

"Hey, Phyllis-- better come through this door"

# When Italian Cooking Was Really an Adventure

By CARMEN VIGLUCCI  
Nowadays when a housewife makes her own spaghetti sauce she's apt to go around for days humming "O Sole Mio" and reveling in her role as a peasant cook.

My grandmother not only made her own sauce but her own tomato paste, bread and often even the macaroni. With a begrudging nod to the Almighty, she had to settle with merely growing her tomatoes and mushrooms.

And when the chicken feathers began to fly so did some of the bluest Neapolitan profanities. A 4-foot-10 brute, Grandma would grasp the head with one hand, holding the chicken down with the other, and in one mighty twist decapitate it.

I don't know if she fried it first but I know that it simmered in the sauce, which was a simple combination of tomato and paste with very little spice, if any. I remember the homemade paste was deep purplish and with childish reasoning thought that was because of its proximity to my grandfather's batch of home-brewed "Dago Red" in the cellar.

My grandfather, DaDa, was by nature a quiet man with a white crewcut who could sit by the hour puffing on his pipe, reading amid Grandma's nonstop bombast. Sundays, however, he would rise voluminously to the occasion and dinner would be spiced as such shouting matches as even Neapolitans would quake to hear.

But lest one get the image of a Roman orgy of gluttony, there was little waste. Monday was always leftover day (as was Thursday). And Grandma would only bake enough bread for quick consumption, using the rest of the dough to make pizza (called "abetti" in the Neapolitan dialect) for later in the week.

Of course, there were many things we never saw at Grandma's house. Among these were oatmeal and mashed potatoes which my Irish mother used as lures to coax cousin Augie (who lived at my grandmother's) to our house for during-the-week meals. He thought they were the epitome of exotic eating.

I know she made her own macaroni at times because I can remember it spiraling around the kitchen on strings obscuring the side-by-side pictures of Pope Pius X and King Victor Emmanuel on the wall.

Except for Easter when there would be chocolate bunnies and the like, there was never more than chestnuts or homemade cookies for dessert. But after salad, soup, roasted potatoes, chicken, meat balls, macaroni and bread only Grandma had room for any more, any way.

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## A Harvest of Desserts

Now, as fall reaches its full glory, the fruit harvest reaches its peak. Senses of sight and smell are engaged as we pass the produce stands piled high with fresh fruit. Gently we touch the smooth purple bloom of a plum with grateful fingers; find satisfaction in the round firmness of an apple in the hand. Taste buds anticipate the sweetness of grapes and peach, the juiciness of ripe pears.

Even the sense of hearing is touched by a voice inside urging us to carry home this lovely harvest, not only for day's eating out-of-hand, but to make into some of the nicest desserts of the year.

the shortbread crust. Top with half of the peaches, then add half of the remaining gelatin mixture. Add remaining peaches, then remaining gelatin mixture. Garnish with additional peach-slices. Makes 8 to 10 servings.

As a dinner party dessert, Lemon Peach Tart makes a spectacular impression. It begins with a buttery shortbread crust. This is a crust recipe to cherish, particularly for those women who feel themselves all thumbs with pastry — no rolling is required, just a gentle patting into the pie plate. The filling is composed, in part-fashion, by layering juicy peach slices with a light velvety mixture made with lemon flavor gelatin, whipped topping mix, and sour cream.

Meanwhile, combine whipped topping mix, milk, and sour cream; beat until mixture forms soft peaks. Fold into gelatin. Chill until mixture rounds. Spoon about one-third of the mixture into

COCONUT SHORTBREAD  
1/2 cup butter  
3 tablespoons sugar  
1 egg yolk  
1 cup sifted all-purpose flour  
1 cup flaked coconut  
Cream butter and sugar. Add egg yolk and blend well. Add flour, mixing thoroughly. Then add coconut. Pat mixture into 9-inch pie pan. Chill 30 minutes; then bake at 350° for 25 to 30 minutes, or until browned. Cool.

