

La Srta. Vilma Aranegui reunió a un grupo de sus amistades en su residencia. En la gráfica vemos de iz. a der. Vicky Novey de Guizado, Mireya Ponce, Mercedes de Arias, Ing. Alfredo Arias, Ivonne Rogers, Dr. Julio Linares, Maritza Halphen, Roberto Brin, la anfitriona Vilma Aranegui, José Arturo Abad, Candita Sosa, Rubén Ortega Vielo, Vilma Ponce y Paul Petrutsas. En el suelo, Martita Dutari, Irena Quelquejeu, Julietita Vallarino, Chiqui Abad, Julieta García. Parado, Gerardo Dutari Jr.

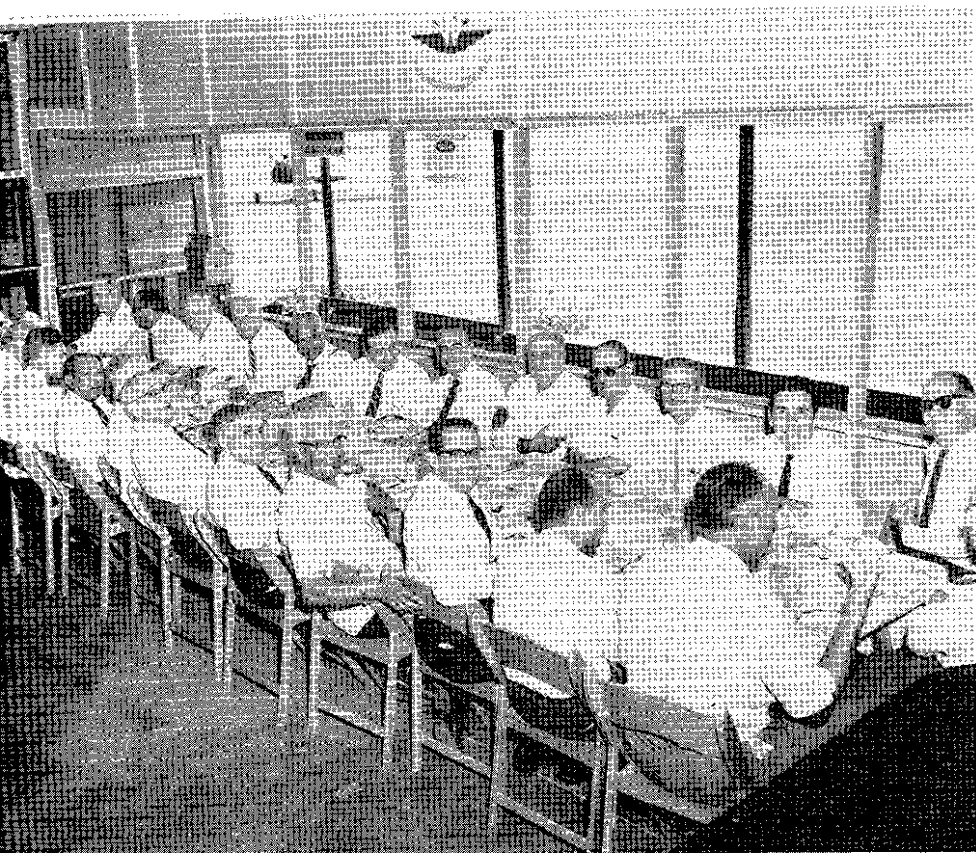
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Apto. 1071



El Excmo. Señor Presidente de la República fue agasajado con un suculento almuerzo por un grupo de amigos. En la gráfica vemos a don Roberto F. Chiari en simpática camaradería, sentado a la mesa junto con el Ministro de Gobierno, don Marcos Robles; el Embajador de Chile, don Teófilo Reyes Cerda; el Embajador de Francia, don Lionel Vasse; el Embajador de Guatemala, don Juan Francisco Oliva; don Tomás Arias; don Octavio A. de Icaza Jr.; don Carlos de Janón III; Dr. Heriberto Corona; Mr. Michael Petrosky; don Francisco de la Guardia; Dr. José Ignacio Rasco; don Balbino Vásquez Corredera; Dr. Ignacio Molino; don Sergio Belancourt; don Casimiro Sambrano; Mr. Kam; Mr. Theodore Shanon; don Jorge Arias; Mr. Richard Sealy; Mr. Robert Boyd; y don Raimundo Ortega Vielo.

