Low Cost Foods In Mexico City

fish, soap — all cost a peso (eight cents U.S.) from Mexico City's new supermarkets on

The trailer trucks full of lowcost foods are roving poor neigh-borhoods of the city in a com-paign to stabilize basic food prices and improve diets for lowincome families. They deliver 150 tons of food every day to 326 locations in 200 workingman sectors. They reach more than 2,000,000 of the 5,000,000 residents of the modern capital many living in crowded settlements or adobe dwellings on the shabby-fringes where the pavement stops, water is carried in buckets, and meals are cooked over charcoal braziers.

President Lopez Mateos order when he took office 21/2 years ago. He placed the job in the hands of the federal food pur-chasing and distributing agency which had begun selling beans and tortillas at cost during the previous administration.

Broadening the diet, the agency set up a processing and streamlined trailers to distribute the foods.

"The first few days out we didn't get beyond the first stop before we were cleaned out," says one of the gray-uniformed drivers. "People stocked up with everything they could carry. They figured such a good thing couldn't last. But we were back the next day at the same time with the same goods and the same prices. Now they're buying less and gaining confidence." Queues are waiting at every

stop as the red trailers, pulled by diesel units, arrive in the neighborhoods. Pulling up to the curb the two-man crew of each truck unfold mechanical stairs to the

trailer, turn on air conditioning,

indirect lighting, taped music, side to help the customers lo cate what they want to buy and other at the cash register. The trailers are lined with self-service shelves containing everything from detergents to canned hams, soups, potatoes, flour, sugar, salt, dried fish, candies, and milk stored in cartons in refrigeration units. There is no limit to what one housewife may buy. If any food runs out the operator radios the central plant and a "feeder" truck

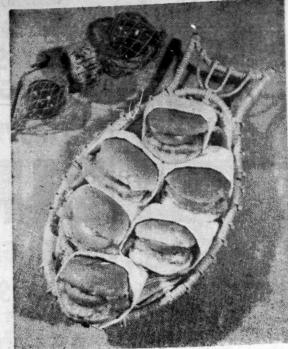
The one peso foods are only one-half or one-third the retail prices in most grocery stores be cause the distributing agency buys up entire crops from farmers and eliminates the middlemane Families which before ate only tortillas and beans now are able to buy meat and milk. Children are getting balanced meals. It is expected that the low-priced packages will drive down retail prices sustaining a lasting fight against inflation The agency is readying eight more trucks to sell clothing and

"We feel we have a miss in this program," said an age spokesman. "We are introducing new and healthy foods to the poor with an honest value for their money."

THE SIMPLE LIFE

In Venice, the Duke of Windsore was lunching daily on one banana and a dish of vanilla ice cream, a repast curiously out of keeping with the splendiferous mage created by the duke and his duchess on their arrival: One gondola for themselves, and a second for 36 suitcases and the duke's golf bag.





FILLET BURGERS make an easy-to-eat, satisfying lunch. Everyone gets a big, toasty-warm bun stuffed with a golden-fried fish fillet, tasty spread, and juicy slice of tomato.

The burger, like baseball, has become a familiar part of the summer scene. Served indoors or out, it is a menu favourite for casual dining and can be the answer to the lunch or supper problem on a busy day. Some of the best burgers are made with seafoods. For porch

or patio lunching home economists recommend hot, toasty Fillet Burgers, Salmon Burgers, and Tuna Burgers. All three proved very popular with taste-testers. Try the Fillet Burgers when you have small fillets on hand such as sole, ocean perch, or fillets from small game fish. FILLET BURGERS

1 pound small fish fillets
1 tablespoon lemon juice
½ cup flour
1 teaspoon salt
2 tablespoons chopped pickle
½ cup chopped onion
3 tablespoons mayonnaise
1 tablespoon prepared mustard
6 split heated hamburger buns
6 slices tomato 6 slices tomato

into 6 portions. Sprinkle with lemon juice. Combine flour and salt. Roll fish in the mixture. Pan fry in about 1/4-inch of melted fat or cooking oil, very hot but not smoking. When fish is flake easily on testing with a on absorbent paper.

