

Cuban Doctors, Lawyer Fear Castro's Myopia

Harrisburg, Pa. (Science Service) - Several Cuban doctors and a lawyer told me that Fidel Castro's nearsightedness and its possible effects on the leader's personality, Dr. Robert Jay Morrison, an optometrist here, learned on a recent visit to Cuba.

Dr. Morrison told Science Service, "a few of the doctors and a lawyer told me that Castro was quite near sighted but vain and refused to wear glasses."

Definite Effect Seen
"These doctors and especially the lawyer took me aside and told me that they felt that because Castro was so nearsighted that it may have had a definite effect on his personality. They implied that he was too vain to wear glasses and wanted to know if I would fit him with contact lenses."

"They felt that since I was supposedly I don't know how this rumor got around - a world authority of contact lenses and had recently lectured in Russia as well as other countries in Europe that he would be glad to have me do this for him."

"I think that if I would have been able to arrange my stay to remain in Cuba another few days, it would have been done."

A Little Ashamed
Dr. Morrison said there is much nearsightedness (myopia) in Cuba but "most of the men seem to be a little ashamed of their need for glasses. It is very common to see men wearing large sunglasses all day and all night with their prescription in it. In spite of the darkness at nighttime, they seem to prefer walking around in sunglasses as they feel that it does not appear to the public that they are wearing prescription lenses. Of course, to my eyes, it was obvious at once."

Dr. Morrison is currently engaged in determining the efficiency of contact lenses in not only correcting myopia but in stopping its progression.

BOMB EXPLODES
Nicosia, Cyprus (UPI) - A bomb exploded on Nicosia's "murder mile" Tuesday night when British Colonial Undersecretary Julian Amery arrived for talks with leaders of Greek and Turkish factions on the Cyprus deadlock. The bomb shattered shop windows on the street where terrorists cut down victim after victim during Cyprus' battle for independence.

WATER CONTENT
Omaha - The water content of meadow grass is reduced from about 75 per cent to about 15 per cent in the farm process of making hay for food.

generous servings needing only a green salad, dessert, beverage.

2 avocados, halved
3 green onions
1 tablespoon chopped green pepper
1 tablespoon butter or margarine
6 eggs
1/2 teaspoon salt
1/3 cup milk
1 6 1/2 or 7 ounce can tuna
Halve avocados and remove seed and skin. Place fruit cut side up in shallow baking pan and pour warm water around them to depth of one-quarter inch. Bake in slow oven, 300 degrees, 10 minutes or long enough to warm avocado.

Meanwhile cook thinly sliced onion and green pepper slowly in butter. Beat eggs slightly, add salt and milk and pour into pan with onion and pepper. Cook slowly, stirring from bottom of pan. When eggs are partially set, stir in drained and flaked tuna. Heap onto avocado halves, sprinkle lightly with freshly ground pepper, and serve at once.

Molasses Taffy Frosting
By simply adding molasses to the old stand-by seven-minute frosting, one gains a taffy flavor and a frosting smooth and free of sugar crystals. Recipe makes enough for tops and sides of two eight or nine inch cake layers.

1 egg white, unbeaten
1/4 cup water
1 cup sugar
2 tablespoons unsulphured molasses
1/2 teaspoon salt
1/2 teaspoon vanilla
Combine egg white, water, sugar, unsulphured molasses and salt in top of double boiler. Beat over rapidly boiling water with rotary or electric beater until frosting stands in peaks. Remove from heat; add flavoring. Beat until spreading consistency. Frost cake. Garnish with nuts in any desired pattern, if desired.

Tuna-Avocado Scramble
Plentiful bargain-priced tuna and abundant avocados combine in a really exciting baked dish for serving hot as a satisfying luncheon or supper specialty of the house. Four