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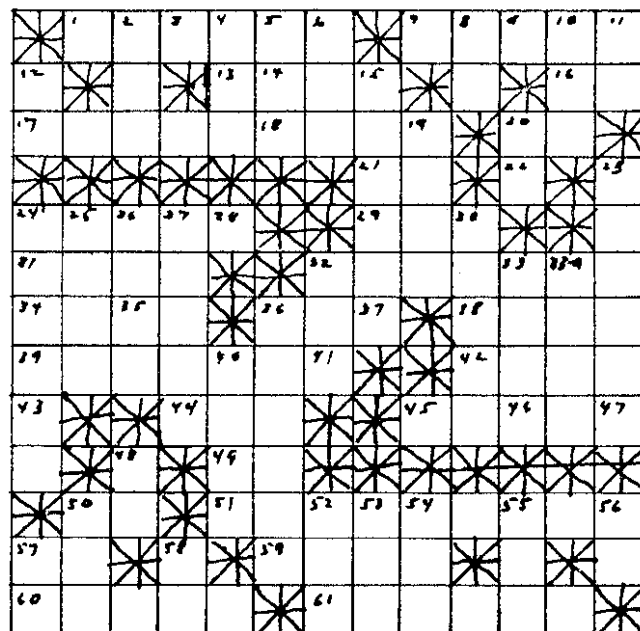
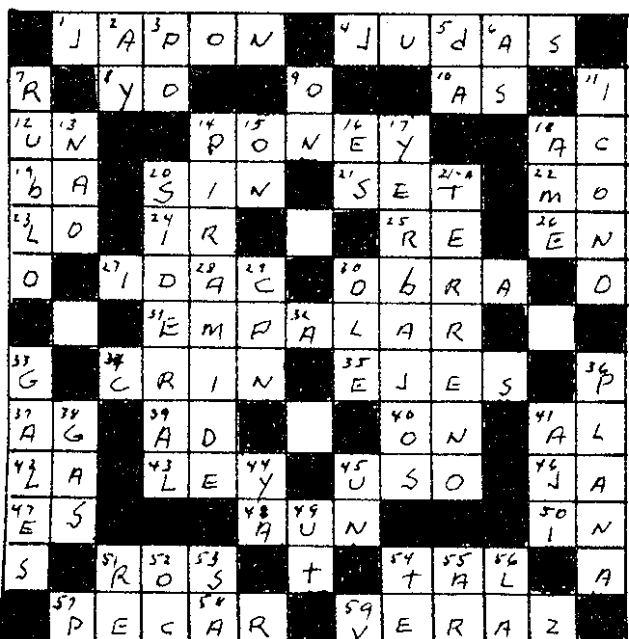
Helena Raquel Aguilera

VERTICALES:

- 2.—Dios del hogar.
- 4.—Cocine al fuego.
- 5.—Especie de barniz.
- 6.—Tutor.
- 8.—Antigua moneda de cobre romana.
- 10.—Incorporada.
- 11.—Diptongo.
- 12.—Ballet moderno.
- 19.—Garbo, donaire.
- 20.—Interjección.
- 23.—Fuera de un lugar a otro.
- 24.—Agasajos.
- 25.—Pintor español.
- 26.—Cuerpo que atrae los metales.
- 27.—Manantial en el desierto rodeado de vegetación.
- 30.—Fuste de silla de montar.
- 32.—Vocal — pl.
- 33.—Valúa, mide — 33-A Yo (Pl.)
- 36.—Composición musical.
- 40.—Punto donde estriba la dificultad de una cosa.
- 48.—Voz del toro.
- 50.—Preposición.
- 52.—Impar.
- 53.—Organo de la visión.
- 54.—Línea Aeropostal Venezolana.
- 55.—Apócope de galón.
- 56.—Primero en su clase.
- 57.—Símbolo del sodio.
- 58.—Bajo, debajo de

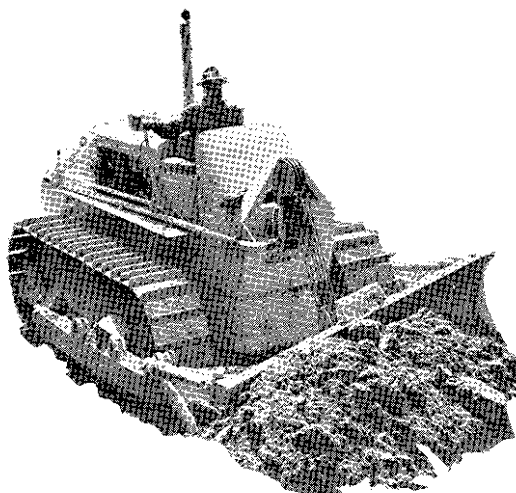
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Solución del número anterior



HORIZONTALES:

