

## STOPS LOAD OF BRICKS

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Even a huge tractor-trailer loaded with bricks failed to penetrate the median barrier of Long Island Expressway, N.Y.



A steel median barrier on the Thornton Freeway in Dallas kept driverless car from entering other side of the road.

## Chicken And Rice Mexicana



Rice Council Photo

Fresh tomatoes, green pepper, onion and chili powder give Chicken and Rice Mexicana its south-of-the-border flavor.

This is the kind of main dish to cook in and serve from your prettiest casserole. Brown the chicken in the casserole or cook it and the vegetables in a separate skillet before transferring them to the casserole. Then put with the remaining ingredients in the baking dish, cover tightly (using foil if the casserole doesn't have a cover), pop into a moderate oven and forget it for half an hour.

Even though you might be tempted to peek into the casserole during cooking, it is strongly recommended that you do not. "Don't peek" is a standard admonition in all rice cookery instructions, and the reason is simple. Rice cooks to its best when steamed — not boiled — and when the cover of the saucepan or casserole is lifted, steam escapes and the rice has less chance of turning into tender and separate grains.

To add to the Mexican theme, serve with a guacamole salad, salt sticks and for dessert, wedges of fresh melon — cantaloupe, honeydew and watermelon.

### CHICKEN AND RICE MEXICANA

- 1 2 1/2-pound frying chicken, salted and peppered to taste
- 3 tablespoons butter or margarine
- 3/4 cup minced green onions
- 1/2 cup minced green pepper
- 1/4 cup minced parsley
- 1 cup uncooked rice
- 2 cups chicken broth
- 2 tomatoes, cut in eighths
- 1 1/2 teaspoons salt
- Pepper to taste
- 1 teaspoon chili powder

## HEALTH and SAFETY TIPS

### Ban Lifted In Detroit

Michigan Gov. George Romney ended a two-week-old state of emergency for Detroit and four suburbs on Sunday. At the same time, National Guardsmen were gradually withdrawn from Milwaukee, Wis.

But new trouble occurred in Pittsburgh, where scores of Negro teen-agers went on a rock throwing, window smashing spree where there were no buses to take them home from a rock-and-roll concert early Sunday.

Police Superintendent James A. Siusser said there were no racial overtones to the disturbances and "there was no hostility or anger displayed toward policemen."

Tension eased in disorder-plagued Wichita, Kan., and in South Providence, R.I., at 1 a.m. to 6 a.m. curfew and a ban on liquor sales were lifted in an area where rioting broke out last Monday and Tuesday.

In Wichita, a fire bomb set a dry goods store ablaze in a predominantly Negro neighborhood Saturday, causing damage estimated at between \$50,000 and \$100,000.

Romney said he ended the Detroit emergency after meetings with local and state officials led him to conclude that "recent days and nights have indicated a return to normalcy in the metropolitan area."

### N.C. Wheat Allotment Announced

North Carolina's acreage allotment for the 1968 wheat crop has been set at 451,645 acres, W. B. Denny, state executive director for the Agricultural Stabilization and Conservation Service, has announced.

This compares with the 1967 allotment of 519,587 acres and the 1966 allotment of 393,286 acres.

The 1968 national wheat allotment of 59.3 million acres compares with a 1967 allotment of 68.2 million acres and a 1966 allotment of 51.6 million acres.

As indicated in the announcement of the national allotment figures, the 1968 acreage allotment — with average weather — would provide a crop of approximately 1.5 billion bushels.

### Mumps--- Swollen Jaws? Be Careful

Mumps is a virus infection of the parotid gland, one of the salivary glands, immediately below the ear lobe and behind the angle of the jaw, says Today's Health, the magazine of the American Medical Association.

The best sign of mumps is a tender, smooth, firm swelling that covers the corner of the jawbone where it turns upward toward the ear, the magazine reports.



Mumps in a child is usually only mildly incapacitating and moderately uncomfortable. Many cases in children are so mild as to go unnoticed by parents. A mild medication for fever and the discomfort of mild headache and muscle aches may be used as needed.

Normally the child recovers in five to seven days. In the teen-ager or adult mumps is more serious. The virus is more likely to involve other areas such as the pancreas, and to result in nausea, abdominal pains and severe food or fluid intolerances.

The tendency for mumps with its attendant pain to settle in the ovary or testicle is well known. The chance of sterility is highly and emotionally overstated, however. Physicians usually prescribe complete bed rest for adults with mumps. Greater physical activity brings greater chance of complications.

Mumps is not excessively contagious and almost direct contact with the afflicted — such as drinking with the same cup or being sneezed at — is required to contract the disease.

One can get mumps twice, but it is a rare occurrence. Most cases of "mumps the second time" were the result of previous misdiagnosis of swollen neck glands from an infected throat. Odds are about one in 400 of having bona fide mumps as a repeat illness.

Mumps cannot be prevented at present, but recent research promises a vaccine soon.

### Skin Diving--- An Unusual Stress Cause

Skin diving enthusiasts are gaining thousands of new recruits each summer. Thousands of Americans of all ages and both sexes are



spending summer weekends exploring lakes and streams from the vantage of the fishes.

From the medical standpoint, physicians say that diving makes demands on the body which are unlike those met above the surface.

