

Feeding the Family

ZOLITA VINCENT
Food Editor

Women Use Noodles for Money-Making Meal

The versatile macaroni trio consisting of macaroni, spaghetti and noodles in all their various shapes and sizes have long been favorites for feeding the multitudes particularly at money-raising events for church, club or other community organization.

Since economy is the keynote, women with experience in meal-service for money have learned to use their noodles, spaghetti and macaroni to turn out inexpensive flavor-some main dishes, and they avidly collect new quantity-feeding recipes featuring these products.

Ordinarily menu suggestions as such are not given in this column, but this week an exception is made since Lasagne Americana, Green Bean Tossed Salad and Fruited Floating Pudding served with coffee, tea and/or milk are such natural go-togethers. The menu happily combines the factors of foods everyone likes, that are easy to prepare and serve in attractive, satisfying portions for very little money. Costs have been figured at approximately 33 cents per serving . . . allowing, of course, for seasonal and local price differentiations. Recipes are for 24 servings.

Lasagne Americana

This American version of the original Italian Lasagne uses wide egg noodles as a base for ground beef and cheese brought together taste-wise with a well-seasoned tomato sauce.

- 1 1/2 cups chopped onions
- 4 pounds lean ground beef
- 2 1/2 tablespoons salad oil
- 3 cans (1 pound, 12 ounces each) tomatoes
- 2 cans (10 1/2 oz. each) tomato puree
- 2 tablespoons salt
- 1 tablespoon crushed basil
- 1/2 teaspoon pepper
- 1/2 cup salt
- 12 quarts (3 gallons) boiling water
- 3 pounds wide egg noodles
- 2 pounds (1 quart) creamed cottage cheese
- 1/2 pound cheddar cheese, sliced.

Saute onion and beef in heated oil. Drain off excess fat. Add tomatoes, puree, salt, basil and pepper. Simmer, uncovered, for one hour, stirring occasionally. Add the one-third cup salt to rapidly boiling water. Gradually add noodles so that water continues to boil. Cook, uncovered, stirring occasionally, until tender. Drain in colander. If desired, cook noodles in smaller portions using two tablespoons salt and four to six quarts water for each pound of noodles.

Arrange half of the cooked noodles in each of two 7 1/2 x 11 1/2 x 2 1/2-inch or equivalent-size baking pans. Layer each with sauce and cottage cheese. Repeat with remaining noodles, sauce and cottage cheese. Top with cheddar cheese cut into triangles. Bake in moderate, 375 degree, oven 15 to 20 minutes or until bubbling and cheese is melted. Cut each pan of Lasagne into 12 servings.

Green Bean Tossed Salad

Recipe is for 24 servings averaging one cup each. Vegetable may be prepared ahead of time, kept chilled and tossed lightly with dressing just before serving.

Drain two cans (1 pound each) cut green beans. Combine with one cup diced celery, one cup finely sliced or diced carrots, one half cup chopped onion. Chill. Tear or cut one half large head of chicory and one large head lettuce into bite-size pieces. Just before serving combine lettuce with other vegetables. Pour on one half to one cup bottled Italian dressing; sprinkle with one half teaspoon crushed oregano and one quarter to one half teaspoon garlic salt. Toss lightly as suggested above.

Fruited Floating Pudding

This is really so easy to make that it seems almost impossible that it can be so creamy and good.

Drain two cans (one pound, 14 ounces each) fruit cocktail;

reserve two cups of the syrup. Combine syrup with two quarts milk and gently stir into four packages (3 1/2 ounces each) instant pudding mix. Pour into 24 individual custard cups or five-ounce paper cups. Top each with chilled drained fruit cocktail. Chill thoroughly.

If It's Chicken You're Having

Chicken continues to top the best meat buys protein-wise. Here is a new recipe featuring roasted chicken and dairy sour cream which is sure to be a repeater. Recipe makes six servings.

- 4 to 5 pound roasting chicken
- 2 cups soft bread crumbs
- 2 tablespoons chopped parsley
- 2 tablespoons chopped celery leaves
- 2 tablespoons chopped onion
- 1/4 cup hot water
- 1 tablespoon flour
- 2 teaspoons paprika
- 1 cup (1/2 pint) dairy sour cream
- 1/4 cup Sauterne or other white wine, optional
- 1 can (4-ounces) mushrooms, stems and pieces, sliced or cut

Wipe chicken inside and out with dampened cloth. Sprinkle inside with salt. Combine bread crumbs, parsley, celery, onion and hot water. Stuff chicken loosely. Insert toothpicks or skewers across opening and lace with cord or string. Fold skin of neck over back and fasten with toothpick or skewer. Fold wings across back, tips touching; place breast up on rack in roaster. Rub with butter. Roast, uncovered in moderately slow, 325 degree, oven about two hours basting occasionally.

Stir flour and paprika into sour cream; spoon over chicken. Add wine to undrained mushrooms; pour over chicken. Cover and roast 20 to 30 minutes longer.