Other convenience foods enhance the satisfaction of fresh fruits in desserts for family meals. Instant pudding makes a Creamy Lemon Sauce, wonderful with autumn's baked apples and peach crisp, as well as with just a simple bowl of fruit of any season.

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## TOPICS

Dear Friends,  
Come one, Come all... Join the Parade of POP Purchasers. Have you ever earned \$10, \$100 or even more for your favorite charity, just by saving labels, bottle caps and other identifications which you'd normally discard? If you haven't, if you've never participated in a POP FUND-RAISING Game, now is the "acceptable time" to start. For more information, call Mrs. Ennis at the Courier Journal: 454 7050. She'll "put you wise" to a way toward profits.

Do you check the POP Shopping List which appears each week in this column? Better yet, do you clip it out and, if you already have a copy, pass it on to one of your friends or neighbors? They'll be happy to save the labels for you when you explain what your organization does with the proceeds. This is the way some of our smallest groups manage to stack up impressive point totals.

Children too can give a group invaluable help in accumulating POP Bonus Points. Many schools have sponsored competitions within a grade or between grades, have had poster contests etc.—all to increase interest and improve label turn-ins. More over, any such large-scale promotion earns 1000 Bonus Points! So you see it's really worthwhile to Push POP whenever possible.

At this time of year many groups sport an all-new administrative cast. New officers take over and they in turn appoint new committee chairmen. If your group has had a change in leaders, especially in POP Chairman, be sure to report this to our POP Office. It's essential that the material we send out goes directly to the person now concerned, not to the past chairman.

When you're in the mood for something different but don't have time to pore over cook books, investigate the KREY line of convenience foods, a line which is expanding every year. Although basically a processor of specialty items, Krey also produces practically all of the conventional canned meats. For example, KREY BROWN GRAVY WITH SLICED BEEF is especially good since Krey uses prime cuts of beef. For an easy and flavorful Hot Roast Beef Sandwich, you can't go wrong with Krey.

In fact, Krey Sliced Beef can also be used as the principal ingredient in main dishes. Here's a recipe made up of three "quicks"—the perfect answer to your meal problem when you've been out for the day.

**Spanish Rice Casserole**  
1 Tbl. instant minced onion  
1 1/2 oz. Spanish rice, drained  
1 can Krey Brown Gravy with Sliced Beef

Combine onion and rice in greased 1 qt. casserole. Top with Krey Beef. Place a few slices of stuffed olives over the top. Heat at 400 F for 25 minutes. Serves 4.

Speaking of quick and easy main dishes, here's one for the harried housewife who has many mouths to feed:

**Frolics Favorite** (serves 8-10)  
1 pkg. Prince Noodles, cooked according to pkg. directions  
2 cans Cream of Mushroom soup  
2 cans boned chicken or turkey (NOTE: 2 cups diced planned over turkey will do nicely)

In large pan, heat Cream of Mushroom soup, and boned chicken and noodles, heat through. If too dry add a small amount of milk, a tablespoon at a time—do not make too soupy. Serve on large platter or flat bowl, garnish with springs of fresh parsley.

So you're not "harried" but you are economy-minded. You'd like to be smart but still keep to your budget. Here's how. Serve

**Chili-Burger Plat** (Serves 4)  
1 lb. lean ground beef  
1/4 cup finely chopped onion  
2 Tbl. cooking oil  
1 can (6 oz.) Hunt's Tomato Paste  
1 cup water  
1 can (1-lb.) Chili Beans  
1/2 to 1 Tps. Chili powder  
1/2 Tps. salt  
1/2 cup evaporated milk  
1 1/4 cups biscuit mix  
1/4 cup water  
1/4 tsp. onion salt  
1/4 cup sesame seeds

