

Feeding the Family

By Zola Vincent
Food Editor

Truly Regal One Strawberry Queen Cake

With queens and princesses all over the place amidst festivals for strawberries, roses and other good things, it seems appropriate to make a really regal cake. And this truly is it!

2 cups sifted cake flour
1 1/2 cups sugar
3 1/2 teaspoons double acting baking powder
1 teaspoon salt
1/2 cup shortening
1 cup less 2 tablespoons milk
1 teaspoon vanilla
3/4 teaspoon almond extract
1/4 teaspoon orange extract
3 egg whites, unbeaten

Sift flour, sugar, baking powder and salt into mixing bowl. Drop in shortening (the creamy type, not oil). Add 2/3 cup milk, then flavorings and beat 200 strokes 2 minutes by hand or on mixer at low speed. Scrape bowl and spoon or beater. Add egg whites and remaining milk and beat 200 strokes (2 minutes by hand, or on mixer at low speed). Bake in 2 deep 8-inch layer pans that have been shortening-coated, in moderate oven, 360 degrees for 25 to 30 minutes. Spread with Fresh Strawberry Frosting between layers and on top and sides. If desired, sprinkle cake all over with moist, shredded coconut while frosting is soft.

Fresh Strawberry Frosting

Blend 2 tablespoons shortening, 1 tablespoon butter, 1 teaspoon lemon juice and teaspoon salt. Beat in 1/2 cup sifted confectioners' sugar. Add 1/3 cup crushed strawberries, alternate with an additional 3/4 cups sifted confectioners' sugar, beating well after each addition. Makes enough frosting for tops and sides of two layer cake, 10x10x2 inch loaf cake or tops 24 cupcakes.

Salmon Steaks Or Fillets

With anchovy butter. Unsurpassed for tenderness and flavor. Season 2 pounds of salmon steaks or fillets with salt and pepper. Place on oiled, pre-heated broiler pan about two inches from heat. Broil until fish is nicely browned; turn with pan-cake turner and quickly brown other side. Melt 1/4 cup butter, add 1/2 teaspoon prepared mustard, 1 tablespoon anchovy paste, 2 tablespoons lemon juice, 1/4 teaspoon sugar, 1/4 teaspoon minced parsley. Stir until well blended. Serve with broiled salmon. Serves 4 generously.

Father's Favorite Pilaf

At least one father's favorite pilaf. Likely to be yours also. This morning a western divisional manager of a famous converted rice company called us on the phone. It so happens that he ate a lot of rice during 2 1/2 years in Japan a while back, so we respect his ideas on the subject. We asked him his favorite rice recipe.

He became ecstatic about this. We confirmed the recipe with his wife who also declares that it is his favorite dish.

3/4 cup butter or margarine
1/4 cup vermicelli
1 cup converted rice
2 1/2 cups hot chicken broth (fresh, canned or from chicken bouillon cubes)
1 teaspoon salt

Melt butter in saucepan. Break vermicelli into approximately 1 inch lengths and brown in butter. Add rice and mix well. Add chicken broth and

simmer, tightly covered, on very low heat for 30 minutes.

Shrimp Stuffed Fillets

Are Rare Seafood Treat
Plentiful west coast flounder fillets, frozen or fresh, are very good buys and make mighty fine eating, simply pan broiled and seasoned or fixed up like this.

3/4 pound cooked canned or frozen shrimp
3 tablespoons finely chopped scallions
1/3 cup real mayonnaise
1 tablespoon lemon juice
1/4 teaspoon salt
Pepper
2 pounds flounder fillets
Melted butter or margarine
Salt and paprika

Mash shrimp with a fork. Add scallions, mayonnaise, lemon juice, salt and pepper.

Cut fillets in twelve pieces in order to make six "sandwiches." Spread shrimp mixture over six pieces; top with remaining fillets. Secure each "sandwich" with two toothpicks. Brush with melted butter or margarine. Sprinkle with salt and paprika. Bake in hot oven, 400 degrees. Makes 6 servings.

It's Fun To Work On "Food Committee"

Sooner or later, every willing and able member of any school class or organization of any kind will be asked to serve on the Food Committee. It will soon be the big season for this sort of thing. It's fun to help with the food and every leader or president loves volunteers. So if you really like food and fun, volunteer to take over the food arrangements or to help.

