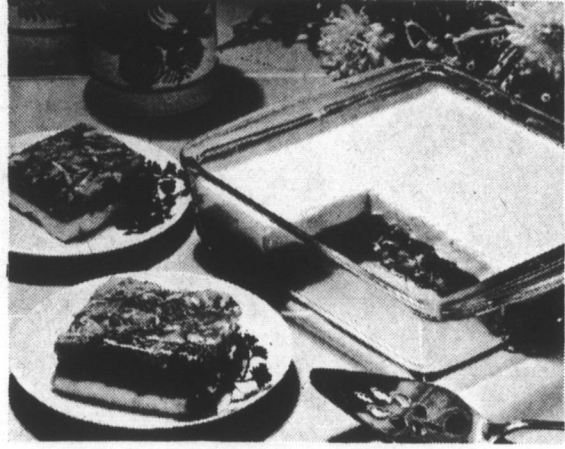


cooking hints

By Mary Blake CARNATION HOME SERVICE DIRECTOR



Peach Salad Delight tastes better than peaches and cream. The orange gelatin layer holds coconut, nuts and fruit. Velvety evaporated milk mixes with cream cheese for an extra creamy salad base. You simply turn the double decker salad over and serve.



PEACH SALAD DELIGHT (Makes 6 to 8 servings)

- 1 package (3 ounces) orange flavored gelatin
- 1 cup boiling water
- 1 cup gingerale
- 1/2 cup small flaked coconut
- 1/2 cup chopped nuts
- 1 cup diced fresh or canned peaches
- 2 packages (3 ounces each) softened cream cheese
- 1/2 cup sugar
- 1 teaspoon vanilla
- 1 tablespoon (1 envelope) unflavored gelatine
- 1/4 cup cold water
- 2/3 cup undiluted Carnation Evaporated Milk
- 1/2 cup water

Dissolve orange gelatin in boiling water. Stir in gingerale. Cool to consistency of unbeaten egg whites. Stir in coconut, nuts and peaches. Pour into 8 x 8 x 2-inch baking dish. Chill until firm. Beat cream cheese and sugar until light and smooth. Blend in vanilla. Soften gelatine in 1/4 cup cold water. Heat evaporated milk, the 1/2 cup water and gelatine in saucepan over low heat for 5 minutes or until gelatine dissolves (do not boil).

The Havasupai Indian Medal



The Havasupai Indian Tribe (the people of the blue-green water) whose small reservation is on the western edge of the Grand Canyon, is the first Indian tribe in history to adopt and sanction a coin medal (dollar size) that points to their sovereignty and identity.

The mintage, in pure silver, will be limited to only 15,000 pieces, each to carry its own serial number engraved on the rim. The obverse shows a scene of a mule train descending the steep trail which leads to the home of the Havasupai Tribe. (Mule train is the way the Indians still send and receive their mail.) Inscribed around the perimeter are the words "Sovereign Nation of the Havasupai Tribe."

The reverse has captured in the beauty of silver the world-famous Supai Falls. Inscribed is the legend "Land of the Blue Green Water." The word "Pesasita" is the Supai translation for "Piece of silver." Who are the Havasupai and where did they come from? Why are they living in an area, often referred to as "the Shangri-la of the Grand Canyon," so inaccessible to the outer world? How do you get to the Supai village?

All of these, and many other questions, are answered in a completely new reference work written by two authorities on the Indians of the southwest: Dr. Robert C. Euler and Dr. Henry F. Dobyns, presently chairman and professor, respectively, at Prescott's College's Center for Man and His Environment.

Their book tells the story of the Havasupai Indians, their past, their present and their future, and contains many colorful photographs. The book, as with the coin medal, will be limited to 15,000 copies. Each will bear identical serial numbers as its companion coin medal.

This is the beginning of an exciting new series of official adopted and sanctioned coin medals and books, pointing to the identity, and sovereignty of America's most prominent Indian tribes.

The series will be presented and distributed exclusively by the Indian Tribal Series. Tribal profits will be used in a general manner to further the welfare and education of each tribe's own members.

The Havasupai Indian Tribe Coin Medal and Book are available as a matched, numbered pair for \$15 postpaid. For an additional \$1, the book will be personally autographed by the Tribal Chairman and mailed (bearing the postmark) from Supai, Arizona, via mule train.