Combine pickle, onion, mayon naise, and mustard; spread on heated buns. Place a portion of cooked fish on bottom half of each bun. Top with a tomato slice and sprinkle tomato with salt and pepper. Replace bun tops. Serve hot. Makes 6 bur-

1 can (15 ounces) salmon ½ cup chopped onion ¼ cup butter, melted

are convenient for a porch sup-

½ cup grated cheese 8 buttered hamburger buns

celery, peanuts, onion, may

naise, lemon juice and grated cheese. Mix thoroughly. Fill

buns with tuna mixture. Wrap each in aluminum foil. Place

packages on a baking sheet and

heat a hot oven (450°F.) for 10

to 15 minutes. Makes 8 burgers.

Finnan haddie is a popular

many years ago, a quantity of

Findon, Scotland, caught fire. After the flames were put out,

it was found that some haddock

which were in the building had

colour and when cooked had a

delightful, smoky flavour, This

lucky accident was the beginning

of a new branch of the Scotch fishing industry and for many

vears smoked haddock was mar-

keted as "Findon haddock".

Later, as a result of popular usage, the name became short-

Finnan haddie is sold in fresh,

frozen, and canned forms. Next

time you are looking for some-

thing new in the way of a hearty

snack, try these Scotch Plaid

ened to finnan haddie.

wood stored in a building in

seafood product with an inter-esting history. It seems that

Drain and flake tuna. Add

Drain and flake salmon, re

serving salmon liquid. Cook on-ion in butter until tender. Add salmon liquid, 1/2 cup dry bread crumbs, egg, parsley, mustard, salt, and salmon. Mix well. Shape into 6 patties the size of the buns and about ½ inch thick. Roll in crumbs. Pan fry in fat which is very hot but not smoking. When patties are brown on one side, turn and brown on other side. Drain on absorbent paper. Place in buns. Make 6 burgers. TUNA BURGERS

per. If desired, they too can be made ahead of time, stored in the refrigerator, then heated at meal 2 cans (7 ounces each) tuna 2 cups thinly sliced celery cup chopped peanuts 1 tablespoon minced onion 2 cup mayonnaise 2 tablespoons lemon juice

4 teaspoon salt Dash pepper Thaw fillets if frozen. Divide browned on both sides and will fork, remove from heat and drain

SALMON BURGERS Keep these Salmon Burgers in mind when a quick, hearty snack is called for. The salmon patties cook in a jiffy and can be prepared in advance, then refriger ated until needed.

s cup dry bread crumbs 2 eggs, beaten 14 cup chopped parsley 1 teaspoon dry mustard 1/4 teaspoon salt 1/2 cup dry bread crumbs Sandwiches. They are delicious, SCOTCH PLAID

t slices bread

SANDWICHES 1 can (7 ounces) finnan had OR 11/2 cups cooked flaked 2 tablespoons finely chopped

teaspoon Worcestershire

2 slices Canadian processed Mash finnan haddie well with a fork. Add chopped onion mayonnaise, and Worcestershire sauce; blend well. Toast bread slices on one side only under the broiler. Spread untoasted side with fish mixture. Cut processed cheese into strips and cross strips over fish in a plaid design. Place under broiler and broil until cheese melts. Serve piping hot. Makes 4 servings.

With a package of frozen fish fillets in your freezer, you are covered with just about the finest meal insurance you can buy. Fillets, plus a little imagination, equal some of the tastiest treats to come from the kitchen. A fine example is this recipe for Ocean Club Sandwiches. Bright red tomato wedges are the ideal garnish for this sandwich plate. OCEAN CLUB SANDWICHES

1 pound fish fillets 1 egg, slightly beaten 2 teaspoon salt 1 teaspoon wa'er ½ cup package dried bread

crumbs 18 slices buttered toast 1/3 cup tartar sauce 2 cups grated Cheddar cheese 18 thinly sliced green pepper rings

