

SPRING FOOD features



HOLIDAY UPCOMING

Take To The Hills With A Picnic Basket

A group of far-sighted citizens have been busy the past few years acquiring recreational lands for the use of Douglas county residents who want to take to the hills with their picnic baskets when summer comes. With more and more land going into private ownership, the danger of eventually having no public recreational lands at all was noted and steps have been taken.

According to Charles Collins, superintendent of the Douglas County Park system, the county now has 15 dedicated parks with a total of 335 acres. Two new parks will be acquired this year. Most of the parks are not too well developed yet but nearly all are useable and many improvements will begin to show this summer.

Elsewhere on this page is a list of the parks and directions for finding them. So pack up your troubles in your picnic basket—or better yet, pack your picnic basket with some of these good dishes and leave your troubles home.

Most of these recipes can be prepared at home and taken along. Wrapping the casserole heavily in newspaper will help keep it hot.

CHICKEN TETRAZZINI

- 1 stewing chicken
 - 2 tsp. salt
 - 1/4 tp. pepper
 - 14-oz pkg. Spaghetti
 - 3 slices bacon, diced
 - 1 large sweet onion, chopped
 - 4-oz can pimiento, cut fine
 - 1 green pepper, cut fine
 - 1 lb. cheese, grated
 - 4-oz can mushrooms
 - 2 cups cooked peas
 - 1/4 cup shredded almonds.
- Cut chicken in pieces, cover with water, add salt and pepper, and cook until meat loosens from bones (about 3 hours). Remove meat from bones, cut in small pieces. Cook spaghetti in the boiling chicken broth until tender. Drain, saving broth. In large kettle, fry bacon, add onion and green pepper, brown lightly. Add pimiento, cheese, mushrooms, peas, almonds—then add chicken and spaghetti. Heat thoroughly using chicken broth to moisten as needed. Serves 8 to 12.

CELERY SLAW

- (Serves 5)
- 1 tsp. salt
- 1 1/2 tsp. sugar
- 1/4 tsp. pepper
- Dash paprika
- 1-3 cup salad oil

- Green pepper rings
 - 2 Tbsp. vinegar
 - 1/4 cup sweet or sour cream
 - 2 cups thinly sliced celery
 - 2 Tbsp. sliced pimiento (may be omitted)
 - Crisp salad greens
- Combine first five ingredients and vinegar for salad dressing; beat with rotary beater. Gradually add cream beating well. Marinate celery in dressing a few minutes. Add pimiento strips. Place greens in bowl; pile celery in center and top with green pepper rings. Serve with cream dressing.

SWEET AND PUNGENT SHRIMP

- (4 servings)
- Prepare 1 pound shrimp (fresh or quick frozen), following usual directions.
- Mix in saucepan, 1/4 cup brown sugar, 2 tablespoons cornstarch, 1/2 teaspoon salt, 1 cup vinegar, 1 tablespoon soy sauce and juice drained from 1 No. 2 can pineapple chunks.
- Cook until slightly thick, stirring constantly. Add 1 green pepper cut into strips, 2 small onions, cut into rings, and drained pineapple chunks.
- Cook 2 or 3 minutes. Remove from heat, add shrimp and let stand about 10 minutes. Just before serving, bring to a boil, stirring constantly. Serve with hot rice.

QUICK-ESCALLOPED POTATOES AND WEINERS

- 12 weiners
 - 4 tablespoons butter
 - 2 tablespoons flour
 - 3/4 teaspoon salt
 - 2 cups milk
 - 1 to 2 teaspoons prepared mustard
 - 5 cups sliced raw potatoes
 - 1 cup sliced onions
- Split weiners in half lengthwise. Melt the butter in a saucepan, add milk; stir constantly over direct heat until sauce boils and thickens. Stir in mustard. Add sliced potatoes and onions and bring to boiling point. Turn half the hot mixture into a 2-quart casserole; arrange half the weiners on top, and cover with rest of creamed potatoes. Top with remaining weiners. Cover casserole and bake in a moderate oven, 350 F., for 30 minutes, or until potatoes are tender. Serve 6.

When you are preparing pie dough, let the prepared pastry stand in the refrigerator for about fifteen minutes before rolling out. This chilling helps to make the pastry flaky.



