



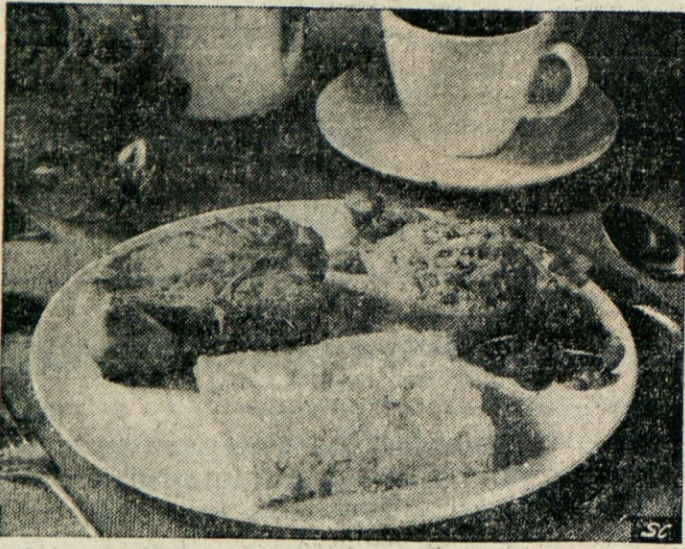








**Southern Cookin' Specialty**



Leisurely days, sunny climates and good cooking remind us of the southern United States. And the south's famous reputation for good cooking is honored superbly with Dixie Corn Pie. A tasty menu accompaniment, this version of southern corn pie makes a hit anywhere.

This old fashioned recipe is quick and easy, too, with corn muffin mix. Its delicate corn meal texture and flavor are enhanced by the addition of corn, onion, green chilies, jack cheese and sour cream.

Serve Dixie Corn Pie soon; your family will enjoy this recipe from the south's famous cooling heritage.

**Dixie Corn Pie**  
Makes 12 servings

- |   |                               |
|---|-------------------------------|
| One 12-oz. pkg. Flako Corn Muffin Mix       | 1 cup canned cream-style corn |
| 1 egg                                       | 1/2 cup shredded jack cheese  |
| 3/4 cup milk                                | 2 teaspoons minced onion      |
| 3/4 cup sugar                               | 1/4 teaspoon chili powder     |
| 3/4 cup diced canned green chilies, drained | 1/2 cup dairy sour cream      |

For corn pie, heat oven to moderate (350°F.). Empty contents of corn muffin mix package into bowl. Add egg and milk. Blend only until dry ingredients are thoroughly moistened. (Batter should be slightly lumpy.)

Add remaining ingredients to batter; stir just until blended. Pour batter into greased and floured 13x9-inch baking pan. Bake in preheated oven (350°F.) about 1 hour.

**Youth Polka Bands To Compete May 16**

The 3rd Polka Band of Tomorrow preliminary competitions sponsored by WXEN's Tony Petkovsek and his Polka Party Radio Club will be held on Saturday noon, May 16, at St. Joseph's High School Auditorium on Lake Shore Blvd. and E. 185th St., Cleveland, O. in conjunction with the first All Nations Swap and Shop Fair co-sponsored by Bill Randle of WERE and Tony Petkovsek of WXEN.

The trials will be broadcast on WXEN's Tony's Polka Party program from 12 to 1:30 p.m. on Sat., May 16. Teen Age Bands competing must be in the 13 to 19 year age bracket, live in the Greater Cleveland Area and play Cleveland Style Polkas and Waltzes. Interested parties call or contact Tony on his program at the Radio Station, Tel. 696-4444 from 1 p.m. on, daily except Sunday.

So far 4 youth bands have entered, namely Ralph Deligato's featuring Jeff Pecon, Fred Ziwick, The Key Notes, and Lou Lijoi. Hope others will join this contest. The regular Band of Tomorrow Contest, for awards, will be held later on this year. More on this in future articles. So come on, all you Polka Lovers, come, listen and applaud for your favorite band and also enjoy the big Swap & Shop International Fair which will be held 2 days, May 16th and 17th at St. Joseph's Auditorium.

