

## Some Meatless Meals With Plenty of Soul

We had already come to the conclusion that we were eating too much meat at our house somewhat before Bishop Hogan asked for "a return to self-designated days of voluntary fast and abstinence to identify more closely with the pain of our neighbors' hunger."

We were pushed toward the notion by the mounting evidence that too much meat is not particularly good for one's health and in fact may be extremely harmful. The grocery bills which seem to increase by a couple of dollars each and every week were another powerful persuader.

With the Bishop's plea we began reading some of the facts about Americans' great consumption of meat as it related to the nations of hungry and starving people.

Item—Grain consumed by cattle would feed three times as many people as the resultant beef product. Conclusion: Feeding grain to cattle is a wasteful method of feeding the world's people.

Item—Half a billion people are in immediate danger of starvation. Middle class Americans eat four times as much meat per day as is necessary for a good protein supply. Conclusion: Americans can do a great deal of good on an individual basis to free food for other people.

Armed with this knowledge I sat down one night with paper

### ALL IN THE FAMILY



Sarah Child

and pencil to ask everybody for their favorite meatless meals. We made a list with the goal of two meatless days a week.

The head of the house reminded me that there are many terrific Italian meatless dishes almost all of which we heartily enjoy. To name just a few: Cheese pizza, lasagna, spaghetti and clam sauce, ravioli stuffed with ricotta, Fettuccini Alfredo, etc., etc., etc.

Plain macaroni and cheese not be Italian but it is one more way the versatile pasta can be used in conjunction with protein.

Our kids had their own favorites. Eggs and pancakes, scalloped potatoes with cheese and just enough ham to flavor it, tuna and noodle casserole.

I'm crazy about soups myself and split pea and navy bean soup

are extremely high in protein. Served with crusty bread and a salad they're terrific. But my absolute favorite for a Saturday or Sunday night is a recipe that my husband came up with a year ago. Obviously thinking of our Maine vacations he began searching through the Fanny Farmer cookbook one blustery weekend and found a recipe for corn chowder. It has potatoes and lots of clams as well and it is what I always ask for when he announces he's going to cook. Served with homemade corn bread which takes about two seconds to whip together and a green salad it is my idea of soul food.

We would probably eat more fish if we could afford it, as we love all the many choices. But even haddock seems exorbitant these days. My chowder chef recalls longingly of the codfish cakes his Irish mother used to make and I'm going to write her for the recipe. My mom's salmon loaf is expensive but delicious.

One night when everybody was just recovering from about with the flu I prepared chicken broth, scrambled eggs and made toast to go with tea. They deemed it even better than the occasional cheese or spanish omelet we like.

And finally one night last week I tried a recipe that my Gram fixed frequently. Pasta fagioli or as many Americans think it is pronounced pasta fazool. Pea beans and elbow macaroni cooked separately with some

leftover spaghetti sauce. Com with a dash of oregano for flavoring. It was a hit.

I'm still looking for more meatless recipes to add to my repertoire. If other cooks have family favorites, particularly ethnic dishes not well known, send them in and we'll share them with readers who hopefully will heed the Bishop's request to do our part in the fight against world hunger.

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## Prayer Helps Plants, Researcher Claims

Dayton, Ohio [RNS] — A psychic experimenter who tested the effect of prayers on soybean crops believes the world hunger problem can be partly solved by sending "love, energy, and growth" to make crops grow better.

Dr. Gus Alexander, an assistant professor of communications at Wright State University, conducted an experiment in which members of a Dayton church prayed for plots of soybeans.

He found that soybeans in five of six experimental plots which received the "prayer power" outweighed their counterparts in the control plots which did not receive the prayers.

Dr. Alexander's interest was stimulated by similar research which has been conducted in recent years by other experimenters and their successes reported in a number of publications.

Peter Tompkins and

### UNESCO Gets Papal Award

Vatican City [RNS] — Pope Paul has awarded the Pope John XXIII Peace Prize to the United Nations Educational, Scientific and Cultural Organization (UNESCO).

The Vatican reported that Archbishop Giovanni Benelli, Vatican City's Deputy Secretary of State, made the announcement at the current general assembly of UNESCO in Paris.

The prize, named in honor of the late Pope John, was set up by Pope Paul to encourage "all those in the world who untiringly dedicate themselves to the great cause of peace and to the relief of peoples in need," the Vatican said.

The prize was first awarded in 1970 to Mother Teresa, founder and superior of the Missionary Sisters of Charity, world-famed apostle of the poor.



Christopher Bird, in an article called Love Among the Cabbages in Harper's magazine (November, 1972), said that a group in Scotland is growing enormous vegetables and flowers on a windblown patch of land, mostly sand and gravel. Its success is attributed to "communicating with the spirits that animate their plants."

An experimenter in Atlanta, Dr. Robert N. Miller, reported that two psychic healers, Ambrose and Olga Worrall of Baltimore, were able to increase the growth of some rye grass seedlings by 840 percent when they began praying for the seedlings. The experiment was described in the 1972 March-April issue of Psychic magazine.

In Dr. Alexander's soybean experiment, a group from the

Church of the Golden Key here were given a diagram of the soybean field with the six experimental and six control plots clearly marked. They were instructed to "please send love ONLY to the darkened (experimental) areas on this graph."

Farmer Maynard Bingham's soybean crops, used in the experiment, were already planted when the experiment started. At the crops were harvested, the farmer was instructed to weigh the soybeans from each plot. Except for one set, all the experimental plots yielded heavier crops than did the control plots.

The Rev. Noel Cornely of the Church of the Golden Key said the experiment "deals with the direct communication of energy, as a kind of nourishment."

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