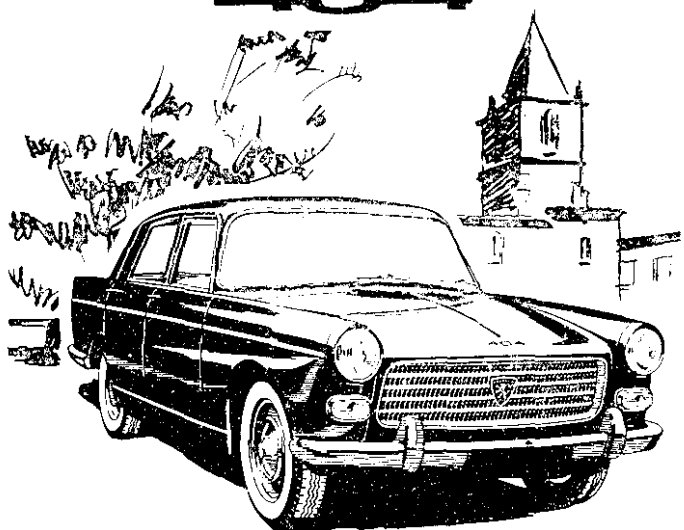
- 1.—Rumiante de Perú, parecido a la llama.
- 7.—Desdichado.
- 13.—Casaca floja, larga sin mangas.
- 16.—Negación.
- 17.—Ciudad importante de España.
- 20.—Consonante doble.
- 21.—Imperativo.
- 24.—Abur.
- 29.—Uno de los pecados capitales.
- 31.—Serie gradual de colores.
- 32.—Sin apariencia de vida. pl.
- 34.—Pertenece a las aves.
- 36.—De ser.
- 38.—Parte posterior de una cosa.
- 39.—Arbol conífero — diminutivo pl.
- 42.—Plantigrados.
- 44.—Baile cubano.
- 45.—Asóciese.
- 49.—Repetido de un ser querido.
- 50.—Pronombre posesivo.
- 51.—Estudio de las razas.
- 57.—Conjunción copulativa.
- 59.—Ojea.
- 60.—Ciudad de la Provincia de Coelá.
- 61.—Obra literaria.



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Noticias

Del Instituto de Fomento Económico

El Lic. José María Sánchez B., Gerente General del Instituto de Fomento Económico, entregó cheque correspondiente a la compra de las primeras 250 acciones preferidas de la Sociedad Beneficio Central, S. A., de acuerdo con decisión de su Junta Directiva. Estos B/. 25.000.00 constituyen la primera contribución del IFE de una autorización total de B/. 83.000.00 que se invertirán en esta empresa de enorme importancia para la comercialización del café en mercados extranjeros.

Durante muchos años el café del Boquete, a pesar de su magnífica calidad intrínseca, no ha obtenido precio justo en los mercados de exportación debido a la calidad del beneficiado ya que los mercados internacionales exigen tratamientos de cación, selección y uniformidad en el grano.

Las instalaciones del Beneficio Central de Café, responderán a las técnicas más eficientes y modernas y con la ayuda económica del IFE podrán iniciar operaciones dentro del curso de la cosecha 1961-1962; tal hecho ha de reflejarse en mejores precios para el café de Boquete en un futuro cercano en los mercados europeos.

La enérgica y oportuna intervención del IFE, cuya Junta Directiva autorizó el 29 de Septiembre último la inversión de B/. 83.000.00 en esta empresa de beneficio, ha producido notable impacto en los cafetaleros de Boquete que en esta forma reciben asistencia económica directa para obtener mejores precios por su producto al mejorar la calidad del mismo.

☆ — ☆

Cuando Leonardo de Vinci pintaba el cuadro de la última cena en la pared del recordatorio de un convento de Milán, no podía encontrar un modelo para copiar el rostro de Jesucristo. Por fin encontró un joven hermoso, bello, puro; Pietro Bandinelli.

Pasaron los meses... años...

Leonardo recorría las calles malhumorado porque no encontraba uno para el rostro de Judas.

Por fin encontró uno, todavía joven, pero envejecido. Lo colocó delante del cuadro y cuando iba a pintar se oyó un sollozo. Era Pietro Bandinelli.

Lo había desfigurado el vicio.

☆ — ☆

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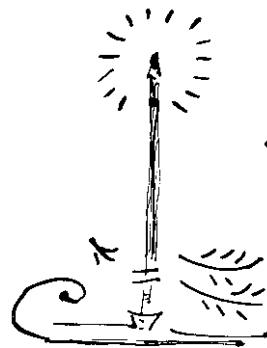
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La Cena de Navidad

PAVO ASADO

Un pavo pequeño, 100 grms. de cebolla; 50 grms. de zanahoria; 50 grms. de manteca de cerdo; 2 cucharadas sopa de aceite; otro tanto de coñac; ¼ litro de caldo; dos manzanas; 1 hoja de laurel; 1 limón; 1 diente de ajo; nuez moscada, pimienta y sal.

