

# Coffee Break

By Adeline Daley

As one who faces a daily struggle with the food budget, I cannot say that my mouth is watering in anticipation of many of the new foods we can expect on the market in the foreseeable future, even though they promise to be less expensive than the conventional meat and vegetables consumed now.

For example, scientists predict that we will all be subsisting on a diet of "algae," the plant life of the sea. And why not, they ask, since it contains all of the necessary vitamins and nutrients?

*I know. But I have a hard enough time right now, convincing my kids that broccoli and lima beans are good for them, without trying to force Buttered Barnacle or Creamed Kelp on their plates. And for my sake as well, I wish they'd think of a more palatable general term than "algae," which to me has always meant the green scum found on quiet ponds and swamps.*

On a more appetizing note, Agriculture Secretary Orville Freeman has forecast a creation of new food flavors which will make, for example, soybeans taste like steak. Frankly, I think they have half of the battle won, because we had steak the other night which tasted just like soybeans.

But I am inclined to doubt that most of these technological advances will lower the food bill, any more than packaged "convenience foods" do now, once they are packaged attractively and advertised in a highly competitive fashion — "Our seaweed contains 76 per cent more riboflavin than all other brands."

*With a family like mine I'll have to buy seaweed in the bulk, just as I find it too expensive to take advantage of the "convenience foods" which always come in packages, intended to "serve four." Four not-too-hungry sparrows, that is. Just the other night, for example, petite Sharon, who is 8, managed to polish off a 39-cent package of boil-in-a-bag frozen peaches, which were supposed to make "three ample portions."*

I find it difficult to understand, too, why cereal manufacturers feel that their sugar-coated products have to sell for sometimes 20 cents more per box than the regular kind. And believe me, I figure that ordinary corn flakes will go the way of the dodo not to long from now.

I have figured, too, that boiled-in-butter vegetables come to 58 cents per pound, whereas purchased in bulk form, they're half the price.

*But I wouldn't want you to think that I'm anxious to return to the kitchen of Grandma's era, even if I could save 20 cents a pound churning my own butter. Nor am I anxious as yet to make soap out of all that bacon grease I've been saving, despite all the nice letters from readers suggesting I do so. When I do, I'll let you know.*

## 'Think' Is Topic

"What is the hardest task in the world? To Think," a provocative quotation by Emerson, will set the stage for a cultural program study by members of Xi Nu Upsilon Chapter of Beta Sigma Phi Sorority at the meeting this evening at the home of Mrs. Allan Felix of Redondo Beach. Presenting the topic "Let's Think About Thinking," Mrs. Andrew Pope will lead the group in general discussion.

A report of the activities of the Executive Board at their first luncheon held recently at the Plush Horse Restaurant was presented by Mrs. Harry Vannata, recording secretary.

**RN Bus Trip**  
Torrance Camp of Royal Neighbors will sponsor a chartered bus trip to Las Vegas on Thursday, May 13. This will be a one-day affair and the trip has been arranged at a nominal cost. Those wishing to make reservations or needing more information are asked to contact Mrs. Mary Chiara, 17008 Delia Ave., Torrance.

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