

Feeding the Family

ZOLITA VINCENT
Food Editor

Fresh Fruit Salad

A la Australiana
Australia, which is approximately the same size as the United States not including Alaska and Hawaii, was the last continent to be discovered by Europeans. First to land in Australia were the Dutch in 1606. Today this vast continent is a member of the British Commonwealth of Nations.

Although literally situated under the overhang of Asia, Australians are a paradox in history. Culturally they are wholly Western although they exist in what is geographically "The East." Their population runs the gamut from the most sophisticated to the true aborigine.

This fresh fruit salad is considered typical by representatives to the United Nations, of what must be mighty good eating "down under." Fresh soft fruits in season may be added, but pineapple, bananas, oranges and passion fruit are the essentials of fruit salad, Australian style. Recipe makes six to eight servings.

- 1 small fresh pineapple
- 4 bananas
- 4 tablespoons lemon juice
- 4 oranges
- 1/4 teaspoon salt
- 1 apple or pear
- 2 passion fruit or 6 tablespoons passion fruit juice
- 4 tablespoons powdered sugar
- 1/2 cup whipping cream, sweetened

Cut five or six slices of fresh pineapple about one inch thick. Peel and dice the pineapple into half-inch cubes. Slice the bananas and cut into small pieces. Sprinkle with lemon juice to minimize discoloration. Peel and remove membrane from oranges and cut into small pieces, adding with juice and salt to the prepared pineapple and bananas. Add diced apple or pear. Peel the passion fruit and add the pulp or six tablespoons passion fruit juice. Toss fruit lightly and sprinkle with four tablespoons of powdered sugar. Refrigerate the mixture for at least one hour. Serve in sherbet glasses and garnish with sweetened whipped cream.

Spinach Specials
There's an abundance of fresh crisp spinach in local markets. One pound of good quality bulk spinach will yield two cups of cooked spinach or eight cups of coarsely chopped salad greens. Fresh spinach is increasingly popular in tossed salads such as spinach and onion rings, spinach in combination with other greens and spinach with chopped or sliced rosy-cheeked unpeeled apples.

Cook Quickly. To keep the bright color of fresh spinach, cook it quickly and serve it promptly. Before cooking, rinse leaves under cold running water (never soak spinach or other greens) discarding any stems that are coarse and tough. For the best in flavor, gently cook spinach in a covered pan with just the water which clings to the leaves. Allow five to eight minutes cooking time; do not overcook.

Many Uses. Whether starting with fresh, frozen or canned, buttered spinach adds color and flavor to main courses. Creamed spinach with a touch of garlic and/or nutmeg is a flavor treat. Spinach souffle and spinach with cheese sauce in casserole are delightful menu additions. Cinnamon, Chocolate Are Flavor Mates.

Cinnamon and chocolate have long been flavor mates. Try cinnamon in your next chocolate cake; one teaspoon of cinnamon and one-eighth teaspoon of mace makes chocolate layer cake more delicious than ever. Add one teaspoon of cinnamon to your favorite brownie mix or your own pet recipe for brownies the next time you bake this family-popular item.

For a quick cinnamon-chocolate sauce, use one of the prepared chocolate syrups; add one-half teaspoon ground cinnamon to one-half cup syrup. Try this over doughnuts, then

top with a generous spoonful of whipped cream or dairy sour cream.

Better Meals Build Better Families

This week we proclaim without fear of contradiction, that "better meals build better families." It is the good fortune of our newspaper, and approximately 1,800 other newspapers throughout the country, to be in daily contact with our readers who are also the consumers of the products which are advertised in our columns.

When it comes to building better families through better meals, we fulfill an editorial responsibility by providing readers with up-to-date news, recipes, cooking and serving suggestions of foods that are in abundance and reasonable in cost. This we do regularly in our food columns. Our food facts are gleaned from many sources.

Super Marketing
The alert homemaker has super marketing information at her fingertips when she checks the grocery ads and food columns of this newspaper. She knows that the nutritional needs of her family may be met with very little effort on her part with the abundant supply of fresh, frozen and canned foods so accessible in her neighborhood market.