Bien limpio y flameado el pavo, se sazona por dentro introduciendo las manzanas enteras, el ajo picadito, pimienta, nuez moscada y una cucharada de manteca. Se coloca en una cazuela para asados, sobre un lecho de cebollas, zanahorias en trocitos y la hoja de laurel, echándole por encima el aceite, el resto de la manteca y la sal. Se mete al horno moderado, rociándolo de vez en cuando con su jugo. Cuando empiece a dorarse por un lado, se le da la vuelta, rociándolo con su grasa, y ya bien dorado todo él, se le agrega el coñac.

Entonces volviendo la pechuga hacia arriba, se rocía con limón, y a los quince minutos se le echa un poco de caldo, repitiendo esta operación hasta terminar éste.

Para que el pavo resulte bien asado necesita por lo menos un par de horas de horno moderado, pues si el horno está

muy fuerte, se tuesta demasiado por encima, quedando crudo por dentro.

Se conocerá que está en su punto cuando al pincharle en el muslo no salga nada de jugo.

Para servirlo entero no hay más que quitarle los hilos y ponerle en los extremos de las patas unas mangas de papel rizado; pero si se quiere servir trinchado, habrá que dejarlo enfriar un poco, partiéndolo en la forma siguiente: se cortan primero las patas y alas por sus conyunturas, la pechuga se parte en filetes finos, colocándolo encima de las patas. El corazón no se sirve.



HUEVOS RELLENOS

8 HUEVOS, 250 grms. de pescado cocido o una lata de atún. 2 tazas de gelatina. 5 cucharadas de mayonesa. 2 cucharadas de perejil picado. Vinagre, aceite, sal y pimienta para sazonar.

Los huevos se cuecen para que queden bien duros, se pelan y se parten por la mitad a lo largo para retirar las yemas, haciendo la oquedad más grande con ayuda de una cuchara, para que les quede más relleno, cuidando de no romperlas.

El pescado cocido y libre de espinas, se des-

menuza, añadiendo la mitad de la gelatina, la mayonesa, sal, pimienta, vinagre, aceite y perejil picado. Con esto se rellenan los huevos, se les pone una cucharadita de gelatina encima y se adornan con unas hojitas de perejil.



HIGADO EN OPORTO

Ingredientes necesarios: para un hígado de 900 grm. a 1 kilo, 300

grms. de trufas, 300 grms. de pecho salado, pimienta y un vaso de oporto.

Rebanar las trufas y hacerlas cocer en el oporto.

Después de haber hecho remojar en agua el hígado blanco rosado, muy firme, procedan a limpiarlo. Quiten el pellejo, la parte verdosa, los nervios y retiren la membrana que lo envuelve.

Hagan un picadillo con el trozo de pecho bien picado, las rebanadas de

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las trufas bien picadas, y pongan pimienta. Forren el fondo y el contorno de una cazuela con ese picadillo.

Incrusen en el hígado la trufas cortadas en cuartos y pongan ese hígado trufado en el centro de la cazuela y cúbralo con picadillo bien apretado.

Se tapa. Hagan cocer al horno al baño de María durante hora y media y después el mismo tiempo sobre la hornilla.



PESCADO ASADO

Un pescado grande o dos pequeños, 50 grms. de tocino, 2 limones, 2 cucharadas de pan rallado, perejil, aceite.

Bien limpio y lavado

con agua fría el pescado, se seca con un paño, haciéndole unos cortes en la parte superior donde se introduce en ellos tiritas del tocino; se espolvorea con sal. En un octavo de litro de aceite se frie un diente de ajo, retirándolo y dejando enfriar el aceite, en el que se le echarán el pan rallado y el perejil picado, mezclándolos bien. Parte de esta mezcla se pondrá en el fondo de una cazuela para asados, encima se coloca el pescado, cubriéndolo con el resto de la mezcla. Así se mete al horno con temperatura moderada, remojándolo de vez en cuando con el aceite del fondo hasta que esté dorado.

Se sirve en fuente alar-

gada rociado con jugo de limón, decorándolo con medias lunas de limón.



PUDIN DE NAVIDAD

Ingredientes necesarios para 8 personas. 250 grms. de azúcar granulada, 50 grms. de grasa de buey, 500 grms. de pasitas sin semillas, 250 grms. de ciruelas pasas cortadas, 125 grms. de corteza de limón y de naranja escarchadas con azúcar, 125 grms. de harina, 125 grms. de pan blanco molido, 65 grms. de almendras peladas y picadas, 3 huevos enteros, batidos, media cucharadita de sal, un cuarto de cucharadita de nuez moscada rallada, canela, jengibre, 4 espe-

cies mezcladas, una cáscara de limón rallada, un cuarto de litro de leche, un vasito de coñac.