6 tomatoes, quartered Thaw and separate frozen fil-lets. Divide into 6 equal por-tions. Combine egg, salt, and water. Dip fish in mixture then coat with crumbs. Pan fry in about 14-inch of melted fat or cooking oil, very hot but not smoking. When fish is browned on both sides and flakes easily on testing with a fork, remove from pan and drain on absorbent Tuna Burgers, heated and Place a portion of cooked fish served in individual foil cozies

on 6 toast slices. Spread fish with tartar sauce. Cover with 6 other slices of toast. Top each sandwich with 1/2 cup of grated cheese and 3 green pepper rings. Heat under broiler until cheese melts. Cover with remaining 6 slices of toast. Fasten layers together with a toothpick at each corner. Slice sandwiches diagonally in quarters. Serve at once, garnished with tomato wedges placed between the quar-ters. Makes 6 servings.

Greatest Waterfall Almost Unknown

From Upington we continue to th West through a countryside more and more desolate, rocky and scorched. The fences alongside the roadside disappear. is a wonderful feeling to spin along these open stretches free of all signs of human cultivation. At last once more there is an well I understand the old notaken on a rich, golden brown glimpse the fires from another camp. We make a short detour the south and about thirty eters west of Upington the road dwindles into a couple of tracks in the sand. Out here in this corner, where Cape Province borders on South-West Africa in a wild and rocky lanscape, lies one of Africa's natural wonders almost unobserved. This is Aughrabies, the highest and most spectacular waterfall in all

Suddenly the wheel tracks stop at the edge of a whirling stream. We catch sight of a hut nearby and there find a mulatto shepherd, minding some goats and a few cows, who promises to take us to the waterfall the next morning. It is still so far away that we can neither see nor hear it, and it is impossible to go further by car. So we camp y the stream, one of the Orange River's many tributaries.

It is only when ight has fallen into deep silence that we become vaguely aware of hollow thunder far away. Aughrabies come from the Hottentit word Aukoerebis which means "the place of the noise," and when next morning we wade across the stream after our guide, we can hear that we are drawing near to the place where the noise is coming from. From the south side of the iver one cannot get close enough to see the great height of the falls, so we have chosen the northern side. But from here we now have to wade two kilometers through strong currents and climb rocks to reach the waterfall. The noise grows stronger, and at last there appears before our eyes an impressive and magnificent view of the giant

Had One Weakness

he first saw worth of me of his paintings Thompson has with paintings. world's leading modern art, and his The burglarthe Thompson house is so ingeni-

with

of any intrusion, 438,000 HOURS - Bought in a dime store 50 years ago, this cuckoo clock still keeps perfect time - and the cuckoo still One night last month pops out. Mrs. Helen Gore, owner, holds the timepiece. Her father even carried the clock they notified through World War I as a regot to flip the alarn minder of home. and found nothing a

from the Orange River are first return was so sich forced into a narrow cleft and from there they tumble over 200 metres down into a deep ravine between steep, naked rock-faces rudely cut from t where the water is whipped around into violent whirls and obvious amateurs. throws up spray to the height of Legers; a Ran a hundred metres. And through the cloud of spray a rainbow Between \$300 gleams. In the ravine below, the water is pounded into waves five or six metres high which asked": \$100.000 gest art theft fling themselves against the sides and rush on, and an uncanny But it wash sickened The echo reverberates in the depths. The Aughrabies was discovered their clumsy in 1824 by a Cape Town merchant, George Thomsen, who was ched a hole in a canvas

on a holiday. It was thus found long before the Victoria Falls. But in this wild and desert region it is so hidden that only a few people have seen it. Indeed, this natural wonder is so little known that ninety per cent of South Africa's inhabitants still think that Africa's greatest Falls are the Victorias. But Aughrabies, "the place of the noise," is in deed the highest and it is also the third largest in the world.— From "Kalahari" by Jens Bjerre, translated from the Danish by Estrid Bannister. A budget is a family's attempt to

live below its yearnings.