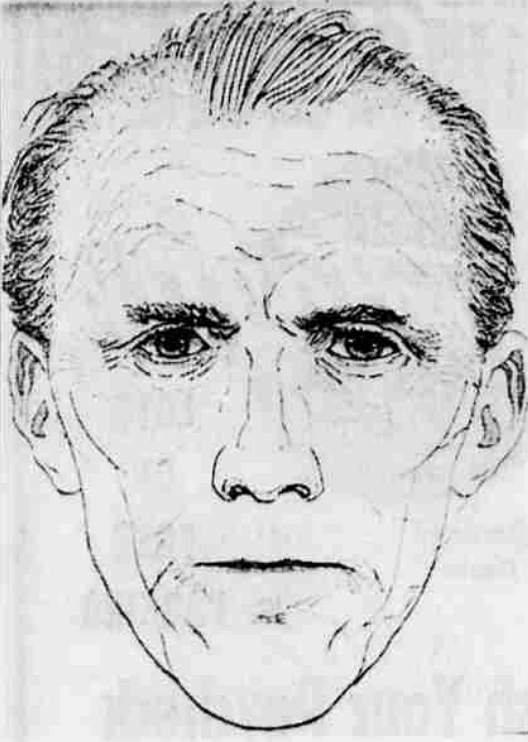
Canned Vegetables, Fruits Of Endless Service to Cooks
Fall is a good time for women to come to the aid of their pantry with a wide selection of canned vegetables and fruits. During the cool-weather months we need varied fruits and vegetables to keep good flavor and good nourishment in our menus, and by stocking pantry shelves with canned fruits and vegetables — dozens of them are always in season — they are always at our fingertips, ready to provide endless service to cooks. Stock up on canned foods by the dozen — buy the case.

Canned vegetables may be heated and served just as they are, they are ready to be dressed up for occasions that call for elegance, and they participate happily in all sorts of casseroles, stews, soups and salads. The tomato family, of course, goes even further by providing the basis for many sauces. When you have a choice of canned vegetables readily available, it not only avoids menu monotony but inspires original combinations. You might decide, for example, to add a can of green beans to a casserole you've always made with corn and emerge with something new and different.

Canned fruits, too, possess a vast repertoire of menu tricks. Take a can of cherries or apricots or peaches or apples — you name it — and turn it into a pie or a cobbler, or garnish a pudding or cake or ice cream with it. You can also heat canned fruits with a barbecue sauce to serve as a meat accompaniment. The cook who has a good supply of these fruits need never give herself a headache wondering what to have for dessert.

Choose Proper Size

Choose the size of can most economical for your use. The informative label tells you the weight or other "measure" as required by law. The canner often tells you how many servings are in the can or the approximate number of pieces. Buy the kind "pack" that best suits your purpose. For instance, you do not need fancy fruit to cut up in salad or dessert. On the other hand you may want looks as well as nutrition.



MAD ARSONIST? — This is a composite drawing made by the Santa Monica, Calif., police department of a man who may be the "mad arsonist" who has been setting fires in Monmouth, Ill. Information for the composite was furnished by Ted Allen, Santa Monica businessman, who said a man told him last June 9 that Monmouth "would be in all the papers because something was going to happen." (UPI)

Quotes From the News

By UNITED PRESS INTERNATIONAL
ALTADENA, Calif.—Mrs. Mary Otero, after a 750 pound bulldog loosened by a rainstorm rolled through the wall of her kitchen: "Just one of those days."

BONN, Germany—Ludwig Erhard, West Germany's new chancellor, in a 1948 speech announcing the end of rationing: "Turn the people and the money loose and they will make the country strong."

WASHINGTON—Pennsylvania Gov. William W. Scranton, announcing that he will block any movement to draft him as a 1964 Republican presidential candidate: "We're no longer in the Harding era where your friends surprise you with a draft. It can't be made without one's knowledge."

TOKYO—A spokesman from the Japan International Goodwill Pigeon Race, when none of the 200 birds in the race showed up at the finish line: "We expected some of them to be intercepted by hawks, but this was the first time the whole flight got lost."



GETS LAST BARK — Sir Walter, a duck with pluck, will have no truck with Schnapps the pup. The pup wanted to be friends, top photo, but something ran amuck and he had to turn tail and run to keep from being a snack for the quack, center photo. But in the end Schnapps had the last bark as Sir Walter paddled off into the sunset leaving Schnapps alone with only injured feelings. (UPI)

Plastic Industry Effects on World Yet Undetermined

FINANCIAL GOSSIP
By JESSE BOGUE
UPI Financial Editor

NEW YORK (UPI) — One thought seems common to those in the plastics industry today: The limits of its applications and effects upon the world of materials have not yet been determined, and may not be for years to come.