You are invited to come in your National Costumes to add atmosphere to the occasion. If interested in having a booth, contact Bill Randle 696-1300, John Copic 531-2807 or Tony Petkovsek 696-4444. A Special Cook Book with the combined Recipe Books of Tony's and Bill's will be on sale. Door proceeds will go to St. Joseph's High School and Slovenian Home for the aged, on Neff Rd. The public is cordially invited to attend this great Fair which is for a worthy cause. Be seeing you there.

Mary Komorowski, publicity

**Crisis in the environment series**

Saturday, Sunday, May 9, 10  
Program Begins at 2:30 p.m.

**NOISE POLLUTION**  
**LITTLE MAN, BIG CITY** — This film dramatizes the plight of today's urban dweller. Shows the city's relentless assault on the health of its inhabitants because of poor planning, haphazard design and inadequate health control. The "little man" is besieged by overcrowding, air pollution, noise, lack of privacy, lack of open spaces and recreational facilities and by the hectic and uniform pace of living.

The film urges united community action to make the cities healthful and enjoyable places in which to live.

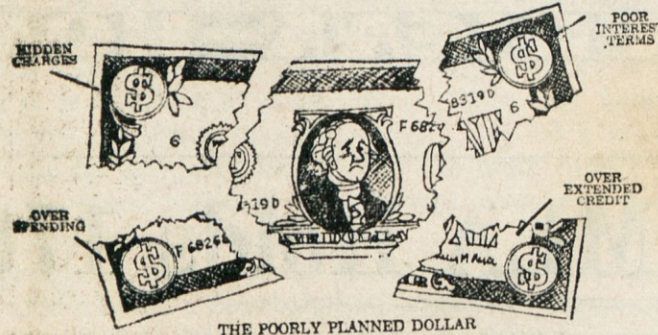
Movies at the Health Museum cost 50c for adults and 25c for children 6-18 yrs.

**Humphrey Enjoys Election Story**

Hubert Humphrey, who missed becoming President by less than one percent of the total vote, recently discussed the 1968 election with a Texas oil magnate who had voted for Nixon.

"He told me," Humphrey recalled, "that he just couldn't vote for me. First, he said, he was afraid that if I went into the White House, the oil depletion allowance would be cut. Second, he was afraid that interest rates would go up. Third, he was afraid that the conflict in Vietnam would continue. Fourth, he feared that Hum-

**MONEY: A NEW FINANCIAL VIEW**



THE POORLY PLANNED DOLLAR



THE FINANCIALLY PLANNED DOLLAR

New York, N.Y. (ED) — Did you know that more American families are going bankrupt today than did during the 1930's Depression? Or that the U. S. installment debt is higher than at any time in the nation's history? Or that recent surveys indicate a major cause of divorce in this country is poor family finance?

Such facts come as no shock to anyone who has studied how Americans spend the money they earn. But it is ironic that a nation which excels so spectacularly in everything from space technology to mass production, fails in the all-important area of family financial management.

Yet, three out of every five American families who face a financial management decision in 1970 will probably not make the best move, and many will incur debt because they've ignored sound financial planning.

Contrary to what most people believe, middle-class and upper-class families are actually the poorest financial managers. A recent survey among social agencies revealed that three-fourths of all the requests for financial planning assistance came from families earning more than \$10,000 a year.

The group considered most susceptible to money problems is the young marrieds, 20 to 35 years old, with children. The fastest-growing segment of our population, this group enjoys a higher standard of living than any previous similar group, yet few have reached financial maturity.

A major problem confronting this age group is indebtedness.

It is difficult, of course, to generalize what a family's debt limit should be, but many fi-

phrey in the White House would mean a higher crime rate.

"I thanked him," Humphrey said, "and told him I understood why he didn't pull my lever."

Financial planners use this rule of thumb: don't incur debt (not including your mortgage) of more than 15% to 20% of your after-tax income. Thus, if your income is \$15,000 annually, your safe debt limit is \$3,000.

In many cases, misuse of credit can begin or compound debts. This involves not only using credit unnecessarily, but also paying too much for the credit privilege itself. Actually, most Americans are unaware that you can shop around for the best bargain in credit. You can price the money you borrow just as you price the goods in the supermarket.

