

Feeding the Family

By Zola Vincent
Food Editor

As everyone, everywhere, knows, our west coast states excel in many things including the world's finest apricots and peaches which are grown in such quantities that they fill our needs and also supply many other areas with canned, frozen and preserved "commercial" supplies.

It is good news to homemakers that there is an unusually plentiful supply of both, though peaches far outshine apricots in volume and popular uses. Nature has been generous with sunshine and fruits are of good size and exceptional quality. Visit with your local fruit man as to the very best time to "put up" for the future.

Apricot Jams Favored

There is some canning and freezing of apricots but the majority believe that their golden best is caught in jams, butter and preserves in ways like these:

Apricot Jam. Pit (do not peel) about 2½ pounds fully ripe apricots. Cut in pieces and chop fine or grind. Measure 3½ cups into a large saucepan. Squeeze and strain the juice of 2 medium lemons and measure ¼ cup into saucepan with apricots. Measure 4½ cups sugar and set aside. Add 1 box powdered fruit pectin to fruit in saucepan and mix well. Place over high heat and stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat. Skim off foam with metal spoon. Then stir and skim by turns for 5 minutes to cool slightly to prevent floating fruit. Ladle quickly into glasses. Cover jam at once with ½ inch hot paraffin. This jam may take 2 weeks to "set" to your satisfaction so do not worry about it.

Golden Apricot Butter. Wash and pit 5 pounds apricots. Cut into small pieces and place in large kettle. Add 3 pounds (6 cups) sugar, juice and grated rind of 1 orange and 1 teaspoon nutmeg. Bring to boil. Cook to desired consistency stirring frequently to prevent scorching. Fill hot sterilized jars with the "butter." Seal while hot. Makes nine ½ pint jars.

Apricot Preserves. Wash, pit and coarsely cut 8 cups apricots. Combine apricots, a No. 2 can crushed pineapple and 7 cups sugar. For quicker cooking, divide mixture into two pans and cook over medium heat until thick, about 20 minutes. Add 1 small bottle maraschino cherries (chopped fine) and 10 to 12 blanched and finely sliced apricot kernels a few minutes before the completion of the cooking period. Make 6 half pints of preserves. Apricot kernels are obtained from splitting the apricot seeds and removing the kernel.

Fresh Apricots. Apricots make wonderful eating out-of-hand at any time, are delicious in any fruit compote or fruit salad arrangement, in puddings, pies and as a stewed fruit either plain or as a sauce for puddings or ice cream. Try apricots with cottage cheese as a satisfying luncheon specialty.

Peach "Look" Important In Selection For All Purposes

When purchasing peaches, the most important thing to remember is that they must look good to be good. Size and color should play an extremely important part in your choice. Peaches are one fruit that does not manufacture sugar after picking. Peaches are highly perishable. Plan to use very soon.

Free-stones are preferred for table use and for home canning and freezing. Clingstones are the ideal peach for commercial canning and for home pickling. California produces over one-third

of the total United States peach crop or about 35 million bushels; Washington produces 1¼ million bushels and Oregon harvests a half million bushels.

Fresh Peach Sherbet

A bulletin just in from the Manager of the California Fresh Peach Advisory Board suggests this recipe which we tried and found just as good as he declared it to be.

¾ cup sugar
1 cup water
1 package lemon flavored gelatin
2 cups water
2 cups mashed ripe freestone peaches
2 tablespoons lemon juice

Combine sugar and 1 cup water and boil 2 minutes. Remove from fire and dissolve gelatin in hot syrup. Add 2 cups water, the crushed fruit and lemon juice. Turn into tray of refrigerator, setting control at coldest temperature. When frozen firm, whip until blended and fluffy. Return to tray and continue freezing. Freezing time, 5 or 6 hours.

If lighter sherbet is desired, mix two beaten egg whites into mixture after first freezing. If richer sherbet is desired, mix in half cup or cup of whipping cream (whipped) after first freezing.

Peach Walnut Jam

A bulletin just in from the Home Economics Department of the Washington State Fruit commission declares this to be a "diner's delight." And it certainly is:

4 level cups diced freestone peaches
1 package powdered pectin
6 cups sugar
¼ cup lemon juice
Grated rind of 1 lemon
½ cup chopped walnuts
¼ cup chopped maraschino cherries

Measure sugar in a dish to be added later. Measure the crushed fruit and mix with lemon juice. Add pectin, grated lemon rind, walnuts and maraschino cherries. Mix well and bring to a boil as rapidly as possible. Add measured sugar and bring to a full rolling boil. Boil for four minutes. Remove from heat and stir and skim by turns for five minutes. Pour into glasses which have been washed in hot soapy water, rinsed and sterilized. Seal. Makes about 10 glasses.

