

Feeding the Family

By Zola Vincent
Food Editor

Upside-Down Ham Loaf

From Low-Priced Shank
In choosing smoked pork cuts, don't forget the shank half of the ham. It is one of the most economical of ham buys. Bake the whole piece or have a generous shank end cut off for a boiled dinner or soup, and bake the remaining piece.

Glamorize the leftover meat from this smoked pork buys in an upside-down loaf for company fare. A little fresh pork is added for juiciness.
2 cups leftover ham, ground
2 cups ground fresh pork
1/2 cup minced onion
1/2 cup fine dry bread crumbs
1 cup milk
1 teaspoon Worcestershire sauce
1 teaspoon dry mustard
1 egg
1/4 cup packed sugar, firmly browned
1/2 cup crushed pineapple
1 teaspoon dry mustard
2 tablespoons vinegar

Combine all ingredients except last four, blending thoroughly. Mix remaining ingredients for the topping and pour into meat loaf pan, spreading out to the corners. Pack ham loaf mixture carefully but firmly on top. Bake at 350 degrees for 1 1/2 hours. Let stand 10 minutes. Drain off juice and turn out on serving platter. Six servings.

Sandwich Filling Variety
Whether you make up the sandwiches for taking or sending to school or to work . . . or stir up mixtures and let the family "make their own", you'll find good ideas here. Remember that prepared mustard and pickles add zest to almost any sandwich.

- Cream cheese, stuffed olives and mayonnaise.
- Minced corned beef and horseradish.
- Mashed liverwurst with mayonnaise, chopped parsley and lemon juice.
- Peanut butter and chow chow or India relish.
- Deviled ham, pickle and mayonnaise.
- Cream cheese with jelly or orange marmalade.
- Peanut butter and chopped dates moistened with mayonnaise.
- Blue cheese, celery and mayonnaise with finely chopped dill pickle.
- Put equal amounts of cooked ham and American cheese through grinder; mix in mustard, Worcestershire and chill powder.

Rhubarb Crumb Squares
Served Hot or Cold
Do this in the cool, cool, cool of the morning or the warm,

warm, warm of the afternoon and serve it likewise. An easy, scrumptious way with zesty, colorful rhubarb. If there are more than three in the family, you might as well double this to begin with. Have some cream on hand to serve with it.

Combine 1 cup graham cracker crumbs (or bread crumbs or vanilla wafer crumbs or try vanilla wafer and gingersnap crumbs half and half), 3/4 cup sugar, 1/2 teaspoon cinnamon, 1 tablespoon grated orange peel. Melt 3 tablespoons butter or margarine. Mix with crumbs. Cut 1 pound (3 cups when cut) rhubarb. Alternate layers of rhubarb and crumb mixture in greased baking dish. Press crumbs down firmly with spoon. Bake in moderate oven, 350 degrees, until rhubarb is tender, about 40 minutes. Cut in squares. Serve hot or cold with cream.

Cook Cucumbers Or Make a Fine Salad
Or both. Cucumbers are increasing in supply right along, so now seems a good time to suggest a distinctive way of "cooking" them and also a rich, wonderful salad specialty.

Cucumber Stew. "Tis true! Chop or slice 3 large fresh tomatoes or use 1 1/2 cups canned tomatoes. Chop 1 medium onion fine. Some folks peel cucumbers. We never do. Take 3 medium cucumbers (about 1 1/2 pounds); cut in half and remove seeds. Cut into small pieces or cubes. Pan or in 2 tablespoons oil or shortening until tender. Add cucumbers and tomatoes, season with salt, black pepper and marjoram to taste. Add a bay leaf, cover and simmer for 15 minutes. Remove bay leaf. Blend 1/2 cup sour cream (or evaporated milk soured with lemon juice) with 1 tablespoon flour and a bit of chopped dill; stir into vegetable, let come to quick boil and serve at once.

