



**FLAVORFUL EATING**—These Mexican meat balls in almond sauce (Albondigas en Salsa de Almendra) make hearty, flavorful eating; economical and festive, too. They're a good way to start the family on foreign food favorites.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Mexican Cookery Good Way To Start Family on 'Around World' Recipes

There's some mighty good eating south of the border, down Mexico way. There's equally good eating in other areas throughout the world. Many families are getting better acquainted with other nationalities by trying at least one new United Nations dish a week.

We're starting a series of "Around the World" recipes with our next door neighbor, Mexico, but future recipes will be in alphabetical order as we explore favorite recipes of families in Afghanistan, Argentina, Australia, Belgium, Bolivia and other far-away places right down the alphabet. They've been adapted to our kitchens and cooking methods, with very few changes actually.

Many families will not only enjoy the pleasures of new taste treats but will find that they lead into animated dinner table discussions of United Nations countries.

### Mexican Meat Balls

Mexican cooking is hearty eating and it is flavorful eating. It is, by and large, economical cooking. Inexpensive foods are seasoned in novel ways. Much Mexican food is seasoned with chili. In Mexico, most families use whole chili peppers but the whole peppers are inclined to be too hot for American palates. Instead we usually substitute chili powder, a milder blend of chili peppers and other spices.

Tortillas and a mixed vegetable salad are traditional accompaniments.

Albondigas en Salsa de Almendra means "meat balls with almond sauce"; a dish that will take its place with pride on a company dinner table, so share this international recipe experience with others if you like. Six servings.

- 2 tablespoons minced onion
- 3 tablespoons olive oil
- 1/3 cup tomato puree
- 1 1/4 cups water
- 1 1/2 teaspoons salt
- 2/3 cup blanched almonds
- 1/4 teaspoon granulated garlic
- 3 slices bread, cubed
- 1/4 cup hot milk
- 1/2 pound ground lean beef
- 1/2 pound ground lean pork
- 1 egg, beaten
- 2 to 3 teaspoons chili powder (to taste)
- 1/4 teaspoon ground black pepper
- 2 hard-cooked eggs
- 3 cups diced cooked potatoes
- Sliced toasted almonds for garnish

Saute onions in one tablespoon of the oil. Add tomato puree, water and one-half teaspoon of the salt. In the meantime, fry almonds, garlic and one-third of the bread cubes in the remaining oil. Cool and put through a meat grinder, using medium blade. Add to the tomato mixture. Cook slowly 10 minutes. Soak the remaining bread cubes in hot milk. Drain and add to the meat along with beaten egg, remaining salt, chili powder and black pepper.

Cut hard-cooked eggs into quarters, lengthwise. Then cut quarters in half and wrap enough meat around each piece to make a two-inch ball. Brown on all sides and add to the sauce. Simmer 15 minutes.

Turn out into a serving dish, arranging meat balls in center. Place cooked potatoes on sauce around the meat balls.

### French Fry Vegetables

Asparagus, broccoli, cauliflower, carrots, celery, eggplant... all can be deep-fat or shallow-pan fried. First parboil vegetables and cool slightly. Cut up as desired, sprinkle with flour, salt and pepper; dip into slightly beaten egg, then in fine dry bread crumbs. Fry in hot fat, 375 degrees, until crisp and brown.

### Fresh Mushrooms

#### Salad Aristocrat

The Pharaohs of Egypt monopolized mushrooms for their own use, a thousand years B.C. Today's proletariat finds them in our markets the year around.

Preparation of these epicurean favorites is simple. There's no need to peel the cultivated variety. Simply cut off a bit of the bottom of the stem. Wash them in a colander under running water and store in refrigerator until needed.

There are a thousand ways to fix mushrooms but west coasters increasingly are tossing them into fresh green salads for texture, flavor and color drama. Here we make a fresh mushroom salad of distinction but not economically. After all, an occasional splurge is justified. Six servings.

- 2 pounds fresh mushrooms
- 1 cup diced celery
- 1 cup diced green peppers or 1/2 cup each diced green and red peppers
- 2 tablespoons finely chopped onion
- 1/4 teaspoon finely minced fresh garlic
- 2 tablespoons salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons fresh lemon juice
- 2 tablespoons salad or olive oil
- 1 tablespoon wine vinegar

Cook mushrooms in one-inch boiling water, 10 minutes. Drain and rinse in cold water. If small, leave mushrooms whole; if large, cut them into quarters. Toss lightly with celery, peppers, onion, garlic, salt, black pepper, lemon juice, oil and wine vinegar. Serve on shredded lettuce or in lettuce cups.

### Asparagus Salad

To cooked, chilled asparagus spears, add French dressing and let stand in refrigerator 30 minutes or so. Add chopped green onions or parsley if you like.

Add chopped eggs and seasoning salt to dairy sour cream for a delectable dressing for topped cooked chilled fresh asparagus spears.