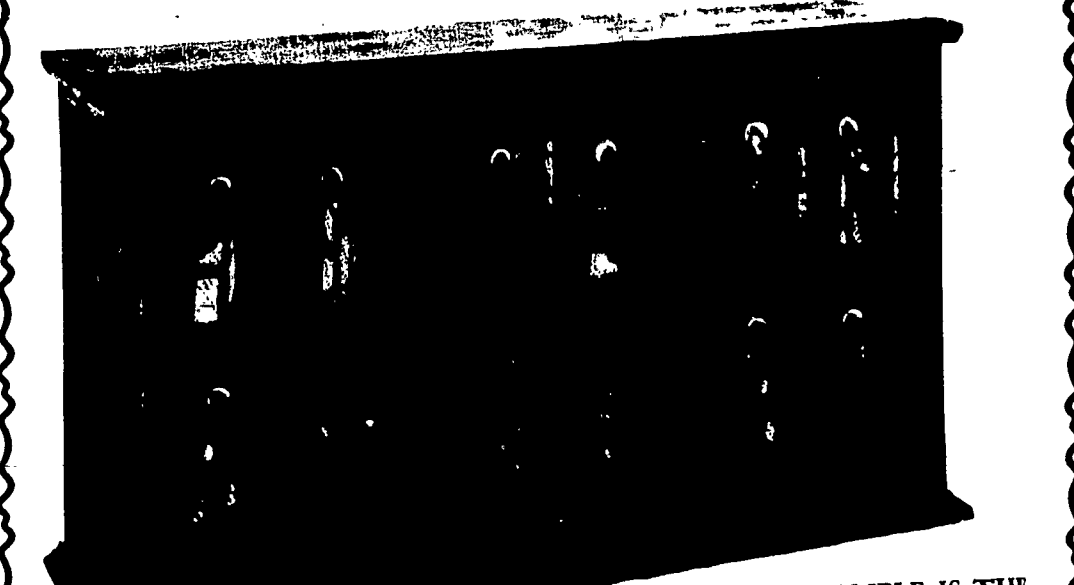
Brown beef in oil, add onion and saute until golden; pour off fat. Stir in tomato paste, water, chili beans, chili powder and salt. Simmer 15 min. Meanwhile stir biscuit mix, evaporated milk, water and onion salt. Sprinkle sesame seeds on waxed paper; drop dough by 12 spoonful onto paper and coat with seeds. Spoon chili mixture into four individual baking dishes. Place three biscuit balls on each dish of chili. Bake at 350 F for 20 to 25 minutes, or until biscuits are brown.

