



Feeding the Family

By ZOLA VINCENT
Food Editor

Creole Pot Roast

Not all the steers are steak. Only one-third of the beef animal produces steak cuts. The remainder goes into cuts for pot roasts, stews, braised meat dishes, sundries and ground meats. These majority cuts cost far less, have the same good nutrition, make good eating. Here we get 8 servings of fine-flavored beef from an average size pot roast.

3 pounds beef pot roast
2 tablespoons fat
1 1/2 cups tomato puree
1/4 cup olive liquid from stuffed olives
2 cups sliced onions
1/4 cup sliced stuffed olives

Melt fat in skillet. Brown meat well on both sides. Slip a low rack under the meat. Add the tomato puree and olive liquid. Top the meat with onions and olives. Cover tightly and cook over low heat for 3 hours or until meat is tender. Serve with hot fluffy rice in true Creole style.

If gravy is made with pot roast, use only 1 tablespoon flour mixed with 1/4 cup cold water for each cup of pot roast liquid. A teaspoon of curry powder mixed with 1/4 cup water, add few shakes of pepper sauce and a dash of Worcestershire sauce will give added flavor interest.

Crab Louis Adventure

In Good Eating
Crab is the seafood of the month in this part of the country. The famed Dungeness weighs 1 1/2 to 3 1/2 pounds; usually is purchased already cooked; is iced or quick-frozen. Fish man will clean and crack if requested. Crabmeat can be purchased both canned and frozen, also.

Crabmeat is delicious in cocktails, salads, curry, Newburg, fritters, casseroles. Crab Louis, famed restaurant specialty can easily be achieved at home. For each six servings, a pound of crabmeat from good size crab. Shred 1 head lettuce and place in large shallow salad bowl.

Sprinkle with salt. Arrange crabmeat over lettuce. To make place alternate slices of tomatoes using 4 tomatoes, slices of 3 hard-cooked eggs and 12 or 18 asparagus spears. Spread Louis dressing over crab meat.

Louis Dressing. Combine these ingredients and chill; one cup mayonnaise or salad dressing, 3 tablespoons chopped sweet pickle and 1 tablespoon lemon juice.

Chilled Soup
Take the summer out of summer by serving chilled soups. Formerly private property of

gourmets, frosty soups now are easily made by any one. It's done with canned condensed soup and evaporated milk. Combine them, give flavor fillip and a fancy topping.

Rich Black Bean. This we spike with lime juice and sherry. For each 2 generous servings (3 less generous), combine 1 cup evaporated milk and 1 can condensed black bean soup. Add 2 tablespoons sherry and 2 teaspoons lime juice. Chill well. Garnish with thin slices of lime or lemon.

Chilled Tomato. Three or 4 servings from this combination. Blend 1 tall can evaporated milk into 1 can condensed tomato or cream of tomato soup with fork or rotary beater. Add 1 tablespoon lime or lemon juice. Chill well. Garnish with thin lime or lemon slices.

Chilled Mushroom. Blend a subtly different flavor. Blend 1 tall can evaporated milk into 1 can condensed cream of mushroom soup with fork or rotary beater. Add 2 tablespoons sherry. Chill well. Garnish with chopped chives or finely cut green onion tops.

Modern Marble Cake

Here's the modern easy way to achieve famed marble cake. Grease well and line bottom of 10x4 inch tube cake pan (angel-food pan). Preheat oven to moderate 350 degrees. Make up a package of white or yellow cake mix according to package directions, adding 3/4 teaspoon pure vanilla extract to the batter. Set aside.

Make up a package of chocolate cake mix in a separate bowl according to package directions, adding 1/4 teaspoon pure vanilla extract to the liquid. Place alternate heaping tablespoons of light and dark batters in the greased, paper-lined cake pan. Resist temptation to swirl. Bake

one hour or until done. Cool in pan 10 minutes. Invert on wire cooling rack until almost cold. Remove from pan. Finish cooling and ice with any favored frosting.

Baked Peaches

Try plentiful peaches as a meat or poultry relish or for serving with whipped cream as a dessert. So simple. So good. Cut peaches in half. Peel if preferred but they will hold shape better if not peeled. Barely cover bottom of pan with water. Fill peach centers with light brown sugar, dot with butter, sprinkle generously with lemon juice. Bake in moderate, 350 degree, oven for one hour.

Stuffed Baked Apples

Those Gravenstein apples are fine for baking; good hot or cold. Wash and core apples. Peel a thin slice midway to allow for swelling during baking. Place in baking dish, fill apple centers with white or light brown sugar, sprinkle with cinnamon. Cover bottom of pan with cold water. Cover pan, bake in hot, 375 degree, oven 40 to 60 minutes or until tender. Uncover to brown. Stuff apple centers with rais-

ins, cut-up dates, chopped nuts, mincemeat, cranberry sauce, coconut. Sprinkle with sugar and bake. Another good idea is to place 1 tablespoon honey and 2 teaspoons of orange juice or any fruit juice in apple center; sprinkle with sugar and ground cloves; bake.

VARIETY SHOW

Chicago — Four "babies of the week" at the Brookfield zoo had different interests. One plays with dolls, a second sings, a third plays with a tricycle tire and a fourth bathes in her food bowl. The four are one-year-old chimpanzees.

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Greenwich Village Jewelry-Smith One of Best Advertisers in World

By DOC QUIGG

United Press Correspondent
New York — Sam Kramer, a tall, slim man with a bushy black beard, pierced ears, haunted eyes, and an addiction to awning-striped shirts, is a Greenwich Village jewelry-smith who is wedded to the weird.

