

Feeding the Family

By ZOLA VINCENT
Food Editor

Macaroni, Honey Producers Celebrate National Week

National Macaroni Week and National Honey Week are scheduled for the last week of October. Purpose of these "special" weeks is to call attention to the bountiful supplies and varieties of both of these long-time favored products.

The macaroni trio, spaghetti, noodles and, of course, macaroni, gives us an infinite variety of shapes and sizes to add excellent nutrition and texture interest to our meals. Because of their bland flavor they combine well with all protein foods, many vegetables and some fruits to make hearty dinner dishes, simple soups and salads, and even desserts. They are especially well known for their almost magical ability to provide gourmet dishes at low cost.

Honey, nature's original sweetener, is the product of an even more important phase of our agriculture, the pollination of fruits and vegetables. Bee keepers furnish bees to ranches for this purpose. The West Coast produced over 30 million pounds of honey for processing last year, with most of it used "as is" for pouring over hot breads, cereals and such, but with more and more of it being used in infant formulas and in cooking. An increasingly popular by-product of all these busy bees is beeswax pressed into beautifully colored sheets for making aromatic, practically dripless candles.

Mexicali Macaroni Ideal For Inexpensive Parties

Mexicali Macaroni with its intriguing combination of flavors and textures is an ideal main dish for informal dinner gatherings. Buffet suppers featuring one, two or three main dishes, salads and desserts are an ever-popular

form of serving large or small groups at casual get-togethers.

When money counts (and just when doesn't it?), macaroni products will help the menu towards the desired party feeling while still being kind to slim budgets. This robust macaroni dish is a fine example of such good eating.

2 tablespoons salad oil
1 1/2 pounds ground veal
1/2 cup chopped celery
1 medium-size green pepper, chopped
1 cup beef bouillon
1/4 cup catsup
Salt and pepper
1 to 2 teaspoons chili powder
2 cups cooked elbow macaroni
1 1/2 cups canned red kidney beans
1 cup cooked or canned peas

Heat oil; add veal, celery and green pepper. Cook until veal is browned, stirring occasionally. Add bouillon, catsup, salt, pepper and chili powder. Cover and cook over low heat 30 minutes, stirring occasionally. Taste and correct seasoning with more salt, pepper and chili powder, if desired. Add macaroni, beans and peas to veal mixture; mix well. Heat to serving temperature over low heat. Serve with Parmesan cheese, if desired.

Lemon-Honey Dressing

A favorite dressing for fruit salads is this delightful combination of lemon and honey. Mix one-fourth cup honey with one-third cup lemon juice, one-fourth teaspoon salt and one-half celery seed. Mix thoroughly and chill before using.

Apple-Walnut Pie Is Honey of a Recipe

New season Jonathan apples, walnut halves and honey combine in this spicy pie to make a dessert of distinction. With honey as the sweetener, we think you'll agree that it is a honey of a recipe. Six generous, rich, satisfying servings.

2 cups grated apple (about 6 apples)
2 tablespoons lemon juice
1 tablespoon grated lemon rind
1/4 cup honey
1 egg, slightly beaten
1/2 teaspoon salt
1 teaspoon cinnamon
1/4 teaspoon nutmeg
2 tablespoons flour



MEXICALI MACARONI - A buffet dinner featuring this mouth-watering Mexicali Macaroni is an inexpensive yet fun way of entertaining. It also serves as a reminder of the almost magical ability of macaroni products to provide gourmet dishes at low cost.

2 tablespoons soft butter
1/2 cup walnut halves
1 unbaked 9-inch pie shell
Use medium grater for apples that have been peeled and cored; pack gently but firmly into measuring cup. In mixing bowl combine apples, lemon juice, rind, honey and the slightly beaten egg. Add salt, cinnamon, nutmeg, flour and butter; mix well. Turn into unbaked pie shell made from favored recipe or pie crust mix.

Cover pie filling with halved walnuts, pecans or other nuts. Invert a second pie tin over pie. Bake at 400 degrees (hot oven) for 15 minutes. Turn temperature to 350 degrees for 15 minutes. Remove top pie pan and continue baking 30 minutes. Cool on wire rack.

Beet Sugar vs. Cane Sugar

It seems that sugar is sugar. Scientists and home economists alike have tested and proven to their complete satisfaction that beet sugar gives exactly the same kind of results as cane sugar. This is true whether used in jelly-making, in canning, in baking, candy or any other type of cookery. Ok? **Lots of Family Fun With Popular Pop Corn**

It's mighty nice to have a few cans of pop corn around the house. Teen-agers, their fathers, uncles and all the kin can pop up a batch of pop corn in three minutes or less for a lot of winter fun.