Write to Indian Tribal Series, 401 East Indian School, Phoenix, Arizona, 85012.

Incidentally, the Havasupai Indians refer to the Supai Falls as the waters of life, which in Latin is aqua vitae and means the same as woda, a diminutive of the Polish word vodka. Although the Indians aren't so apt to drink the Polish variety of the "water of life," millions of other Americans do, as can be seen by the substantially increased consumption of this fine import.

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114 WEST PARRISH ST. DURHAM, N. C.

Feed Tips Offered For Horse Owners

There may be at least one similarity between getting married and buying a horse — both may occur before the individual is really ready. The rub is, in the case of horse-ownership it's the animal that suffers.

As the pleasure horse boom grows, North Carolinians in increasing numbers are becoming horse owners for the first time. Because of their inexperience in caring for the animal, mistakes are made in feeding and overall management.

"This has been our observation as we have watched horse numbers grow in recent years," commented Dr. Robert F. Behlow, extension veterinarian at North Carolina State University. "There seems to be an obvious need for horse owners, particularly new owners, to become more familiar with the fundamentals of horse care."

He pointed out that horses have peculiar needs in the area of nutrition and

health. "Unless these needs are met, an owner is going to have an unthrifty, sick or even dead horse on his hands," said Dr. Behlow.

He outlined some of the common mistakes made in feeding horses. Included among these were overfeeding and underfeeding, sudden changes in feed which can cause founder, feeding moldy feed which is sometimes toxic, failure to balance mineral deficiencies in pasture and hay with supplements, and failure to provide essential salt.

Feed requirements depend on (1) age and condition of the horse and (2) how the horse is used. Dr. Behlow offered these examples:

Pregnant mares need about 3/4 to 1 1/2 pounds of grain per 100 pounds of weight and about the same amount of hay per day. Horses that are being worked hard need 1 1/4 to 1 3/4 pounds of grain and 1 to 1 1/4 pounds of hay per 100 pounds of

weight. Mature idle horses need about 1 1/2 to 1 3/4 pounds of hay per 100 pounds of live weight.

During the growing season, good pasture can replace the hay require-

ment, the NCSU veterinarian said.

Commercially mixed feeds are usually fed where only one or two horses are owned and where feed storage space is limited.

THE EYES HAVE IT



Luray, Virginia — Sunglasses are just one of many oddments tossed into Luray Caverns' Washing Well during the past five years — along with almost 2,000,000 pennies, nickels, dimes, quarters and half dollars. The money — all \$43,648.14 of it — will be contributed to national health organizations, including Muscular Dystrophy Associations of America which is to receive a \$28,000 research grant.

These feeds should contain the correct balance of protein, energy and minerals. But where farm grains and hay are fed, mineral supplements will be needed. These are available as commercial mixes. It's a good idea to keep salt and plenty of fresh water available at all times. (Next week: a health program for horses.)

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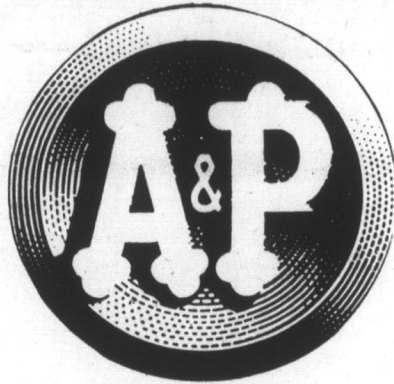
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Sultana Pies: Beef-Chicken 2-Pkg. 39c

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Jane Parker Freshly Baked

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Giant Gold Loaf 26-Oz. Pkg. 59c

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Superose Sweetener 8-Oz. Jar 69c

A&P Hot Values Rou Like, Powdered

Superose Sweetener 75-Ct. Jar 49c

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Mrs. Filbert's Margarine 1-Lb. Package 35c

Cook, Slice, Dice or Serve Cold

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Bounty Paper Towels Jumbo Roll 43c

Prepared Ready To Serve

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Sausage Pizza 14 1/2-Oz. Pkg. 93c

Cheese Pizza 12 1/2-Oz. Pkg. 83c

Beef 'N' Cheese Pizza 15-Oz. 89c

General Mills Snacks

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3-Oz. Herbes 35c

4 1/2-Oz. Potato Snacks 49c

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Thank You Strawberry 1-Lb. 51c

Short Cuts Clear, Slip Wraps 45c