



GOOD THINGS TO EAT—Fish 'n seafood are far forward in the parade of good things to eat as we recognize our vast commercial fishing industry in a special "week". Recipes today include this crab and rice stuffed whole fish for a really impressive service. It's easily and quickly achieved.

Feeding the Family

By ZOLA VINCENT
Food Editor

International Meal Features Canned Foods

On Oct. 24, United Nations Food Day, President and Mrs. Eisenhower will serve an international meal at the White House as part of their observance of this important occasion. Millions of Americans will be doing likewise in their own homes.

The practice of preparing an international dinner on this day is becoming an annual custom all over the country, and those who do it enjoy the experience.

Particularly in homes with children, a dinner of this kind has great value. It makes children more conscious of the UN and its vital work in a very direct way. They learn how "the other half" lives, so to speak, sampling dishes popular in other parts of the world. The food also inspires discussions about the customs in other countries and leads to a greater understanding of the fact that the world's population is made up of many different peoples who have their own ideas about eating as well as almost everything else.

Canned foods offer a great choice of foods for the making of international dishes quickly and easily. A recent listing enumerated a thousand and four foods available in cans; all cleaned, prepared and cooked ready for quick finishing-up.

Puree Mongole

Puree Mongole is a French food classic. It's as simple as this: Combine one can tomato soup with one can black bean soup in a saucepan. Stir in one cup water and heat to serving temperature. Many like to serve this with a slice of lemon afloat. Five servings.

Argentine Stew

For a wholesome, satisfying and unusual main course, travel to South America and make an Argentinian beef stew. Canned corn and sweet potatoes will help you on your way, and your family will enjoy the unusual flavor of the dish. Eight generous servings.

Or use a can of sauerkraut to make an attractive Austrian goulash. If you feel like a trip to the East, visit Iraq and serve cabbage rolls cooked in tomato juice. Or go to El Salvador and make fried tortillas with a kidney bean filling.

1/4 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon pepper
1 pound beef stew meat, cut in 1-inch cubes

1 cup water
1 can (8-ounces) carrots
1 can (1-pound) whole kernel corn
1 can (1-pound) whole sweet potatoes
3 small zucchini squash, small in 1/2-inch slices
1 onion, chopped
1 green pepper, chopped
1 tablespoon chopped parsley

Combine flour, salt and pepper. Dredge meat in flour mixture. Heat oil in a Dutch oven or heavy saucepan. Add meat; brown slowly on all sides. Add water and liquid from canned vegetables. Simmer, do not boil, about 1 hour or until meat is fork-tender. Add drained vegetables, squash, onion and green pepper; simmer one-half hour longer. Turn into serving dish and sprinkle generously with parsley.

Danish Apple Cake
For dessert, return to Europe. Try a Danish apple-sauce cake or French pears. Helene (made with ice cream, canned pears and a chocolate sauce). Something even easier is a favorite dessert, served in Chinese restaurants: vanilla ice cream covered with crushed pineapple. This recipe for Danish Apple Cake makes eight servings.

1/2 cup (1 cube) butter
2 cups dry break crumbs
3 tablespoons sugar, divided
1 can (1-pound) apple-sauce
1 cup (1/2 pint) heavy cream, whipped
Jelly

Melt butter in skillet; add bread crumbs and one tablespoon of the sugar; cook until lightly browned. Alternate layers of crumb mixture and applesauce in a serving dish. Stir sugar into whipped cream. Top cake with sweetened whipped cream. Decorate with bits of jelly.

Baked Fish Has Crab-Rice Stuffing
Celebrate Fish 'n Seafood Week with this crab and rice stuffing calculated to add tantalizing flavor to any fish. It's a perfect blendship of well-seasoned rice and succulent crab meat for enhancing the most delicately flavored fish.

For a really impressive service, fill and bake a whole fish. There are several varieties in the market which are suitable for baking whole. Choose one around five pounds for eight servings. Or buy halibut or other fish steaks and arrange sandwich-fashion with this union-wise stuffing. Recipe makes eight generous servings.

5 pound fish, whole

Mrs. Luce Sees Catholic, Negro Vote for Kennedy

New York (UPI)—Sen. John F. Kennedy's Roman Catholic religion will win him nearly all the nation's Catholic votes and perhaps the vital Negro votes as well Mrs. Clara Boothe Luce predicted Wednesday.

"Every Catholic will take Mr. Kennedy's Catholic faith into account when making his or her choice. This is inevitable; it is also right," Mrs. Luce said in a copyrighted article in the November issue of McCall's magazine.

"The religion of Mr. Kennedy will, I think, win him almost all the Catholic votes," she said.

Aware of Order
The former congresswoman and ambassador to Italy also said many Negroes were aware of a Vatican order several years ago for U.S. bishops to desegregate their churches and schools and would be inclined to vote for Kennedy.

Mrs. Luce, a Republican and a convert to Catholicism, would not predict the outcome of the election but said "religion will be an important issue" in the campaign.

Mrs. Luce did not say in the article which candidate she was supporting, but she had previously stated that she would vote the Republican ticket.

The coast of North America was discovered by John Cabot, for the British, in 1497.

Small Worlds Around Us

By Lynn M. Watkins

Here's Latest Theory on How Birds Reach Destination
How a bird can successfully travel over unfamiliar territory, for thousands of miles, without a compass or a road map has been the subject for conjecture since man began thinking.

There have been many explanations; the fact there has been so many, and that more are forthcoming, is pretty good proof that the real reason is still obscure. The newest idea, on theory, is "streaming."

The rotation of the earth on its imaginary axis, is an ever-present force, demonstrated graphically, and gurgling, every time the stopper is pulled out of the wash-bowl. If the pipe is unimpeded a miniature whirlpool sweeps around, from left to right, or clockwise. Move down south of the equator and the whirl is reversed.