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Back To School Fashion Hint



a track-fork. oam of the Big

fferent from and haying ed to a mechaninits everything member. I can't ungster, growing up hay to make, is and was to so the cattle the point. Peroves the hay to-

e was that they after haying was boy could climb the the beams, walk "stafflings" and lie there in the dark the universe. hat with baled for it has no ive, and it doesn't om enough in storerafflings any-

mid-summer rain drumming the roof, dripping from the soft, fragrant bed of meadow ething the farm matery people have eliminated from possibility. But if the night clear the open doors would me the polar sky and you lie there with your hands ooped behind your head and speculate on the distances. The North Star seems close until vou project toward it, and it teases on and on until you are truly in space - and of course notody had been in space then. The Dipper tips up for you, and then suddenly you wake with the roosters crowing and the catile stirring in their stanch-ions, and morning has come while you were asleep.

A young lady down the road, going away to school this fall, telling me the other day had sent her the titles of read before classes t was surprising that were books I had e open doors bookease, and I books up there resaing and left had been used down, it was



and unusual approach to the



The Open Door Of The Old Barn

with loose hav, pitched up with And the load had to be 'built"
This meant that each forkful binding layer up the middle to keep the sides from slipping away. If a load wasn't built right, it could, and would, coled youngsters jumped up an down on the load was a great trod down the rack had to be barn and brings it at this, and at a "Dup." from the load-builder they would settle into their collars and move about the great | right all by themselves.

arrange the tripline and shout, "Haul away!" The boy would lead the horse past the woodshed, past the kitchen door, past the petunia bed, almost out to the mailbox. The rope would squeak in the wooden pulleys, the barn roof-timbers would creak under the weight, and the horse would dig in and pull with mighty effect. The track-fork would rumble along the steel in the peak of the barn, and at the right moment the man would jerk the line and release the load. The horse, feeling the load gone, would naturally stop all by himself, the boy would slip the hook off the clevis. and the man on the load would make ready for the next hoist. If you had a shower coming up this was done with considerable

speed, and a boy felt mighty important as he trotted his horse back for the next load. I don't know what boys do to day during haying. If they aren't big enough to lift a bale they can't fit in. And there is no haymow for them to lie in and read, or study the stars, or dream their long-long thoughts where buttercups and clover are laid by.— By John Gould in the Christian Science Monitor.

problem of road construction costs. Under a new construction ministry regulation that takes effect right away, big cars, many of them American, will be ban-ned from side roads. The bus companies that use such roads have been given three years to reduce the size of their vehicles. It has long been a question as o whether the government was really obligated to provide roads everywhere that would stand up under the pounding of heavy ve-



TANKLESS JOB — Demonstrating a guided missile tank killer, a soldier aims his sight controller at the British Army infantry school in Warminster, England. The launcher is in the rear, ready to send a Vickers Vigilant rocket winging on its way of the squeeze of a trigger.

napped" was up there, and I had bring it down, I did "Huckle-"Two Years Before the Mast. in one season, although it was Possibly the slower reading ac omplishment of our younger set is because loose hay has gone

There were other periphera advantages to the old ways. One was driving the horses. Today body truck which doesn't stop at all - it just keeps going. But should be placed just so, with a lapse on the way to the barn and fill the whole dooryard. Part treading, and a flock of informhelp - so they said. But after each bunch was tossed up and driven to the next bunch, and this was very exacting work. True, the horses were old hands to the next hay, stopping pus

Another chance at the horses came at the barn, where one of the team would be unhitched from the rack and his whiftletree hooked to the long rope of the trackfork. He would raise the hay up through the gable doors into the mows. The farm boy who had the job of leading him out and back was very lucky, for he was in command of great power and controlled the situation. It was a rule that the man who built load should pitch off, so he would thrust the long tines of the horse-fork into the load, and when he locked the trigs he would stand back,

by John Russell Livestock provides about 42 | ernment relief, but they do point per cent of the agricultural in-come of the Prairie provinces of Canada. This includes primarily beef cattle, although dairy and sheep contribute a substantial protion to this income. In this period of excessive dryness throughout the plains country, the lack of sufficient moisture has heightened appre-hensions that the grass cover might not be enough to carry the normal herds into and

