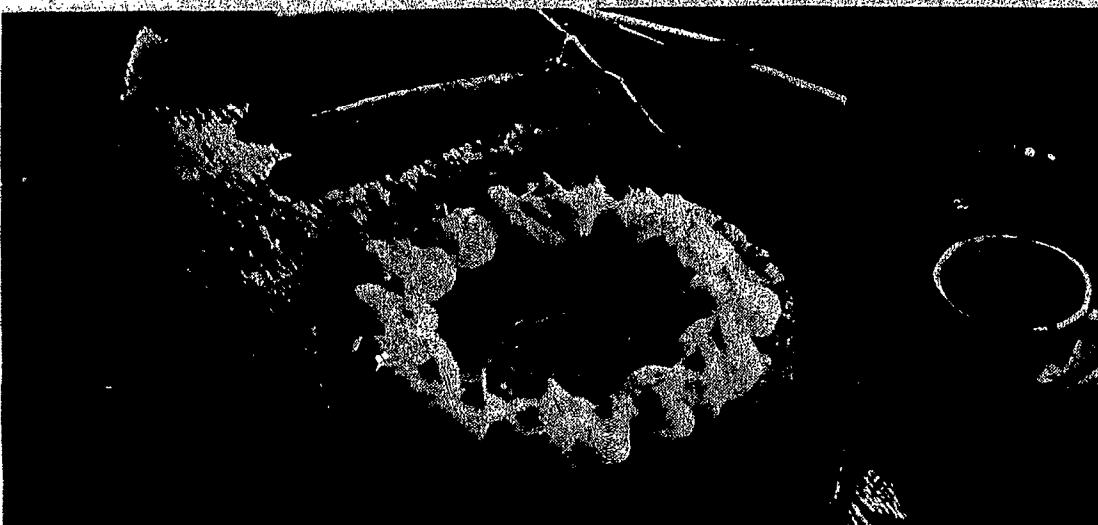


PARTY MIXERS
from
ONE WAY BOTTLES
KING 100Z
Anderson's
GINGER ALE

Old Pilgrim Tradition Goes Modern

One of Indian Squanto's lessons in living in the New World was planting pumpkin. Naturally, the Pilgrim women turned it into pudding, England having been long known for puddings. They opened the top, scooped out the seeds, filled the shell with milk and spices, sweetened it with maple syrup or molasses, and baked it in hot ashes. They scooped out the "pie" with a spoon.

From this pumpkin pudding gradually evolved pie in crisp, flaky crust. The latest evolution in pumpkin pies is one made with golden egg custard mix. Quick to stir up with canned pumpkin, this pie is chilled in the refrigerator rather than baked in ashes.



Garlanded with puffs of prepared whipped topping, lightly scented with nutmeg, pumpkin pie has become quite a different dessert from that served at the Pilgrims' first Thanksgiving, but its flavor is just as festive. Nor would serving coffee with pumpkin pie be a Pilgrim tradition, but it's certainly an American one. This time let it be Holiday Demitasse, a rich, strong coffee made with instant quality coffee and a touch of the spice cardamom.

Also from their Indian friend, Squanto, the Pilgrim women learned how to make bayberry candles. By boiling 20 pounds of bayberries, they got a pound of wax. From this, they could make five candles, the size of a thumb, by dipping wicks 30 times in the wax. Each candle would burn two hours. Is it any wonder that such a precious source of light was saved for company occasions?

- 1 1/2 cups canned pumpkin
- 1/4 cup firmly packed brown sugar
- 1 1/2 cups (13-oz. can) evaporated milk
- 1 egg yolk (optional)
- 1 1/2 teaspoons pumpkin pie spice
- 1 baked 9-inch pie shell, cooled
- Spicy Whipped Topping

Combine custard mix, pumpkin, sugar, milk, egg yolk, and spice. Bring quickly to a boil, stirring constantly. Pour into pie shell. Cool or chill until set. Prepare Spicy Whipped Topping and use to garnish top of pie.

Note: 1/2 teaspoon cinnamon, 1/2 teaspoon nutmeg, and 1/4 teaspoon ginger may be used in place of the pumpkin pie spice.

Spicy Whipped Topping. Prepare 1 envelope whipped topping mix as directed on package, adding about 1/2 teaspoon nutmeg or ginger before whipping. Makes 2 cups.

HOLIDAY DEMITASSE
1/2 cup instant quality coffee
2 cups boiling water
12 to 18 cardamom seeds
Sugar

EASY PUMPKIN PIE
1 package (3-oz.) egg custard mix

Dissolve coffee in water. Place 2 or 3 cardamom seeds in each demitasse cup; crush with a wooden spoon. Fill cups with coffee. Serve with sugar. Makes 2 cups or 5 servings.

Racial Workshop Prepared on Film

Washington (NC)—The National Catholic Conference for Interracial Justice, which has for about five years sponsored a series of in-service teacher training workshops, has put one of the lectures on film.

