

### Home Faces First Confidence Test In Lower House

LONDON (UPI) — Prime Minister Sir Alec Douglas-Home, challenged by the opposition Labor party to call immediate general elections, today faced the first confidence test for his new government in the House of Commons.

Douglas-Home was expected to win the vote easily because of the 100-vote margin his Conservatives hold in the House. The motion attacks the government for failing to deal adequately with housing and slums in its legislative program. Another motion Tuesday charges the government has made no effective proposals for manpower utilization.

Although Labor was given no chance to carry either motion, it clearly hoped that the debates would gain it increased support among the voters for the general elections which must be held in the next 11 months.

The party in power can call the election at the time it considers most favorable, and most observers believe Douglas-Home will wait at least until spring. A delay would appear to help the Conservatives. Labor has been leading recent public opinion polls and Douglas-Home is not well-known to the voters as yet.

Deputy Labor leader George Brown told a party meeting Sunday: "We want an election now."

He said the country had just survived one of the "worst periods" of government it had ever had under the Conservatives of Douglas-Home and his predecessor, Harold Macmillan.

### Feeding the Family

ZOLITA VINCENT  
Food Editor

#### Mousaka (Eggplant Casserole) Flavoursome Bulgarian Specialty

The People's Republic of Bulgaria with an area close to 43,000 square miles, supports a population density of 185 persons per square mile or a total population of almost eight million. Predominantly agrarian, and with industry of minor importance, it is notably unfortunate that the mountainous character of the country makes it impossible to utilize even half of the land. Recipe - wise much of their food reflects their Russian heritage . . . and here is one highly favored according to Bulgarian representatives to the United Nations.

- 2 1/2 pounds eggplant, approximately
- 1 small onion, chopped
- 2 tablespoons fat
- 2 pounds ground lamb, veal or mixed
- 2 teaspoons salt
- 1 teaspoon paprika
- 1/4 teaspoon pepper flour
- 3 to 4 medium-size tomatoes
- 1/2 pint yogurt
- 4 egg yolks
- 1/2 cup sifted flour

Peel and slice eggplant in one-fourth - inch slices; salt slices on both sides and let stand one hour. Meanwhile chop onion and saute in two tablespoons fat. Add meat, salt, paprika, and pepper; brown slightly. Pour off any excess fat into another fry pan. Dip eggplant slices in flour and brown on both sides in hot fat drained from meat, adding fat if necessary. In a three - quart casserole, arrange alternate layers of meat mixture and browned eggplant and top with tomato slices. Bake for one hour in oven preheated to 350 degrees. Stir yogurt and

egg yolks into the one-half cup flour and mix well. Pour over top of casserole and bake about 15 minutes longer until brown on top. Recipe makes 8 to 10 servings.

#### Whipped Cream Garnishes Molded Rice Pudding

Men and boys love whipped cream. Whether it is on strawberry shortcake, chocolate cream pie or served with a molded mousse like this rice pudding. Whipped cream makes any dessert doubly delicious as well as doubly attractive. A delightful way indeed of supplementing daily milk needs.

Serve this with our Apricot Sauce\* or with other favored fruit sauce. Recipe makes six servings.

- 1/2 cup sugar
- 1 tablespoon flour
- 1/2 teaspoon nutmeg
- 1 envelope unflavored gelatine
- 2 1/2 cups milk
- 2 eggs, beaten
- 1 1/4 cups cooked rice
- 1/2 cup flaked coconut
- 1 teaspoon vanilla extract
- 1/2 pint whipping cream, whipped

**\* Apricot Sauce**  
Combine sugar, flour, nutmeg and gelatine in top of double boiler. Stir in milk; cook over hot water stirring until gelatine dissolves. Blend a little of the gelatine mixture with beaten eggs and return all to top of double boiler. Cook over hot water until slightly thickened, stirring constantly. Add rice, coconut and vanilla extract. Pour into one-quart mold and chill until firm. Unmold on attractive serving plate and garnish with plain or slightly sweetened whipped cream. Serve with apricot or other fruit sauce.

**\* Apricot Sauce.** Place 1 1/2 cups dried apricots and two cups water in saucepan. Cover tightly and cook over low heat until apricots are tender. Add one - half cup sugar during last five minutes of cooking time. Sieve apricots and syrup. Cool; add one teaspoon almond extract.

#### More For Our Money Good Food Buys

If you, like many others, wonder where the money goes; feel that you're spending more and more at the grocery store, it is high time to take a fairly good look at the cost of food versus the cost of living.

Back in 1939, U.S. consumers spent 23 per cent of their after-tax income for food. At today's prices (and taxes), they could by the same old-style groceries for only 15 per cent of their much larger income. But Americans are actually spending 21 per cent of their present after-tax income for new and improved food products.

**Price Level.** Based on the standard "market basket" which the government uses to measure price trends, prices at the grocery store in 1960 averaged about 2 per cent below 1953 and about the same as 'way back in 1952. This trend appears to be continuing.

The fact that food is a bargain shows up even more clearly in another way. The American factory worker could in 1963 buy the government's monthly "market basket" of farm foods with the earning from approximately 38 hours of work compared with 51 hours required in 1952.

**Another Thing.** We are buying a lot of things at the grocery store that we used to get elsewhere - cigarettes, cosmetics, even hosiery and so on. It is all run upon that cash register slip - but it isn't fair to call 'em groceries, now is it?

