

Keeping Family Strong Takes Five Essentials

Planning, functioning, protection, contributing and inspiring.

A Michigan State University specialist Lennah Backus, names these as five essentials for a family if it is to maintain its strength in a world where today's modern miracles, inventions, trends and ideas may become history tomorrow.

"In the midst of a rapidly changing world, it is important that a family chart a course as to where it wants to go," she explains. Even before marriage, a couple should decide what it wants out of their family life. The marriage partners should strive to agree on many things: how money will be spent; what spiritual and cultural values they wish to encourage in their children and what part the family will play in church and community affairs.

A FAMILY should function as a family.

"We are moving more in the direction of what has been described as the 'colleague family,'" points out Mrs. Backus. The colleague-type family, she explains, is one in which family members work together in earning, decision making and sharing household responsibilities. It marks a breaking down of traditionally masculine or feminine roles.

In this type of family, the wife helps earn the living. The husband probably helps more with shopping or child rearing. The whole family works together according to the abilities of each in determining how money will be managed and in performing household tasks.

THE FAMILY and home can serve as protectors.

"In this age of speed, power, crowding and complexity the therapeutic or supportive function of the home increases," says the specialist. She explains that the home is a place where family members can take refuge from the pace of living, air problems, get advice and be oneself. The home can help give each family member the emotional support he needs.

"The strong family contributes to the progress of society," Mrs. Backus continues. "No long can it live unto itself, especially since many agencies have taken over family jobs."

THE FAMILY makes its contribution to society today through the church, she says, or by fulfilling civic obligations such as voting or participating in parent-teacher associations. It is responsible for helping to build and maintain the

kind of community in which it wants to live.

And finally, the specialist concludes, the family must be a source of inspiration. The job of the homemaker as well as that of the career woman, she says, "can be intellectually stimulating and perhaps a place of mutual love, cooperation, good management and enjoyment of leisure."

Mortar, Pestle Are Handy Kitchen Tools

The mortar and pestle, used by old-time pharmacist for mixing and blending his healing potions, have come into the kitchen. Nothing of modern-day equipment can quite replace them for blending.

HOW ARE they used in the preparation of foods? Let's start with salad dressing. Crush a garlic clove, some paprika and a little pepper in the mortar. Grind it well with the pestle for a complete blending of flavors.

If you are serving a small group, you can mix your salad dressing right in the mortar. Add three tablespoons of oil and one of wine vinegar and you have a dressing to a gourmet's taste.

TIME CONSUMING? No, for it can all be done during the waiting period of other dinner preparations, or while you are watching TV. Standing improves the flavor.

If you wish to use other flavors, such as a blue cheese, it will be the better for blending in the mortar. Display your mortar and pestle. They're the sign of a master chef today.

Now that fresh vegetable supplies are about 12 percent smaller than last year and 4 percent below average, canned supplies usually represent economical values. Canned vegetables in greater amounts than a year ago at this time include sweet corn, snap beans and tomatoes.

Read labels when buying maple syrup suggests Oakland County Marketing Agent, Mrs. Josephine Lawyer, for not all are pure maple. Items are listed in the order of their value. Maple flavored blends may contain as little as 15 percent pure maple syrup.



Grapefruit Sparks Salad

SEA FOOD SALAD

2 cups grapefruit sections, drained
1/2 cup diced celery
1 can (1 pound) salmon, drained and flaked
Tender spinach leaves

Drain grapefruit sections. Reserve juice to use in fruit juice beverage. Reserve half of grapefruit sections for garnish. Add remaining grapefruit sections with celery to flaked salmon. Sprinkle with salt and lime or lemon juice. Pile on lettuce; garnish with reserved grapefruit sections and spinach leaves. Serve with salad dressing. Yield: 4 servings.

SALAD DRESSING

1 tablespoon lime or lemon juice
2 tablespoons drained pickle relish
Add all ingredients to mayonnaise; mix well. Yield: 1/2 cup.

Imaginative Settings Highlight Table Decor

Who says homemaking can't be creative? One area where you can let your imagination and love of color run riot is in table settings. Don't be conventional, don't get in a rut.

Soup doesn't always have to be served in soup bowls. Try using earthen mugs, Japanese rice bowls, individual casserole dishes—anything that will hold hot liquid.

That soup tureen needn't gather dust in the cupboard, either. Haul it out and use for a fruit compote crowned with various flavors of sherbet, for a punch bowl, for a big, fancy pudding.

Did Great Aunt Sarah, a bit vague about life in the suburbs, present you with finger bowls? Bed them in crushed ice for a seafood cocktail, use them for sauces and relishes, for flower arrangements.

USE IMAGINATION in your table linens, too. Try unusual color combinations, such as pale blue and forest green or amethyst, pink and orange. Use contrast in textures. A coarse linen cloth with pottery but napkins in a contrasting color and texture can be charming.