Meat Department Buys
Good buys in breakfast meats make it easy to start the day with better breakfasts. Ham, sausage and bacon are frequently specialized. Pan fried bologna, liverwurst and Braunschweiger are excellent breakfast additions. Supplies of beef are up, with cuts from pot roasts to rib roasts at reasonable prices. Fryer-broilers and turkeys continue to tap the good buy list. Fresh and frozen halibut, fillets of sole and frozen fish sticks are well priced.

Produce Departments
Fine new-crop apples with an accent on the "cookingest one of all" Gravenstein are coming to market. Grapes and pears continue at their luscious best. Excellent supplies of melons, Enjoy peaches, nectarines and figs now. Bananas remain the same.

There is a choice of choice vegetables: Brussels sprouts, spinach, carrots, celery, corn, cucumbers, peppers, potatoes, tomatoes, salad greens, sweet potatoes, snap beans, cauliflower, cabbage, and a variety of squash.

Russian Border Crossings Reported

MOSCOW (UPI) — A Soviet newspaper reported today that an undisclosed number of persons have fled into the Soviet Union to escape persecution.

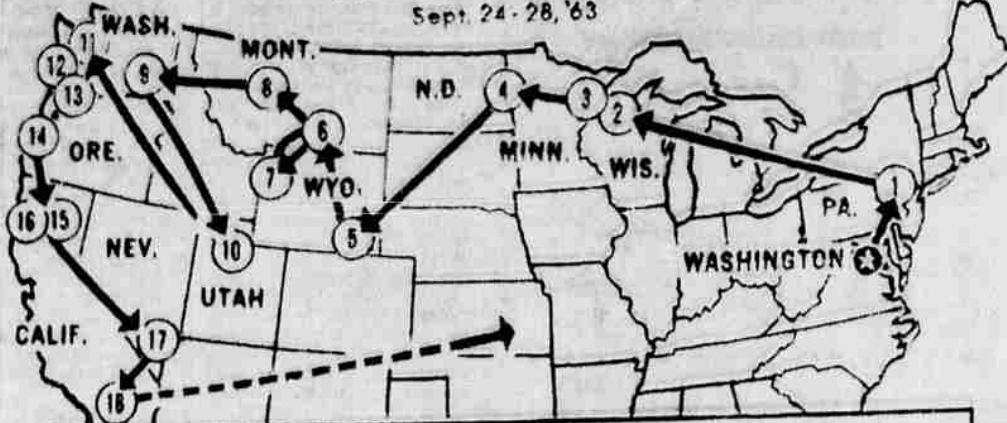
This was the first public acknowledgement here that there have been border crossings between Sinkiang Province in northwest China and Soviet central Asia since the Chinese alleged that Russia forced "tens of thousands" of Chinese into Soviet territory in the spring of 1962. The Chinese charges were made Sept. 6.

The report in Komsomolskaya Pravda appeared to be an indirect answer to these charges, although thus far there has been no formal Soviet government reply. The Soviet-Chinese border area is inhabited largely by nomads of Turkish and Mongol stock, most of whom are Moslems. For years a large number of them have tended to ignore borders and have gone back and forth across the frontier.

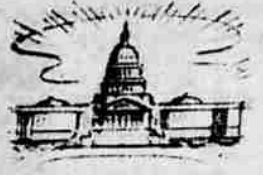
REGULATIONS AMENDED
WASHINGTON (UPI) — The Civil Service Commission said Thursday regulations have been amended to allow federal agencies to withhold state income taxes on employees who are residents of one state but work in another.

President Kennedy's Tour of Conservation and Natural Resources Areas

Sept. 24-28, '63



- TUES. 9-24-63**
 1. Millard, Pa.
 2. Ashland, Wis.
 3. Duluth, Minn.
- WED. 9-25-63**
 4. Grand Forks, N.D.
 5. Laramie, Wyo.
 6. Billings, Mont.
 7. Jackson Hole, Wyo.
- THUR. 9-26-63**
 8. Great Falls, Mont.
 9. Hanford, Wash.
 10. Salt Lake City, Utah
- FRI. 9-27-63**
 11. Tacoma, Wash.
 12. Tongue Point, Ore.
 13. Portland, Ore.
 14. N. Bend, Coos Bay, Ore.
 15. Redding, Calif.
- SAT. 9-28-63**
 16. Whiskeytown, Calif.
 17. Las Vegas, Nev.
 18. Palm Springs, Calif.



