

TABLE TALKS

By Anne Andrews

BEEF STEAK PIE

- 1/2 cup flour
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. paprika
- 1 lb. round steak, cut in 1-inch cubes
- 1/4 cup butter or bacon dripping
- 2 medium onions, sliced
- 4 medium potatoes, cooked and diced
- 1 tsp. salt
- 1/2 tsp. ginger
- 1/2 tsp. nutmeg
- 2 beef-bouillon cubes
- 2 cups hot water
- Pastry for 1-crust pie
- 1 egg yolk
- 2 tsp. water

Heat oven to 450 degrees. Mix flour, salt, pepper and paprika, and dredge cubes of steak in mixture. Heat butter or dripping in heavy skillet, add meat and brown well on all sides. Lift out pieces of steak and put into a 2-qt. casserole. Add onions and potatoes to dripping in skillet and cook, stirring, until lightly browned. Add to meat in casserole. Sprinkle with salt, ginger and nutmeg, and stir lightly with a fork to blend. Dissolve bouillon cubes in hot water and pour over meat. Roll pastry to fit top of casserole, lay over meat mixture and seal well to edges of casserole. Cut slits in top to let steam escape. Blend egg yolk and 2 tsp. water together with a fork and brush over pastry lightly. Bake 15 minutes or until crust is golden. (Serves 6.)

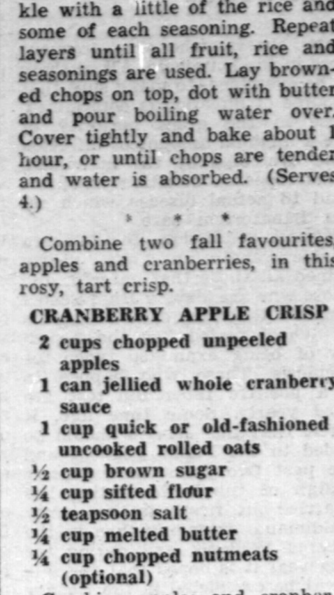
CRANBERRY APPLE CRISP

- 2 cups chopped unpeeled apples
- 1 can jellied whole cranberry sauce
- 1 cup quick or old-fashioned uncooked rolled oats
- 1/2 cup brown sugar
- 1/4 cup sifted flour
- 1/2 teaspoon salt
- 1/4 cup melted butter
- 1/4 cup chopped nuts (optional)

Combine apples and cranberry sauce; place in a greased 8-inch-square baking dish. Combine rolled oats, sugar, flour, and salt. Add butter, mixing until crumbly. Sprinkle over apple-cranberry mixture. Top with nuts. (This may be made ahead and refrigerated.) Bake at 350° F. for one hour. Serve either warm or cold. Serves six generously.

WHAT'S RIGHT

— Four, he counted them. Gerard Guinness, father of quadruplets, in Detroit, still can't believe it. This makes six for the Guinnesses.



What They Ate in Ancient Palestine

The food of the common people of Palestine had been extended and diversified in the nine centuries which separated Elijah from Jesus and his disciples. Among cereal, rice was now grown in wet terrain, though it had not yet replaced the other grains for food to the extent that it did in late Arab times. We do not yet hear of the succulent pilau, in which mounds of roasted mutton, broken into convenient pieces for individual consumption and crested with dainty white morsels from the fat tail sheep (a treat well known in Israelite times). Instead of rice, wheat or barley groats were cooked together with mutton and vegetables, as well as with vegetables of various kinds. Among the vegetables many familiar modern kinds were still unknown. Instead of the familiar beans and peas of today there were coarse horse-beans and tasty lentils; chick-peas took the place of popcorn and peanuts. Various kinds of cucumber and vegetable marrows served instead of the unknown squash and pumpkins of today. Tomatoes were entirely unknown. On the other hand, onions, leeks, and garlic played just as great a part in the food of the ancient Mediterranean as they do today; their unrivalled dietary importance is only now being realized by Western scientists.

If we turn to fruit and nuts, we also find almost as many differences to similarities between New Testament times and today. Bananas and citrus fruits (except the citron itself) were still unknown in Palestine. Peaches and apricots were still unknown; prickly pears had certainly not yet been introduced. On the other hand, olive trees grow everywhere in much greater abundance than today, after centuries in which every olive tree was used by a rapacious treasury. The Arabs still call unusually large and old olive trees zeitun or E-Rum, "olive trees of the Romans."

