



SERVING CAULIFLOWER — New and delicious way with cauliflower. We fried it in mayonnaise and served it with parsley Hollandaise. That and other vegetable specialties that are certain to please family and friends are included in today's article.

Feeding the Family

By Zola Vincent
Food Editor

Make Most of Seasonal Abundance of Vegetables

The markets are overflowing with an abundance of fresh vegetables as crops swing into high gear all along our west coast from Canadian to Mexican borders. It takes experience and a certain amount of skill to buy to the best advantage, but the amount of money wasted in kitchens is appalling. Not your

kitchen, of course. But the things that happen in other women's kitchens! And in their refrigerators! Speaking of refrigerators, they can keep food . . . but not indefinitely. They must have cooperation from their owner. How many times have you cleaned out the refrigerator or the vegetable box or pantry to find a few shriveled carrots,

fired tomatoes, let-down lettuce? You needn't answer that.

Vegetable Storage Pointers

Check your refrigerator daily. Do not overcrowd it. It, and the food in it need room to breathe; for air to circulate. When you store a leftover, have an immediate plan for its use. There is a best way to store every fruit and vegetable and there is where we're concentrating today. Newest refrigerator models have compartments designed for every known food storage need. Remembering what goes where is a neat trick that will pay well to "master." With older models like ours, it takes more time and maneuvering.

Greens. Wash and drain. Store in a covered dish or compartment. This goes for radishes and celery, too. Store green piled loosely either in a vegetable pan or waterproof bag. Vegetable bags are readily available in all sizes at low cost.

Corn, Peas, Limas, Beans. Keep tightly covered in refrigerator. Let corn stay in the husks . . . Limas and peas in the pod until ready for cooking. Snap green beans just before cooking.

Cabbage Family. Brussels sprouts cauliflower, cabbage should be stored uncut, cold but not too dry.

Root Vegetables. Beets, turnips, carrots and such need a cool, ventilated space. Cut tops to two inches to save space. But spare those turnip and beet tops! Often they are crisp and fresh enough for handling as you do spinach. Cook and combine with cubed, cooked beets or turnips or add to other greens for distinctive flavor, improved nutrition and color interest.

White Potatoes, Onions. As scarce and expensive as these items are right now, it is best to buy only this week's needs. Choose carefully. Store in dry, cool, dark place.

Fruits. Wash them just before you serve. Keep fruit cool; underripe fruit at room temperature. Never put bananas . . . Put grapes in a shallow tray in a cold place. Wash just before serving.

Well, that hits the highlights.

Mayonnaise Fried Cauliflower. Mayonnaise is so versatile. We've tried it in salad dressing combinations beyond numbering, as a shortening, as a cold dressing for cold vegetables and fruits, as a hot dressing for hot vegetables. Now we've tried this . . . and like it.

1 head cauliflower
1 egg, beaten
1 tablespoon water
1/2 teaspoon salt
1/4 teaspoon pepper
Dry bread crumbs
5 tablespoons real mayonnaise

Parsley Hollandaise*
Separate cauliflower into flowerlets and cook in boiling, salted water until tender. Mix egg, water and seasonings. Dip flowerlets in egg mixture, then in bread crumbs. Pan-fry flowerlets in mayonnaise over moderate heat, until brown. Delicious with or without sauce.

***Parsley Hollandaise.** Melt 2 tablespoons butter or margarine in top of double boiler. Add 2 tablespoons flour, 1/2 teaspoon salt, 1/4 teaspoon pepper. Stir until smooth. Add 1 cup milk gradually, stirring constantly. Cook until thickened. Add 2 tablespoons chopped parsley and 1/4 cup mayonnaise, stirring until smooth. Serve separately. A good dressing for other vegetables also.

Welcome the Soft Squashes: Delicious in So Many Ways

Back on our menus are the delicately flavored Summer squashes and very welcome, too. Choose scalloped (Pattypan) or Italian (zucchini) or luscious little crooknecks. Never peel a Summer squash. Figure 2 pounds for 4 to 6 servings dependent on other vegetables and salad served.

Pan Fry or Saute. Slice in thin slices or cut in two, dependent on size. Cut zucchini and crooknecks lengthwise; pattypan widthwise (like flying saucers). This is the way we prefer them instead of slices. Saute means simply to pan-fry in a little but-

ter, margarine, shortening of salad oil. Squash is so tender that it takes almost no time at all. Salt and pepper and serve.

French Fried Squash. Halve two pounds favored Summer squash. Dip in French pancake batter until well coated. Drop into hot, deep fat and fry until golden brown. Drain on paper, sprinkle with salt, red pepper and marjoram to taste. Serve soon.

Baked Squash. Slice or halve 2 pounds favored squash; rub with cut clove of garlic and dredge in flour. Place on an ungreased baking sheet; sprinkle with salt and paprika to taste; dot with butter. Bake in moderate oven about 15 minutes or until tender.

Squash in Cream. Slice, cube or halve 2 pounds Summer squash; dredge in flour and pan in hot butter, margarine or cooking oil until slightly brown (2 or 3 minutes); season with salt and paprika to taste. Mix 1/2 cup sweet or sour cream, 4 tablespoons tomato juice and chopped parsley or dill. Place squash in well-greased baking dish, cover with cream and tomato mixture and baked, uncovered, in moderate oven 10-15 minutes.

