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Fresh Tomatoes Into Spaghetti

While tomatoes are plentiful, both in the home garden and on the market, plan to make fresh spaghetti sauce. There's nothing like it. Make it in large quantities and freeze it for the days ahead when you don't feel like cooking. To strain the tomatoes and other vegetables for a smooth sauce, use a Foley Food Mill.

Spaghetti Sauce

1/2 cup cubed salt pork
1/4 cup olive or other oil
4 onions, sliced
1 clove garlic, chopped
1 cup chopped celery
5 pounds fresh tomatoes
1/2 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon salt
Freshly ground pepper as desired.

In a large kettle, cook salt pork in oil until pieces are lightly browned. Add onions, garlic and celery and cook until soft. Cut tomatoes into quarters (do not peel, core or seed; the Food Mill takes care of it); add to kettle. Add basil, oregano, salt and pepper. Cover

and cook slowly about one hour. Strain through a Foley Food Mill. Return to pan and continue cooking, uncovered, until sauce is thickened, about 1 1/2 hours. Taste and add additional herbs, salt and pepper as desired. Makes about 1 quart sauce. When doubling or tripling recipe for freezing, do not add additional herbs or other seasonings at the end. Wait until frozen sauce is thawed and heated, then taste and add seasoning if desired.

For Spagetti Meat Sauce—
saute 1 pound of ground beef, or 1/2 pound beef and 1/2 pound of pork in a small amount of oil until browned. Mix with tomato sauce and continue cooking 1/2 hour. Makes 8 servings.

World News Digest

Another "Insult"

Lagos (NPI)—Nigeria was on the receiving end of another "insult" by a Peace Corps worker. According to a report appearing in the West African Pilot, one of the leading dailies, Robert S. Davies, 23, of Martinsburg, Pa., is accused of asking students at a teacher-training college to summarize passages from a book that Negro was synonymous with "slave" and that Africans have no history.

Undecided

Papeete, Tahiti (NPI)—Some do and some don't want to change the status of the islands of east Polynesia, currently an overseas territory of France. Some leaders who seek more self-rule say that France's use of the islands for nuclear weapons testing is blocking the progress of their people. Neither side, however, thinks the time is ripe for complete independence from French rule.

Air Link

Cape Town (NPI)—South

Civil Rights Roundup

ATLANTA — (NPI) — The Federal Bureau of Investigation was investigating a brief battle which broke out at an Army induction center as Negro pickets shouting "Black Power!" tried to storm the place. Government officials were seeking to determine whether action is warranted. Members of the Student Non-violent Coordinating Committee were said to be among the pickets. Among the 12 persons arrested was a SNCC field worker charged with assault.

Negro Branch Of WI Grows

Acaciaville, N.S. — The Women's Institute here has the distinction of being the only one in Canada composed entirely of Negro women. When the Acaciaville Community Betterment Association was organized in June 1962, under the leadership of the Rev. W. Clayton, the women decided it was time they, too, were broadening their views and reaching out in the interest of community life.

It was decided the WI could supply the help they were seeking with their problems. Mrs. Florence M. Hilchey, Supervisor of Home Economics and the Women's Institutes of Nova Scotia,

visited the group in 1964. At the close of her talk the Acaciaville Women's Institute was organized.

Since that time, talks, demonstrations, and needlework classes have been well attended, and a variety concert was put on, the women using their own talent. The response was so great that the W.I. was asked to repeat it for their church. "It was during the preparation for the concert," writes the president, Mrs. Cromwell, "that we began to see the effects of the organization taking hold, because we were getting to know each other really well. Working together, as we never have before . . . we were thrilled with the results."

Through their efforts a number of books were received for a community library, and women from 3 nearby areas were brought closer together as they sought advice to their problems.

SWITCHAROUND

WASHINGTON — (NPI) — "Black Power" won the approval of an organization headed by Barry Goldwater, while being condemned by U. S. Solicitor General Thurgood Marshall, remembered for his civil rights advocacy. The Free Society association found that "black power" could become a constructive political force under responsible Negro leadership. Black power "could provide the stimulus for independent thought and grass-roots problem solving—maybe even the nucleus of responsible political organization in Negro ghettos," the association said. Meanwhile, Marshall said the "black power" movement is "Jim Crow" thinking that has nothing to offer Negroes except violence. To replace white power with black power is "an aim based on inequality," he said.

There are two forms of government—the long form and the short form.

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