Page 2-FOOD SECTION

Good Eating Habits Are Started Early; Pointers **Outlined by Foods Writer** By ZOLA VINCENT

This week's food story is de-voted to ways in which wise parents can provide keys to the good eating habits of their children. So ominant is the emotional angle of child health today that the U.S. chil-dren's bureau has made this the Child Health Day theme for 1953. Enclosure to the total to

school.

anack table.

for 1953. President Elsenhower's proc-lamation, setting aside May 1 recussed around greater public understanding of the emotion-al, social and spiritual growth of children as one way to off al, social and spiritum to off-of children as one way to off-set "stresses and strians of our Show an interest in the The silver anniver-iunchroom and other health ir for Child Health Day activities of the children's sary year for Child Health Day teams up with National Baby Week now being celebrated. Certainly bette, babies grow up to be better children, better adults.

The Key

Encourage children to "loaf" at home. They will if they find understanding and friend-Boys and girls between young children and adolesyoung children and adoles-ind understanding and riend-loveable, sometimes irritating makings for milk shakes, lem-stage, too often misunder-stood. These children want to be so grown-up, yet they are still such babies at heart. Eat-ting, alseeping and other rou-tines tend to adjust themselves if boys and girls at this age find happiness, security and affectionate companionship in their homes. The after school snack is a their homes

Pointers for **Parents**

Parents, however, need to be relaxed and free from fatigue to cope with the spirit of these youngsters and to make a happy home. To pro-mote good eating habits, wise parents will set a good example by eating the right foods themselves.

Assume children will accept the food served. Be calm and confident they will eat it and enjoy it.

Give children smaller servings, particularly of new foods. Let them ask for more. Expect some table accidents.

As awkwardness goes, good will come.



school-age children; sharing snacks developes both social experience and personality as one can plainly see by looking at Patty Ann and Mike.

grape, apricot for popular fruit

with hospitality. The after school snack is a "must" with many school-age licious ice cream soda. Cookies a wonderful plate-mate. are the perfect accompaniment Mayonnaise Vinaigrette children. They'll be happy if mother for lemonades.

Lemon Oatmeal Cookies Use some of that frozen is home when they come in from school. They'll enjoy an lemonade concentrate to add occasional surprise on the

They'll be proud to bring companions home where they can serve a little snack; let them have it right in the kit-chen or take a tray out-of-doors. Make them responsible for both serving and cleaning

up. Ideal foods are fruit, fruit milk drinks. juices, milk, milk drinks, cookies, ice cream, bread and butter, raw carrots, crisp cereal with milk, baked custard . . . or lemonade and cookies. Lemonade, Plain, Fancy

Salad Good Serve Asparagus-Appetizer

trate with soda or sparkling salad with a zippy dressing to water and add a scoop or two tempt tired appetites. A toast-

1 cup mayonnaise 2 tablespoons French dress

ing 2 tablespoons cider vinegar 1 tablespoon chopped pars-

- ley 1 tablespoon chopped
- chives 1 tablespoon chopped pim-

iento 2 tablespoons bread and butter pickles.

Salad 18 stalks asparagus, cooked 3 hard-cooked eggs, sliced

for and

Now here's a dish to hang your hat on! Make your "day For Dinner There will be no tardy tots woiding the table if it is broadcast that rice with a savory Italian Meat Sauce is coming from the kitchen. The wonderful aromas from the skillet or the saucepan will be plenty of publicity to arouse any "dally-ing Dads" and bring them to the head of the table in a hurner. Ground beef is browned until every bit of the meaty flav-or is developed, then the meat is smothered with a tomato

Meat Sauce

OnRice

sauce. Rice is topped with this intriguingly good meat sauce and a dish which would please even Nero, is ready. **Rice and Meat Sauce** 2 tablespoons fat

1/2 cup diced onion 1/2 cup diced green pepper pound ground beef 8-ounce cans tomato sauce ½ cup tomato catsup 1 tablespoon worcestershire

sauce 1 teaspoon salt 1/4 teaspoon pepper 41/2 cups hot cooked rice Method:

Melt the fat in a saucepan or skillet. Fry the onion, green pepper and beef in the fat un-til the onion and pepper are tender and the beef is cooked through and slightly browned. Add more fat if necessary to keep mixture from sticking. Add the tomato sauce, the tomato catsup, Worcestershire sauce, salt and pepper. Cook over a low heat for 10 minutes. Serve over the hot cooked rice. This recipe makes 10 servings.

If you're the cook, give ourself a vacation once in a while and prepare easy menus. Here's the way to make a delicious Tamale Casserole. Empty into a casserole, 2 small cans chicken tamales, 1 can chili con carne without beans,

corn. Bake in a moderate oven about half an hour.

Broiled Ham Steak Is

Decorative for Sunday

The gay red of the canned pimiento and yellow of the pineapple add glamour, and the combination of flavors is wonderful! For other flavor interest, rub the ham with brown sugar and mustard be-fore broiling.

Glamorize Ham You'll need: 1½ pounds of smoked ham steak cut 1 inch thick

(serves 6) 1/2 teaspoon mustard 1 teaspoon brown sugar 6 to 8 slices of pincapple

for flowers 1 4-oz. can of whole pimie-

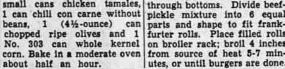
Dill Pickles For Hamburgers

Let your favorite teen-ager try this clever shape variation of the ever-popular hamburger next time the youngsters stage a simple supper. Chopped dill pickles give a special flavor to delicious burgers that are broiled in the rolls and served with out Pickle Barbecu Sauce or your own favorite. Zesty Dillburgers

(Makes 6 servings) 1 pound ground beef chuck 3/4 cup chopped dill pickles 1 teaspoon salt

1 tablespoon grated onion 1 teaspoon Worcestershire

sauce 1 tablespoon catchup 6 frankfurter rolls In a bowl, combine first six ingredients; mix well. Cut rolls lengthwise but do not cut through bottoms. Divide beef-pickle mixture into 6 equal



Nutritious warm drinks, other than those involving milk, are few and far between. Had you thought of hot orange juice? Very little of the high Vitamin C content of orange juice is lost through the short heating required; so little that the juice is still the best source of this valuable vitamin. Heat? o nly to serving temperature: your hat onl Make your "day or rest" a two-meal proposition by serving beautiful brolled miento-pineapple flowers for Sunday brunch. Guaranteed to satisfy even the most man-sized appetite and make it a long time before Sunday din-ner. only to serving temperature; do not boil. And of course, serve immediately. and broil for 10 to 12 minutes; then, 3 or 4 minutes before ham is finished, add pineapple-

and a second second

serve this with hot biscuits and something as simple as scrambled eggs—the pineap-ple-pimiento flower will give pimiento flowers so they will be good and hot and slightly edged with brown. You might each plate a gay, festive touch,

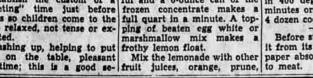
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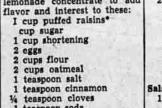
Hot Orange Juice

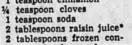
Good for Variation Nutritious warm drinks,











trate for lemonade 1 cup nutmeats, optional Simmer raisins^e gently in a

Salad greens Combine ingredients Mayonnaise Vinaigrette let stand in refrigerator for one