



ALL IN THE FAMILY Sarah Child

Every time I pick up the paper the front page announces new price increases in food. And the inside pages are filled with hints and ideas on how to prepare good cheap meals in spite of the prices.

I don't need the hints. I know how to cook good, nutritious meals without spending very much money. Trouble is, nearly every idea is fattening!

Take homemade bread for example. It's the cheapest, most fantastic way to turn any meal into a banquet that I know of. Make bean or split pea soup, add a green salad and with a crusty warm piece of bread — or two or three — plus a piece of melon for dessert and you've got a feast and a nutritionally balanced one as well.

Trouble comes when you count the calories. Bean and split pea soup are both loaded with protein. They're heavy in calories as well. I won't tell you what a half cup of either is listed at in my calorie counter. But if you don't already know it may come as a shock.

Then, there's the matter of that healthy bread. The last time I tried to slice a loaf just out of the oven as thin as store bought bread, the head of the house complained that when it was sliced thin it lost its flavor. Fresh, homemade bread also seems to demand butter even though margarine suits us well enough on toast or regular store bread. And not just a pat of butter either.

So much for homemade bread. On the other hand there's always pasta. Fix it in a variety of ways. With sauce cooked in a small amount of pork for flavor. Ahh, cheap and delicious. With cheddar cheese baked in the oven until it is crusty and mellow. Terrific and it won't break you either. That is if you are counting money and not calories.

Okay, let's get away from the carbohydrates. Try vegetables out of your own backyard. Summer squash for example. My cookbooks all have slimming recipes in which the vegetable is simmered in a little water, a bit of onion and some seasonings. Lovely, not fattening, just a little blah. Now this is the way I make squash. Dip in bread crumbs, dip in egg, re-dip in breadcrumbs and saute in butter or margarine. Marvelous! Inexpensive! Nutritional! But, the Cinderella transformation just added a gargantuan number of calories.

Obviously food editors across the country aren't having much better luck. I just came across a column of food recipes for the week. Included: Knockwurst Special, Elegant Oxtails and Yogurt Pie.

It's enough to make any cook reach for the flour barrel.

5 Employees Arrested in Vatican Thefts

Vatican City [RNS] — Vatican employes arrested and held for a period in Vatican City's tiny jail in connection with thefts from Vatican apartments and offices earlier this year now total five, according to a Vatican spokesman.

All have been released pending trial, he said.

The spokesman said the main theft was that of precious ancient medals which disappeared from the Apostolic Palace, where Pope Paul VI has his apartments.

In another theft, he added, a number of valuable stamps were stolen from the office of the head of the Vatican City Post Office.

'Terminated Treatment' Protested

Minneapolis [RNS] — Controversy has followed a televised report of the death of an 80-year-old Minneapolis woman, a victim of a severe stroke, who died at Hennepin County General Hospital here shortly after a respirator that sustained her breathing and heartbeat was turned off.

The hospital "terminated treatment" for Elizabeth Erickson after members of her family and hospital staff agreed there was no hope for recovery and that the patient was dead as far as brain activity was concerned.

Although such an event is "not an uncommon occurrence," according to one hospital official, it shocked at least two county commissioners when they saw a filmed report of Miss Erickson's death, which was broadcast by WCCO-TV.

Commissioner E.F. (Bud) Robb Jr. said that the hospital's action in turning off the respirator was "either criminal or near criminal."

"I personally believe the hospital overstepped its bounds with a flick of the switch, purely from a legal sense," Robb said. "I don't know what the next step is, if any. It's far too important a matter, as far as I'm concerned, to shoot from the hip."

Commissioner David P. Lindgren said the hospital's decision to permit the station to film and broadcast the incident, showing the respirator being turned off and the patient dying, would "undermine the confidence of patients who must use General."

The film sequence showing Miss Erickson's death was contained in a WCCO-TV news report on the subject of euthanasia.

William Kreykes, administrator of General Hospital, said that "the hospital does not subscribe to euthanasia."

"In this particular situation," he said, "everything possible was done to treat the patient. The family had expressed the concern of 'What is the use?'"

Miss Erickson was admitted to the hospital June 2 and died three days later.

Commissioner Thomas Olson and Dr. Richard Raile, medical director for General, said the WCCO report didn't sufficiently differentiate between euthanasia and a decision to cease "heroic measures" to keep a patient alive, as in Miss Erickson's case.

"I don't see anything wrong with discontinuation of treatment if there is consent from the next of kin," said Commissioner Thomas Ticen. However, he said

he doesn't approve of euthanasia or "mercy killing."

Quent Neufeld, WCCO-TV's associate news director, said the station's report on euthanasia pointed out that the decision to terminate treatment for Miss Erickson "indeed was not a mercy killing."

"We agree it would be wrong to use a blanket term that General Hospital uses euthanasia," Neufeld said. "We made it apparent that it is more of a passive program than an aggressive program."



Two Of a Kind

Father Joseph Reinhart, left, and Father Joseph Reinhart, MM, right, believe that they are the only two priests of that name, and they are both involved in missionary work. The Father Reinhart on the left is the local head of the Society for the Propagation of the Faith; the one on the right was a missionary in Tarime, Tanzania on the shores of Lake Victoria for 27 years and now lives in Buffalo. They met last week in Rochester to concelebrate a Mass.



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