

TABLE TALKS

Clare Andrews

So you don't know a thing about herbs. You know violets, don't you?—and nasturtiums and hollyhocks? And you certainly don't need an introduction to onions and celery.

These are all herbs. An herb is any plant whose stem dies entirely down to the ground each year, as contrasted with shrubs and trees. In fact, the distinction we commonly make today between herbs and vegetables, or between herbs and flowers, is a development of only the past 200 years or so.

To most of us, however, herbs mean that relatively safe and healthy food which, fresh or dried, adds delicious flavors to food.

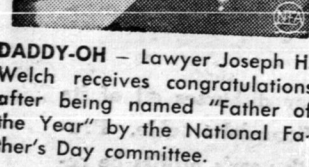
Whether a person waxes rhapsodic at the pinch of a bit of thyme, or is inclined to declaim defiantly, "I was just good, plain food, no herbs!" seems to depend largely on the food habits of the family he grew up in. We often choose the familiar in food, even if it's dull, and thus deprive ourselves of pleasing dishes.

If you have a family which would consider pork chops rather flat without sage and yet won't try sage on veal because it's new to them—go slowly and tactfully along the road of introducing them to herbs. Educating others to accept new food flavors isn't always easy, and the wise cook never forgets that there should always be room for individual preferences in food just as in everything else. A judicious use of herbs can accomplish wonders, however, adding variety to menus and making even the most economical dishes not only palatable but delightful.

The trick is not to use too much. It can't be too much, because a very light touch is necessary in using herbs. Any of these seasonings should simply bring out the full flavor of the food, and should never stand out prominently enough to be recognized as any specific herb.

Think of thyme as you do salt and pepper, if you will; just the right amount makes a difference too much may ruin it. And it's a good idea not to wear out your family by putting herbs in everything, perhaps arousing resistance that will be hard to overcome.

Herbs, like spices, go back to the earliest history of mankind, and the oldest books reveal that wherever gardens have been tended, someone has loved their serrated, gray-green leaves. Tidy, tiny herbs—grasses, grasses, grasses—have graced England for generations, and set the pattern for herb culture in the early American colonies.



DADDY-ON—Lawyer Joseph H. Welch receives congratulations after being named "Father of the Year" by the National Father's Day committee.



MONKEY BUSINESS—Hamming it up for his shutter-bugging cell-mate is Julius, left, a monkey at the Detroit Zoo. Julius, left, the photo, meanwhile, displays good form but poor aim. After the charm of the camera was off, Julius and Tarzan went through acrobatics on the chromium bar of the tripod.

ones. Yet 20 years ago, there were practically no herbs available in the United States which had not been imported from overseas.

Probably a good measure of today's enthusiasm for growing and using herbs derives its impetus from an organization which clearly has modest beginnings in Boston, Mass., a little over 20 years ago—the Herb Society of America. Its seven original members have seen their organization expand not only across all of the United States but in other countries as well. Thanks in part to their early efforts, library shelves now carry an astonishing number of excellent books on herbs—their history, horticulture, marketing, and use.

Although you can easily grow your own—even in a window box, the dried herbs which can be found in such profusion in most grocery stores are the most convenient for many of us. Just remember to notice whether a recipe calls for fresh or dried herbs, and use this guide: dried herb teaspoonful of dried herb of fresh or green herb for flavor.

HERB SOUP
3 tablespoons butter
1 head garden lettuce
1 small bunch watercress cut fine
1 teaspoon chopped chervil (fresh)
6 cups chicken or other stock
1/2 cup cream
1 egg yolk
Salt and pepper to taste
Cook lettuce and chervil in the butter for five minutes, being careful not to let them brown. Add stock and chervil, pepper, and salt. Cook 1/2 hour, then add cream mixed with egg yolk. Stir until heated but do not boil.

New potatoes don't need embellishment, but they can vary. Try this herb butter sometime.

HERB BUTTER
2 tablespoons butter
1/2 teaspoon crumbled basil leaves
1/4 teaspoon caraway seed
1/4 teaspoon dry mustard or onion powder
Melt butter and add seasonings. Pour over cooked new potatoes.

Even the familiar hamburger, good as it is with just salt and pepper, can have a new dress occasionally.