KENNEDY'S ITINERARY — This newsmag highlights the 18-stop tour of President Kennedy when he will visit conservation and natural resources areas Sept. 24-29. A scheduled speech in Portland, where he was to dedicate an apartment house project, has been cancelled. (UPI)



PLANS DIVORCE—Typewriter heiress Benedict, who eloped three years ago with Andrei Porumbanu, a Romanian-born playboy nearly twice her age, plans to divorce him, according to a legal spokesman. The couple is shown in Switzerland in 1961 with their son, Gheorghe Mihai, now 2½. They also have another son, Grigore, 10 months old. (UPI)



Your Money's Worth

By SYLVIA PORTER
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GAMBLING IN CZARIST BONDS

One of Wall Street's wildest speculations has come to life again since the U.S.-U.S.S.R. agreement on the nuclear test ban treaty. The price of Imperial Russian Government dollar bonds has more than doubled, trading in the bonds has soared, another chapter in the 47-year-old saga has opened and no one knows the end.

In February 1918, the Russian Communist Government declared, "All foreign loans are absolutely repudiated," and thereby wiped out billions of dollars which individuals in other countries had loaned to Russia during the Czarist regime. In June, 1919, the Kerensky ambassador in Washington gave up, halted payments on both interest and principal on \$75 million of Imperial Russian 5½ and 6½ per cent obligations sold to private investors in the U. S. in 1916.

In 1935 the Russian securities were stricken from the New York Stock Exchange and in 1956 they were delisted from the American Stock Exchange. In the years since, the bonds have been traded only in the over-the-counter markets, have been quoted by only a few Wall Street firms, have changed hands only now and then.

The odds against Russia's ever making good on these long-repudiated bonds are conservatively estimated at 50 to one — which would make the longest shot at most horse races a more appropriate gamble. Many observers would put the odds at 500 to one.

Still "a wave of speculation began in Russian bonds when the test ban treaty was agreed upon," says Harry L. Zeeman, Russian bond expert at Carl Marks & Co., one of the few firms which make a market in the bonds. "Wherever there's a spark, there's a speculator."

In July, before the test ban agreement, trading in Russian bonds totaled a negligible \$100,000 a month (face value). In August, Zeeman estimates it rose to \$50,000 a day or over \$1 million a month. That's tiny against an outstanding total of \$75 million and activity has quieted in the last couple of weeks but the contrast is marked. Before the pact was initiated, the bonds were quoted 1 to 1½ or \$10 to \$12.50 per \$1,000 bond. Today, Zeeman quotes them at 2½ to 2¾ or \$25 to \$26.50 per bond—double the earlier price.

On what possible basis is buying based? On hope—hope that if the cold war really thaws, Russia may offer some settlement on the dishonored bonds in order to pave the way for improved financial-trade relations with the U. S. and others in the West. As long as Russia is in default on these bonds, she is barred from selling any new securities here and the deals she can make with investors in the financial capitals of the West are severely limited.

It seems utter nonsense to expect Khrushchev to take the defaulted bonds out of "the archives of history" to which the Communists have assigned them and to offer U. S. holders even partial payments. But some wild ones have paid off. In the late 1950's Yugoslavia resumed partial debt payments on bonds in default 27 years and the price of her bonds has tripled since. In 1957, to the astonishment of cynics, Bolivia resumed payments on bonds in default since 1931. After World War II, speculators made fortunes in bonds of Germany and Japan. These had been officially declared "worthless" during the war, but at due date they were paid off in full.