#### November Plentiful

**Meat Buys.** Seasonal abundance of pork with big budget benefits and very good eating in the many economy cuts special. Beef best buys are many and right where they usually are in short ribs, rolled rump roasts, chuck roasts, freshly ground. If it's lamb you're liking there are bargains in lamb riblets, breast of lamb, lamb cut up for steaks, curries.

**Poultry and Cranberries.** These are a big twosome being featured everywhere; turkey in all sizes and cut-up, broiler-fryers, stewing hens; fresh cranberries, canned whole and jellied berries; all bargains in good eating.

**Other Bargains.** Scan this newspaper's ads.

### Fatness May Not Be Invitation To Heart Attacks, Study Finds

By DELOS SMITH  
UPI Science Editor

NEW YORK (UPI)—A small cloud has come over the widely held medical belief that to be persistently fat through adult years is to invite a heart attack or a stroke and premature death.

It didn't work out that way among 527 men for whom long-term medical records were complete. They were veteran railroad men and had been examined periodically by the railroad's medical department.

But they were exceptional in that all of them had registered abnormally high blood pressures in at least two of these examinations before they were 50.

#### More Prone to Attack

This, however, would be expected to make them more prone to heart attacks, strokes and premature death, according to the general medical view.

It was true for these men with the exception of heart attacks.

"Severe, fixed, diastolic hypertension was associated with significantly increased incidence of cerebral vascular accidents (strokes), medical disability and premature death," said Dr. George E. Dimond.

But, he added, "the incidence of coronary heart disease was not related to the degree of diastolic hypertension."

As for being persistently over

weight, Dimond found that among hypertensive railroad men it was "associated with a significantly increased frequency of diabetes but was not related to the development of coronary heart disease, cerebral vascular accident or longevity."

On the basis of this finding, he had this opinion: "Sustained weight reduction in obese patients may lower the incidence of diabetes and be desirable for many reasons, but relative body weight in a hypertensive group is not important in the development of coronary heart disease."

**Physician for Railroad**  
Dimond is physician for the New York Central. The 527 men were of varying ages when first medically examined in 1925. Dimond studied their accumulated records up to 1962. By then 318 were dead and 36 still were actively employed. Of the dead, 38 per cent lived to 70 or older.

Many of the men, he noted, died before there were drugs to lower blood pressures and maintain them at the lower

levels. His study showed that sustained lowering of high blood pressure will increase longevity and reduce disability but mainly because of a reduction in strokes.

The hypertensive railroad men who did have heart attacks had them, as a statistical rule, slightly later in life than the railroad men with essential normal blood pressure. On the other hand, their attacks were usually much more severe.

In reporting to a technical journal of the American Medical Association, Dimond recalled that as recently as 1939 an eminent medical scientist agreed with the general medical view that hypertension is "a direct precursor of coronary heart disease."

In 1953 this same scientist reversed his opinion and in 1961 he "felt that in men the relationship of the two diseases is not too clear." On the other hand, another eminent scientist reported only last year that hypertension "greatly increases the risk" of both strokes and heart attacks.



**NEW TELEPHONES** — New pushbutton wall telephones like this one have been put into use in Carnegie and Greenburg, in western Pennsylvania, the first in the nation to subscribe to the Bell System's new "touch tone" service. Bell plans to introduce these gradually over the next 10 years to replace standard dial equipment. (UPI)

### Senior Employee Is Victim of Austerity

SALEM (UPI) — Tillie Albers was forced to retire two months before her goal of completing 32 years with the State Tax Commission — a victim of the state's austerity program.

She joined the commission in January, 1932—and wanted to retire on her 32nd anniversary date.

But cutbacks resulting from the Oct. 15 tax referendum crushed this dream. As a result of cutbacks ordered by the department, all employees over 65 were forced to immediate retirement.

She was supervisor of the commission's income division files, and was the second employee in seniority in the department.

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### STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars

To develop message for Tuesday, read words corresponding to numbers of your Zodiac birth sign.

<b>ARIES</b> MAR. 21 - 20 12-16-40-42 15-22-49	<b>TAURUS</b> APR. 21 - 20 3-See 4-Pospone 5-You 6-Could 7-Anything 8-You 9-Clash 10-Physic 11-Pravai 12-Turn 13-Warning! 14-You 15-Should 16-In 17-Be 18-You 19-Show 20-Require 21-Maintain 22-Some 23-Fur 24-Worthwhile 25-If 26-Lie 27-De- 28-You 29-Be 30-Are	<b>GEMINI</b> MAY 21 - 20 3-8-10-29 28-30-33-61	<b>CANCER</b> JUNE 21 - 20 16-In 17-Be 18-You 19-Show 20-Require 21-Maintain 22-Some 23-Fur 24-Worthwhile 25-If 26-Lie 27-De- 28-You 29-Be 30-Are	<b>LION</b> JULY 21 - 20 13-18-30-31 24-27-77	<b>VIRGO</b> AUG. 21 - 20 5-8-9-22 24-27-77	<b>LIBRA</b> SEPT. 21 - 20 21-29-32-38 41-46-61	<b>SCORPIO</b> OCT. 21 - 20 15-17-36-37 60-71-82-88	<b>SAGITTARIUS</b> NOV. 21 - 20 1-2-11-23 37-47-48	<b>CAPRICORN</b> DEC. 21 - 20 JAN. 20 - 19 1-2-11-23 37-47-48	<b>AQUARIUS</b> JAN. 21 - 20 FEB. 19 - 18 14-19-26-31 48-76-80-81	<b>PISCES</b> FEB. 20 - 19 MAR. 21 - 20 35-39-54-59 62-67-89-90
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Good Adverse Neutral

Steve  
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Martha

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