He is also one of the best advertising writers in the world. The thing he advertises is Sam Kramer—and Sam's jewelry, which is made, as his ads say, "with our own bare hands and a few creature-like tools." Sam's words about himself and his work have reached so far that customers drop into his shop from all parts of the country.

His handbills and leaflets have excited my admiration for 18 years now, and I still have the first one he put out, beginning: "Fantastic jewelry — for people who are slightly mad." It describes some of his more morbid, writhing pieces thus: "Tortured and massive, they almost cry out with hysteria."

The text of this original pamphlet also contains the immortal headlines: "Buying is actually discouraged."

Gems and Worms
His leaflets are apt to have such bold headlines as "Wow! Eek! Gasp!" or "Warning!" or "Stop Brooding!" or "Why fight it any longer? Come at once. Or wire, or send an emissary or beam a strong thought wave."

The text is likely to say: "Gems and worms and amoebas and kidneys, startled eyes with teardrops dropping . . . but just what your subconscious has always wanted . . . Hurry, friend, it will make you glad! Sam Kramer himself, with eyes flashing, jaws clenching, chest heaving, beard bristling, brow furrowed, and arms akimbo . . . personally dares you. What? You won't come! Oh

Decomposed Body Of Gambler Found In Trunk of Car

Pittsburgh — An autopsy failed today to determine the cause of death of a West Virginia gambler whose decomposed body was found crammed in an automobile trunk.

Police had believed that Nick Miller of Wheeling, who had a long criminal record, was the victim of a gangland slaying. But a coroner's pathologist said after the autopsy that the cause of death was unknown. Pathologist Theodore R. Helmbold said the body bore no carbon monoxide traces, fractures or wounds.

Miller's body was found Thursday in the trunk of his flashy hardtop convertible, which had been parked on a quiet street in suburban Wilkinsburg for six days.

Called Police
A mail carrier called police when he detected a strong odor emanating from the trunk. The body had been jammed in the trunk headfirst.

Identification was made by Milan Vosvock, a brother of the victim.

Wheeling police said Miller had a record of 37 arrests, 32 of them on gambling charges. They said he had last been seen in Wheeling last Saturday. Miller's wife and three young children were located Thursday at a vacation lodge in Oglebay park in Wheeling.

Authorities here said Miller was a friend of William (Big Bill) Lias, former Pittsburgh-Wheeling rackets czar and one-time owner of Wheeling Downs race track.

Miller once served a term in the Ohio state penitentiary, authorities said.

SWEEPING INDICTMENT
Muskegon, Mich. — Lawrence Dell, 21, made like a street cleaner after he pleaded guilty to smashing a bottle on the street, a violation of the city's anti-litter ordinance. The judge sentenced Dell to rake a quarter of the city park.

and other gewgaws are sedately appealing and, as he says, "neither uncouth or outrageous." But some others look as if they are about to leap at you.

His proudest testimonial, which has been reprinted extensively, came one day from a grey-haired little lady of about 65 who Sam encountered examining the showcase in front of his shop. "I've traveled extensively, at home and abroad, and I've never seen anything so repulsive," she told him.

Windfall Of Eyes
S. L. Perelman described Sam's work as "an egg balanced on a cone, an egg balanced on a bone, a hag balanced on a roan." Women's Wear Daily called it "protoplasm and germs arranged artistically."

A windfall for Sam occurred some years ago when, for \$150, he bought 16,000 eyes from stuffed animals. These stare from much of his jewelry. He also gets used artificial human eyes from pawn shops and works them in along with pieces of teeth, bones, tucks, and meteorites from outer space.

Some potential customers never get into Sam's shop. They stop at the door. Instead of a doorknob, there's a female hand, carved in copper, extending toward you—skinny, witch-like, vampirish. "Some people just won't take hold of it," he says.

STAR GAZER
By CLAY R. POLLAN
Your Daily Activity Guide According to the Stars.
To develop message for Saturday, read words corresponding to numbers of your Zodiac birth sign.

ARIES	Taurus	Gemini	Cancer	Leo	Virgo	Libra	Scorpio	Sagittarius	Capricorn	Aquarius	Pisces
19-26-30-42 65-78-89	1-10-21-32 63-72-86-99	10-12-31-49 57-66-79-85	13-24-37-41-46 50-59-75	20-29-40-45 51-60-74	3-5-9-14 22-28-39	11-13-16-55 62-73-76	1-23-47-61 69-70-80-84	4-7-8-43 53-54-71	20-29-40-45 64-67-74	21-25-35-51 56-58-68	15-33-48-52 60-77-81-86

1 Let 31 In 61 Lie 82 Strongly
2 Sound 32 Demands 63 With 83 Encouraged
3 You 33 Can 64 Large 84 Trouble
4 Postpone 34 Don't 65 Your 85 Changes
5 Can 35 Call 66 Making 86 Hard-boiled
6 Be 36 And 67 Opportunity 87 And
7 Social 37 Shirk 68 Plans 88 Secure
8 Or 38 Private 69 Don't 89 Integrity
9 Achieve 39 Decisions 70 Str 90 Attitude
10 Sensible 40 To 71 Tonight
11 Caution 41 Duties 72 A
12 Caution 42 Show 73 Interests
13 Ahead 43 Love 74 Others
14 Without 44 Love 75 Others
15 You 45 A 76 Advised
16 In 46 Be 77 Life
17 Matters 47 Dogs 78 Cleverness
18 Firm 48 Make 79 Drastic
19 Today 49 Stressed 80 Up
20 New 50 Considerate 81 More
21 Travel 51 Dates 82 Strongly
22 Making 52 Position 83 Encouraged
23 Sleeping 53 Interests 84 Trouble
24 Government 54 Late 85 Changes
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27 Meet 57 In 88 Secure
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