The saga of the Czarist bonds defies credulity. They collapsed in price after the Russian revolution; surged upward when the U. S. recognized the Soviet Union in the early 1930's; slumped on the Stalin-Hitler pact in the late 1930's; jumped back when World War II ended in the mid-1940's; plunged when the cold war began shortly thereafter; rebounded on Stalin's death; crashed after the Geneva summit meeting in the mid-1950's; shot up during the Eisenhower-Khrushchev meetings in the late 1950's, fell again after that and now the gambling is on once more.

"If the speculator is nimble, he might make a dollar—that is, if he gets out at the right time," says Zeeman. "But the great majority will lose unless the unexpected happens and the Russians decide to service (pay up on) some of the debt." Personally I prefer the race track. I can lose faster and with more action—but I admit there's that catch word "unless" . . .

Light Snowfall on Higher Elevations Melts, Report Shows

Light snowfall, noted on the higher elevations of the Butte Falls Ranger district of the Rogue River National forest, has melted.

Recent storms have scattered doves and pigeons from the Applegate district.

The berry season is over on the Union Creek district.

But the fire danger still is high. That's the report from the Rogue River National forest to recreationists this week end.

Construction continues on the Seven Lakes and Hemlock lake trails. All trails are open on the Butte Falls district but hikers are urged to exercise caution because explosives are being used on this trail.

Major Roads Open
All major roads into the Butte Falls Ranger district are open but with the rainy season approaching, travelers are advised to check conditions on back roads before planning to travel them.

Campgrounds are open. The early snow however, has been followed by a continued low temperature and warm clothing will be necessary to comfort. All camps are in good condition in the Butte Falls district for the approaching deer hunting season. No shooting or sighting-in of rifles is permitted within one-fourth mile of campgrounds.

Fishing remains poor in lakes and fair in streams of the Butte

Falls district and cone picking is "poor."

Fishing is listed as fair on the Union Creek and Prospect ranger districts. All roads are open on both districts and logging traffic is heavy on week days on the Woodruff Creek, Abbott Creek, Kiter Creek and Woodruff access roads; the Douglas-Jackson County Line road, Prairie Creek road, Hershberger road and the Wizard Creek road.

Construction continues on the water system being installed in Cook and Green campground and it will be closed for the rest of the season. All other campgrounds are open.

Elliott Creek road still is closed above Park gulch. There is heavy traffic on Thompson Creek and moderate on Sturgis, Middle Fork and Beaver Creek.

SON'S IDEA NIXED
SAN DIEGO, Calif. (UPI)—Mrs. Mary Rouse, who just returned from a trip to Europe, told the City Council Thursday to disregard an application from her son to build an auto race track on her property.

While she was abroad, she explained, she gave her son George power of attorney. On returning, she found that he had been racing cars and motorcycles on the land — and has filed the application to build a race track.

Morse Raps Aid, Viet Nam Policy

LOS ANGELES (UPI) — Sen. Wayne Morse (D-Ore.) Thursday criticized the Kennedy Administration on both foreign aid and its Viet Nam policy — and had a few words to say about the Republican presidential ticket in 1964.

Morse, in a news conference, said he thought Oregon Gov. Mark Hatfield would be his choice for vice president, "if I were a Republican."

He said at Anaheim Wednesday night he intended to seek an end to the current foreign aid program and replace it with a plan founded more on economics than military aid.

He told newsmen Thursday, "You cannot justify the grant program we are engaged in many parts of the world. We are wasting money by the millions. We're pouring millions into NATO when we have more boys on the NATO front line than France, Britain and Canada combined."

Morse said he did not think either Sen. Barry Goldwater or New York Gov. Nelson Rockefeller would be the GOP nominee in 1964, but possibly Sen. John Sherman Cooper (R-Ky.) was a darkhorse.

UNWORRIED BY CHARGE
LONDON (UPI)—Lady Alina Barnett faces a careless driving charge next week, but she isn't worried. She said she has had a brush with the police for every year she's been driving. Lady Alina, who is 80, has been a motorist since 1905.

Dennis the Menace



"THE KIDDEGARTER TEACHER DON'T ALLOW NO FROGS, SO WE CAME HOME."

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