Roquefort, Brie, Gorgonzola, Limberger for the male contingent, Camembert, Edam, Neufchatel, Liederkranz and Bleu. Cheeses will satisfy the most epicurean tastes; are easy to serve, attractive to arrange.

Ham Supper Beans. Baked ham served with California large dry limas fixed this way makes excellent buffet supper party fare. Combine three cups cooked large dry limas with one cup milk and two well-beaten eggs. Stir in one-half cup each minced fresh spinach, minced parsley, and grated sharp American cheese. Season to taste with salt and pepper, Worcestershire sauce and salt. Bake in moderately slow oven, 275 degrees about 45 minutes.

West Coast Favorite Stuffed Rock Cod

Red Rock cod or rock fish is caught from San Diego to Puget Sound. It is a firm textured, lean, mild fish that is in season throughout the year. It is often split for broiling or frying and is highly thought of when stuffed and baked whole like this:

Wash fish being sure it is thoroughly clean, then grease well with oil or melted butter. Sprinkle with salt inside and out and let stand for about an hour before baking. Many think it superior when soaked in lemon juice or rubbed with lemon. Fill with any desired stuffing (going a little heavy on the onions) and sew up with string. An oiled cheesecloth placed under the fish makes it easier to remove fish to platter. Brush fish with oil and place in hot oven, 450 degrees, for first ten minutes, then reduce heat to 350 degrees for continued cooking allowing ten minutes for each of the first four pounds and five minutes for each additional pound. Remove to hot platter, draw out string and serve at once garnished with parsley and plenty of lemon wedges.

Papaya Appetizer. Here is a lip-smacking appetizer. Diced papaya quickly mixed with pineapple juice which has been frozen to mushy consistency. The exotic tropical papaya is at its best now and is accented to perfection with the partially frozen pineapple juice. A sprig of mint will add to its party look.

Orange Sugared Walnuts. Cook together three-fourths cup sugar, two tablespoons water and two tablespoons orange juice until it forms a soft ball in cold water; takes about three minutes. Remove from heat, add one-half teaspoon grated orange rind and one cup shelled walnut halves. Stir until syrup begins to look cloudy. Before it hardens, turn out quickly onto waxed paper or greased baking sheet. Separate walnuts with two forks. These may be made in quantity and put in plastic bags for storage in the freezer.

Tangy Spinach. Spinach and grapefruit are a perfect duo. Combine sauteed fresh grapefruit sections with cooked seasoned spinach. It's low in calories and wonderfully good. Roasted almonds give exceptionally fine flavor and interesting texture when added to either a dry or moist stuffing for poultry.

Frozen Foods Make Meal Planning Easy for Holiday. With the tempo of the holiday season increasing steadily

homemakers will be taking even greater advantage of the vast numbers of frozen foods now available. Truly everything is there to make meal planning easy... from canapes ready to be put in a hot oven and served... to soups... right on through the menu to desserts, baked or ready to bake or just to be thawed and eaten. The frozen foods industry should be congratulated for making such things possible. Their standards of quality have always been high, and considering the low spoilage, no waste, easy-to-store features of these quickly prepared food products the prices are remarkably low. Watch your frozen foods department for best buys, remembering to keep enough on hand for those unexpected guests who are likely to drop in during the holiday season.

Meat Department. The ad-watching budgeteer will continue to find the best buys in poultry. Fryer and broiler supplies will be some 15 per cent above a year ago. Large turkeys also continue as a best buy. Hams, canned, smoked and fresh come in for "special" notice as do other pork products. Beef stays about the same with ground beef and long, slow cooking cuts at bargain prices. Specialty meats such as kidneys,

Friday, December 7, 1956

MEDFORD (OREGON) MAIL TRIBUNE—THREE

liver, brains, heart and sweetbreads should not be overlooked. They are full of good nutrition and flavor and are often exceptionally good buys.

Grocery Department. Non-fat dry milk is always an economy buy. It is low in calories, but high in body-building proteins, minerals, and vitamins needed for good health. Dried beans, peas, lentils, barley, rice and macaroni products go a long way in allowing that budget to stretch. Other economical buys are dried fruits, nuts, honey, cottage cheese, evaporated milk, peanut butter, tuna, and canned soups.

Best fruit buys include red and golden Delicious apples, Tokay and Emperor grapes, cran-

berries, oranges and fresh dates. Persimmons are in good supply. Pears are of excellent quality. Grapefruit quality is improving. Tangerines are becoming more available.

Best vegetable buys are root

vegetables including net potatoes, yams, turnips and carrots. Other good buys are onions, winter squash, celery and white potatoes. Tomatoes are in ample supply, but this is the "Swan Song" for the big 1.56 cent

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Lie Test Planned For Murder Suspect

San Diego—(UP)—A 30-year-old vagrant may undergo a lie detector test within the next few days as part of a renewed investigation into the unsolved murders of three young boys near Chicago, police said today.

Police Chief A. E. Jansen said Richard Fred Ebert, formerly of Aurora, Ill., would be given a lie detector test as soon as authorities here receive additional information from Chicago police.

Ebert became a suspect in the triple slaying because of statements he made during routine questioning after he was arrested on a vagrancy charge Wednesday. He was quoted by police as saying "The three boys in the woods... It was terrible the way they were killed."

The mutilated bodies of Robert Peterson, 14, John Schuessler, 13, and his brother, Anton Jr., 11, were found in the Robinson Reserve woods near Chicago Oct. 18, 1955.

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