

Is That So?

By EUGENE BURNS
Ranger-Matuzist

Getting up on time in the morning is an age-old problem. After all, our rattle-bang alarm clocks are a fairly recent invention.

Sharing honors was the light-of-day—the blaze of light boring into the sleeper's eyes—together with the demands of man's own innards, hunger and elimination. Mechanical methods employing such natural substances as fire, water, sand, air and sun came next. Not to overlook the night watchman who called out the time.

The first alarm to waken sleepers is attributed to India. Just before dropping off to sleep, the about-to-be-sleeper tied a measured piece of hemp to his big toe and touched a spark to it, knowing as he did so that he'd wake up in a hurry and flurry as soon as the hemp smoldered down near his skin, giving him the first hot-toe.

The first mechanical alarm may have been a cannon sundial, a Chinese invention. A burning-glass, adjustable to any angle (and hour) of the day, could be set in advance to catch the rays of the sun when it reached a specific position. When the sun reached this angle, the burning glass' heat would explode a load of gunpowder to the time of day.

Another early alarm-piece consisted of small metal balls strung up on strings which were suspended over an urn which was in turn suspended above a bronze pan. A burning piece of punk was placed across the shallow urn and as it ate through each string, the attached ball dropped and whanged against the copper pan. Anyone late had the fine excuse: "Punk punk."

A sand clock allowed sand to trickle through an aperture onto a seesaw which was set according to the hour desired and when enough sand had trickled out, it tripped an alarm.

Today the alarm clock is the most popular wake-up mechanism—and it accounts for two-thirds of the timekeepers sold, and most of them are made in the U.S. The spring-activated alarms are the most popular—but a cordless, electronic alarm clock, I am told, is in the works, drawing its energy from the air. At a saving of 2 to 4 cents a month on the electric bill!

(Released by McClure Newspaper Syndicate)

Free: By special arrangement with the editors of the Encyclopedia Americana, my panel of judges will award each week to the reader who sends me the best true-life nature adventure, the best nature observation, or the best question on nature and wildlife, a complete 30-volume set of this world-famous reference work in a handsome Sealcraft binding. Each week new submissions will be considered. Sorry, I simply can't answer your many friendly letters. Please address your letter to: Is That So? c/o Medford Mail Tribune, Box 575, Sausalito, Calif.

SAHARA METALS FOUND

Algiers, Algeria—Important traces of precious metals, including platinum, and diamonds, have been found by French geologists exploring the mountains south of the Sahara more than 1,000 miles from Algiers, it was reported today. French press reports said further tests will be necessary before geologists can tell whether the new finds are commercially exploitable. If so, they would add immeasurably to the wealth of the Sahara which has been uncovered in recent years, including immense oil deposits already being worked.

Feeding the Family

By ZOLA VINCENT
Food Editor

Lamb and Rice Fine Skillet Dinner Fare

Economically priced lamb shoulder makes fine substantial eating when combined with plentiful rice and vegetables usually on hand. Six generous servings.

Have meat man cut 1 1/2 pounds lamb shoulder into small cubes, removing bone and excess fat. Brown meat in one split clove of garlic in one tablespoon shortening in large skillet. Remove garlic. Add two tablespoons minced onion, one-half cup diced celery and cook about five minutes longer, stirring frequently to prevent over-browning.

Cut two medium tomatoes into small pieces; add to meat; cover and simmer gently for about 30 minutes or until meat is tender. Add three-fourth cup uncooked rice, a package frozen peas, two tablespoons minced parsley, 1 1/2 teaspoons salt, one-fourth teaspoon pepper, one-fourth teaspoon basil (oregano, marjoram or thyme, whichever is at hand), 1 1/4 cups water. Bring mixture to a boil; cover and simmer about 20 minutes or until rice and peas are tender.

Vegetable Twosomes

Where one vegetable is good, two together can be even better. Contrast of color, flavor and texture often emphasize the best qualities of each.

Take bright green sweet frozen peas baked with pure white fresh turnip strips. The peas seem greener and sweeter and the turnips whiter and tastier. Can't improve on butter, salt and pepper for seasoning.

Pair frozen cut corn and fresh green peppers. Drop three trimmed and halved green peppers into boiling salted water and cook five minutes; drain. Cook one package frozen cut corn according to package directions. Drain corn and mix with one-half cup grated sharp cheese and two tablespoons butter. Spoon corn into pepper cups and arrange in greased casserole or custard cups. Bake in moderate oven, 175 degrees 20 minutes or until heated through.

Company Salad. This delicious, attractive salad is ideal company lunch fare. Combine cooked macaroni rings, chopped canned shrimp, thinly sliced celery, meaty ripe olive wedges and snips of green onion tops. Toss together lightly with mayonnaise accented with mustard, worcestershire sauce and frozen lemonade concentrate. Serve in avocado halves on crisp greens with whole olives and shrimp for garnish.



ADMITTING she is addict, Barbara Ann Burns, 19, daughter of late comedian Bob Burns, is jailed in Los Angeles. (International)

Baked Sweet Potatoes

Sweet potatoes are one of the world's most nutritionally complete foods. Rich in both vitamins and energy, they're also a good source of minerals. Plenty of good quality sweets and the more moist yam type of sweet potatoes in our January markets. Figure on one medium potato for each average serving; two if there are growing boys in the family.

Wash sweet potatoes and wipe dry. Rub the skins lightly with bacon fat or shortening if a soft skin is desired. Do not grease if a crisp skin is desired. Prick the skins to permit the escape of steam. Bake in hot oven, 400 degrees, one hour or until done, depending on the size of the potato. Serve hot with butter or margarine.