Oriental Sauce for Favored Fish Fillets

Use any favored white fish or salmon fillets, fresh or frozen and proceed like this for an exotic fish dish. Bring to table on your most beautiful platter, garnished with parsley, slices of stuffed olives and plenty of lemon wedges.

Sauce for each pound of fillets. Mix together 1/2 cup fresh lemon juice, 4 teaspoons soy sauce, 1/4 teaspoon ginger, 2 tablespoons brown sugar and 3 tablespoons oil. Shake well. Pour over one pound fish. Marinade (let stand) for an hour; longer if you like a stronger flavor. Broil until tender, turning only once. Serves four deliciously.

Asparagus Au Gratin Vies With Dutch Asparagus Salad

We couldn't make up our minds whether to tell you about Asparagus Au Gratin (hot) or Dutch Asparagus Salad (obviously cold), so we started out by buying four pounds of fresh asparagus and cooking it all.

Then we fixed half of the cooked spears au gratin and stored the other half in the refrigerator for Dutch Asparagus Salad tomorrow.

Asparagus Au Gratin. Cut two pounds cooked fresh asparagus into 3-inch lengths. Place in a greased baking dish and cover with white sauce seasoned with nutmeg, salt and a dash of red pepper. Sprinkle with 1 tablespoon bread or cracker crumbs and 3 tablespoons cottage cheese or grated American cheese; dot with 1 tablespoon butter. Cover and bake in moderate oven for about 20 minutes.

Dutch Asparagus Salad. Arrange 2 pounds cooked and chilled fresh asparagus spears on a bed of Iceberg lettuce on a large plate. Fry 1/2 pound bacon, cut in tiny squares, until crisp. Remove from pan and drain. In hot bacon fat, stir 1/4 cup wine vinegar, 1 teaspoon sugar and salt and freshly ground pepper to taste. Slice four hard-cooked eggs over asparagus. Sprinkle with the bacon and 2 finely cut green onions, tops and all. Pour hot dressing over; serve soon. Makes 6 servings.

Corn on Cob Is a Comin': There's Plenty in Sight

We're not buying ears of corn by the dozen as yet, but we're picking up a few ears now and then as a special treat and practicing on them. Soon there will be an abundance right through the summer and well into the autumn.

Most important thing about corn is to remember that it must be rushed straight home and into a pot of boiling water; no fooling around while it loses its milky goodness.

If you simply must keep it a few hours, refrigerate in the husks. Then try this new way to cook it. Husk corn and remove silk. Wash well. Line a wide saucepan with some of the inner husks. Place ears on husks. Cover with boiling water. Bring to

Rogue River

Rogue River — Mrs. Mae Schultz spent the past week at the home of her daughter, Mrs. R. C. Cummings in Jacksonville. Mr. and Mrs. Sherman A. Goring of Los Angeles were recent guests here of Mr. and Mrs. Howard Miller.

Thirty-five ballots were cast in the school district election on the budget excess, Monday evening, 33 yes and 2 no.

Mrs. Harry Rose, who has gone east to purchase a new car is expected to return in about a week, it is reported.

Some of the firemen planned to remove the old fire bell from

the top of the city hall last Saturday and were surprised to learn it had been removed on Friday by a Copco crew under supervision of Leonard Goosey and Artie Laws who are both members of the Volunteer Fire department.

Mrs. Lulu Jennings has purchased the Mel Addington home on Pine street and plans to live there while remodeling the house in which she and her family have been living. The houses are on adjoining lots.

H. J. Hopper states he will be out of the grocery business next Saturday when Mr. and Mrs. Richard Niquette take charge of the store and the corner building which they have purchased from the Hoppers.

Phil Strahan, chairman of the Woodville Cemetery board, reports a good crowd turned out to help clean up the cemetery last Saturday. "We wish to thank

Thursday, May 22, 1952

MEDFORD (OREGON) MAIL TRIBUNE—THREE

everyone who aided in the work, and also the newspapers and radio for the announcements and news items which publicized the event," stated Strahan.

Sam Bellah with Sid Diselle as chairman, on Tuesday surveyed the lots on Broadway which were recently purchased by the city as a site for the new city hall. Work has begun on the laying of the water pipes to the site.

Col. Ted Hopkins returned from the hospital Tuesday and will be confined to bed for another month. It is the doctor's orders that he have no visitors for the next week or two. Mrs. Hopkins stated he wishes to thank all of his friends in the Rogue valley for the many kind letters and messages he has received during his illness.

Dead line on Classified Ads: 5:30 p.m. for following day; 10 a.m. Monday; noon Saturday for Sunday a.m.

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STATEMENT of ALMUS PRUITT
Proprietor

This is the best value in a table model radio-phonograph we have had since the war.

We sold many of the older model Trav-lers, which were similar to this model, and these are giving excellent service. But the older model had only one needle to play all record speeds, whereas the new model has the flip-over cartridge with two needles—one for 78 r.p.m. records and the other for 33 and 45 r.p.m. Either needle may be replaced independently. This feature alone is easily worth \$10.00 extra.

The new model has 3 position tone-control and a wood cabinet completely finished in mahogany veneer.

The new model also has the well-known VM automatic changer which shuts off at the end of the last record and which will handle 10 inch and 12 inch records intermixed. Components like this show that Trav-ler does not stint on quality, in spite of being low-priced.

Come in and hear these now. Arrange for a demonstration while stocks are ample.

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