Called Coriolis Force

This peculiar action of a liquid is called the coriolis force. The earth's surface at the equator travels about a thousand miles an hour; go up in something to the point of weightlessness, and stay there for an hour, and upon your return to earth, you would be behind your point of "take-off" by a thousand miles.

Coriolis is something we can do nothing about, so we accept it, but this force can, and probably does, work on many other things besides the water in a washbowl, or a funnel. It has been suggested that it may even work on the liquid in a bird's ears, and help it arrive at its destination.

It is a physical fact that the farther we travel from the equator toward the north, the less this peculiar force becomes; at the north pole, the spin of the earth becomes almost zero. Inside the bird's ear, there are circular canals, filled with fluid, which may act about the same as the water in the funnel. The farther the bird goes in a northerly direction, would affect the "streaming" in the vertical canals; the streaming of the liquid would be less.

Would Inform
On southern migrations, the bird's acute pressure measuring apparatus would automatically inform the bird whether or not it was on

course, and flight adjustments would be made. Of course, the bird is not conscious of the "streaming" in its ear canals; its flight adjustments would be made without conscious thought. The bird is more sensitive to pressure-thought than to conscious thought.

All of which may, or may not help to solve the mystery of bird migration, but it is an interesting theory. Probably there are many other functions, as well as "those for the birds" that are retarded, advanced, assisted, or benefited by that strange force that causes the water to form the little whirlpool in the washbowl.

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Benefits Seen In River Pact

Portland (UPI)—Elmer F. Bennett, undersecretary of Interior, said Wednesday President Eisenhower's announcement of agreement with Canada on basic terms for a Columbia river storage development treaty paved the way for big benefits for the Pacific Northwest.

Bennett told a news conference here that the region would benefit from power, flood control and resource conservation.

He said the proposed Libby Dam in Montana would exceed the output of Bonneville Dam and that three Canadian projects would be roughly equal to another Grand Coulee Dam.

"Flood control under the proposed agreement," he said, "would realize the long-sought goal of the Corps of Engineers to reduce flood flows at The Dalles to below 800,000 cubic feet per second, preventing recurrence of life and property losses caused by past floods..."

Ill-Mannered Burglar

Nome, Alaska—Police are looking for the ill-mannered burglar who loosened all the light fuses in Mrs. Cora B. Rink's home before making off with meat, eggs and canned goods.

Mrs. Rink sleeps under an electric blanket.

THE WOMEN BEHIND THE CANDIDATES

On October 23rd
Family Weekly
presents
Mrs. Henry Cabot Lodge and Mrs. Lyndon B. Johnson

Both Mrs. Lodge and Mrs. Johnson have equipped themselves well for the roll of Second Lady. Family Weekly offers an excellent insight into their personalities—giving details on how they handle everything from entertaining diplomats to current campaigning

across the countryside. For a sparkling article on the many facets of these two fascinating women, be sure to see this entertaining story about Lady Bird Johnson and Emily Lodge in your October 23rd Family Weekly.

or 4 pounds fish steaks
Salt and pepper
2 cups water
1 package dehydrated onion soup mix (1 1/2 ounce)
1 cup uncooked rice
2 tablespoons butter or margarine
1 8-ounce can crab meat
5 slices crisp bacon, crumbled

Wash fish and season inside and out with salt and pepper. In a two-quart saucepan, combine water, soup mix, rice and butter. Bring to a boil and stir once; cover and simmer for 15 minutes. Remove from heat. Combine crab meat and bacon with rice mixture. Stuff salted and

peppered fish. Sew or close cavity with small skewers and lace with twine. Place fish on aluminum foil in baking pan. Brush with butter. Bake at 400 degrees for 45 minutes or until fish flakes easily. Garnish with lemon slices with plenty of lemon wedges on the side.

Instantainment Party Proves to Be Siptacular
Coining new words right and left, The Nestle Company entertained newspaper food editors at an elegant party at the Waldorf-Astoria. The event featured "Instantainment", a series of skits by the Bunin Puppets based on the idea that everything happens in an instant. Editors

then sipped a half dozen spectacular (siptacular, that is) party drinks that had been demonstrated in the amusing skits.

Each section of the show and display illustrated something that happens in an instant; inheriting money, a rainbow, or falling in love, and led up to a situation such as a bridge game or post-football gathering at which instant refreshment would be desirable.

The Instant Chocolate Soda and Pink Cloud (a strawberry soda) were made with Quick and Strawberry Quik; the Snowball Coffee (coffee with vanilla ice cream) with Nescafe or Decaf, the two Nestle

instant coffees. Either of these two products could also be used to make Midnight Mocha, a combination of coffee, EverReady cocoa and a chocolate mint patty. Continental Coffee is a demi-tasse coffee with a twist of lemon peel and a topping of ginger-flavored whipping cream.

Certain to be popular with youngsters was a Winter Warmup; cocoa garnished with a "kabob," a plastic straw holding marshmallows and a marachino cherry.

Dinner in a Can
At the recent newspaper foods editors conference in New York, Amy Vanderbilt, whose book on Etiquette has passed the 1,800,000 copies

mark, was asked by a foods editor this very pertinent question which is baffling many hostesses. "What does a hostess do when a dinner guest arrives with a can of you-know-what?"

Miss Vanderbilt indicated that good social behavior dictates that the potential dinner guest forget her diet for the occasion; decline the invitation, stating the reason; or ask if she might come for black coffee following the repast. In the latter event, it is assumed that the late guest would forego a recital of her reducing pout in deference to her hostess and other guests who probably couldn't care less, having just dined well.

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