HERE COMES SUMMER! And here comes Douglas County's bumper crop of youngsters, out of school and ready to enjoy three months of Oregon sunshine. Keep them happy with picnics, porch picnics, back yard wiener roasts, or trips to Douglas county parks. Jay Golden, of Frederickson's Photo Lab, caught this birthday picnic Sunday at Umpqua park. (Photo by Jay Golden)

Douglas County Parks Listed

- HEDDEN PARK**—1/4 acre. In platted town of Scottsburg. No improvements.
- JAMES WOOD**—2 acres. Six miles below Umpqua. Unimproved but located right on river.
- BRITT NICHOLS PARK**—123 acres. Burned out last year in Hubbard Creek fire.
- ZIOLKOUSKI BEACH PARK**—4.5 acres. Rest room facilities. Located just below Winchester Bay lighthouse. Access to beach.
- BARTON PARK**—30 acres. Improvements planned this year. On Cow Creek between old and new highway on Barton road.
- WINSTON-DILLARD PARK**—6.5 acres. Adjacent to Winston Community hall. Being improved by Winston Community club.
- ADA PARK**—14 acres. Very inaccessible. No improvements. Located on s. e. corner Siltcoos lake near community of Ada.
- DAVE BUSENBARK PARK**—28.6 acres. On Coos Bay wagon road 1 mile beyond Reston. Spring water. No tables. Cool. Lots of trees.
- MACK BROWN PARK**—3.5 acres. Partially improved. Very pleasant. Located four miles below Umpqua on river. No water. Tables soon.
- SINGLETON PARK**—3.3 acres. Very useable. Well water, tables, fireplaces, rest rooms. Good for group picnics. Located at forks of N. and S. Umpqua on Garden Valley side.
- RICHARD G. BAKER MEMORIAL PARK**—12 acres. Very useable. Tables, fireplaces, rest rooms. On N. Umpqua road 2 miles above Rock Creek. Good fishing.
- OTTER SLOUGH PARK**—30 acres. No improvements but useable. Frontage on Smith River. Located 1/2 mile upriver from Smith River bridge.
- WINCHESTER TIDE-LANDS PARK AND BOAT BASIN**—75 acres. Fishing dock, boat rental, rest rooms, restaurants. No picnic facilities. \$130,000 to be spent here soon.
- ANNA DRAIN PARK**—1.7 acres. Next to Drain swimming pool. Being improved under auspices Drain Lion's club.
- FAIR OAKS PARK**—3 acres. Useable. Tables but no water. Located 5 miles E. of Sutherlin where county truck scale located. Steep creek bank. Keep eye on the children.

If You're Cooking Outdoors Try These Specialties

- HAM STEAK**
Next to the hamburger, nothing in the world tastes better than a good, thick slice of ham grilled over an open fire and served with a couple of fried eggs. And it's still in keeping with the simplicity keynote.
- NIPPY CHEESE-STUFFED ROLLS**
8 long soft rolls
1/2 pound sharp Cheddar cheese, shredded (a bit more than 2 cups)
1-4 cup catsup
2 tablespoons melted butter
1 small onion, grated
1 pimiento, chopped fine
2 dashes Tabasco Sauce
1 1/2 teaspoons Worcestershire sauce
1-4 teaspoon salt
Mix all together and use as for Ham and Cheese Stuffed Rolls. Some chopped ham, luncheon meat or frankfurters may be added to this mixture.
- Good way to use up leftover green peas or snap beans:** add to a salad of shredded cabbage.
- How to cook chicken breasts from fryers or broilers,** brown them in a little hot fat, then add a few tablespoons of water and cover the pan. Cook the breasts over low heat just until they are tender.
- Favorite Minute-Saver Meal**
BAKED VEGETABLE BEEF STEW
PLAIN GOOD EATING is this favorite of baked vegetable beef stew, topped with blueberry tartlets, centered with peas, gives the berries from the shelf inspires the time-saving ready-to-serve canned
- 2 1-lb. cans beef stew
1 No. 303 can peas
1 bay leaf (optional)
1 cup biscuit mix
- Empty beef stew into a shallow baking dish. Add drained peas (except 1/2 cup for garnish) and crushed bay leaf, make biscuit dough, roll and cut in doughnut shapes; put on top of stew. Bake
- in a hot oven (425 deg.F) for 15 to 20 minutes, or until biscuits are brown. Remove from oven and fill centers of biscuits with peas. Six servings.
- FAVORITE BLUE BERRY TARTS**
1 2-lb. can blueberries
1/4 cup sugar
2 tablespoons cornstarch
1/2 teaspoon salt
2 tablespoons butter, or margarine
6 baked tart shells
- Drain the syrup from blueberries and move from heat and add butter and heat to boiling. Combine sugar, cornstarch and salt. Sift into the boiling liquid and cook until thick and clear, stirring. Re-

Hobo Picnic Saves Work For Mother

By Ella Lehr Nisja
Director Of Home Service
American Dairy Association

Whether you hop in the family car for a drive out into the country or eat in your own backyard, a picnic usually adds up to more work for Mother before, during, after or all three! Unless, of course, you have tried a Hobo "Tote-your-own."