PISTOL PACKIN' PLAYMATES - It's gruelin' duelin' cap pistol

style for these two small desperadoes as they face each other

for the showdown. Robbie Jamison may be out of gun range,

is going to give it a try. The short pants set seems to like the

THE FARM FRONT

with pride to specific measures.

of community pressures under the Prairie Farm and Rehabili-

the Prairie Farm and Rehabilitation Administration. To meet the increasing pressures from farmers and ranchers whose own pastures are not able to carry their normal cattle population, the PFRA has announced plans to double the size of herds allowed on the community pas-

tures.
This restoration of confidence

has an effect on the Canadian

economy which reaches far be-yond the livestock industry,

writes Bicknell Eubanks in the

In addition to being a princi-pal part of the agricultural eco-

nomy in the prairies, livestock also makes up the basis of large

investments in packing plants, milk-condensing plants, and

other food-processing activities. This give jobs to thousands of

Like other facets of the west

ern agriculture in Canada and elsewhere in the northern Great

Plains down in the Dakotas and

Montana, the experts as well as the ranchers and farmers are

trying to peer as far into the

Ranchers especially have to be prepared to carry their herds through the winter by laying in

ample supplies of hay and other feeds and keep their herds at

size that would not put too great

pressure on spring pastures and

fall, winter, and early sprin precipitation turn out to be as short as it was this season.

early summer grass should the

Christian Science Monitor.

city-dwelling workers.

future as they can.

One of these is the operation

but Mark Defeo with his hand on his foot-long shootin' iron

through next winter. Earlier this summer, as the rainless days stretched endlessly, there was some panic selling of cattle. For a while this threatened to depress the prices which ranchers and farmers get for their beef animals. After the first rush, however,

the urgency faded. This, coupled with emergency steps taken by federal and provincial govern-ments to head off any depletion in livestock herds or at least to assure better prices for those who have to sell, firmed up the Market.

As the ranchers and farmers looked around, they discovered that feed might be more readily ed. And some rains, though pi

Big Cars Banned Japan has taken an inter

helping revive to some extent rain crops which had declined almost to a point where it would not be feasible to cut them even for feed. The federal government stepped in with relief measures which in some cases make it more profitable to cut stunted wheat stands to use as feed for cattle. Other measures have combined also to give the ranchers and farmers more confidence in the stability of the Canadian conomy and forestall further selling off of herds in a panic.

marily local in nature, came along at just the right time in

just the right places on occasion

to save the grass and strengthen the feed situation enough by

Some government officials note that the ranching area has been moving into a period of moisture deficiency for almost five years. During this period the cattle industry has been getting itself set against the seriousness of the current dry spell which is beginning to take serious blows at Manitoba, Saskatchewan, and Alberta. * * ** While the livestock industry

is one of the least controlled Canadian agriculture, the federal and provincial governments do have in operation various methods to help those cattle growers who might find themselves hard put to keep their herds at full or near-full population Government officials, among them the Federal Minister of

Agriculture, Alvin Hamilton, who comes from northern Saskatchewan, say they cannot give an accurate estimate this time on the policy total cost of govthrough the current dry spell. Farmers are swathing and bailing standing wheat crops. Grain growers who have thinly filled cereals are selling their standing crops for fodder at about \$10. crops for fodder at about \$10 a ton. This costs the stockmen about \$15 a ton after having costs are added on. Western agricultural publica-

tions are giving space to provide lists of farmers in the three provinces who are offering various kinds of fodder.

Invented Himself Into The Pokey!

Walter Shaw of Miami is an amateur inventor who specializes in gadgets that drive the telein gadgets that drive the telephone companies crazy. He has
one which allows you to receive
your home telephone calls at any
phone you may be near. All you
do is call home and another little box records what number
you're calling from and will
transfer the call there.

waiter's best invention is an electronic device which cuts the cost of long-distance telephone bills to nothing. It is such a good gimmick that he went to jail because of it.

