

# Feeding the Family

By Zola Vincent  
Food Editor

## G.I.'s Favor Turkey, Potato Salad, Banana Cream Pie

And the Quartermaster Corps certainly should know. Recently, they furnished the House Appropriations Committee a chart showing food preferences of American G.I.'s, based on a series of surveys among the troops.

We're not sure how much of the \$52 billion defense budget goes for food but this will give you some notion as to how the food money would be spent if the service man had his say.

In the meat department, turkey came first, pot roast of beef second, followed by Swiss steak, fried eggs, baked ham, barbecued beef, spaghetti and meat balls, grilled ham, baked hamburger steak and breaded pork chops. We don't know how the fried eggs and spaghetti got in there, either.

We're sorry to have to report that prize dislikes were for grilled liver with smothered onions, black-eyed peas and turnip greens.

### Salad Preferences

Cold potato salad ranks first with G.I.'s when it comes to salad, with grapefruit-banana-orange salad next in favor. Good things to remember because the chances are that the majority of the men feel likewise on the subject.

### Banana Cream Pie

We haven't the faintest notion how the Quartermaster Corps makes its Banana Cream Pie but we suggest here two mighty good ways that you can make it



**BANANA CREAM PIE**—Can't blame American GIs for favoring banana cream pie, especially if it looks like this one. More on this subject in today's column.

for your men folks who are lucky enough to be at home.

One thing to remember is that for pie making, you need fully ripe bananas and that means yellow peel flecked with brown.

### Banana Whipped Cream Pie

Make crust by crushing 4 cups corn flakes into fine crumbs; combine with 1/4 cup sugar and 1/3 cup melted butter or margarine. Mix thoroughly. Press evenly around sides and bottom of 9-inch pie pan. Chill.

Make filling by whipping 1 cup whipping cream until stiff. Beat in 2 tablespoons sugar and 1/2 teaspoon vanilla. Fold in 18 marshmallows that have been sliced and 2 or 3 bananas (dependent on size), sliced. Spread in crumb crust and decorate with banana slices that have been dipped in lemon juice. May be chilled or served at once.

### Banana Chocolate Cream Pie

Filling for one 9-inch baked shell of any kind. Melt 1 1/2 squares unsweetened chocolate in 2 cups milk over rapidly boiling water, beating until blended. Mix 1/4 cup sugar, 5 tablespoons flour, 1/2 teaspoon salt and slowly stir into the mixture. Keep stirring and cook until well thickened. Cook 10 minutes very gently. Slightly heat 2 egg yolks and slowly stir hot mixture into them. Cook 1 minute. Add 1 tablespoon butter or margarine and 1/2 teaspoon vanilla. Cool thoroughly. Cover bottom of baked pie shell with small amount of filling. Slice 3 ripe bananas into pie shell. Cover with remaining filling. Top with meringue or whipped cream, if desired.

### Handle Perishables With Care

One way in which every customer can help the grocer and also help keep "perishables" prices down, is to "handle with care." Fresh fruits and vegetables require constant attention on the part of the retailer to keep their fresh appearance.

The less we handle them when purchasing, the longer their life. Do not pinch, squeeze or touch them unnecessarily at any time. For bruising leads to decay and results in more spoilage . . . and higher prices.

### Canners and Freezers

Again we urge home canners and home freezers to talk over the seasonal flow of fruits and vegetables with fruit and vegetable men. Knowing your needs enables them to buy more merchandise at its seasonal best; means lower prices.

### Two or Three Good Meals From One 5-Pound Pot Roast

Now is the time for a really elegant pot roast of beef. Beef is priced lower than in recent months right now and the pot roast cuts are especially enticing. There's nothing like sinking one's teeth into some really good beef once in a while.

Plan it this way and get 5 generous servings the first night and two additional meat meals. Choose a 5-pound piece of rump, chuck or round. And a 4-ounce can of mushrooms (equivalent of 1/2 pound of the fresh variety). You'll be surprised what a few

mushrooms will do toward making a festive affair of this.

5 pounds beef (rump, chuck or round)

2 tablespoons fat

2 teaspoons salt

1/4 teaspoon pepper

1/4 ounce can mushrooms (button or slices)

4 tablespoons flour

Wipe meat with damp cloth. Heat heavy kettle and melt fat if meat does not have sufficient fat. Brown evenly on all sides. This will require about 30 minutes for a really fine finished product. Sprinkle with salt and pepper. Drain mushrooms and reserve. Add enough water to mushroom liquid to make 1 cup; add to meat. Cover tightly. Cook over low heat at simmering on top of range 3 to 3 1/2 hours or until meat is tender.

To thicken gravy, measure liquid; add water to make 1 1/2 cups. Blend 4 tablespoons flour with 1/2 cup cold water to a smooth paste. Add a small amount of the hot liquid, then add flour paste, all at once, to liquid in kettle, stirring briskly to prevent lumping. Add reserved mushrooms. Cook, stirring constantly until mixture thickens and boils. Place braised pot roast on warm platter; surround by gravy. Serve to admiring family.

### Pot Roast Accompaniments

Meat sauces, horseradish, mustard, chili sauce or catsup are often served with a pot roast for tart flavor contrast.

## The Grange

**Eagle Point Grange**  
Eagle Point Grange met June 17 with Central Point degree team in attendance to initiate new members present were Mr. and Mrs. Lloyd Adamson, Mr. and Mrs. Will Hubbard and Mr. and Mrs. Wheeler Hughes.

H. E. Conger, chairman of the Pomona agriculture committee, spoke on problems confronting the farmer in the way of getting labor and the cost involved.

Ways and Means chairman, Jake Brown, announced a dance for June 21 and asked the ladies to bring sandwiches.

Getrude Stanley gave a resume of an article from the Reader's Digest entitled "Soil Magic."

Kay Kettlewell announced the next H.E.C. meeting to be held June 26 at Leona Wattenberg's with Eleanor Jossey as co-hostess. The meeting will be a day later than usual so as not to conflict with the canning demonstration to be held June 25 at the high school.

Winnie Brown, chaplain, reported Wilford Davies as not so well since he received a broken collarbone in a recent accident. She also reported next Sunday as being Church Sunday. Grange members are asked to attend church and then bring a basket lunch to the Grange hall for a get-together picnic dinner.

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**LOOK ON Page 3 SECTION TWO TODAY FOR GROCERIA SAVINGS!**

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