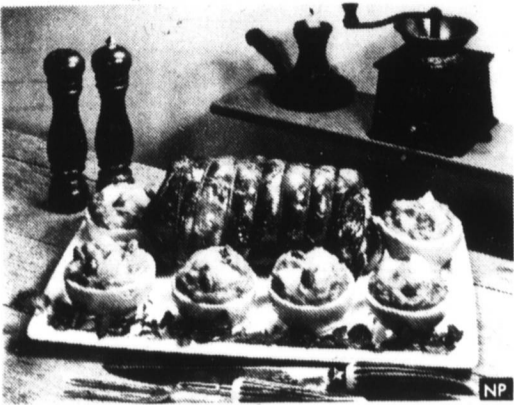


Yam Orange Cups Garnish Lamb



Louisiana yam flakes are about the handiest product you could wish for. They have their origin in the fresh golden Louisiana yams found in market from fall through spring. For a fall dinner, pile these good yams in orange cups and reconstitute quickly with water.

For a fall dinner, pile these good yams in orange cups and serve them as an accompaniment to Autumn Harvest lamb. A boned and rolled shoulder of lamb is a wise choice for any homemaker. The lamb is tender because it comes from a young animal, and the butcher will take care of the boning, rolling and tying for you.

LAMB SHOULDER COLORADO STYLE

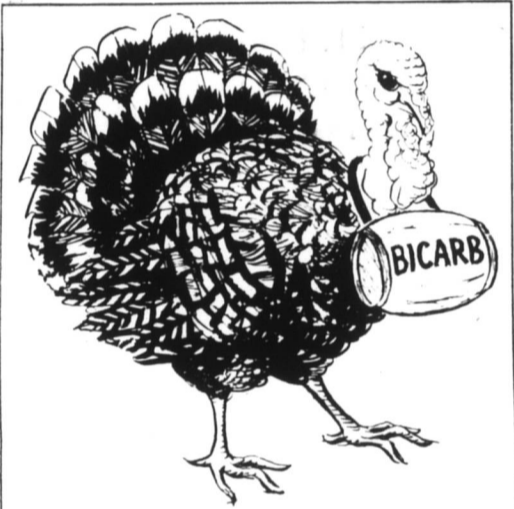
Place a 5-pound boned, rolled and tied shoulder of lamb on rack in shallow roasting pan. Bake in 325° (slow) oven 2 1/2 hours. Drain off excess fat. Combine 1/3 cup honey, 2 tablespoons lime juice, 1 teaspoon ground ginger, 1 teaspoon salt and 1/2 teaspoon ground cloves—sprinkle on lamb. Bake 1/2 to 1 hour longer, or until meat thermometer reaches 175° for medium doneness, basting frequently.

LOUISIANA YAM ORANGE CUPS
(Makes 6 servings)

- | | |
|--|--|
| 3 medium navel oranges | 1 tablespoon dark brown sugar |
| Water | 1/2 teaspoon each: salt, ground allspice |
| 1 package (5 ounces) instant mashed Louisiana yams | 1/4 cup chopped pecans |
| 1 tablespoon butter or margarine | |

Cut oranges in half, remove segments. With a teaspoon, remove remaining pulp. Drain segments and pulp, reserving juice. Remove membranes from orange cups, set aside. Combine reserved juice with enough water to make 1 1/4 cups. Prepare yams as directed on package, stirring in butter, sugar and seasonings. Stir in orange segments and nuts. Pile into cups. Place in baking dish; bake in 325° (slow) oven 20 minutes or until hot.

Bicarb Anyone?



If you eat too much of the holiday bird and pass back your plate for a second or third, Tummy is certain to be in distress. And send out a frantic S.O.S. For a dose of bicarb to intercede and counteract the effects of the feed. So stock up on soda and you'll be set To meet the overeating threat. And administer the most effective buffer For tummy of the turkey stuffer.

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National Council Churches to Hold 7th General Meet Dec. 4

MIAMI BEACH, Florida—Visitors to the National Council of Churches' seventh General Assembly here Dec. 4-9 may bring questions and comments about the Council's work to headquarters Hotel Fontainebleau, where informed NCC staff members will be available.

From 9:00 a.m. to 10:00 p.m. daily throughout Assembly week, at least one National Council executive together with a staff member of the Department of Information, will hold "open house" in the North Room on the mezzanine floor for visitors seeking clarification or interpretation of NCC policy statements, programs and goals.

"The Visitors Information Center at the Assembly is designed to provide a platform for comments as well as a channel for questions," says Fletcher Coates, NCC director of information. "This will be the time and the place to discover once and for all whether rumors about the National Council of Churches are true, false—or a little of both."