MEAT BALLS
2 pounds round beef
3 eggs
5 slices bread
2 tablespoons milk
1 1/2 teaspoons marjoram or oregano
3 teaspoons parsley
1 cup finely cut chives
1/4 teaspoon thyme
1/4 teaspoon salt
1/2 teaspoon pepper
Butter
Break eggs into the milk, crumble and soak the bread; add beef, herbs, salt, and pepper, and mix well. Roll into balls about the size of golf balls. Preheat a heavy iron skillet, add butter for frying. When fat sizzles, nearly cover the bottom of the pan with meat balls. Do not crowd. Saute over a hot fire, shaking the pan and touching lightly now and then with a fork so that the meat balls keep turning. Fry until meat balls are brown.

HERB TIPS
Add dried herbs to soups and stews during the last hour of cooking, and if you don't want to see the herb specks in the liquid, make cheese-cloth bags for them. Don't use the bag but



KOFER FOR LOVE SCENES—Two-ton Tony Galento, barrel-bellied former heavyweight boxer, is mugging for the movies now. Starring in "The Best Things in Life Are Free," Tony, who also claims to be a lover at heart, plays it up with co-star Roxanne Arlen. Tony says "Lovin' it can do all the time, but my face don't call for it."

once, and remember that long cooking of herbs tends to make them bitter. Add a pinch of savory or thyme to canned soups while they are heating. Add 1 teaspoon of rosemary to your regular recipe for baking powder biscuits, and you have rosemary biscuits. Aux herbs means means finely chopped fresh or dried herbs that are added directly to the food and remain scattered through the finished dish. They are used most often with eggs and cheese dishes. If added to melted butter before an omelet goes into the pan, they will give a more lasting flavor.

"Treasure" Only Cannon Balls

Four American frogmen are diving daily into the waters of Vigo Bay, in north-west Spain, in search of sunken treasure estimated to be worth more than \$75,000,000.

"Hot water pumped down to them through plastic tubes is helping the frogmen to fight off the numbing cold as they probe the layers of mud to locate the greatest single treasure known to exist in any one place in the world—that of the Spanish Plate fleet which was attacked and sunk by the British Navy in 1702.

It is known that the seventeen galleons were carrying at least 3,400 tons of precious metals from the mines of Peru and Mexico when they reached Vigo Bay. Hundreds of tons of thick mud have sifted down to the wrecks through the centuries, and the task of salvage is formidable. Five-foot suction tubes are being used to open a shaft through the mud. If the treasure is raised, it will go to the Spanish government, but the leaders of the salvage expedition, Mr. J. E. Potter, a 31-year-old Harvard graduate, and his comrades, will receive an agreed proportion of the amount realized by the sale.

At least fifty previous attempts to raise the treasure have failed. The first recorded attempt was by an Englishman, Mr. W. S. Brown, in 1825. Only a few guns, some ammunition and a box of coins were raised during those early attempts.

Later, another Englishman, using a new kind of diving apparatus, reached one of the sunken wrecks and raised some silver plates to the surface. A Scotsman brought up quantities of doubloons and golden ingots under the watchful eyes of the Spanish treasure hunters. He made a fortune and sailed home to Scotland where he built a great mansion and lived in luxury for the rest of his life.

The present American expedition had so far brought only pieces of charred wood and six rusty cannon balls to the surface. The charred wood tallies with contemporary reports that some of the galleons were on fire when they sank.

Ever wonder how the word "dollar" came into being? It originated some four hundred years ago in the Saint Joachim Valley in Bohemia, Central Europe. A huge silver coin was minted there, known as the Joachimsthaler. Later this was shortened to Thaler and then to Dollar. Early settlers brought the term to America, and it gradually worked its way into general usage, but the spelling changed until it became Dollar.

"Stepping On Gas" Is Worst Culprit

The Travelers Insurance Company has issued its latest annual analysis of street and highway accident data. An analysis of this analysis points an accusing finger in the true cool, inexorable, statistical manner at the major culprit. Is it the weather? No; 84.7 per cent of the fatal and 81.3 of the nonfatal accidents in 1955 occurred in dry weather, 78.4 per cent and 72.5, respectively, on dry roads.

