



THANKS FOR FRIENDS—We give thanks for friends who serve "droppers-in" a heart-warming cup of soup from pitcher or ladled from tureen. A terrific idea for after church, after the game and other informal entertaining by any or all members of the family.

The four days of Thanksgiving (the long week end) find a lot of people on the move, just going visiting, dropping past to say "hello," after church, after the game, after buying the children a new pair of shoes (each, that is), after anything that gets them out of their own homes. It's the season for giving thanks for family and friends and for good neighbors... as well as for bountiful harvests. It's a season for getting better acquainted with the teenagers current crushes, for tossing about football and basketball pargons. Oh! so many things to talk about! And he who likes to "visit" also likes to eat.

The whole idea is so good, why not invite game-goers to come past on Thursday or Saturday, church - goes on Sunday... others for other times you think up!

Serve them satisfying soup for sipping. It's as simple as that!

From buffet or buffet arrangement on the dining tables, offer sipping soup or a choice of soups and soup toppings. A fruit or fruit and vegetable harvest centerpiece sets the stage. A pitcher and/or tureen of heart-warming soup with your prettiest cups and saucers. Teen-agers and men will like mugs.

Tempting Toppings. Glamorize soups with whipped cream flavored with onion salt, with lemon slices, popcorn, cereal or alphabets. Pats of butter for hot buttered soup. Sprinkle, or have on hand for sprinkling, chopped parsley, chives, pimiento and bright red paprika. Croutons, garlic-flavored or plain are a nice addition.

Sherry Consomme. For each three servings, combine one can condensed consomme and one soup can water; heat thoroughly; add one tablespoon sherry or sherry flavoring. Hot consomme with a lemon slice or a dash of nutmeg is very good, too.

Spiced Green Pea Soup. For each three servings, blend one can condensed green pea soup, a dash of powdered clove, a dash of Angostura bitters (optional); stir in one soup can milk or water. Heat, but do not boil. Pour into cups or mugs.

Creamy Tomato - Cheese Soup. For each three servings, bring one can condensed tomato soup to a gentle simmer. Add one-fourth pound shredded cheddar cheese, stirring until melted. Gradually add one can milk; cook until soup simmers, but do not let boil. Float a pat of butter on each cupful.

Minted Green Pea Soup. For each three servings, combine one can condensed green pea soup, one soup can milk, one-fourth cup light cream and one tablespoon finely chopped mint leaves. Heat, but do not let boil. Before serving, strain soup.

Other Hot Ideas

Serve your sipping soup with a cinnamon stick stirrer... cheese sticks on the side... cloves in tomato soup... grated lemon rind in green pea soup... finely minced or shredded fresh vegetables in bouillon... grated apple in consomme... rye toast curls... crisp oven-hot crackers or tiny rolls... wedges of hot French bread for dunking.

Or "Butter It Up"

Do it yourself or have a nearby chilled butter dish with butter seasoned in ways like these epicurean notions: Butter balls rolled in parsley, chives or grated cheese... butter pat topped with smidgen or shredded cheese... butter pat coated with minced nuts or crushed cereal... butter balls rolled around surprise filling of cheese square, a toast cube or scalion slice... butter pat topped with thin slice of radish... butter seasoned with favorite herb or spice, then shaped into balls or pats.

Other Soup Mates These have added flavor and "looks" interest when bit of butter is floated. Tomato and consomme... cream of chicken and cream of mushroom... green pea and to-

Eating Egg Shells Found Good Way To Get Sufficient Calcium Into Diet

By DOC QUIGG
UPI Correspondent
New York—UPI—The lady picked up a piece of eggshell from the plate, placed it daintily on her tongue, and began chewing grittily. She advanced the plate and said brightly: "Have some." Don't care if I do. Hmm, it's crunchy. But not very tasty—matter of fact, there's hardly any taste at all. What's it good for?

"Calcium," she said. "One eggshell is equal in calcium content to two quarts of

whole milk." Brown eggshells or white eggshells? "Never thought of that, but I suppose they're both the same," said Ruth West. "Also, you don't have to eat them this way necessarily. You can put them in a mixer with tomato juice, or something, and powder them up and drink them with the juice."

So saying, she whipped out to the kitchen, mixed, and returned with a small glass of tomato juice. I couldn't detect any shell in it.

"I put in about two thumb-

blendor. You might notice some fine grit if you grind your teeth."

Eat Whole Egg Perhaps a little. By the way, why couldn't you—as long as you're on this shell-eating kick—eat it while it's covering a hard-boiled egg, biting into the whole thing the way you do an unpeeled apple?

"Great idea," she said, and picked up a hard-boiled egg. Crunch! She bit out a sizable mouthful and began munching and nodding her head. "Not a bad idea at all—get the egg and shell at the same

time."

Miss West started pushing eggshells while she was writing a "Teen-age Diet Book"

Driver, Passengers Hurt in Bus Wreck

Wickenburg, Ariz.—UPI—Fifteen passengers and the driver aboard a Greyhound bus were injured Sunday night when the bus shot out of control and flipped over on its side during a trip from Los Angeles to Phoenix, Ariz. Seventeen other passengers escaped injury.

—a publication whose very concept would have caused Grandpa to purple with indignation. But presumably it's needed. Miss West said a massive Purdue University study of teen-agers had disclosed 52 per cent of them worry about their weight.

Calcium Shell

Her egg-shell discovery came when she was trying to figure how to get some calcium into one of the diets she gives in her book—a high-protein diet based mainly on eggs: "I called up the egg people, and I was astonished that the shell had so much

calcium." So she told the teen-agers to get cracking. When the book was published she sent some copies to a high school where her niece was a student. In a few weeks, she got this reaction: "Eggshells are very big here now, Aunt Ruth."

The land area of the West Indies is approximately 100,000 square miles. The total population is nearly four million.

Skunks hibernate during the winter, to reappear in the first warm days of spring.

Bomb Goes Off In School Board Office

New Orleans—UPI—A makeshift bomb went off in a ventilator at the Orleans parish (county) school board office Sunday night. The building was unoccupied and damage was slight.

Police and FBI agents began running laboratory tests of bomb fragments.

INAUGURATES HIGHWAY

Ljubljana, Yugoslavia—UPI—President Tito Sunday inaugurated an 80-mile section of a modern highway which will cut across Yugoslavia from the Italian border to the Greek frontier.

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