

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Midsummer Cantaloupe

Waldorf-Type Salad Delight  
Reminiscent of Waldorf salad, this fruit and celery combination uses luscious mid-summer cantaloupes. It is very good with your favorite French dressing but if you want something plumper, try our cream cheese and jelly salad dressing. Six servings.

- 2 cups cantaloupe cubes (2 small melons)
- 1 1/2 cups orange segments
- 3/4 cups seeded grapes
- 3/4 cup diced celery
- 10 fresh dates, pitted, sliced
- 1/2 cup walnuts, broken

Toss together all ingredients and chill. Serve in crisp lettuce cups. Top with special dressing.

**Special Dressing.** Soften one-third ounce package cream cheese; add 1 1/2 tablespoons lemon juice and three tablespoons currant jelly; beat until smooth. Fold in one-half cup heavy cream, whipped. Chill.

## Scallops Lorraine

**Very Special Treat**  
Scallops are plentiful and reasonable. They have a lean, light firm white meat and sweet flavor; are rich in protein, minerals and vitamins. Recipe serves six.

- 1 pound scallops, fresh or frozen
- 1 quart boiling water
- 2 tablespoons salt
- 1 cup pastry mix
- 3 eggs, beaten
- 3/4 cup coffee cream
- 2 tablespoons sherry
- 2 tablespoons chopped parsley
- 1/2 teaspoon celery salt
- Hash pepper
- Paprika

Thaw frozen scallops; place in boiling salted water. Cover, return to boiling, simmer three to four minutes. Drain. Chop scallops. Prepare pastry mix as directed. Roll and line a nine-inch pie pan. Combine eggs and cream; add remaining ingredients except paprika. Place scallop mixture in pie shell. Sprinkle with paprika. Bake in moderate, 350 degree, oven 35 to 40 minutes or until pie is firm in the center.

## Mock Pizzas Will Please Teenagers

If it resembles a pizza, teenagers are likely to like it. Try this and see.

Tear English muffins into halves (never cut with a knife.) Spread halves generously with nippy mustard-mayonnaise of mustard-butter mixture. Top each muffin half with thick slices of ripe red tomato. Top tomato slices with thin rings of green pepper and onion. Cover with slices of cheddar cheese. Place under broiler until sandwich is heated through and cheese is bubbly and browned.

## Spiced Celery

You're missing a treat if you're not cooking flavorful celery occasionally.

For each four servings, cut enough celery stalks diagonally to get three cupfuls. Place cut celery in saucepan with one teaspoon mixed pickling spices tied in cheese cloth bag; add water to barely cover. Cook until celery is tender. Remove bag of spices; add some butter and serve hot.

## Fancy Ways With Popular Green Beans

Plan to use plentiful fresh snap beans within a day or two after purchase. Wash them just before cooking as wet beans do not keep well. Figure half cup per serving. For flavor variety and interest, here are a few suggestions:

Add a bouillon cube to the cooking water.

Add prepared mustard to the cooking water.

Cook green beans with sliced onion and serve with a sour cream topping.

Serve a sharp, smoky-flavored cheese sauce over the cooked beans.

Add chopped mushrooms or sliced almonds to the cooked beans.

Marinate cooked snap beans with French dressing. Add pimiento and chill for a refreshing vegetable salad.

## Good Nutrition in Shoppers Food Basket

"No nation in history has had a food supply that would compare with our present supply in terms of nutritive value, safety, convenience, stability, variety, attractiveness and availability," said Dr. Charles Glen King, executive director, The Nutrition Foundation, Inc., in recent address before the Super Market Institute.

## The Medical Roundup

by *Walter Alvarez*  
Emeritus Consultant in Medicine, Mayo Clinic  
Emeritus Professor of Medicine, Mayo Clinic

### Should We Go To Europe To Be Rejuvenated?

Letters keep coming now from elderly people who say they are thinking of going to Europe to see one of the doctors who they have heard is rejuvenating people. One treated the late Pope in his last illness.

These would-be travelers ask me if I think they should go. Some have read that the Swiss doctor charges some \$400 in advance for one injection, and will see only celebrities or titled persons. I, personally, would not think for a minute of consulting a man like that whose behavior so closely resembles that of a quack. Such a man is always angling to get as patients persons whose names he can use later in order to get wide publicity.

Usually, his treatment is one of no proved value, and often it is one that was tried by many men and given up long ago. According to the accounts I have read, the Swiss is injecting into every patient who comes, a suspension of ground-up cells taken from a part of an unborn animal. If the patient has a bad heart, he gets a pap of heart cells, and if he has a diseased liver he gets liver cells. This, of course, is a rather silly idea such as might occur to an African witch doctor.

I understand that the able physicians of Europe have no faith in the man or his technique. The fact that he treated the late Pope does not impress me because, obviously, the patient was not rejuvenated. After a period in which

### Herter Briefing 'Not Encouraging'

Washington — (UPI) — Secretary of State Christian A. Herter gave senators a "certainly not encouraging" briefing Thursday on the world's hot spots, including the Congo, Cuba, Laos and Latin America.

This gloomy characterization of the closed-door report was made by Sen. J. William Fulbright (D-Ark.), chairman of the Senate Foreign Relations committee.

Fulbright said Herter also reviewed general how the Communists have stepped up their "pressure or psychological warfare" against the Free World.

"It all indicated a tougher line," Fulbright said.

### Ivy Grows Through Living Room Wall

Hollywood, Calif. — Talk about a green thumb — Mrs. Elsa Kircher has managed to grow ivy in a plaster wall.

But it was all strictly unintentional, she said. The ivy, planted outdoors, started wiggling through the living room wall.

When more than a foot of it, green and glossy-leaved, came through the moment of decision arrived. Mrs. Kircher decided to leave it alone.