Mezclen en un recipiente los ingredientes secos, agreguen los huevos batidos y la leche y revuelvan dos horas aproximadamente.

Rellenen con el preparado un molde enmantecado, formando como una campana.

Enharinen un lienzo húmedo y fíjenlo alrededor del molde.

Sumerjan ese pudin en una gran olla de agua hirviendo y dejen cocer 5 horas cuidando de ir conservando la misma cantidad de agua. (Baño de María).

Al momento de ir a servirlo se le agrega el coñac.

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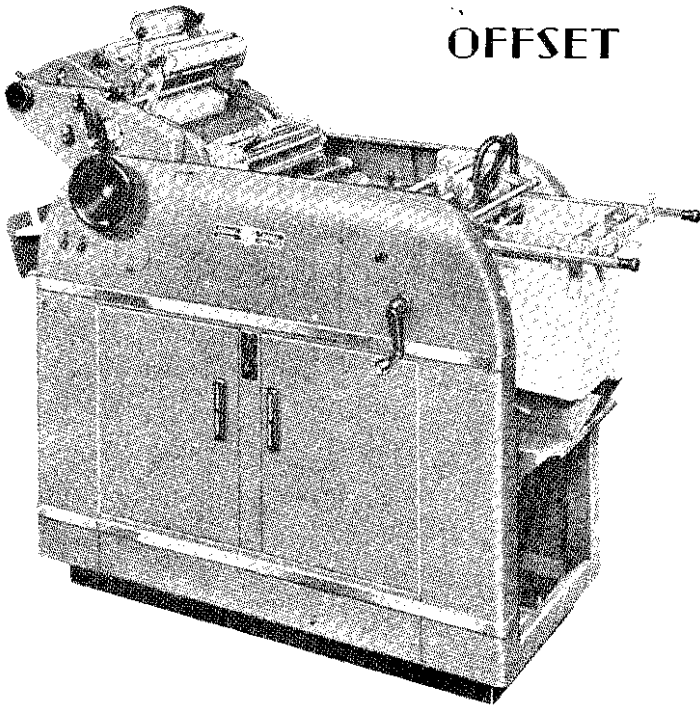
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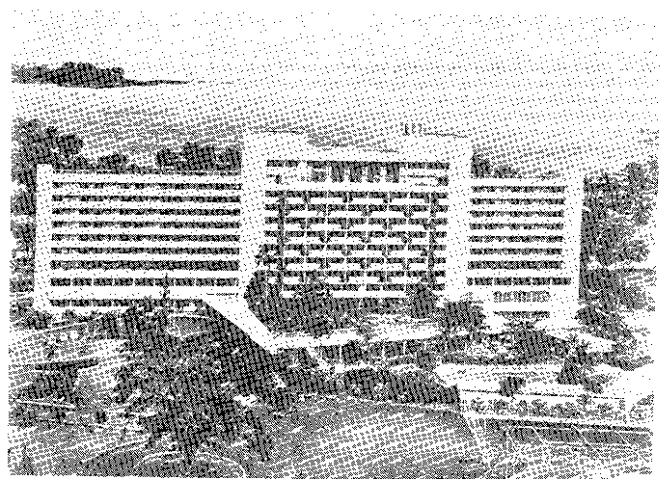
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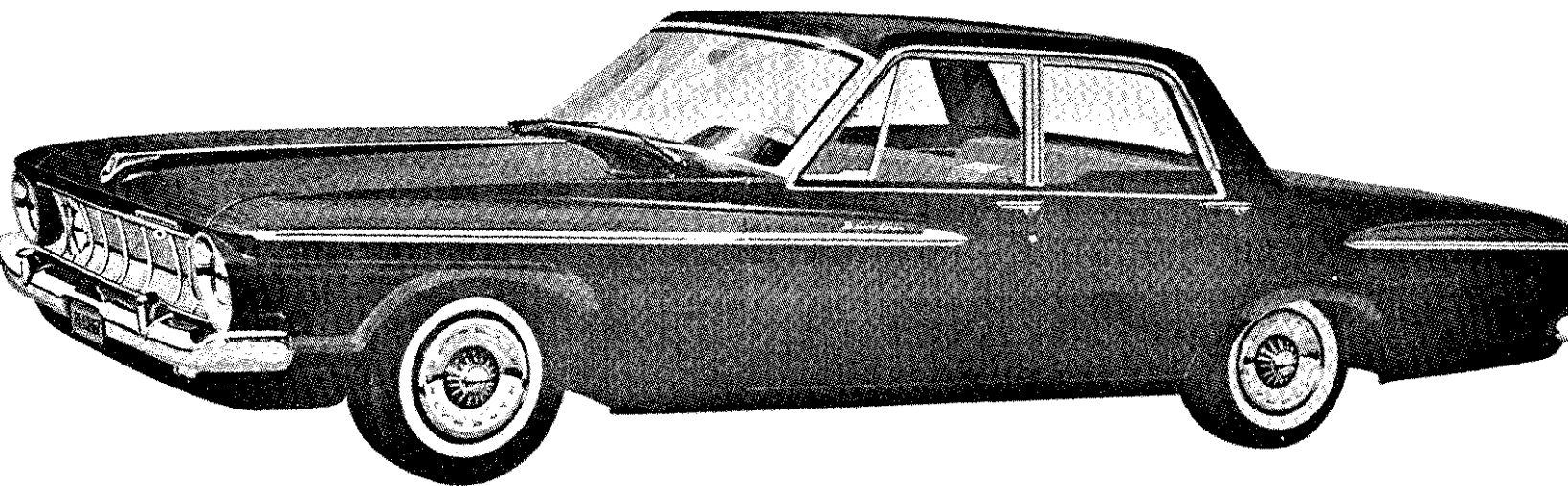