"The Myth of Race" is divided into two parts in which Sister Audrey Kopp presents a racist's views and then gives a scientific refutation. The two 27-minute segments were filmed at Loyola University, New Orleans, by Jack Sisson, Southern field director for NCCIJ.

Sisson explained that the in-service teacher training program in human relations has been so successful that the 25 nurses involved could not keep up with the demand. "We've had a great call for them on campuses; but they can't be everywhere at once. Putting them on film would be more realistic," he said.

Prints to be available in a few weeks may be rented from the NCCIJ office, 1307 Wabash Ave., Chicago.

CENACLE OPEN HOUSE

The Sisters of the Cenacle will hold open house Sunday afternoon, Nov. 2, from 2:30 until 5:30. Guests will be shown through the retreat house at 693 East Avenue.

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Dale Kempf, Chairman of Citizens for Damico

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— knows the needs of his own community
— volunteers his services to civic projects:
P. Pleasant Fireman — Rochester Chamber of Commerce — YMCA Management Committee — Monroe County Convention Bureau — Chairman, Community Chest, Irondequoit 1969 — Irondequoit Athletic Association — Irondequoit Pop Warner Football Coach and Director — President, Bishop Kearney Fathers' Club.

LAPPLE
FREDRICK W. LAPPLE
13TH DISTRICT
EAST IRONDEQUOIT

VOTE REPUBLICAN
VOTE ROW A

A MAN WHO AS YOUR LEGISLATOR ...
— capably, honestly and intelligently represents you
• cut budget 4,750,000 from original proposal
• worked to establish a system of priority programs
• continues austerely budgeting
• economy task force for re-evaluation of welfare system
• voted against State and Federal mandates
• pushing to return more than 5 cents on every \$1.00 that the taxpayer sends to the Federal Government

— continuously works for the betterment of your community
• Chairman - Public Works, Grounds & Buildings Committee, Transportation Committee (against North-South Irondequoit expressway)
• Monroe County Pure Waters Matter Planning restoration of polluted Irondequoit Bay and Lake Ontario (adequate sewage facilities)
• re-opening of swimming beaches by 1972
• Monroe County Fire Advisory Board emergency crash rescue vehicle for airport proposed back up Fire Alarm System

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A DEDICATED LEGISLATOR

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- Two terms as County Legislator, 22nd District.
- More than 500 hours aide work at Highland Hospital.
- Den Mother—2 years for Den 11—Pack No. 30.
- City-County Youth Board.
- Member of Public Safety Committee
- Chairman of Inter-Governmental Relations and Planning Board.
- Re-Elect Anna Mae Watson and keep a qualified woman on the County Governing Board.

REPUBLICAN CANDIDATE
ANNA MAE WATSON
County Legislature — 22 District
Vote Row A (12th-13th & 21st Wards) Vote Republican

A HOME OF THEIR OWN

THE HOLY FATHER'S MISSION AID TO THE ORIENTAL CHURCH

We shudder when we see them on TV, the families in India who have never lived indoors. They live in the streets, painfully, sleep huddled together on matting on the sidewalks. The pennies they earn buy scraps of food and rags. ... In Calcutta alone they number 100,000. They are not drunks or tramps, these families. All they need is a chance. ... "For only \$200 (for materials), we can give a family a home," writes Joseph Cardinal Parecattil from Ernakulam. "We'll provide the supervision, our men will do the work free-of-charge, and the family will own it outright once they prove they can take care of it themselves. We'll start the work immediately. Can you imagine the happiness a 'home of their own' will bring?" ... Here's your chance to thank God for your family, your home, your warm bed. Cardinal Parecattil will write you personally to say thanks.

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Your Thanksgiving turkey will seem tastier and be more meaningful if you share your blessings with the hungry families huddled in refugee camps of the Near East. For only \$10—less than the cost of most Thanksgiving dinners—you can feed a Palestine refugee family for an entire month. To show their thanks to you, we'll send you an Olive Wood Rosary from the Holy Land.

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LIKE MIKE

MIKE ROCHE

LET'S PUT MIKE ROCHE ON THE CITY COUNCIL

Residence: 882 Genesee Pk. Blvd. Lite-long resident of the city.
Occupation: Science Teacher - 9 years; presently employed Churchville-Chili School District; formerly taught at Aquinas Institute.
Graduate: Aquinas Institute, Class of 1955. State University College at Brockport, class of 1959.
Elected: Elected School Commissioner, 1967; presently serves on City Board of Education.
Member: Citizen's Tax League, 19th Ward Community Association, Our Lady of Good Counsel Men's Club, Stadium Club of Rochester, New York State School Board Association.
Recipient: Eagle Scout Award - 1953.

Save a Vote for Mike
PULL LEVER 12A or C

REPUBLICAN **CONSERVATIVE**

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