His invention, contained in a box six inches square, attaches to wires leading from a telephone. Any direct-dial call made to that phone costs nothing be-cause a signal issued from the device interferes with the tele-phone system's timing apparatus. It is as if the call were never completed. You can talk as long as you like and there is no reord of the call.

Shaw, who used to work for a telephone company as a lineman, was making about ten of the gadgets a day, in his living room, and selling them to bookmakers, who normally run up a high phone bill, for \$1,500 each.

phone bill, for \$1,500 each.

A recent raid on a bookie parlor just outside New York City uncovered several of the gadgets. They were traced first to Dade County, Florida, and then to Shaw. Shaw was charged with attaching unauthorized e quipment to a telephone, a misdemeanor with a one-year maximal. ment to a telephone, a misde-meanor with a one-year maxi-mum sentence. When he gets fin-ished with the law, the phone company where he used to work may want him back. It would rather have him for a friend than an enemy. - From SAGA.

"The best things in life are free," says the adage. Yes, but you need imagination and a will to work to find them.

PESTINDAY SCHOOL LESSON

Memory Selection: As many as

power to become the sons of God, even to them that believe Women have always played an important part in the advance of Christianity. On most mission fields, women outnumber the men two to one. Go to any prayer meeting, (if you can find one in your community), and you

When Paul and his company ions arrived in Europe, by God's leading, they went on the first Sabbath to a prayer meeting by the river outside the city. Lydia, a saleslady for the purple-dyed garments made in Thyatira, is-tened attentively. She was al-ready a worshipper of God. That day as she listened to the mes-sage of God's Son, Jesus Christ, the Lord opened her heart. This coming to know Jesus Christ is a supernatural experience. Unless there is a spiritual rebirth, one cannot enter the kingdom. This is accomplished by the Holy Spirit leading the repentant sir ner to faith in Jesus Christ as Lord and Saviour.

Lydia and her household were baptized. Then she invited the group, Paul, Silas, Timothy, and Luke, to stay at her house It wasn't easy to put up four men, but this was part of her expres-

sion of gratitude to God.

When Paul and Silas were released from prison, Lydia was still their friend. She wasn't ashamed of the Gospel of Christ. They came again to her home, saw the believers and comforted them. One would have thought Paul and Silas with scarred backs were the ones needing comfort, but they were comforting others. Actually, helping others is a good way to help

sizes the truth of this lesson. Re-

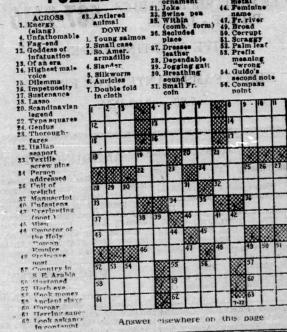
ceiving Christ is much more than joining a church. It is receiving power to become a child of God. And this glorious experience is for us all on the simple condi-

tion of believing on Jesus Christ. ISSUE 34 - 1961

9. Beverage 10. Greenland Eskimo 11. Hasard 13. Pagoda

CROSSWORD PUZZLE

In Saskatchewan, farmers and ranchers who have been short-





WIDE SPOT IN THE ROAD - No less than 11 railroad, cars were pulled by a locomotive across this natural trestle in Kingdom City, Mo. The road bed fell into an abandoned quarry, leaving a hole 100 feet deep. Nobody knew what happened until after the train passed safely



Titiv (left) and Maj. Yuri Gagarin in Red Square during a 31/2-hour welcome to Moscow fo Maj Titov who recently returned to earth after orbiting the globe 17 times. Khrushchev added some somber notes to the festivities by boasting that Soviet scientists had proposed building a bomb with a yield equal to 100 million tons of TNT, a yield 5,000 times as great as the atomic bomb dropped on Hiroshima.

BEAR HUG - Soviet Premier Nikita Khrushchev (center) hugs Soviet cosmonauts Maj. Gherma