If you happen to have special equipment, fine, but any good frying pan with a tightly fitting lid is ideal for popping today's high-popping corn. We say "tightly fitting lid" advisedly; otherwise the power of the popping corn can make it practically hit the ceiling, fall like a snowstorm. Never saw anything like it. Every grain pops. Some pop corn comes with built-in seasoned butter; with others proceed as usual.

Candied Pop Corn Treats

When are pop corn balls not pop corn balls? When the basic mixture is gently pressed into an angel-food pan, cooled and removed by running a wet knife around the sides, then decorated with gum drops, crushed peppermint sticks or other goodies... or when the mixture is pressed into a square cake pan and, when cooled, cut into easy-to-handle bars... or when it is shaped like ears of corn and wrapped in "leaves" cut out of green cellophane... or when made into Snow Men with raisin eyes, nose, mouth and buttons, then topped with hat made of colored paper (any child knows how to make paper hats, if you don't happen to remember). Here's the basic recipe.

3 quarts popped pop corn
1 cup sugar
1/3 cup white corn syrup
1/3 cup water
1/4 cup butter
1/4 teaspoon salt
1/4 teaspoon vanilla
Place the popped pop corn in a slow, 300 degree, oven to keep it hot and crisp. Stir and cook sugar, corn syrup, water, butter and salt until sugar is dissolved. Continue cooking without stirring until syrup forms a brittle ball in cold water (270 degrees). Add vanilla and stir only enough to mix it through the hot syrup. Place the popped corn in a large bowl and pour syrup over it slowly, mix well to coat every kernel. Shape into desired form by pressing gently with wet hands.

Off-Year General Election Seen Loaded With Nation-wide Presidential Politics

Editor's note: The only national election this year involves Congress, but looming large at the polls will be the shadow of the presidential election two years from now. Some of the ways in which the results on Nov. 4 could have an important bearing on the 1960 presidential race are analyzed in the following dispatch by UPI Washington Bureau Chief Lyle C. Wilson, who has been covering and interpreting national politics since 1927.

By LYLE C. WILSON
UPI Correspondent
Washington -UPI- This so-called off-year general election is loaded with presidential politics from coast to coast.

Democrats will be especially interested in the returns from New York, Missouri, Michigan and Massachusetts. Democratic Gov. Averell Harriman's availability for the 1960 presidential nomination depends wholly on his ability to obtain re-election in New York by a big margin.

A big win would not provide Harriman with more than a mere chance to be nominated for President. A slim margin of victory or defeat, however, would close the door against him with a bang. Sen. Stuart Symington, who seeks re-election in Missouri, is a Democratic presidential possibility. He is a border state, middle-of-the-road politico whom Northern left-wingers might be willing to support if they were of a mind to appease the unhappy Southern conservatives. They are not likely, however, to be so minded.

Williams Seen Cinch
Michigan's Democratic Gov. G. Mennen Williams is gunning for a sixth term as a political partner of Walter P. Reuther, who long since emerged as the Mr. Big of labor politics. Williams scarcely can lose, nor could a Democratic National Convention easily brush off a six-times winner in Michigan. His nomination for president would bust the Democratic party wide open and, probably, persuade Southern conservatives to bolt.

Massachusetts is the hailwick of the Democratic Golden Boy, Sen. John F. Kennedy, an able and personable young man who inherited political ambition and a great deal of money. Kennedy is a shoo-in for re-election and the bigger, his margin the better his opportunity to become the second Catholic to be nominated for President of the United States. First was Alfred E. Smith, of New York, in 1928.

Looking for Pointers
Republicans will be looking to New York, Pennsylvania, California and, somewhat to their astonishment, to Ohio for presidential pointers.

In New York, Nelson A. Rockefeller, grandson of John D. the first, is the Republican nominee for governor. Rockefeller and his political pals will run a high presidential fever if he is elected.

Rockefeller's nomination for President, however, is not remotely likely. His importance in the presidential picture would depend on his control of the New York delegation to the 1960 Republican National Convention. There are Republican regulars who would regard Rockefeller as something of a New Dealer and, assuredly, as a Modern Republican with emphasis on the qualifying word.

So, Rockefeller might maneuver a convention delegation which he controlled toward the nomination of someone other than Vice President Richard M. Nixon, who is highly regarded by the party regulars. That might not prevent Nixon's nomination in 1960 for President but it would set up a real obstacle.

