

All in the family

# There's Still Pleasant News

By Sarah Child



After a couple of weeks of reading the headlines and finding worse than usual news dominating both the national and world scenes, I've made a special point of looking for the brighter side.

Is there any good news during these days of riot, escalated war, campus strife and a divided nation?

Yes, there is. And here is some of it.

• College students, as a means of being heard and still operating within an approved system, are going into politics as has been widely reported. But, also significant, they're going to become cops. A recruiter from the New York City police force who has been speaking at colleges around the country predicts that joining the police force may become the "in" thing to do.

• At a time when the chorus of voices clamoring about overpopulation and famine has become deafening, British scientists have found a way to turn ordinary starch into a new high protein food that could help combat malnutrition throughout the world. A white powder called A35, it contains 45 percent protein, which is nearly twice as much as beefsteak and equal to the quality of milk.

• Martha Mitchell now has a press secretary.

• Detroit, in the obvious hope of competing with the foreign small car market, has announced that planned obsolescence is obsolete for at least one small car model. The styling of the vehicle in question will not be changed for at least four or five years.

• Christmas is only six months away.

## COURIER / RECIPES



"What is sauce for the goose may be sauce for the gander, but it is not necessarily sauce for the chicken, the duck, the turkey or the guinea hen," wrote Alice B. Toklas.

However, an orange sauce usually served with duckling makes an excellent flavormate for chicken.

Contrary to the general impression that fancy foods cannot be enjoyed on a low-saturated-fat diet, the use of corn oil margarine makes Chicken a l'Orange an excellent choice for the cholesterol-conscious.

### CHICKEN A L'ORANGE

- 1/2 cup flour
- 2 teaspoons grated orange peel
- 1 teaspoon paprika
- 1/4 teaspoon pepper
- 1 (2 1/2 to 3-lb.) fryer, cut up
- 1 tablespoon corn oil margarine
- 3/4 cup water
- 2 cups orange juice
- 2 tablespoons brown sugar
- 1 tablespoon salt
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cinnamon

Combine flour, orange peel, paprika and pepper. Coat chicken pieces. Reserve 3 tablespoons of flour mixture. Melt the margarine in skillet. Cook chicken over low heat until brown. Add water cover and simmer gently

for 40 minutes; turn occasionally; add water if necessary.

Remove chicken. Pour off all but 3 tablespoons pan drippings. Add reserved flour. Blend well. Combine remaining ingredients. Add gradually to skillet, stirring constantly. Cook, stirring constantly, until mixture boils; serve over chicken. Garnish with quartered fresh orange slices. Makes 4 servings.

### SHORTBREAD TARTS

Canned cling peach halves in shortbread tarts are something new and easy. Just buy prepared tart shells at the grocers and fill each with whipped cream and a canned cling peach half.

### QUICKIE

For a quick dessert that tastes like a million prepare a package of vanilla pudding mix and blend in 1/2 teaspoon grated lemon rind, one cup canned fruit cocktail and 1/3 cup shredded toasted coconut.

### BREAKFAST RELISH

Golden canned cling peach halves topped with a bit of butter and maple syrup taste delicious when they're broiled and served with breakfast bacon.

## COURIER / WOMEN

### Sister Honored by Lawyers

St. Paul, Minn. — (RNS — Sister Giovanni Gourhan, SSND., a teaching nun for 35 years who founded the Guadalupe Area Project here for minority children, has received the Liberty Bell Award of the Ramsey County Bar Association.

A member of the School Sisters of Notre Dame, Sister Gio-

vanni serves as program director of the Guadalupe Project and as principal of P.S. 364, a school serving teen-age students and adults in need of remedial instruction.

In receiving the plaque at a dinner here, Sister Giovanni said she has come to believe that "youngsters want to learn,

despite the reports you might get from some school people. They need the chance for understanding."

### BLESSED SACRAMENT CLASS REUNION

The class of 1945 at Blessed Sacrament School is planning a reunion for June 6 at the Burgundy Basin Inn. Invitations have been sent to all members whose addresses are known. Any member who has not been contacted may reserve a ticket through Joan Shafer Germuga, 334-7458.

## COME DINE WITH US



### RUND'S

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### Royal Scot Steak House

657 Ridge Road East, Corner Hudson Route 104 Rochester's newest, most distinctive dining spot featuring Scottish atmosphere, delicious food. Luncheons served Tues. thru Fri., 11:30-2 P.M. Dinners served Tues. thru Thurs. 5 to 10 P.M. Fri. & Sat. 'til 11 P.M. Sundays 4:30 to 9. Closed Monday. Reservations: 342-4220. Ken Furell entertaining in Scotts Pub.

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4 miles east of Putneyville, on excellent cocktails superb steaks, seafoods & prime ribs of beef, luncheon 12 to 2 P.M. Dinners 5 to 9. Sat. 'til 10. Sundays 1 P.M. to 8 P.M. Closed Mondays. Accommodate private parties. Your hosts, Margaret and Frank Cinelli. 315-483-9508.

### THE AQUILIAN 20 Cliff Street

Enjoy this new concept in dining for Rochesterians at Robert Fafone's beautiful Aquilian Restaurant. Flaming Food served at your table in the Continental Mood. Serving lunches daily from 11 a.m. to 2 p.m. and dinners seven nights a week. Sundays from 1 p.m. Phone 232-9557.

### RED LION RESTAURANT

DOWNTOWN: 36 W. Main Street Lunches and Dinners. Mon.-Fri. 11:30-9 P.M. Catering to Banquets - Weddings - Parties. Phone: 325-2740. Other Location: 2833 Monroe Ave. Next to King James Hotel. Phone: 244-9830.

### The EGGLESTON

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### NATIONAL HOTEL

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### THE MAPLEWOOD INN

Just a few minutes from downtown Rochester, the Maplewood is one of your favorite family dining spots. Luncheon and dinner specials every week. Orchestra Friday and Saturday evenings 584-9997.

### THE VIKING

1485 Mt. Road Blvd. Near Lexington Jack Bayliss Intimate Lounge, Restaurant. Prime Ribs, Surf & Turf, Lobster Tails every day. Luncheon specials. Entertainment nightly. Serving from 11 A.M. lunch and dinner. 458-0420 for reservations. Closed Sunday.

### WILSON'S RESTAURANT

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### GLEN IRIS INN

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