sprinkle with combination of sugar and cinnamon and shove under broiler for a moment until bubbly and brown.
Pudding Cake: Prepare any of the many pudding mixes according to directions, cut day-old cake into cubes and add to the pudding while it is still warm. Serve warm or chilled with whipped cream.
Molasses Flavor In High Favor For Cake Frosting
Molasses, known to the earliest colonists, is also as modern as today's cake mixes. The unsulphured molasses is a mild and delicate sweetener because it is the juice of fully matured sugar cane. In these quick cake frosting recipes, it imparts a fine golden color tone and taffy flavor to cakes that are certain to please the family.
Molasses Coconut
Quickly achieved, this molasses coconut topping is great with white or yellow cake mix. Simply spread this mixture and broiler-toast for a minute or two.
1 package white or yellow cake mix
1/3 cup unsulphured molasses
1/4 cup butter or margarine
1 cup shredded coconut
Prepare and bake cake according to directions on package, using a 13 x 9 1/2 x 2 inch oblong pan as pictured. Combine molasses and butter; heat until butter is melted. Stir in coconut. Remove from heat; spread over warm cake. Place under broiler heat two to three minutes or until coconut is brown.
Penuche Frosting
Men and boys rave about penuche frosting which is perfect on a spice, chocolate or white cake made with a mix or from scratch. Frosting is smooth and true to its name.
1/2 cup butter
2/3 cup sugar
1/3 cup unsulphured molasses
2 tablespoons evaporated milk
2 cups sifted confectioners' sugar
Melt butter in saucepan; add sugar and molasses. Bring to a boil; reduce heat and boil two minutes, stirring constantly. Remove from heat; cool. Stir in evaporated milk. Gradually stir in confectioners' sugar; beat until thick enough to spread.

Tea Cake Special: For quick tea cake, spread day-old cake slices with butter,



HANDSOME TRIO-A handsome trio of taffy colored, molasses flavored frostings. A quick butter-coconut molasses frosting gets boiler treatment. A penuche frosting tops a spice cake and seven-minute frosting gives taffy touch to layer cake.

Feeding the Family

By ZOLA VINCENT
Food Editor

Smart Tricks With Quick Cake Mixes

We're sick and tired of hearing about cakes "as good as Grandma used to make." A few remarkable grandmas made remarkable cakes but today any child with a yen for baking can turn out cakes very superior to those formerly made by the average grandmother. We did say the average grandmother.

It's done with mixes in such a galaxy of flavors as to stun Grandmother's imagination.

Grandma made a white cake, a chocolate cake, a devil's food cake, and an angel-food cake. For very special occasions, she piled coconut frosting high on a white cake. Granddaughter scans the cake mix shelves at the supermarket, varies the variety constantly. She chooses from among the foregoing standbys plus apple chip, banana, butterscotch, chocolate chip, golden pound, lemon flake, yellow, orange cocconut, sugar maple, apple spice.

Then there's the caramel, spice, orange, pineapple, apple-sauce, marble, black walnut, chocolate malt, honey spice and orange chiffon cake. Among angelfood cake mixes, there's strawberry, lemon chip, chocolate chip, cherry, orange, pineapple-lemon and confetti in addition to the traditional angelfood.

Pudding cake mixes are enjoying tremendous popularity and on the cake mix shelves, grand-daughter finds lemon, chocolate and orange pudding cakes. Thirty five varieties right there on one super's shelves and who knows how many more elsewhere?

And please note that we've not even mentioned cookie mixes, pie mixes, frosting mixes and other quick, easy and economical baking delights.

Time and Money
We've always thought that cake baking was a labor of love designed to bring plaudits from the admiring family as they enjoyed the results. If you know anyone who bakes cakes for any other reason, here are time and money statistics. Mixes are definitely time savers. Mixes are definitely money savers. But mainly cake mixes are compliment getters.

Mixes are for amateurs as well as for experts since one needs only follow package directions for good results every time. When it comes to "keeping quality", experts give a slight edge to made-from-scratch cakes after six days, but who bakes a cake and lets it stand around for six days? No one we know.

More Quick Tricks
In addition to the quick trick of making and frosting any of the vast variety of cake mixes for serving with fruit and/or beverage, here are a few fancy ways with them.

Angelfood: Bake angelfood cake according to directions on packaged mix. Let cake cool and remove from pan. Cover top and sides of angelfood cake with chilled sour cream. Sift brown sugar and cinnamon over top. Chill until ready to slice and serve.

Applesauce Cake: Cut any favored cake into cubes and add cubes to chilled applesauce. Top with swirls of whipped sweet or sour cream.

Tea Cake Special: For quick tea cake, spread day-old cake slices with butter,



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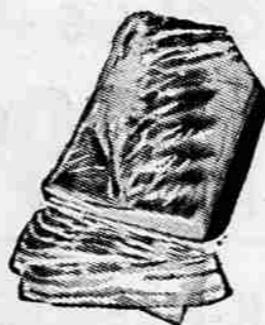
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