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English Section

An International Group Works Together

by

Marjorie Woodruff



Shown after presentation of their awards for having worked the most hours for the Volunteers of the Childrens Hospital are Mrs. Suzie Noetzli, Mrs. Sue Tomanelli, Mrs. Ceil Mittag. Not shown in the picture are Mrs. Lupe Alfaro, Mrs. Daisy Clement, and Mrs. Luisa Guevara. Representing the Hospital are Doña Raquel Orillac, who spoke for the Board of Directors, Mrs. Lily Boyd, chairman of the Volunteers, and Dr. Leopoldo Benedetti, Medical Director of the Hospital.

"Voluntaria! Voluntaria!" is the cry for attention most often heard at Panama's Hospital del Niño five mornings a week. The children call any woman they see dressed in an aqua and white striped uniform, white apron and white head dress. Generally, the young patients are calling to ask when they can go down to the park to play. The answer usually is, "As soon as the doctor has checked you over, and the nurse has given her permission."

A typical morning in the life of a helper at the Childrens' Hospital goes this way, give or take a few crises.

9:00 A.M. Check-in time. Most of the volunteers do not arrive before nine, because the children are not bathed and ready for action until then. When needed, the women help to bathe, dry and arrange pony tails for those girls who want them. For the sake of more interesting coiffures, most women on duty at the hospital save all kinds of ribbons for the freshly shampooed young girls.

9:30 A.M. Roll bandages for operating room use until the clean children have been given their injections and medicine.

9:30-11 A.M. On sunny days, all ambulatory patients are taken out to the playground. The ones who cannot ride tricycles, swing or play ball are either kept in wheel chairs or seated at tables with crayons, paints, puzzles and coloring books.

A thermos jug of ice water sits on a bench, surrounded by a dozen plastic glasses which are seldom not being filled.

Older children can swing by themselves. Others are swung by the several women who are in charge of the playground.

At 11:00 A.M., all toys are put into two large cupboards, and the trek back to the wards commences.

"Which children come from Planta Baja?" asks a volunteer, and "Where is the group for the first floor?" asks another. Forty bandaged children come very close to looking alike, except for the most special cases. But everyone is up and settled in time for a nourishing lunch.



A small group of the volunteers at the hospital. From the left, they are: S. Hoagland, M. Woodruff, L. Boyd, G. Goyaneche, and P. O'Connor.

AN INTERNATIONAL GROUP

Meanwhile, how about the children who couldn't go out? The "Lactantes" or infants? The bed-ridden? The ones receiving intravenous feedings or in traction? How about the child with a kidney infection so severe that he can neither play, sit in the sun or even move more than is necessary without imperiling his life? For those children's pleasure, there are other volunteers who remain behind on one or two of the floors. Through the generosity of Panamanian clubs, American and Panamanian businesses, the U. S. Army, Navy, Canal Zone, U.S.I.S. and CARE, these women are able to amuse the bed-ridden with Spanish books of all types, embroidery, puzzles, comic books, and occasionally even a bubble blowing session.

Once in a while, when enough helpers are present, Doña Raquel Orillac the loved and respected administratrix of the hospital, asks for help in marking new hospital laundry or in doing some sewing at home.