Cherry-Olive Salad

You're bound to have some cherries on hand. It may seem odd to put them in a gelatin salad teamed with stuffed olives but you just try this and we think you will like the result.

1 package orange gelatin
1¼ cups boiling water
½ cup lemon juice
3½ cups pitted sweet cherries (1½ pounds)
¾ cup chopped nuts
1 3-ounce bottle stuffed olives

Pour boiling water over gelatin dessert. Stir to dissolve. Add lemon juice. Chill until syrupy. Add cherries, nuts and olives. Pour in molds or shallow pan. Chill until firm. Serve on salad greens with any flavored salad dressing.

Cherry Pudding Delight

Make up this cake mixture or substitute a package of white cake mix for the base in this pudding. Makes 8 servings. Serve it with cream, plain or whipped.

1¼ cups sifted enriched flour
1½ teaspoons baking powder
½ teaspoon salt
½ cup sugar
½ cup milk
2 tablespoons melted shortening
1¾ cups pitted Bing cherries
2 cups hot water
½ cup sugar
2 tablespoons butter

Sift and measure flour. Add baking powder, salt and sugar.



NOW IS THE season of delight in golden apricots and luscious peaches. Enjoy them in countless ways and preserve some of their goodness for the future. Good suggestions in our columns today.

First American Flag Is Unfurled As Part of Virginia Celebration

By J. EDWARD GRIMSLEY

U. P. Staff Correspondent

Williamsburg, Va. — (U.P.) —

Visitors to this restored colonial city until the Fourth of July will see a strange flag flying from the cupola of the 18th century Virginia capitol and from standards along historic Duke of Gloucester street.

The flag looks like a hybrid between our own Old Glory and the British flag. Actually it is a combination of the familiar red and white stripes and the British Union Jack.

The Grand Union Flag, as it is called, was America's first national flag. It was the first banner to fly over newly-raised regiments of the Continental Army or to wave in the breeze from the masts of the ships of the young Continental navy. Now almost forgotten, the Grand Union Flag has been unfurled to help mark the 176th anniversary of the Virginia resolutions calling for American independence.

Origin Unknown

Unlike the Ross Ross traditions surrounding the Stars and Stripes, the origin of the Grand Union Flag is unknown. It first appeared on Jan. 1, 1776 at General George Washington's camp at Cambridge, Mass. It was flying from a 76-foot mast from a burned schooner, high enough to be seen by observers in distant Boston.

Three days later it was seen in Philadelphia waving from ships in the fleet of Commodore Hopkins when the fleet sailed into hostile waters. One of the ships displaying the Grand Union Flag was the Alfred, commanded by John Paul Jones.

Sift together into bowl. Add milk and melted shortening. Stir until mixture is smooth. Spread enough dough evenly in greased pan, 12x8x2 inches. Sprinkle cherries on top. Combine hot water, sugar and butter and bring to boil. Pour sauce over cherries. Bake immediately in a 375 degree oven, 45 to 50 minutes. Serve warm.

Corned Beef Quicklets. Fine quick fare. A meat main dish in little more than a moment. Chill 2 cans corned beef hash well; remove from can and cut in ¼ inch slices. Beat 2 eggs slightly with fork; add ¼ cup milk, salt, pepper and mix well. Dip corned beef hash slices in egg mixture then in crumbs. Brown slices slowly on both sides in small amount hot fat. Drain and serve hot with catsup or chili sauce.

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Illness Runs Rampant in Factory That Was Once 'Workers Paradise'

Hong Kong—(U.P.)—"Appalling labor and living conditions" in a factory in Red China — once styled a "workers' paradise" by the Communist rulers — have been disclosed by the official Workers' Daily in Peiping.

The "appalling" conditions were said to exist in the state-owned gunny bag factory in Mukden, Manchuria, where the Reds claimed workers were enjoying better treatment than in capitalistic countries.

The Workers' Daily said that nearly all the 1,700 workers in the factory were suffering from bronchitis, stomatitis or tuberculosis as a result of unsanitary conditions and overwork. About 170 workers are on sick leave on the average every day.

The Daily said conditions were so bad that the workers were complaining they "have not yet been liberated."

Party Units Blamed

The blame was pinned on the "indifferent, irresponsible and bureaucratic attitude" of the party units in charge of the factory.

The Daily then went on to give the following picture of the "appalling labor and living conditions" in the factory:

"The whole place is filled with dust from hemp, hot air, machine oil smell, and bad odor of wet hemp which make breathing difficult. Not only is there no regular equipment for ventilation but there is not even a small window for fresh air to

come in and stuffy air to get out. The window glass on the ceiling is covered with a thick layer of dust which makes it impossible for sunshine to come through.