Fish-Potato Bake Is Fine Main Dish Meal

While we're trying valiantly to even-up the budget after that December binge, give thought to this satisfying economical and easy-to-prepare meal. Use plentiful sole, halibut or haddock. If you're not budget-balancing, add two cups crab meat and have a real conversation piece. Fluffy crusty mashed potato borders the seafood. And we figure you know how to mash potatoes. Six servings.

Melt two tablespoons shortening, blend in two tablespoons flour; add one cup scalded milk gradually, stirring constantly. Heat to a simmer and add salt, pepper. At this point you may leave the sauce plain or dress it up with two cups crabmeat and perhaps some finely chopped pimiento or pimiento-stuffed green olives. Simmer sauce three minutes.

Line a greased casserole or baking dish with three cups or mashed potatoes. Place four fish fillets, using fresh or frozen sole, halibut or haddock, on potatoes. Sprinkle with minced onion, minced green pepper, juice or one-half lemon, salt and pepper. Cover with sauce; sprinkle with chopped parsley and bake at 400 degrees for 40 minutes or until fish flakes easily.

Mayonnaise Broccoli

Wash one bunch of plentiful, western - grown broccoli thoroughly and trim stem end. Melt two tablespoons butter in a saucepan; add one small clove garlic, crushed. Brown garlic gently, then add broccoli, a dash of salt and a little boiling water. Cover and cook until tender; about 10 minutes should do it. Serve with mayonnaise sauce made by combining one cup mayonnaise, two tablespoons lemon juice and two drops Tabasco sauce. If more than four persons to be served, you'd better double this.

Citrus Fruits, Dried Prunes, Headline Plentiful.

California dried prunes, California dates and almonds; filberts from the Pacific northwest. Crop of early and midseason oranges is well above average, grapefruit about same as last year with surprisingly low prices. Tangerines and lemons still in

good supply. Newtown and Delicious apples are plentiful along with Emperor grapes and avocados. Winter Nelis and Anjou pears make good desserts. Bake halved Nelis pears in orange juice. Eat Anjou "as is." That about does it as far as fresh fruit is concerned.

Canned Specials. You'll find bargain prices on canned cranberry sauce and apple sauce. Now is the time to buy these stand-bys by the dozen; use them for dressing up almost any meal. How about combining the two, using the whole cranberry sauce, for a colorful relish to be passed

in a sauceboat? Special prices on both canned and frozen peas.

Poultry Buys. More and more tender young chickens, broilers and fryers, will keep prices very reasonable. Turkey prices are due to start upward, so put a few turkeys in assorted sizes in the home

freezer if space will allow.

Meat Buys. No bargains in beef except the always popular hamburger which is good for at least one meal a week, maybe more when you consider meat loafs, spaghetti and meatballs, tacos, tamale pie; then there's hamburger Hawaiian, hamburger surprises,

cheese-burgers. Scan ads carefully for good buys in lamb which also are price-headed upward. Pork is most plentiful in meat department items with supplies increasing right along. You might pick up a good buy in canned hams if you're alert.

Vegetable Buys. Potatoes are a good buy provided you don't think it necessary to use fancy baking potatoes for every purpose. Plenty of cabbage, cauliflower, lettuce, onions, winter squash, sweet potatoes with good values in small sizes. Turnips, rutabagas, parsnips offer menu variety.

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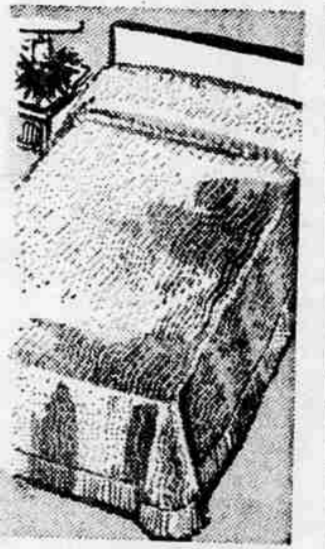
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5⁹⁹



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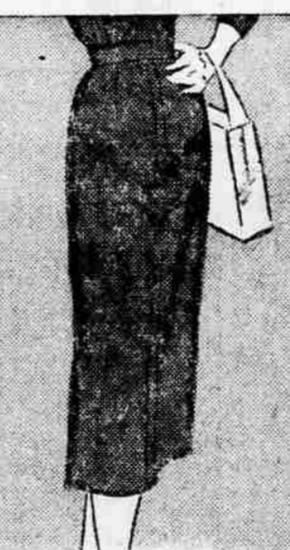


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28⁰⁰



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Neat, pencil - slim tailored skirts you'll wear now and into spring. Inner-seat lining makes the big difference in fit. New colors for spring.



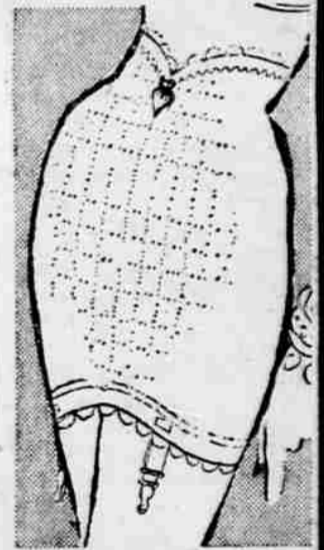
CORDUROY FASHION PANTS
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They're terrific! Deluxe broadcloth with permanent collars. Sanitized of course! Cut from Penney's own pattern for perfect fit. Hurry for these!
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The favorite! Button down collars, button tab back. Bright, beautiful stripes in red, grey, brown and blues. Completely sanitized. A real savings!
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2⁰⁰ Sizes 30-36

Extra heavy white back denim for long wear. Western style! Cut for a good fit. Save! Save!
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