Raisins and figs, honey and dates took the place of the sugar cane, which was not to be introduced until the Middle Ages. However, many kinds of fruits which are less popular today were then relished for lack of anything better. Almonds, walnuts (introduced in the Persian period), apples and pears of inferior quality, pomegranates, and sycamore figs (now eaten only by the poorest, but then punctured and grown much larger than today) were among the staples of the age.

Silver Lining For The Prince

This autumn, a hundred Irish roses, specially chosen for their superlative quality, were planted in the gardens of Buckingham Palace in commemoration of Prince Andrew's birth. These trees, named Silver Lining, are a present to the Queen from the National Rose Society which selected this variety, believing it to be the best British hybrid rose produced by our growers for many seasons.

Silver Lining is rose pink with a silver reverse. It won the National Rose Society's medal for the best-scented rose of 1956.

DRIVE CAREFULLY — The life you save may be your own.



HOT COLLAR

— Edith Rosenou ends a pain in the neck with this new electric-heat collar. It holds the neck while administering therapeutic heat to relieve pain of arthritis, strained muscles, or dislocated vertebrae and neck tension from headaches.

- 1 cup milk
- 1/2 teaspoon salt
- Spread bread or cake slices with butter and arrange in bottom of a greased baking dish. Cover with applesauce; sprinkle with cinnamon and about half the sugar. Beat together the egg, milk, salt, and remaining sugar (omit sugar in this mixture if cake is used). Pour egg mixture over mixture in baking dish. Set in pan of hot water and bake at 350° F. for about 40 minutes. Serves four.

APPLE BETTY

- 4 cups thinly sliced, pared tart apples
- 1 cup soft bread crumbs
- 1 cup flaked coconut
- 1/2 cup firmly packed dark brown sugar
- Dash of salt
- 1/2 teaspoon ground cinnamon
- 4 tablespoons butter

Arrange 2 cups of the apples on bottom of greased baking dish. Sprinkle with 1/2 the bread crumbs and 1/2 cup of coconut.

Kangaroo Meat Getting Popular

Up to now kangaroo meat eaters — and there are quite a number of them among the growing army of Australian "exiles" in Britain — have had to be content with kangaroo tail soup, which is available there in tin. But there is a strong possibility that some of the choicer cuts of Australia's most famous animal will be on sale in Britain soon.

Already a number of countries are importing the meat for human consumption. Encouraged by the high price of beef, people are developing a taste for the strong, gamey flavour of kangaroo meat.

West Germans are using it for soup and for roasts. Last year 500 tons was imported from Australia and the estimated amount this year is 2,000 tons. Result is that a growing number of the thousands of kangaroos which are being shot each month as pests are being utilized for their meat.

More Safety For Electric Linemen

Taking a cue from the birds, who perch unharmed on bare electric wires as thousands of volts of electricity pass through their bodies, the American Electric Power System has developed a new safe approach to repairing "hot" lines.

In the new technique, linemen can now work with bare hands on an energized power line. The technique is based on the fact that current does not flow when there is no difference in voltage between two points.

Isaac Insisted On Having A Goat

Whenever Isaac was bored he used to think up a new "help the family scheme" to present to my mother. She, as a rule, humored him as he was not just another ordinary child but a privileged person, for he had served my grandfather, Namiik Kemal in his youth. Extremely intelligent and witty, he also had a tongue as sharp as a thorn and delighted in leading all of us unmercifully, even my father. He did not stay in our house but came to see us as practically every day. Not once did he ever see the place where he lived. How could we? He was always in our house.

Isaac must have been really bored the day he came to see us with Kadife the goat. That day we had gathered unsuspectingly for breakfast, and after the mother had gone up to her room to attend to her morning chores when Isaac burst into the house. Instead of going to the kitchen for his breakfast, as was his custom, he nimbly climbed upstairs to see my mother. She was his confidante, his treasurer, his benefactress, he used to call her; and it was at her feet that he laid all his impossible schemes and his quips which were mostly financial.

"Haniidjini, it does my heart good to see you work so hard, what with so many people to take care of your house. I always say that hard work gets the heart young," Isaac grimaced and grinned at her by way of greeting.

"I wonder how you manage then, for I have not seen great evidence of your love for work," my mother retorted.

"Some of us work with our hands, others with our tongues," he laughed. "When it comes to working with the tongue, I am a specialist. You don't have to tell me, my mother interrupted, "I am quite familiar with your weakness. But you did not come here at this early hour to watch me work and wag your tongue. Let me look at you. I recognize symptoms and signs which make me think I am going to lose this day as many others in the past."