Sour Cream-Cucumber Bowl. Slice young, tender cucumbers. Pour over them a dressing made by blending together 1 cup sour cream, 1 teaspoon salt, 1 1/2 tablespoons vinegar and 1 small onion, grated (or two, cut very fine). Chill. Especially good with any meat or fish dish.

Week-End Market Reporter Checks On Consumer
Consumers spent approximately 28 per cent of their disposal income (after taxes, you know) or \$380 per person for food in 1951, according to the U. S. Department of Agriculture's economists. That's the average. There's no doubt but that west coasters bring that average

Sorority, Fraternity Name 1952 Officer

Ashland—Sigma Tau, women's speech sorority, and Theta Delta Phi, men's honorary fraternity at Southern Oregon college, this week elected officers who will lead club programs next fall.

Anne Q. Fullerton, Ashland, was elected president by the speakers group, Ivy Coffey, New Delhi, India, was named vice-president; Marlys E. Franklin, Medford, secretary-treasurer, and Lenore S. Brown, Ashland, historian.

'east buy because west coasters eat better; live better.

We also pay considerably less than the national average for many home-grown foods: fruits, vegetables, fish and shellfish, dairy products and some meats. Farmers are raising more food this year; consumers are buying more food. Prices received by farmers are going down and costs of production are going up. Railroads recently have been granted their eleventh general increase in freight rates, making them now approximately 79 per cent higher than at the end of the war.

What To Do About It
The only way the homemaker can hope to stay within present budget bounds is to plan more carefully, buy more carefully, prepare food more carefully with less waste, store to best possible advantage, use up leftovers in ingenious ways.

Poultry—Broilers and fryers are plentiful. Now is the time to do your home freezing.

Oranges—Plenty of fresh oranges. Navel crop is generally marketed from November 1 to May 31; Valencia from March 1 to December 15. That's why you find both today.

Strawberries. Peak varies with area, sunshine and rain. Keep in close touch with your fruit man and do not let the season of abundance at lowest prices pass if you plan strawberry freezing or preserving.

Vegetable Buys. There's an abundance of seasonal vegetables to delight every meal planner. Name it and it is available. Watch advertisements and displays for "best buys" which are many. Corn and cucumbers are increasing in supply though far from the bargain column.

Fruit Buys. Watch those strawberries. Enjoy local apples, Arizona grapefruit, avocados, small oranges, bananas, Cantaloupes, watermelons and cherries have appeared.

The best known American monkeys, the little capuchins, are so called because of the peak of hair upon the head, suggestive of the hood worn by the Capuchin monks.



FLOAT AWARD—Pictured is the 32-inch Phoenix May festival award for the best float entered in the parade tomorrow. The award will rotate each year with any three-time winner gaining permanent possession of the trophy. The winning entry will be selected on the following points: (1) general overall beauty; (2) excellence of design and execution of theme; (3) originality; and (4) use of decoration and color harmony. The parade will begin at 11 a. m., and the residents of the valley have been invited to witness the event.

HOW VERMONT FEELS

Rutland, Vt. — (U.P.) — Vermont's admission to the Union in 1791 touched off an all-day celebration in this community. In that era of eloquent toasts, the occasion supplied a memorable one — "The Union of Vermont with the United States: May it flourish like our pines and continue as unshaken as our mountains."

AMBITION REALIZED

Jackson, Miss. — (U.P.) — As a boy 85-year-old Perry W. Berner had a burning ambition to make violins but grew up to be a railroad man instead. He realized his dream after retiring 10 years ago and since has fashioned 100 of the instruments.

A Nichols' Worth of— Comment On This and That

BY HARMAN W. NICHOLS
United Press Feature Writer

Washington — (U.P.) — This is a story about a power lawn mower which got out of hand.



Harman Nichols

Benjamin Cain, an interpreter for the Navy department, who lives behind the British embassy, decided his yard was too big to be pushed out with an old-fashioned mower. So he decided to shop around for a power job.