"These are the conditions mainly responsible for the fact that 80 per cent of the sick workers are affected with coughing.

Dormitories Filthy

"What about the dormitories? They are crowded, bad and dirty. In the dormitories for the workers' families, four, five or even six families live in one room, with double-decked bunks, and the result is that some of the families simply see no sunlight.

"In a dormitory housing more than 200 families, only one toilet is available and women have to line up for their turn. In the courtyard the drains for dirty water are out of condition.

"The dormitory for single workers is provided with only wooden k'ang (platform used as bed and heated by attached oven) and over 10 persons occupy one room with three persons sharing one mat.

"Though bad, crowded and dirty as the dormitories are, not all the workers can live there. During August, September and October, 1951, some workers having no place to live went to sleep in the booking office of the railway station and some even had to live under the arch of bridges, only to be taken back

to the factory by the police.

One Mess Hall

"There is only one mess hall for the whole factory. The kitchen is small and filled with steam, and when it rains, the cook has to work under an umbrella. The food is poor and after some time many complain of gastro-intestinal troubles."

"Besides, the workers originally worked nine hours a day with one day off in a week, but in the first and second quarters of the year, they have only one day in two weeks due to the nation's urgent need of production.

"Now they have to work on Sundays every other week. As working hours are long and the time for rest is short, and as the conditions for rest are extremely poor, the workers have little chance of recuperation."

Dialectic, the philosophical system developed by Kant, attempts to prove that everything changes, and that from each change comes further change. Marx coupled the Kantian dialectic with materialism, the basis of Communism as a philosophical concept.

CAR ABANDONED

A car stolen from Burbank, Wash., was recovered by state police near the California border Friday, officers reported. The vehicle, a Ford coupe, had been abandoned by the thief, and is being held here for its owner.



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DIRECTOR OF SPERRY HOME SERVICE

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Martha Meade Success Recipe

PORTLAND BANANA CAKE

This moist, rich, loaf cake is a good traveler. Leave it in the pan, cut and serve right at the picnic. It's another of the special recipes developed by Martha Meade for folks who live in this vicinity. Use Drifted Snow Flour, follow the recipe... and you can't miss!

Sift flour before measuring. Use level measurements for all ingredients. Measure into the top part of a double boiler—

½ pound marshmallows (32)
1½ cups sliced fresh strawberries*
Heat over boiling water until marshmallows melt. Stir frequently to blend ingredients. When marshmallows are melted remove from heat and chill** until mixture is very thick. Then fold in—

1 teaspoon vanilla
1 tablespoon strained lemon juice
few grains salt
1 cup whipping cream, beaten until stiff

Turn into—
a baked and cooled deep 9-inch pie shell
Chill in refrigerator until completely firm, 3-4 hours, or until ready to serve. Garnish with sliced strawberries around the edge. 6 servings.

*Frozen berries may be used. Use 1 package (12 oz.).
**If pan is set in cracked ice or ice water it will hasten the chilling, taking about ¾ to 1 hour.

Pastry
Stir together in a mixing bowl—
1½ cups sifted Sperry Drifted Snow "Home-Perfected" Enriched Flour
1 teaspoon salt
Measure in same cup and add all at once—
¾ cup Wesson Oil (¾ cup plus 2 tablespoons)
3 tablespoons cold milk

Stir with fork until pastry clings together. Press into a ball, flatten slightly and place between 2 sheets of waxed paper (12-inch squares). Roll out gently until pastry circle reaches edges of paper. Peel off top paper, then pick up pastry and bottom paper by one edge (they will cling together). Place, paper-side up, over a 9-inch pie pan. Then loosen pastry at edges and carefully peel off paper. Ease pastry snugly into place. Build up a fluted edge and prick bottom and side thoroughly with table fork. Bake for 8-10 minutes on lower rack in a preheated very hot oven, 475°, or until golden brown.

Lemon Butter Frosting
Measure into a mixing bowl—
¼ cup soft butter
2 tablespoons cream
1 tablespoon strained lemon juice
3 cups sifted powdered sugar

Beat vigorously with a spoon, or on the electric mixer at medium speed, until icing is smooth and creamy.

Martha Meade says: "Save those small scraps of leftover pastry! Baked crisp and golden brown, they're grand for croutons in soup or added (at the very last minute) to a tossed green salad. Roll out your leftover pastry and sprinkle it with grated cheese or caraway or celery seed. Cut into tiny squares and bake until nicely browned. Men like this 'professional' touch."

Martha Meade says: "When greasing cookie sheets, grease only small spots in rows over the pan just where the cookies will be placed. This will save you a lot of hard scrubbing off browned grease from the pan and will also help gauge the size and number of cookies on the pan."

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