"How you malign me! My whole aim in life is to serve you, to make life easier for you all. The other day, when our returned Eleni suffled to the door to pick up the milk from the good-for-nothing vendor, I heard her say that if he kept adding more water to the milk she would not buy any more. The subject preoccupied me. The children's feeding was in jeopardy and I wondered what I could do. I was still at it when I fell asleep. Can you believe it! I woke up suddenly in the middle of the night saying out loud, 'I have it! A goat would solve the family's milk problem.'"

"A goat?" my mother repeated aghast. "What on earth do you mean? Is this one of your jokes or another one of your schemes? I'll have nothing to do with it, myow."

"Do me the favor to hear me to the end," Isaac answered with great patience and a sigh. "When I followed the great Kemal into exile on Mytilene, I soon found out that there was not a single cow on the island. What did the people do? They grew healthy and strong and lived to a ripe old age on goat's milk. There were hundreds of goats on Mytilene, and a prettier sight than a herd of goats you never saw. I'd take a goat in preference to a cow any day. But there is more to it. Experts agree that goat's milk is lighter, has less fat content, and is infinitely more beneficial than cow's milk."

"But, Isaac, how can we keep a goat in the city. This is not Mytilene. Who will take care of the animal. Besides, I don't know that the children will like the taste of goat's milk."

"Haniidjini, you make me laugh. Why, in this city people keep all kinds of animals, even cats. Why not a goat? Who will take care of her, you ask? I will. We had goats on the island and I took care of them, even milked them myself. As for the taste, we will soon see if the children like it or not."

"Don't tell me . . ." my mother stopped her dancing and looked at Isaac, who shuffled and looked uneasy.

"I could not resist this bargain," he said. "It is such a lovely pedigree animal and a great milker. I bought it for almost nothing."

My mother was speechless, but we children, delighted at the thought of owning a goat, ran out in the garden to be followed at once by Isaac and my mother.

It was a lovely goat with a sleek brown coat so smooth to the touch that we named her Kadife or Velvet. She had large limpid eyes, but every ounce of her body indicated mischief. When she saw us she tossed her head, kicked her hind legs, and tried in every way to free herself. We tried to make friends, but all she did was to butt with her head and show us her horns.

We had our troubles indeed. Isaac spent the rest of the day building her a new enclosure for the night. He advised us to tie her for the first few nights until she got used to her new home. We did as he said, but she bleated incessantly and kept us awake. We finally decided to untie her, but the next morning she had disappeared. There was no sign of Kadife. She had vanished.

A neighbor finally brought her back saying, "Your goat almost ate my new sweater. He was indignant and my mother had to make retribution and soothe his ruffled feelings."

Kadife proved to be the greatest problem of all. Isaac said he would do the job; he was an expert at it. The first time he tried his hand, he did not even get near her; she kicked and tossed her little head as if to say, "You clumsy old man, what are you doing? You are not even getting near me!" He took the whole family to hold Kadife in place, and when Isaac finally managed to fill his pail, he got hoarse, kicked the container and took off. We spent the rest of the day chasing her up the hills of our little village. Finally a peasant woman, the maid of one of our neighbors, offered to do the job at a price.

With all the milk in the house, our milk problem was solved. Isaac's eloquent pleadings, Eleni and our old nurse, who had often been the butt of Isaac's teasing, got their revenge every morning at breakfast they used to place a large bowl of milk before him.

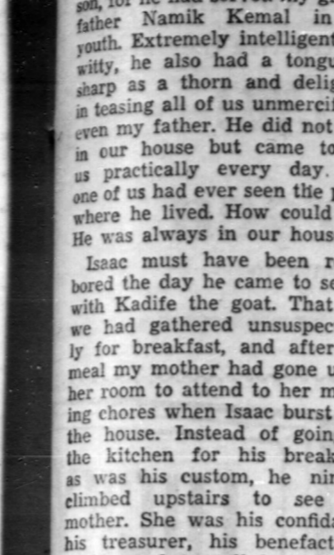
"Break it!" they would laugh. "It is good for you. Or are you as good as making goats cheese as you are at milking?"

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Wonderland Revisited

— All a quiver, Peter the rabbit wiggles his nose, snips his big ears up straight and watches zwoo. As the click of the camera, Peter was gone.