Navigating under water is heavy exertion and those with respiratory problems or heart and blood vessel disease should not attempt it, says Today's Health, the magazine of the American Medical Association. Diving is ruled out for those with perforated eardrums. Ear plugs are for surface swimming only and should not be used for diving because of water pressure. The depth changes also require that sinuses and ears be in good shape to equalize the pressure.

Asking your doctor to evaluate your fitness for diving is a precaution that will pay dividends. Along with good health, the potential diver should be a better than average swimmer. A moderately skilled swimmer can dive with SCUBA equipment, but in an emergency the swimming skills born of long practice and good physical conditioning may mean the difference between survival and death.

Never dive alone, the AMA advises. Use a buddy system and be certain that your buddy is competent and trustworthy. Learn to use artificial respiration and see that your buddy knows it. Plan your dives. Know where you're going, how deep and how long you can stay under. Work out a system of underwater communication signals for emergencies. Never dive when you are overly tired, have a cold or are just not feeling well.

Use quick release buckles on weight belts or SCUBA harness. You may need to cut loose and surface quickly. Don't indulge in horseplay and take needless risks. Watch out for boats while in the water. The power boat skipper may not know you're there.

Watch your depth. Pressures mount rapidly as you descend. Don't hold your breath while ascending. Air will expand inside your lungs and should be allowed to bubble out as you are coming up.



Pancakes, all-American favorites for breakfast, lunch and dinner, are served for dessert in Mrs. America's home in Shawnee Mission, Kansas. Mrs. John Cochran, newly crowned Mrs. America, developed this Orange Almond Pancake Delight recipe for the "Aunt Jemima Pancake Variety Event" — part of the recent Mrs. America Pageant in San Diego. Mrs. America suggests serving her pancake creation following a light dinner featuring broiled ham steak or as an after-theater dessert.

### ORANGE ALMOND PANCAKE DELIGHT

- Makes 4 servings
- Topping:**
    - 1 cup Aunt Jemima Syrup
    - Juice of 1 orange
    - 1 tablespoon grated orange peel
    - 1 tablespoon finely-chopped blanched almonds
  - Filling:**
    - One 11-oz. can mandarin orange segments
    - 1/2 cup cold milk
    - 1/2 teaspoon vanilla
  - Pancakes:**
    - One 2-oz. envelope whipped topping mix
    - 1 cup drained crushed pineapple
    - 1 cup Aunt Jemima Butter-milk Pancake Mix
    - 1 cup milk
    - 1 egg
    - 1 tablespoon melted or liquid shortening

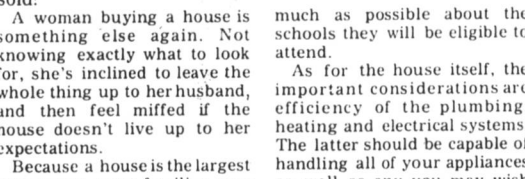
For topping, combine all ingredients thoroughly in a small saucepan. Heat thoroughly.

For filling, drain mandarin orange segments. Reserve 8 to 12 segments for garnish. Combine milk, vanilla and topping mix in deep bowl. Beat with rotary beater or electric mixer until mixture forms soft peaks. Beat about 2 minutes longer. Fold in orange segments and pineapple.

For pancakes, place mix, milk, egg and shortening in bowl. Stir until batter is fairly smooth. For each pancake, pour about 1/4 cup batter onto hot, lightly greased griddle to make 8 pancakes. Turn pancakes when tops are covered with bubbles and edges look cooked. Turn only once.

### Women in the Know

Heed these Hints for House-hunting



NEW YORK (CFN) — Ever see a woman buying herself new shoes? She tries them on in a rather gingerly, critical fashion, walks in them at length in a "show-me" sort of way, and then examines the workmanship inside and out. When a woman is sold on a pair of shoes, she is really sold!

A woman buying a house is something else again. Not knowing exactly what to look for, she's inclined to leave the whole thing up to her husband, and then feel lified if the house doesn't live up to her expectations.

Because a house is the largest investment most families ever make, it deserves a good, long look. Women in the know deal with a reliable broker, preferably one recommended by a satisfied client, and limit their search to houses well within the family's means.

Generally speaking, it is wise to keep the cost of the house within two-and-a-half times the family's annual income, according to The Travelers Insurance Companies. In estimating annual costs, be sure to anticipate taxes, any specific assessment charges and premiums for the best home insurance you can afford.

Determine, too, the cost and availability of water, electricity, gas, telephone, sewers, street lights and garbage collection. If you have children, learn as

much as possible about the schools they will be eligible to attend.

As for the house itself, the important considerations are efficiency of the plumbing, heating and electrical systems. The latter should be capable of handling all of your appliances as well as any you wish to buy in the future.

Essential, of course, is that the house be structurally sound. To determine this, check the roof, attic and basement beams and condition of all walls and ceilings. Take a careful look at the siding, and check for solid, tight window sills.

Women in the know who have found a desirable house waste no time in encouraging their husbands to buy. It's true that mortgage rates are, at present, rather high but forecasts do not suggest that they will be appreciably lowered for some time.

Meanwhile, property rates will probably continue to rise. There seems little to be gained by waiting and much real satisfaction to be lost.

### Life Expectancy

NEW DELHI — Health Minister Sripati Chandrasekhar says that over the last two decades the average Indian's life expectancy has risen from 26 years to 50 years, and by 1977 it should be up to the European average of 65.

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