A friend of his said he knew where he could get one cheap—right from the factory. This friend turned out to be on the cantankerous side; a practical joker without peer.

The mower was delivered to him—in small pieces. There was a folder inside with instructions on how to assemble the machine; also material on how to crank it up, regulate the speed, operate the clutch and, most important, how to stop it.

Mean Streak Got Meaner
These things the friend tore up, and while he was ripping the papers his mean streak got meaner. He removed the seat from his kid's bicycle and pitched that into the heap of mower parts and repacked the mess.

Then he delivered the box to Ben Cain, went back home and waited for the fun. On the other side of town, the unmechanically-minded Navy man was having a time for himself. After three days he called his friend to thank him for his kindness but reported that there was one thing wrong. He had a part left over, which didn't fit any place. A bicycle seat.

The friend told Cain that maybe the mower would cut grass without a bicycle seat. Ben said he'd try.

People Alarmed
So he cranked up the mower and off with a roar it went. People became alarmed. The British embassy locked its back gate. Cain's two French poodles, Mimi and Shoes, fled in terror having no mind to get a clipping from a wild amateur.

Mrs. Cain, who was watching from the window, put her hands over her eyes and uttered a silent one.

Cain raced along, dodging flower beds, embassy back gates and his house. He didn't, of course, know how to stop the thing. Finally Out of Gas
At length, the mower took a notion to negotiate several other lawns in the neighborhood and eventually found Massachusetts avenue.

Ben Cain could do nothing but follow it—through heavy rush hour traffic. Eventually, after several blocks, the mower sputtered to a halt, out of gas, and Ben sputtered a sigh of relief.

Later he hired a truck to take the mower back home. He's decided to sell the mower. Small boys, he's concluded, do a better job at less cost.

MISSING NO BETS
Hartford, Conn. — (U.P.) — A youngster was concerned about his mother's health, but it didn't let that prevent him from grabbing an opportunity when he saw one. When the doctor called the druggist to order pills, the boy piped up: "While you're at it, doctor, order a quart of ice cream."

Girl Scout News

Give Tea
The three fifth grade Girl Scout troops of Roosevelt school gave a Juliette Low tea recently for their mothers.

Ten girls took part in a candle ceremony, and a "penny" drill was held with each girl putting in as many pennies as she was years old.

Mrs. Marjorie Hopkins, area executive director, told the girls how the pennies were used. The Girl Scout song and "Always" were sung by all the girls as a tribute to the mothers. Each girl introduced her mother and

SOMEBODY CLEANED UP
Houston, Tex. — (U.P.) — Shortly after the city's "Clean Up Week," opened a resident reported that 300 rolls of wallpaper, 10 gallons of white paint, and two rolls of screening wire had been taken from a shed where he stored it until he could do some cleaning up of his own.

presented her with a wool corsage she had made. Karen Culbertson gave the history of Girl Scouts. Refreshments were served. Mrs. Jack Creager and Mrs. Wayne Jamison poured. Barbara Nulton, Reporter.

GET ON THE BAND WAGON!

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Town Club

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LET'S ALL GO TO THE

ANNUAL Phoenix Festival

SATURDAY MAY 24

COMMUNITY CLUB GROUNDS

- Queen Contest
- Parade
- Kangaroo Court
- Booths
- Displays
- Concessions

Special Events for Youngsters On Grade School Grounds

FREE Entertainment Every Hour on the Hour

2 BIG DANCES

See the NEW 1952 Plymouth BRING THE FAMILY

Square Dance in GRADE SCHOOL GYM
Caller ALLEN HOWARD of Keno
DANCING 9 P.M. to 1 P.M.
ADMISSION SPECTATORS 75c Person 40c Person

PROGRAM
10:00—Opening Ceremony
10:30—Coronation of Queen
11:00—Parade and Awards
12:00—Entertainment Will Begin and Continue All Day

Modern Dance in COMMUNITY CLUB HOUSE
Music by Belle Van Dyke Orchestra
DANCING FROM 9 P.M.