THE FARM FRONT

by John Russell

If you happen to notice a tree that seems to thrive much more than others in an inhospitable location, say in this sandy soil, for example, you could be onto a gold mine, almost literally.

For years experts in Australia had been puzzled by the very rapid growth of pines on the southeastern plains of South Australia State. This was in an area of sandy soils, wind-sorted soils of South Australia and, besides, low in minerals that help provide plant nutrients. But despite this low fertility status, these soils carried pines that could have been growing in very rich soils, judging by their remarkable growth.

Actually, they were growing in very rich soils. The deep rooting habit of these pines enabled them to penetrate the thin sandy soils and tap rich layers hidden beneath, unknown to the observer who saw only the contradictory surface picture of trees thriving in very poor quality soils.

The literal uncovering of this mystery—by digging down researchers found rich soil layers formed by volcanic action and submerged ages ago—means that the fertility status of vast areas of Australia and, for that matter, of other countries, must be reconsidered and perhaps reclassified.

In years ago ranging across the Australian continent scientists have discovered long-buried soils in areas regarded as marginally productive and also in top agricultural regions. This means that the old method of classifying soils by what can be seen at the surface of the landscape is no longer adequate. Due account must be taken in future of the possible presence of rich workable soils below.

Buried soils, of course, have been found in other parts of the world, but the idea of using such soils, as indicated by the fast-growing pines of South Australia, has been fostered in this country as opening a new chapter in land development.

Australian scientists of the federal government's own research organization have been busy exploring the possibility of using deeply buried soils, thought to be beyond the range of plant roots. The idea back of this study might be termed subterranean farming.

They planned to develop plants with longer root systems, long enough to tap deep soils. Many plants already possess very long root systems—for example, alfalfa, writes Albert E. Norman in the Christian Science Monitor.

Thus soil considered too poor to carry this particular plant might be found, on closer examination, to be overlying rich soils deeper down within the root range of alfalfa. Farmers who would like to grow alfalfa but cannot, according to surface soil indications, might take a deeper look at their land.

Looking at the buried soils of Australia, scientists have formed the concept of "soil cycles." This was described as the interval for

Answer elsewhere on this page

Smoking As A Cure For Ulcers?

His fever was drowning him, and now this middle-aged patient had come to Dr. Ralph Bookman in Beverly Hills, Calif., for advice. While chatting with the allergy specialist, he mentioned he had given up smoking cigarettes a few months earlier and had developed large ulcers on his tongue and inside his mouth. Then, by chance, he took up smoking again — and the ulcers disappeared. What did the doctor think?

Dr. Bookman was intrigued but puzzled. Now, after treating three more men suffering supposedly incurable mouth ulcers by suggesting they smoke, he is still puzzled. "I am not presenting this as a cure for mouth ulcers, just as an observation," he says in his report on the cases in the current journal of the California Medical Association. "I leave it to other doctors to find out if there is a relationship between the two things."

This is the Temperance Lesson for this year. Jean Newman of the Toronto Board of Control writes, "I have chosen to be an abstainer, for the simple reason that, to me, life is interesting and exciting and I want to enjoy it to the full without having any of my perceptive abilities even slightly dulled. — If you don't drink at all, if you impose total abstinence upon yourself, you know you will escape alcoholism. To that extent you will improve community living, for the alcoholic ruins his own life and the lives of those around him. — The total abstainer eliminates the greatest factor in motor accidents."

Paul wrote, (Ephesians 5:18): "Be not drunk with wine, wherein is excess; but be filled with the Spirit."

Making Spiders Work For A Living

In days of old it was the spider and the King (a spider helped a King reclaim his throne). Today there is the spider helping to build roads! Very indirectly, to be sure, for roads are an engineer's project. But down Texas way there's a Black Widow spinning yards of web that ultimately will be used as the cross hairs in some 2,200 levels and transits of precision surveying.

Upsidedown to Prevent Peeking

HOLE IN ONE — What's in a name? Here's Maurice Hole, 19, in a hole at work in Brighton, England. He is assembling a telescope destined for Switzerland.

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Millions of kilowatts

Capacity Available

Capacity Required

System Total

Snake R.

Boise

Butte

Thompson Falls

Kerr

Flathead R.