Start with a big bandana handkerchief for each person or use squares of gay cotton yardage you can find in your store's bargain basement. Line each with a square of waxed paper. Put in each person's rations and disposable paper or plastic eating tools and napkin. Pull up opposite corners of the square and tie. There you have it—a neat little bundle for carrying which, opened, becomes both a napkin and a lapkin! Collecting these at the end of the meal is all there is to the usual cleaning up.

But what for lunch? One that can be prepared the day before or early in the morning, bundled up and kept in the refrigerator until ready to pack in the picnic basket for the trip or put on a tray for the backyard is this—

- (individual)
- Stuffed Picnic Rolls, foil-wrapped for heating
- Fried Chicken, 2 pieces
- Whole Tomato
- Potato or Macaroni Salad in covered waxed paper cup
- Fruit
- Frosted Cupcake
- Coffee
- (Relishes, cold milk and cream for the coffee taken along in ice bucket)

Market Report

- ASPARAGUS**—California asparagus nearly through. Oregon asparagus is at its prime.
- EGGS**—Eggs are 20c a dozen cheaper this year than they were this time last year.
- POULTRY**—Broilers and fryers are plentiful now and slightly lower in price than they were.
- SALAD OILS AND SHORTENING**—These items are approximately 30 per cent lower in price than this time last year.
- SWEET CORN**—Good sweet corn from California's Cochella valley is on the market and the price is reasonable.
- WATERMELONS**—Florida watermelons will be found on the market now. They are retailing at 12c a pound wholesale.
- ORANGES**—Navel orange crop nearly finished. Valencia's coming on. The Valencia's this year have high sugar content and promise to be good. Canned and frozen juice is plentiful now and lower in price.
- POTATOES**—The potato shortage probably will be alleviated to some extent within two weeks. Potatoes won't be plentiful but the situation will be improved.

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Sandwiches Make Easy Eating For Lazy Days

Whether you are packing a picnic basket for a trip or enjoying your own back yard over the holidays, a nice selection of sandwiches will help with the menu planning.

- Here are two tuna sandwiches that will rate at picnics because they are moist and flavorful.
- TUNA SANDWICHES**
1 cup flaked tuna
1-3 cup chopped cucumber
1-3 cup chopped celery
1/4 cup chopped green pepper
1 tablespoon grated onion
2 tablespoons lemon juice
add a dash of salt, pepper and paprika
1/4 cup mayonnaise
- Combine ingredients. This amount will fill ten sandwiches.
- WALNUT TUNA SANDWICHES**
1 (7-ounce) can tuna
1-3 cup finely chopped walnut meats
1 tablespoon each green pepper and pimiento
1/4 cup mayonnaise
- Flake tuna. Add remaining ingredients and blend well. Makes 10 sandwiches.
- CLUB SANDWICH**
Lettuce
Toast
Cooked bacon or ham
Cold sliced chicken
Large ripe, skinned tomatoes, sliced thin
Thick salad dressing
Radishes, olives or pickles
- Make double-decker sandwiches with slices of toasted bread from which the crust has been removed and the other ingredients arranged in layers of lettuce, bacon or ham, chicken, and tomato, with enough salad dressing to moisten. Insert toothpicks to hold the sandwiches together and garnish with crisp lettuce and radishes, olives, or pickles.

News-Review Offers Weekly Food Feature

With this issue, The News-Review launches a new feature. Each Thursday this page will be devoted to the interests of Douglas County's home makers. Food will be our main theme. For today food is the home-maker's first concern. Cooking is her greatest joy, if she's good at it. And her greatest problem if she is a beginner. And for both the novice and the accomplished housewife, the food budget is apt to need close attention.

Cooking facilities of The News-Review are limited to a four-burner hot plate used by staff members for making coffee and heating soup. Therefore it is not possible for us to test each of the recipes presented on these pages.

However, these recipes come to us from the kitchens of advertising agencies and food product corporations and are evolved and tested by highly skilled home economists. We pass them on to you with every assurance that they are not only good, but right up to the minute in timeliness.

It will be the duty of the editor of this page to keep in touch with local produce markets and keep you informed as to what produce, meat, sew food and canned goods are currently plentiful and which are good buys. Our recipes will tie in, as much as possible, with local conditions. When scarcities exist, we will try to keep you in touch with the situation and suggest good substitutes.

Getting the most for your food dollar will be our guiding thought each week as this page is prepared.

We hope you find Food Features helpful to you in your home-making job.

Sincerely yours,
Louise Dwyer
Food page editor

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