Centerpieces aren't just for company dinners. Your family, too, deserves a touch of whimsy or beauty at mealtime. Inexpensive ceramic figures, often garishly colored and finished in a high gloss, become interesting focal points around which to build a centerpiece when sprayed in 60 seconds with flat black or dull gold paint. Heap greens, fruits or vegetables around them. Or highlight them with a few shells, a piece of driftwood or even pretty pebbles gleaned from a beach.

Vending Machines For Food Sales Getting Added Use

Food sales through coin-operated, automatic vending machines are increasing at a rapid rate, states Oakland County Marketing Agent, Mrs. Josephine Lawyer. National sales have quadrupled since 1946, reaching \$2.5 billion in 1960. Sales are predicted to reach about \$4 billion in 1965.

"Vend" magazines' 1961 "Synopsis of the Industry" reports dollar sales of hot canned foods of which soups made up 60 percent of the total—increased by more than one third from 1959 to 1960.

SANDWICHES were a significant portion of food sales that year. Milk and ice cream, automatically vended for many years, accounted for a comparatively small proportion of dollar volume sales.

In Washington, D.C., a major test of retail food distribution will be conducted in a large apartment house development by a supermarket chain. More than 400 food items will be offered, according to "Food Topics" magazine.

The list includes canned soups, dry beans, cereals, cake mixes, shortening and oils, spices and extracts, juices, crackers, cookies, potato chips, canned fruits and vegetables, peanut butter and other foods.

Use 'Give and Take' In Family Listening

Do your children listen when you speak to them—really listen?

Volumes have been written on more effective speech and better expression of ideas. But this is only half of communication. Until the other person listens, you have not communicated. You have not conveyed your ideas to him.

Here are some of the poor "listeners" who obstruct communication. Are any of them a problem at your house?

DREAMER: His attention is off on a mental excursion which is much more interesting to him than what you are saying.

He nods and says, "Yes, Mom," but he isn't listening.

SPEED KING OR QUEEN: This one is late for a date at the playground or movies... doesn't have time to listen.

CONCLUSION JUMPER: Before you can complete your sentence, this child has anticipated your question and gives you an answer—to what he thought you were going to say.

ARGUER: A child on the defensive is not giving careful consideration to anything being said. He has slammed his mental door.

If the harmony of your household is being disrupted by bad listening habits, and you have made sure that the child does not have a hearing defect, take steps to train him to listen.

The first step might well be to ask yourself, "Am I a good listener?" Do I listen when my child talks to me? And then listen carefully to your own answer.

Listening is an art. Learned in childhood, it becomes an important character trait which will smooth the way and open doors to successful living in adult years.

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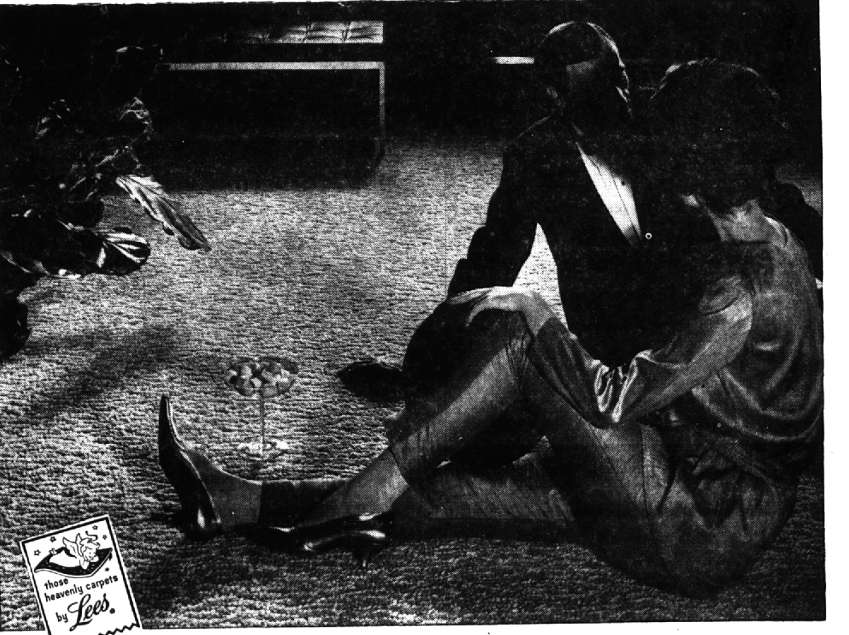
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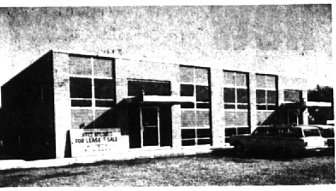
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