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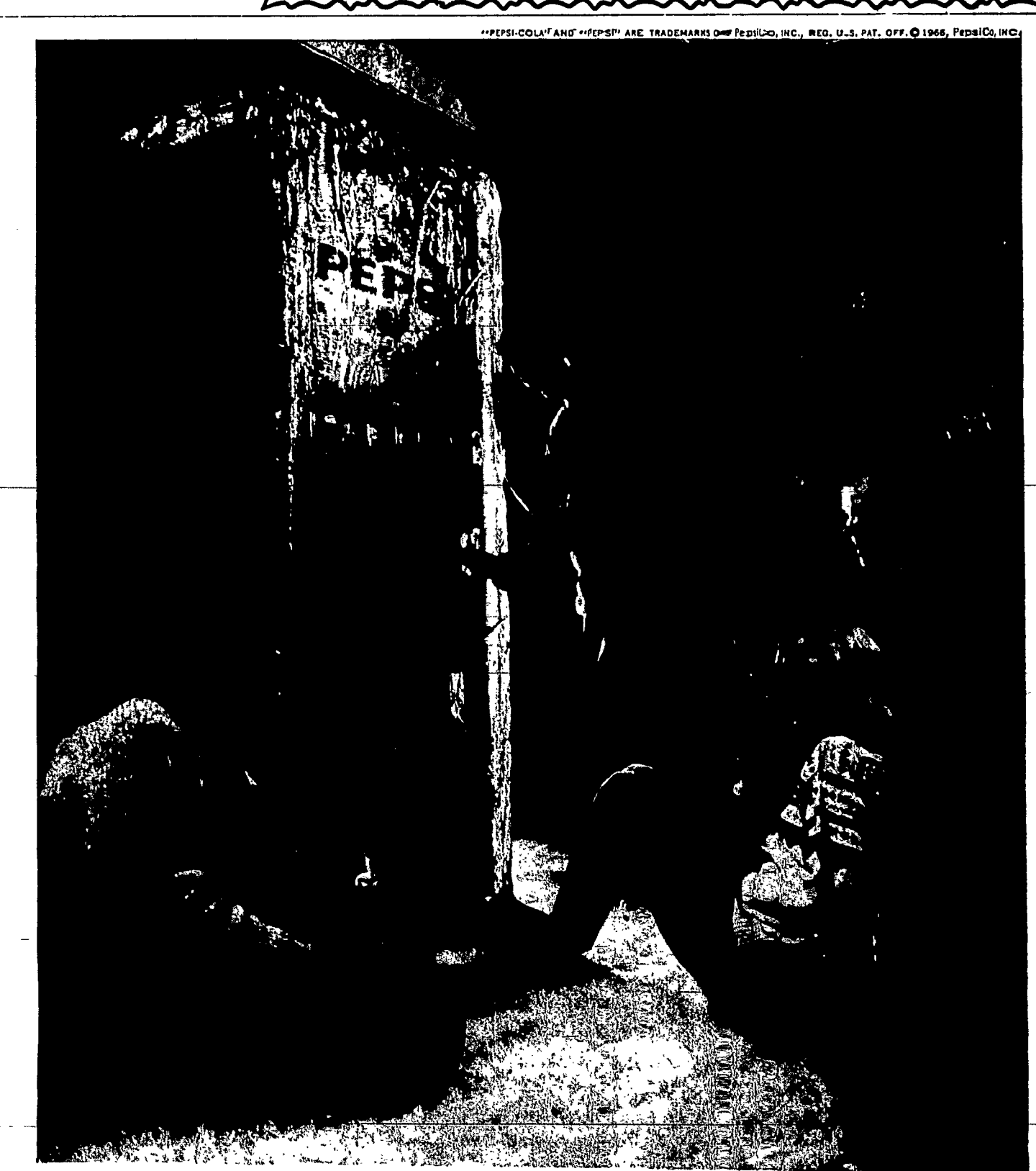
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## 'Kill, Kill'

With the acute problem rats are causing in the inner city and the accompanying danger they present to all parts of the area, Joseph DeSantis, associate public health sanitarian for the county, has prepared a series for the Courier-Journal providing insight on the problem.

By JOSEPH DeSANTIS  
Monroe County Department of Health

Rodent control is often widely misunderstood. There is a common belief that all a community has to do to rid itself of rats is to kill, kill, kill through the use of poisons and allied extermination methods.

This belief is erroneous. If we followed it, we could kill rats 'til doomsday and still be plagued by approximately the same number of rodents as before.

Let's backtrack. In a previous article, we pointed out that rats need three things to survive — food, shelter and water. The size of the rat population, or the population of any species for that matter, is directly dependent on the availability of these three essentials.

Because of this, any rodent control program that solely

## Irondequoit Plans Survey Education

Parishioners of Christ the King Church, Irondequoit, are being polled on their attitudes about the religious education of their elementary school pupils.

The Parish School Board this week mailed a four-page questionnaire to everyone on the rolls, with the request that the form be filled out and returned to the church on Sunday, Oct. 27.

In an effort to obtain as complete a response as possible, members of the Rosary Society-Ladies Guild are being organized to call on persons or families who do not return the questionnaire next Sunday.

Bernard H. Florack, school board president, said that all parishioners, including non-parents, have been requested to cooperate in returning the form.

## Retreat Leaguers At Convention

The Rochester Cenacle Retreat League sent delegates this weekend to the 14th national congress of the Laywomen's Retreat Movement, in New Orleans.

Members in this diocese will be represented by Mrs. Ernest Smith of Bath, Miss Rosaline Nesser of Rochester and Sister Helen Stula of the Cenacle. Speakers will include Miss Rosemary Goldie of Australia, associate secretary of the new Council of the Laity, in Rome; Bishop John J. Wright of Pittsburgh, and the English Jesuit writer, Father Bernard Bassett.

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