How far these have progressed since one of the first of the plastics to come upon the popular scene made its appearance in the years following the war between the states — the "celluloid collar" days — may be seen by the ordinary householder examining surfaces and fixtures around his home; by the electrician applying an insulated wire; by the motorist examining the shiny new 1964 models in his dealer's showroom; or in the columns of production tonnage figures offered by the Society of the Plastics Industry.

The extent to which this is a forward-looking industry is shown by the theme of the tenth National Plastics Exposition, scheduled for Chicago Nov. 18-22: New directions in plastics. A meeting of the same sort was held in 1961 in New York City, on the schedule of each 2 1/2 years; it drew a registered attendance of 27,126 persons, and the 1963 meeting is expected to surpass this figure.

It is also the SPI which reported that a recently completed study showed the construction industry in 1962 consumed 1.7 billion pounds of plastics, valued at \$393 million, and up 11 per cent from the previous year.

While these figures illustrate past growth, the industry as a whole keeps working constantly to insure future growth by im-

proving the quality and the standards for plastics in building materials, electrical and electronic equipment, industry, and consumer products.

Thomas Zawadzki, executive secretary of the Plastics Institute of Technology, Hoboken, N. J., said that this was the main purpose behind a two-day conference to be held on the Stevens campus in December.

It will attempt to give engineers and scientists a picture of what aging under various conditions has upon polymeric materials, and what are the causes which bring about these effects.

At least one industrialist finds it difficult to place a limit on the progress that may be made in the field of plastics in the future.

Salem Salem, named in April to the presidency of the fast growing Chemical-Plastic Division of the General Tire & Rubber Co., says that "when you are talking about 'plastics' you are talking about an endless, infinite number of products. As you change formulas, experiment with molecular con- structions, you change the whole product, or its applications.

"We don't know how far it will extend. Surely, five years from now there are going to be more plastics used in industry. Ten years from now there will be much more—but, and he hesitated, then said, "the expansion will be not merely arithmetical, but exponential."

"What can be done," he continued, "is based on imagination, rather than on the limitations of the raw materials alone...in dealing with materials on the one hand one is limited by what nature can give you, and on the other only by knowledge and by imagination."

Traffic Survey Shows Motorists Are Helpful

DETROIT (UPI)—The American motorist is basically a good Samaritan.

That was one of the facts learned in a two-year experiment conducted to determine the feasibility of freeway traffic control by television.

The project measured traffic flow on 3.2 miles of busy Detroit freeway by remote control television cameras.

The cameras flashed pictures of traffic conditions to 14 monitoring sets and trained observers made command decisions concerning speed and flow of traffic.

Traffic signs were posted over the lanes of the John Lodge expressway that indicated the best speed, which lanes were blocked and which were open.

"We have proven through overhead control that we can increase freeway capacity and move more traffic at a steady rate," State Highway Commissioner John C. Mackie said.

Mackie said the television control system has been a tremendous research tool in such areas as driver behavior and shoulder usage.

"Contrary to common belief," he said, "the American driver is a good Samaritan. When cars stall or pull to the shoulder it doesn't take too long until another motorist stops to offer help."

The project is financed through September and negotiations are in progress with the bureau of public roads to extend the period of the experiment.

The government paid about 80 per cent of the original \$400,000 outlay. The Michigan Highway department and the Detroit Street and Traffic department contributed money and personnel.

Operation of the system was simple. The 14 cameras were fixed at strategic points, along

the expressway. The traffic expert at the monitor was able to determine conditions the length of the route and he controlled the overhead signs.

The signs consisted of arrows lighted green for "go," X's lighted red for "stop" and numbers that indicated the best speed for the lanes.

If an accident were to occur, the director could close one lane and slow down traffic in others to allow the orderly shift from lane-to-lane by drivers. He also could notify police, ambulances and wreckers so that the trouble could be remedied quickly.

Traffic engineer George Basmadjian of the Detroit Street and Traffic department did much work on the project.

The key to the television control, he said, is how well the motorists obey the signals.

"In general, when we do have blockage and put up a red light it is observed quite well," he said. "The speed signs are not always fully satisfied and this is an area in which we want to do more extensive research."

"We've had some objections when we closed the ramps but this was to be expected to some extent. It hasn't been too great as long as there is good reason for closing the ramps and there always is."

During the week-long ramp control portion of the experiment, a spokesman for the Detroit Traffic association said, the accident rate on the expressway fell sharply, more than 60 per cent.

Police Inspector Arthur Sonnenberg head of the traffic department, said he thought the system was doing the job it is supposed to. "I have no records to substantiate it but if they say there is something (an accident) ahead you can always get off . . . it is a convenience," he said.



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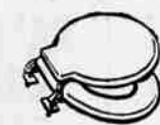


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FEEDS MULTITUDES—This Lasagne Americana is designed to feed the multitudes at fund raising events for church, club or other community organization. Wide egg noodles, ground beef and cottage cheese are the basis for this money-making recipe with its invitation to come-back-for-more flavor. The recipe is included in today's food column.