Is it negotiation of curves or skidding, perhaps? No; cars driving on straightaways accounted for 78.4 per cent of persons killed, 61.6 per cent of those injured.

Is it the mechanically defective vehicles involved in fatal and 97.3 in nonfatal accidents were in apparently good condition.

Is it inexperience on the part of the driver? No; well over 97 per cent of drivers involved in accidents causing death or injury had been operating cars for a year or more.

Is it "those tremendous trucks and busses"? No! They may make drivers of smaller cars "litter" as they roar by, but the plants themselves are involved in less than 12 percent of personal-injury accidents.

Is it the passenger-car driver? Yes—at least one variety of him. To attempt a composite: He is probably exceeding the speed limit (in over 40 per cent of fatal and nonfatal accidents), and possibly driving on the wrong side of the road (in 12 per cent). And it is not unlikely that he is under 25 years old. (Persons 18-24, comprising only one-sixth of those likely to be driving cars, were involved in 25.1 per cent of the fatal accidents, and their record is getting worse.)

Mr. James du Pont, of the Delaware Safety Council, recently told the President's Committee on Traffic Safety that Americans are getting "Russian roulette." "We sometimes go the reckless Russians, and an anxious person will one better by placing two death-dealing cartridges in the chamber of our gun—alcohol and poor judgment. Then we pull the trigger—only we call it 'stepping on the gas'!"—From The Christian Science Monitor.

The Green-Eyed Monster

A Short Story By MARSHA MORE

Have you ever noticed how jealousy—the green-eyed monster, as Shakespeare so aptly calls it—seems to strike the most unlikely people? Take Rosalie, for instance.

If anyone had told me she could possibly be jealous of Lillian, I would have laughed at the idea. Rosalie and Lillian had been friends from kindergarten days, though they were quite unlike each other. Lillian was a clever girl and very sweet. Rosalie, though, is the most beautiful girl in the class. When Mr. W. S. Brown, in 1825. Only a few guns, some ammunition and a box of coins were raised during those early attempts.

The Treasury has a file known as the Conscience Fund, a huge folder labeled: "Monies and Letters received from Persons Unknown." The fund had its beginning in 1812 when a letter addressed to the Treasury contained a five-dollar bill and a statement that the sender had once cheated the government and wished to make restitution. Since then the fund has grown to over a million dollars. Some of the letters are touching, and some are amusing. "Please accept this donation from a poor widow who has received gifts from a gentleman who don't say he would take anything for the government. I think he shouldn't, but to relieve my conscience, I am sending what I can spare." Numbers of them are trivial: "Here, I send you a stamp for duty on a cake of soap I bought in Dublin from a Canadian" would square things, he said.

The most astonishing contribution ever received was a check for a million dollars from a Russian-born James Picker, founder of X-ray corporations, who loved his adopted land and refused to make money doing business with the United States Army. Mr. Picker sent several more checks. The million dollar check, however, was a million dollars. Fromington Holiday, by Eleanor Early.

GRADUATION DAY—Graduation ceremonies in Fort Scott, find the distaff side of the Wilcher family in cap and gown. Barbara left is a senior at the local high school, Joan, center, graduates from junior college, and Mrs. Ruth Wilcher, a first-grade teacher in town, got her Bachelor of Science degree in education.



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THE FARM FRONT

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For the second time in three years the prize money will be increased, particularly in breeds and groups which could be degraded by working or service in addition, assistance is being given the exhibitors to better present their entries.

For instance, cattle exhibitors will be offered facilities to make special display cards before animals to which they wish to direct special attention. This will give the exhibitors a better chance to draw attention to the wares which they present not only for public scrutiny but for other breeders and dealers who may be interested in examining animals on display.

New metal signs will be visible this year over the exhibition grounds, and these signs will be more noticeable. New display cards are being built for the display of vegetables and fruit, making it much more visible for the viewer and easier to maintain.

Two hockey teams in Northern Ontario were battling out a hotly contested game. Midway through the second period one of the goals was scored by a shot for goal. The puck skidded down the ice to the opposing team's net. On the resumption of play, the goalies made a similar save, when upon the puck repeated the same occurrence, tricking down the ice to the opposite net. This was probably the only occasion in hockey where two opposing goalies sent for their respective teams.

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