FORTUNATELY, the "truth-in-lending" law now requires that retailers and lenders declare their annual interest rates on either an installment purchase or a loan. You'll be able to see that a finance charge of \$11 per \$100 on a used car amounts to approximately 22% true interest annually. Similarly, a revolving charge of 1 1/2% a month is 18% a year, and a discounted bank loan of \$6 per \$100 is really 12% a year. But a simple demand loan at 7% reflects the actual figure — just 7%.

Another area where money management mistakes and expenses seem to crop up is in large, unexpected expenditures. Medical expenses, for instance, are increasing at a rate that is twice as high as other living costs. No wonder a credit bureau recently attributed one-third of all family financial difficulties to medical bills.

Educational expenses, for college or other study, invariably seem to come upon the family before anyone realizes it. Even families that tried to prepare in this area often have difficulty because of rapidly rising costs. Typical costs at universities today total \$15,000 for the four-year course, and these costs are rising at the rate of 5% to 6% per year.

Because of all these financial

problems, more American families are becoming aware of the need to put their family finances on a sound, business-like basis. They are beginning to realize increasingly how important long-range financial planning is. But, most American families are unable to develop a successful family financial plan on their own. It's not that they don't have the capacity to chart their family's financial course, but rather they don't have enough experience or training. Shorthand, typing, computer programming and TV commercial production — U.S. schools teach these and hundreds of other specialized subjects, but seldom any in financial planning for the layman.

Many major insurance companies are now helping families through their trained financial planners. At The Travelers Companies, one of the first full financial institutions to start such a program, the financial planners will help develop a specially-tailored financial plan for each family.

The benefits of successful financial planning are great. It can keep you out of debt, make possible Johnny's college education, that new house in the suburbs or the second car you need to buy. But, more importantly, it can bring security to you and your family — and make life more enjoyable for all of you.

**Flight Time**

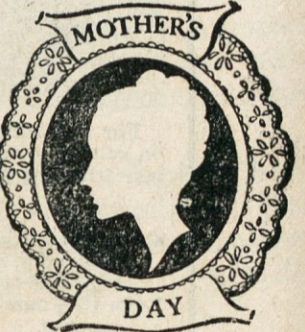
New York — Charles Lindbergh's famed flight to Paris in 1927 took 33 hours 39 minutes.

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- \$313.00 to \$358.00 is the price range for independent travel. Additional information will be given on request.

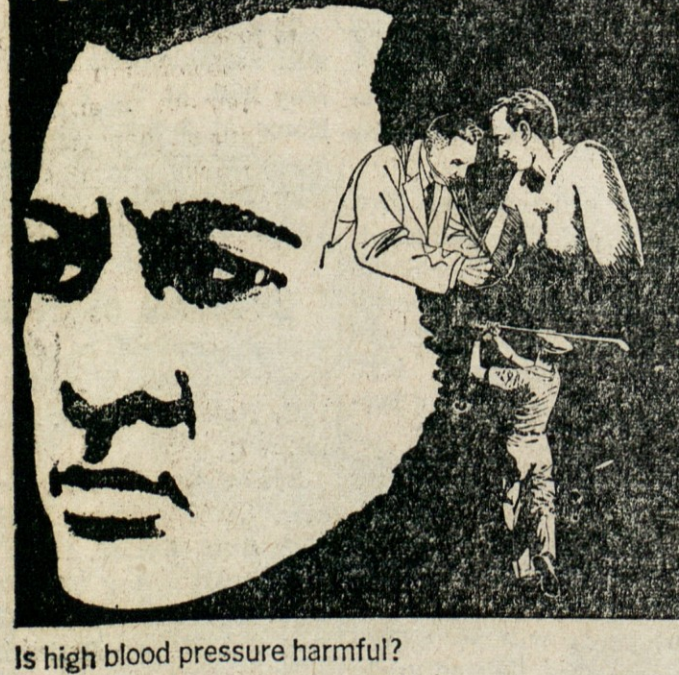
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**HYPERTENSION**



Is high blood pressure harmful? It can lead to heart attack and stroke. Are there many cases?

21 million Americans have some degree of high blood pressure and hypertensive heart disease.

What can I do about it?

See your doctor, who has effective ways to control it, and get in the swing again.

For information on Hypertension, ask your Heart Association.