Then there are the busiest days of all — when Admiral Richard Craighill, Commandant of the 15th Naval District, has arranged for the crew of a visiting navy ship to replenish the stores of the Blood Bank. Or when Major General Theodore Bogart, commanding the U. S. Army Caribbean, heads a group of soldiers arriving to donate blood in response to a televised plea from Father Laburu. Or when the employees of Panamanian business Young & Young, Elga or Becton Dickinson come en masse to give blood. At these times, President and organizer of the Volunteers, Mrs. William Y. Boyd, calls on everyone for extra duty. Electric coffee pots are borrowed, with Cafe Duran supplying the coffee, free orange drinks and sodas are sent over by Jorge Arias, and Joaquin Vallarino furnishes lots of cokes. Typewriters and card tables to put them on are borrowed from friends. Mr. Victor Charles, the competent Blood Bank Director of the Children's Hospital, and his staff take blood from the donors after careful tests and questions have determined one's ability to part with it. The volunteers type the blood cards and the records, conduct the donors from their preliminary tests to their appointments with tubes in the arms and hanging bottles, and hand out with abandon coffee, cigarettes, colas, whatever is needed.

The Volunteers' Corps was three years old in November, 1961. Aside from its all important establishment of a blood bank in the hospital, these other things have also been accomplished: all the installment of a stereophonic hi-fi system over which the doctors and nurses can be called, or music can be piped to all dormitories;

the enlargement of the playground done with money given by the Lions' Club wives and with funds collected from the Volunteers. The playground will now be much safer for the young cyclists, many of whom are in arm or leg casts. This seems a good time to mention that two new floors are being added to the hospital, and instead of the 200 plus children now being accommodated, there are soon to be over 300 children.

Another accomplishment has been the gradual building up of a stock pile of toys for the boys and girls. These come from donations, from collections made on military posts, from private residences, and from stores such as Motta's and Maduro's.

Looking ahead to the future, the Volunteers will need more helpers. Theirs is not a static group. From June until September, a number of mothers must always stop work. From February until May, many Panamanian women are completely occupied with their own families. And so, a new volunteer is always made very welcome.

Of course, more toys are always needed. There are so many children to play with each one that the rate of attrition is even greater than at home (if possible). Lily Boyd is also looking forward to the day when some education can be provided for the children whose stay in the hospital exceeds six months.

For instance, Matias, age 11, a universal favorite and the victim of a disease which attacked the bones of his face, was in the hospital for almost three years. A bright and mischievous boy, able to play outside, he could never receive the type of attention his education deserved. Neither could Manuel, age 13, whose crippled legs were partly straightened out during an 18 month seige. Then there are the boys and girls who say "Please give us some homework..." (more girls than boys, naturally). The volunteer who starts out giving some arithmetic problems and sentence-copying work to one child is quickly surrounded by a dozen children and that many more requests for work.

More therapy is a hoped-for improvement. Recently, two non-commissioned officers' wives from Fort Amador started some group therapy among the children of the orthopedic ward, for that group stays longer at the hospital than any other. Their first completed project will be some Christmas decorations.

But on the plus side of the ledger are the wonderful Tuesday morning movies, donated by Metro Goldwyn Mayer and Columbia, and run by U.S.I.S. projectionists, Mr. Bolt and Mr. Lange. Every Tuesday finds either man in a small, hot, uncomfortably airless room (because of the black out curtains), giving his time and his energy to amusing at least 50 excited children.

Then there are the monthly birthday parties run by General Bogart's army group under the direction of Sergeant F. Johnston, who is more welcome than Santa Claus to the patients of the hospital. These parties are put on for all of those children able to participate, but the right to blow out the candles on the mammoth cake is reserved for whomever has a birthday during that particular month. Aside from the cake, each party includes cookies, candy and ice cream — all the children can eat of each, and some they can't. Following this activity held on the outdoor patio of the second floor, hundreds of balloons already inflated are handed out. These kind and generous men, and their wives, never forget the little patients who must remain in bed, and with a volunteer or two to help them, the only children not attended to are the ones who are too sick or too young. Even in these cases, the faces of the littlest ones mirror the fun which they see going on about them.

A couple of small but gratifying extras are provided once in a while in the form of a seamstress, to teach the girls to sew, and a barber to cut unruly locks. And

last year, seven different Christmas parties were given for the patients by seven different groups of all nationalities.

At last, we have come to the point of our title. The Volunteer Corps in comprised of women from a number of different countries. It includes Panamanians, Americans, Swiss, Belgians, Japanese and English — at least. It was interesting to note that, after 3 years serving the hospital, of the six women who have worked the most hours, one was an American, three were Panamanians, and two were Swiss.

During the anniversary coffee party held recently to celebrate the Volunteers' third birthday as a working group, Doña Raquel Orillac pointed out to the assembled women that even without them, the children would receive their medicine their injections and would be as well cared for physically as was possible. But they would be sorely missing, she said, the joy and playtime which they also need so very much.

Dr. Leopoldo Benedetti also complimented the group, and made his most important point the blood bank which they have established at the Childrens' Hospital. He said that he could not begin to tell the volunteers how much it has already meant in the number of lives saved.