A pretzel manufacturer named Arthur T. McGonigle is the Republican nominee for governor in Pennsylvania. If he wins, this Republican would offer his party a new name, a new face and new hope that the GOP might re-establish itself as the major party in a big Eastern state.

McGonigle is a business man who has made a lot of money for himself. He might attract a lot of Republican interest although the conservatives might count him a bit soft on the labor issue.

Republican Gov. C. William O'Neill of Ohio is not soft on the labor issue. He is campaigning for reelection and for the adoption of an amendment to the state constitution which would outlaw the union shop. The nation and the Republican Party scarcely have been aware of O'Neill. They will be plenty aware of him after Nov. 4, however, if he is returned to office by a fat margin of votes and if the amendment which he has endorsed is approved by the voters.

A great many Republicans are listening anxiously if not very hopefully for a clear and strong conservative voice from the top echelon of the party. They might hear it from O'Neill, if he has such a voice, which remains to be determined, if he is reelected, and his performance in office will be observed closely during the next two years.

Ambitions Challenged
Nixon's presidential ambitions are challenged by the disruption of the Republican organization in California. Nixon contributed to this situation by joining in the pressure which compelled Republican Gov. Goodwin J. Knight to abandon his plan to seek reelection this year.

Sen. William F. Knowland is the Republican gubernatorial candidate in California. Knight is running for the seat which Knowland will vacate. Knight refuses to endorse Knowland. This political mess becomes messier by reason of Knowland's endorsement of a right-to-work proposal to outlaw the union shop.

Knight objects to right-to-work. Nixon visited his home state in September in an effort to repair the party machine, to get Knight and Knowland together and to put some oomph into the Republican campaign in California. The word is that Nixon was unable to bring it off and, further, that Republican can-

didates in California probably will take a severe licking on election day.

That would be bad for Nixon, whose prestige rides in some degree on the performance of his party in his home state. On the other hand, if Knowland were elected governor he might decide to shoot in 1960 for the Republican presidential nomination. That would not be good for Nixon, either.

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Irene Hollenbeck Completes Thesis Toward Her PhD

Asland - "A Report of an Oregon School Camp with Program Emphasis upon Outdoor Science Experiences" is the title of the thesis written by Miss Irene Hollenbeck, Southern Oregon college associate professor of science, fulfilling the requirements for the doctor of education degree.

Accepted by the faculty of the University of Colorado graduate school, the thesis has been bound in red with gold lettering. It was accomplished under the direction of Dr. Harold M. Anderson, associate professor of the Colorado school.

Purposes of the study as outlined by Dr. Hollenbeck were to ascertain the amount and kind of outdoor science experiences now provided for the children of Oregon by schools and other agencies, and to investigate the feasibility and value of presenting outdoor science experiences at a school camp.

For the first part of the study, Dr. Hollenbeck obtained data from questionnaires completed by 601 seniors in 24 of the 224 public secondary schools in Oregon. Survey findings were compared with those of a similar survey made of 495 college freshmen two years earlier.

With Southern Oregon college and the Medford public schools as cosponsors, a pilot science school camp was organized and conducted in April of 1957 at a site leased from a church camp.

Twenty-two-fifth and sixth grade children were taken on morning and afternoon field trips by resource experts in the areas of conservation, geology, ornithology, forestry, and aquatic biology.

Evaluation of the research disclosed that too few children in Oregon have an opportunity to participate in outdoor science experiments, and that too little use has been made of skilled resource personnel as leaders of such experiments.

Adjudged Worthwhile
School camps were adjudged worthwhile because the children showed evidence of growth in an appreciation of the interrelationships of living things and of the beauties of nature, developed knowledge and skills related to outdoor science and outdoor living, exhibited desirable attitudes toward work and conservation practices, found areas in which their individual abilities could be recognized, and acquired new science interests.

Dr. Hollenbeck determined that the school camping program was definitely feasible in southern Oregon and recommended that similar studies be made for other regions of Oregon, and that college courses for camp counselors include a unit on nature or outdoor science.

A member of the SOC faculty since 1954, Dr. Hollenbeck, president of the National Association of Biology Teachers, is also a member of the National Science Teachers association, the National



NEW MINE DISASTER—Rescuers carry body from coal mine at Bishop, Va., after an explosion in the mine trapped 22 miners. All the trapped miners perished.




SQUABBLE—"You can't prove a single thing," shouts Gov. Williams of Michigan, angrily waving a finger at startled Paul Bagwell (left). The altercation flared up after a TV debate in Detroit, in which Republican Bagwell charged that Williams' administration was driving industries and jobs away from Michigan.

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