"I like indoor landscaping," she said.

he rallied from his first attack, he went ahead and died. Years ago, many Americans with more money than brains were going to Europe to be supposedly rejuvenated by Drs. Voronoff and Steinach. Today, I doubt if there are

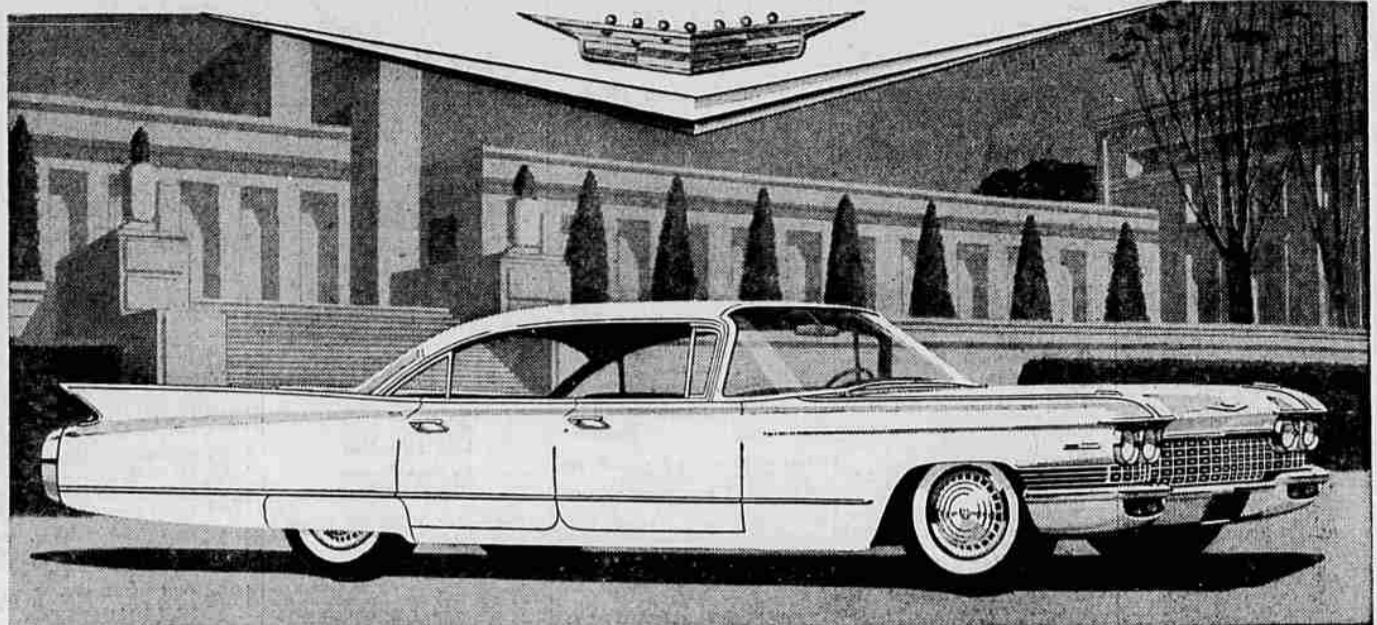
many physicians who would have a kind word to say about the work of those two men. Today, a Rumanian woman physician is claiming that she can rejuvenate people with injections of procaine, but as I said here a while ago, very

few American physicians can get excited about her technic because in this country it was tried out thoroughly and for many years, and then given up. I think we can say this, that anything that a quackish

physician is doing in Europe could easily be done here, and done for much less money, if only a reputable physician could be found to do the work. If a man's family physician says he has no faith in the technic and refuses to use

it — look out! As I have said, a few years ago any physician could easily have performed one of "Dr." Brinkley's \$750-operations in 20 minutes — but he wouldn't do such work because he knew it would do no good.

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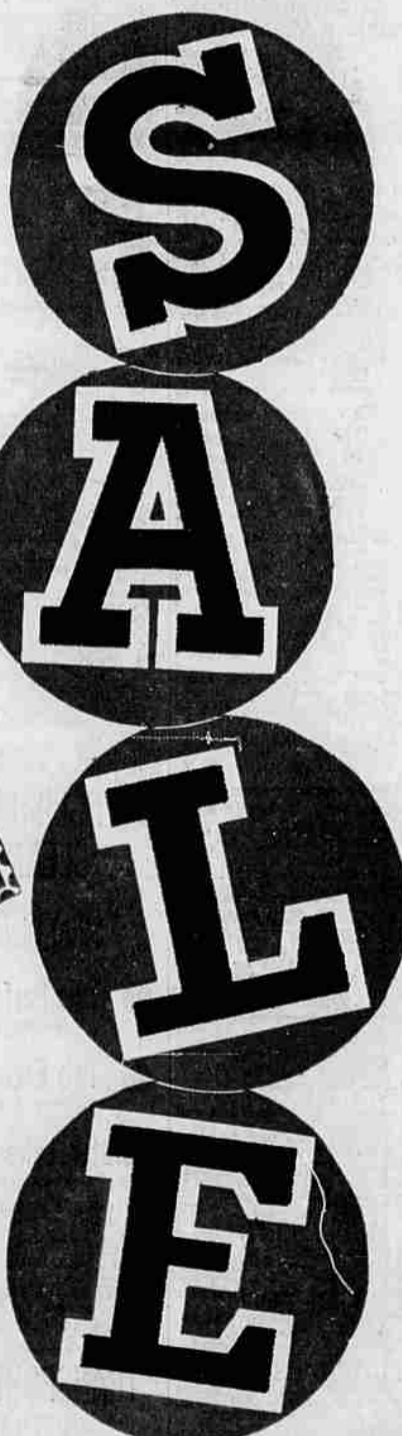
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