

Third Of Married Women Working Outside The Home

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One out of every three married women in Oregon is working at a full or part time job and more are likely to be spending a longer part of their lives at a job in years ahead.

About a fifth of the married women working today are mothers who have children under 6 years of age.

If Mom works, what's the effect on children in the family? Studies indicate that the attitude the mother has toward her children will show regardless of whether she's at home taking care of them or working at another job. If she's sincerely interested in the youngsters' development, she'll try to provide the kind of care that will encourage their best growth and development.

Some studies show that mothers who want to work but out of a feeling of duty to their children do not work, create problems for themselves. They may unconsciously resent their children and have some problems in child rearing.

What should be the husband's role if his wife works? How much should he be expected to help with housework?

A study made at Florida State University shows that husbands of working wives tend to be more liberal in viewpoint in regard to all women who work than do husbands whose wives don't have jobs. Husbands of working wives also were more agreeable to helping with household tasks, and

were more likely to favor equal pay status for women on the job.

Husbands whose wives worked were more likely to be proud of their wife's abilities outside the home, more democratic in recognizing her independence, but a little reticent to think of her earning more or taking over the traditionally dominant male roles in the home.

Children of working mothers tend to do more housework and take more responsibility around the home. If mother's objectives for working were shared and agreed upon as important by the husband and teen-age children, she was likely to get more support from the family in holding down a job.

One of the most important tasks for families is to find adequate child care if the mother works.

A baby needs his first one or two years of life with his mother or a mother substitute who can give him lots of love and a feeling of security. The younger the child, the more important the kind of care he receives. The stimulation a baby gets in the first year of his life lays down the basis for his whole personality structure.

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MOCK SUKIYAKI — Traditional Japanese Suki-yaki is easily prepared with a sauce of canned beef gravy and soy. Cook on a hibachi right at the table. Serve with additional soy, individual rice bowls, chilled mandarin oranges and plenty of tea. Have chopsticks for fun!

Mock Suki-yaki Made Easy With Beef Gravy

Have you ever dreamed of sitting on bamboo mats in a Japanese tea house, enjoying their excellent cuisine? You can bring the mysteriousness and beauty of Japanese culture to your home. Simplicity is the keynote—and canned convenience foods combined with the Japanese hibachi are the secrets behind the amazing ease of preparation. Suki-yaki, the most familiar Japanese dish, is a work of art made with a canned beef gravy sauce. The hibachi, a miniature cast iron charcoal burner, is becoming very popular in America. A draft below the grid easily regulates the fire—makes cooking to perfection a "cinch."

The Japanese believe cooking is an aesthetic experience... each ingredient is delicately cut into beautiful shapes... quickly cooked before the eyes of family and guests. To prepare this oriental dinner in traditional style, have all your ingredients laid out on a tray... thinly sliced beef, diagonally sliced celery, green onion strips, sliced mushrooms, and fresh spinach. It takes only a little over 5 minutes for the beef and vegetables to simmer to juicy

done in the exquisite soy flavored canned beef gravy sauce. Individual bowls of rice and chilled mandarin oranges complete the dinner—along with a porcelain mug of additional soy sauce and, of course, the traditional tea. For fun, let everyone try his hand at chopsticks!

EASY MOCK SUKIYAKI

- 1/2 pound spinach
- 1 pound round steak, very thinly sliced
- 2 tablespoons salad oil
- 1 can (10 3/4 ounces) beef gravy
- 2 tablespoons soy sauce
- 1/2 teaspoon salt
- 1/4 cups diagonally sliced celery
- 1/2 cups sliced fresh mushrooms
- 1/2 cup green onion cut in 2-inch strips
- Cooked rice
- Soy sauce

Remove stems from spinach. In large skillet, brown beef in oil. Stir in gravy, soy sauce and salt; add spinach leaves, celery, mushrooms, and green onion. Cook for 5 to 7 minutes, stirring gently. Serve with rice and additional soy sauce. Makes 4 servings.

City Grade School Menus

Monday, Sept. 16
Potato Salad
Meat Sandwiches
Tomato Slices
Pudding
1/2 Pint Milk

Tuesday, Sept. 17
Pizza Pie
Buttered Whole Kernel Corn
Tossed Green Salad
Jello
1/2 Pint Milk

Wednesday, Sept. 18
Hot Beef and Gravy Sandwich
Buttered Green Beans
Potatoes
Fresh Fruit or Melon
1/2 Pint Milk

Thursday, Sept. 19
Italian Spaghetti (Creole)
Tossed Vegetable Salad
Hot Buttered French Bread or Rolls
Fresh Fruit
1/2 Pint Milk

Friday, Sept. 20
Baked Fish Sticks
Hash Brown Potatoes
Peas and Carrots
Cheese Sticks
Hot Buttered Rolls
Fresh Fruit
1/2 Pint Milk



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A custard dip heightens the flavors of this toasted raisinbread sandwich. Tuck savory canned corned beef between slices of taste surprising raisinbread. Then dip it and saute until golden brown in skillet or sandwich grill.

CUSTARD DIP CORNED BEEF SANDWICH

1 (12-ounce) can corned beef
1-3 cup mayonnaise
1 tablespoon prepared mustard

10 or 12 slices raisinbread
Custard Dip
Butter or margarine
Cut corned beef into 1/4 inch slices. Spread mayonnaise mixed with mustard over one side of raisinbread slices. Make into sandwiches with corned beef slice for filling. Dip both sides of each sandwich in Custard Dip. Sauté in melted butter over moderate heat to a rich golden brown on both sides, or toast in sandwich grill. Serve hot. Makes 5 or 6 sandwiches.



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