Crossword Puzzle

ACROSS

1. Among
2. Mantle
3. Handful
4. Evaluate
5. Land measure
6. Bb. character
7. Shower
8. Whinnapped
9. Little one
10. European
11. Separate
12. Of an animal
13. Inactive in color or form
14. No-fearful
15. Metaphor
16. Unpleasant
17. Man (prefix)
18. Man
19. Prime
20. Name of a tree
21. Schemes
22. Opposite
23. Japanese
24. Oiled
25. No part
26. Common
27. With intent

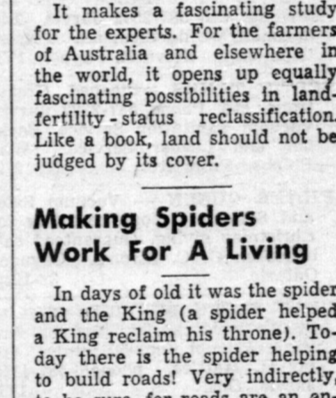
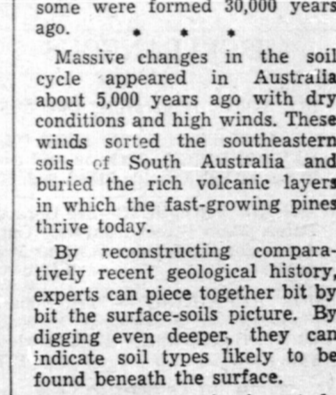
DOWN

1. Intoxicating
2. By birth
3. Expectant
4. Early
5. Japanese steatoma
6. City founded by Phoenicians
7. Dry
8. Occupant
9. City in Indiana
10. Sagacious
11. Overcharge
12. By birth
13. Expectant
14. Early
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16. City founded by Phoenicians
17. Dry
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19. City in Indiana
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21. Overcharge
22. By birth
23. Expectant
24. Early
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26. City founded by Phoenicians
27. Dry

ANSWER ELSEWHERE ON THIS PAGE

Safety Lessons Learned Early

Marilee Hendrich, 4, has playing her part as a pedestrian the same effect on little drivers as her older sister has on the adult kind. Greg Smith, 5, isn't watching where he's pointing his ice cream truck. Scott Turaski, 5, is turning left at top, and Joe Huse, 4, seems to be turning right. But eyes are elsewhere and that's no way to drive a motor vehicle safely.



Sometimes grown-ups do this and then they're sorry. Best idea is to keep away from the centre line when you do. That's Joe Huse in the rear about to pass Scott Turaski on the wrong side of the street and bang into Mary Huse's car.

A lot of people think the traffic situation has gotten out of hand so they're teaching high school students in special classes to drive properly. But they go even deeper than that with preventative traffic medicine at Safety Town at Garfield School. An area of the school playground is marked with simulated white lines and crossings. Kids there tool around in little cars and set the general idea of safe pedestrian and driver conduct. School officials hope the program will familiarize the children with a menace that has killed and crippled far more children than poison or automobile.

Butter be sure who has the right-of-way before you go busting into an intersection the way Greg Smith and Scott Turaski are. There's going to be a street full of ice cream bars in one minute. You can get hurt when someone isn't watching.

Don't ever do this, Mom and Dad! Don't ever get out of your car and step into traffic the way Joe Huse is doing here. His sister, Mary, is about to meet him — with a bump! You've got to be careful all the time—whether you're walking or driving.

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SUNDAY SCHOOL LESSON

By Rev. R. Barclay Warren, R.A., B.D.

Be Strong in the Lord (Temperance Lesson)

Ephesians 6: 10-20

Memory Selection—Be strong in the Lord, and in the power of His might, Ephesians 6:10.

Billy Graham, addressing the graduating class of a theological seminary, said that each day he read five Psalms and one chapter from the Book of Proverbs. The Psalms taught him how to worship God and the Proverbs taught him how to get along with men. In addition, he reads 6 pages from the Bible, apart from his study for sermons. In this way he reads the Psalms and Proverbs through each month and the other books of the Bible year after year. I am studying the Bible more since I read this.

The opening words of Psalm 48 have helped millions. "God is our refuge and strength, a very present help in trouble." God's strength is illustrated in his power to move mountains. It is also emphasized by the words, "Be still, and know that I am God." One of our difficulties in modern society is the hurry and rush about; like Irwin Cobb's famous figure, we mount our horse and rush madly off in all directions. Strength is found in waiting quietly on God.

In the Ephesian passage we see the splendid equipment available to us that we may be overcomers in the fierce close combat with Satan. Truth, righteousness, the Gospel of peace, the helmet of salvation, the shield of faith, the sword of the Spirit, which is the Word of God, and constant prayer. We can be triumphant.

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