### Cheese Pudding

Celery seed is indispensable to potato salad so you may as well put in a fresh supply and add its distinctive goodness also to soups, beef stew, hamburgers, onions, cauliflower, cole slaw, salmon croquettes, chutney, pickles, French dressings, cheese spreads... and to this cheese pudding for six satisfying servings.

- 8 slices bread
  - Butter
  - 3 eggs, beaten
  - 2 cups milk
  - 2 teaspoon salt
  - 1 teaspoon dry mustard
  - 1 teaspoon Worcestershire sauce
  - 2 teaspoons celery seed
  - 1/4 pound shredded or finely chopped cheddar cheese (1 cup)
- Spread bread thickly with butter and cut into one-inch cubes. Place in buttered baking dish. Combine remaining ingredients. Pour over bread, mixing lightly with a fork. Set in pan of water. Cover and bake in moderate oven, 350 degrees, 30 minutes. Remove cover and continue baking 30 minutes longer. Silver knife, inserted in center, should come out clean when pudding is done.

### Gingersnap Fruit Pudding

Here is a dream of a dessert. We combine gingersnaps with sour cream, cream cheese, fruit cocktail and marshmallows; chill it for six desserts to rave raves.

- 22 gingersnaps, rolled fine
- 1/4 cup sugar
- 1/4 cup butter, melted
- 1 cup sour cream
- 1 3-ounce package cream cheese
- 1 cup drained fruit cocktail
- 16 marshmallows, melted

Blend gingersnaps with sugar and butter. Line nine-inch cake pan with half of mixture. Blend sour cream

## Babies Breathe Automatically First Few Days

Chicago (Science Service)—Slapping baby's bottom at birth causes him to cry and begin breathing. But for the next few days of life, the child's breathing is automatically controlled and has nothing to do with the drive to supply oxygen and exhale carbon dioxide as in the adult.

This conclusion is based on a study by Drs. E. Adolph and P. A. Hoy of the University of Rochester, Rochester, N.Y. They studied the breathing habits of newborn rats, including response to various degrees of oxygen shortages.

### Animals Need Less Air

It has long been known that infant animals can live without air for much longer periods than adults. They can also survive in atmospheres containing very small amounts of oxygen. Thus, in a gas mixture that contained only 20 per cent to 30 per cent of the usual amount of oxygen, newborn rats survived more than one hour.

The researchers said that the infant rats were capable of carrying on bodily processes with very little use of oxygen.

Ordinarily breathing at birth is not driven by the shortage of oxygen, and probably not by the excess of carbon dioxide, as is most likely true in adults, the scientists reported at the Federation of American Societies for Experimental Biology meeting here.

### Modified by Extremes

Rather, they suggest that a pattern of breathing is set up within the body that is modified only by extremes of oxygen and carbon dioxide. Therefore, breathing is probably controlled from inside the nervous system during the early days after birth.

Gradually the familiar control by body carbon dioxide and oxygen content becomes more exact and reliable. The controlled system gradually becomes responsive to environmental changes. At about the same time, the infant's ability to live with low amounts of oxygen has been lost, and the adult stage emerges. At this point, the child has come to depend upon a full supply of oxygen.

## Color-Word Test Related to Age

New York (Science Service)—If someone asks you to name the color in which a word is printed, it will take you longer to respond if the color is green and the word is "red"—longer than if you were giving the color of a blob of green ink.

The interference of the meaning of the printed word is great for an eight-year-old child. It decreases as you grow older until old age when it increases again.

This change with maturity and old age was reported to the Eastern Psychological Association meeting here today by Dr. Peter E. Comalli Jr., Seymour Wapner, and Heinz Werner of Clark university, Worcester, Mass.

These findings, based on tests of 158 individuals aged from eight to 80, show the similarity of behavior of young children and old people, the psychologists reported to the meeting.

## Truth Saves Grocer From Gunman's Wrath

Grand Junction, Colo.—"How much money are you carrying in your wallet?" a gunman demanded of Grocer G. D. Prewett.

"Three dollars," said Prewett, nervously.

"If you're lying, you've had it," said the bandit, who had just rifled the till of \$160.

Prewett handed over his wallet. The gunman looked. Sure enough—three dollars. He handed the wallet back and walked away.

and cream cheese; add fruit and combine with melted marshmallows. Mix well; pour into lined cake pan. Cover with remaining gingersnap mixture. Chill well.

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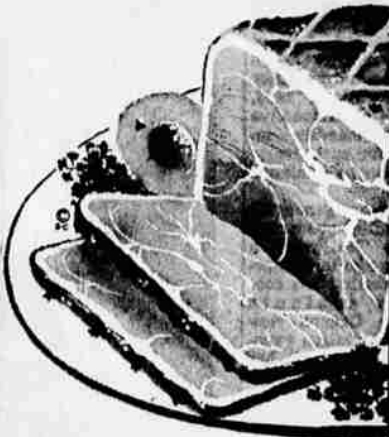
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