Dr. Nuñez was asked what he hoped for in the future for the Childrens' Hospital. He replied as follows:

"From the beginning of the new administration of the Hospital under the Board of Directors appointed by ex-President Ernesto de la Guardia, we have always needed a committee of social relations to the attention of the public the needs of the hospital."

This function, he felt, could be fulfilled by the Volunteers' Corps with the help of other groups, such as Mrs. Betty de Endara's Comite Pro Ayuda Social. Dr. Nuñez went on to say:

"The community must know our needs in order that it may help to support this institution which was founded and is working for its welfare. For instance, we have the problem of actually feeding many poor children who have or have not yet been patients in this hospital. CARE takes care of the needy children over the age of two years, donating 900 pounds of dried milk to them each month. But children under two are not getting sufficient milk to keep them out of the hospital. If we could get a donation of 1,000 pounds of dried milk each month, we might help at least 200 children from the slums who are most urgently in need of this food. In the future, this would mean at least ten per cent less patients in the Infants' Ward for the reason of malnutrition."

Well, the Childrens' Hospital has seen the founding of a blood bank, the establishment of toy cubboards and bedside libraries, the enlargement of its playground and the stocking of the recreation area, the start of a therapy group, the installment of a loud speaker system, movies and other programs either weekly or monthly... all these things and more in just three years with the help of hundreds of interested men and women. It is not hard, therefore, to imagine Dr. Nuñez' dream of enough milk for the undernourished coming true within the next three years. Let's make it sooner!

*When I was a child, I spoke as a child,
I felt as a child, I thought as a child.*

I Corinthians xiii, 11.

Panama's New Cultural Surge

by
Fay Douglas Lee

Have you noticed the new feeling in the air these days? A feeling of hustle and bustle, punctuated by the busy blows of hammering, with a counterpoint of rasp and scrape of trowel against cement? Quiet little Panama is hurrying to catch up with her neighbors, and at the rate of speed the city is growing and improving, she'll soon pass them as the most modern and beautiful in Latin America.

Breathtakingly designed buildings seem to settle on tenement sites and vacant lots like honeybees on a block of sugar. The lacey and aerial Panamerican Building has been completed and the fabulous new Hotel Continental is rushing towards the final touches. New homes and apartment buildings, each an architect's dream-come-true, appear where yesterday a musty turn-of-the-century house moldered. Marvelous new stores, bubble-light and bursting with things you can't do without, or ready to provide services you need, keep pace with the other structures.

New businesses are making their appearance; there's a dress manufacturer and a gem-cutting plant, for instance. Well-established stores downtown are hastening to open smart new branches in the suburbs, and the suburbs keep moving outward as the city grows.

Interior decorators are being given challenges worthy of their training as they contrive the most refreshing and coolest of all possible decors for both office and home. Drawing on the subtle, the vibrant, and the dramatic, they have made functional and exciting synonymous in Panama.

But all this is only a small part of the story. Like a woman, who, not content with a diet, a different coiffure, and a dernier-cri wardrobe, decides to take a series of educational courses to improve her mind, Panama, along with her beautiful new exterior, is also developing a culture all of her own. Not that she ever lacked one in the years gone by, but in what seemed to be her desire for emulation of other countries, she forgot not only her own artists and her enchanting native music, but also that she has one of the most unique and vivid of all civilizations in this hemisphere. From the time the ancient Indians in Cocle and Chiriqui hammered out gold ornaments and formed intricate pottery, to a few short centuries ago when the marching feet and jangling armor of the Conquistadores made Panama the hub of the New World, her history has been a resplendent one. For the up-to-date present, almost every little Interior village has something to offer: a historical spot, a here-only-in-the-world fiesta, or a special craft found nowhere else.

Panama is equally rich in her native artists, musicians and dancers, all of whom, during the years of undiscernment now gone, left their native land to study and obtain fame in other countries. Back at last in their homeland, they are all part of the new feeling.

Typical of others in their artistic fields, let me introduce you to some young and vital Panamanian artists who are examples of the case in point.

There's Jaime Ingram, a concert pianist of great sensitivity, who studied at New York's famous Juilliard School of Music, then traveled for ten years throughout Europe and South America, earning critics' rave notices all the way. In 1960 he won first prize in Brazil for the finest recording of classical piano music in that year. Now Jaime is back home, teaching and playing concerts for music-conscious Panama.

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Manuel José Medina is one of Panama's great artists who has recently returned home.



Marked for success, Flor Maria and Julio Arauz have exchanged the "Bravos" of European audience for those of Panama.



With an artistry marked by great sensitivity and romanticism, few musicians equal Jaime Ingram.