Mr. Coates cited a number of questions frequently asked about the Council. Does it speak for 42 million church members? Where does it really stand on the war in Viet Nam? Should the churches "meddle" in politics? Does the Council oppose prayer in public schools? What does it Delta Ministry hope to achieve in Mississippi?

"Documents, charts and policy statements on the widest possible range of Council activities will be available at the Visitors Information Center," he said. "Person-to-person talks with directors of major NCC program units will be arranged on request when possible."

Church members in the Miami area are particularly urged to visit the Assembly and drop

The Truth About Arthritis

Last of four articles

What are the chances medical science will develop a cure or preventive for arthritis? As we learn more about the disease there is growing optimism.

Even though the cause of rheumatoid arthritis is not known, isn't it possible a cure or preventive might be found before the cause is proved? Yes. The smallpox vaccine was developed long before scientists had a clear understanding of what caused smallpox. But the chances are that a cure or preventive for arthritis will be developed only after researchers learn what causes the disease and how it develops.

A vast amount of research is going on in this direction, supported in great part by The Arthritis Foundation.

Recently Surgeon General William H. Stewart called for "a major effort to combat the crippling and disability caused by arthritis." In government, university and research centers, our total knowledge and understanding of arthritis is increasing at a rapid rate.

THAT'S A FACT

KERNEL COUNT
THERE IS ALWAYS AN EVEN NUMBER OF KERNELS ON AN EAR OF CORN! NORMAL EARS OF CORN WITH AN ODD NUMBER OF KERNELS ARE RARER THAN FOUR-LEAFED CLOVERS!

DOUBLE CELEBRATION...
1966 MARKS THE 25TH ANNIVERSARY FOR THE POPULAR E BOND AND FOR THE REMARKABLE VOLUNTEER INSTITUTION KNOWN AS THE U.S. SAVINGS BONDS PROGRAM. BORN TOGETHER ON MAY 11, 1941!

IN THE RED!
THE REASON THAT SCHOOL HOUSES WERE ONCE PAINTED RED WAS NOT THAT THIS WAS A FAVORITE COLOR—BUT BECAUSE RED PAINT WAS THE CHEAPEST OBTAINABLE!

BETTER THAN EVER
—YOUR INVESTMENT IN U.S. SAVINGS BONDS!
ALL BONDS SOLD SINCE DEC. 1, 1965 PAY 4.15% INTEREST WHEN HELD TO MATURITY. OLD BONDS ARE IMPROVED, TOO—SO BUY THEM AND HOLD THEM!

Family Records Can Save Heartache



Catching up on household chores this fall? Then don't forget the most important of all—bringing the family records up to date.

Family records must be more than a listing of birthdays and anniversaries if they are to serve us well in our busy lives today. In this fast-paced world of career switching, job hunting and interviews, it is important that a record of employment dates, interviews, appointments and pertinent notes be kept. It will prove useful not only for the present, but in the future as careers develop and other job changes are made.

A major section should be allocated to the family's medical records. This should include insurance and hospitalization plan policy numbers, blood types, inoculation dates, booster injections, operations and allergies. A note should be made of the illnesses each family member has had and their frequency when necessary. Kept faithfully these records can help save a life in an emergency.

Most insurance companies require a listing and valuation of each article damaged by fire when a claim is filed. Although time consuming initially, each room's furnishings should be listed carefully. Afterwards these listings can be added to as new articles are purchased. Should something be lost or stolen, these lists also will prove useful to the police. So remember to include serial numbers whenever possible.

A record of securities, transactions and dividends will prove helpful at income tax time or when reviewing the family finances.

A tablet or looseleaf notebook to which pages may be added as needed can serve as the center of this vital information for the entire family. Dividers or tabs to keep sections separate will help put all the records at your fingertips. All in all, you will be a well-recorded family.

MARTIN LUTHER KING NAMES NEW DIRECTOR OF SPECIAL PROJECTS

ATLANTA, Ga.—Dr. Martin Luther King, Jr., president of the Southern Christian Leadership Conference, this week announced the appointment of the Rev. Jesse Jackson as Director of Special Projects and Economic Development.

Rev. Jackson heads a new SCLC department for stimulating the development and expansion of Negro businesses and services, improving job opportunities and income for Negroes, and raising funds for SCLC programs.

In his newly created position, he will travel throughout the nation to rally the support of Negroes for economic programs. He will maintain an SCLC office in Chicago.

In the last year, Rev. Jackson has been Director of Operation Breadbasket, the Job-producing branch of the Chicago Freedom Movement, which is co-sponsored by SCLC and the

Co-ordinating Council of Community Organizations. Breadbasket in Chicago has negotiated agreements with companies to provide more than 500 jobs for Negroes and promotions for existing Negro employees. The new jobs and promotions will provide about \$4.5 million in annual income for Negro families.

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