An increasing number of boys and men enjoy working on the Food Committee. If you are Chairman of Food, select a planning committee. Then proceed along these lines.

1. Plan the menu and all foods to be purchased. Give thought to time of day, season of the year, place feeding is to be done, age group and known preferences. Know the amount of money you have to spend or are allowed to charge. Check carefully the number to be served. Avoid difficult or complicated foods. Know limitations of available cooking equipment, dishes, linen and silver.

Plan menu with attractive, harmonious colors and arrangement with a good balance between soft and solid foods and contrast in flavor and textures. Be sure recipes are reliable and then follow them. This is no time for experimenting.

2. Appoint three committees: Preparation Committee. Give them detailed menu and recipes. Go over their working procedure carefully. Be sure they know their time schedule so hot foods will be hot; cold foods, cold!

Serving Committee. See that all serving equipment, linen, dishes and silver are provided. Help this committee decide table arrangement for best seating. Theirs is the responsibility for laying covers, decorating and setting the tables; and for getting the food on the tables at the proper time.

Clean-up Committee. Let them receive the soiled dishes in the kitchen, scrape, rinse and stack all soiled dishes and cooking utensils, wash, dry and put them away. This committee is also responsible for cleaning and sweeping kitchen and dining room. Enlist the help of as many

Beer Price War Looms in Dakota

Mandan, N. D. —(U.P.)— That hallmark of the depression, the nickel beer, threatened Friday to turn this small city into the scene of a price war.

Joe Wetzstein, who owns two taverns here started serving the five cent brew between 3 p.m. and 4 p.m. early this week and Thursday extended the deadline to 6 p.m.

But one rival Mandan tavern keeper was reported to have said that if Wetzstein sells it for five cents he'll give it away during the same time.

Beer lovers rubbed their hands in anticipation of an old fashioned price war in which they could hardly lose.

Grass Is Gold Contest Deadline August 15

Portland —(U.P.)— Oregon counties have until August 15 to select candidates for the state "grass is gold" contest sponsored by the Portland Chamber of Commerce agricultural committee.

Chairman James Coon said 21 counties have indicated they would send entries for Oregon "grassman of the year."

Winner of the state contest will receive \$500 in cash and compete with Idaho and Washington winners for a \$1500 regional farm equipment prize.

Astoria Regatta Stated in August

Astoria —(U.P.)— Astoria is likely to be rife with vice admirals soon if the invitation of Edgar W. Smith, president of the Portland Chamber of Commerce is accepted.

Smith has been named as honorary admiral in the renewed Astoria regatta, scheduled to be held Aug. 28, 29, and 30. He has invited 290 Portland area yachtsmen and others to be on his staff and he has offered each of them a commission as vice admiral.

persons as possible. Easier on all; more fun for all! Many Good Buys In Week-End Markets

Food features are many. Many dollars can be saved by checking this list against home supplies and planning meals to include plentiful seasonal, reasonably priced items.

If you've a deep-freeze now is the time to put in a supply of broilers, fryers, canned frozen orange juice, fresh and frozen fish fillets. All are bound to advance when seasonal flow changes, surpluses are lowered. Stock up on canned peas. Buy a dozen cans or a case; price is lowest in years.

Supplies of salad oils and table and cooking fats and oils greatly exceed demand and that means that those who buy now find prices considerably lower than usual. Watch this newspaper's advertisements and put in a supply. Store in dark, cool place.

Canned grapefruit juice and grapefruit segments are plentiful, low priced. Poultry. Fried, broiled or barbecued chicken or small turkeys are fine.

Dried Beans. Now is a good time to make up a really big batch of the family's favorite dried beans. One cup of dried peas, beans or lentils makes 3 to 4 cups uncooked. Add some chopped onion, chopped green pepper, 2 bay leaves, a half dozen cloves, 1/4 cup vinegar along with diced salt pork, bacon or ham hock; serve as main dish one day, make soup the next.

Fish. Supplies of fresh and frozen fish are at annual peak. Cold storage stocks are 18 per cent above a year ago. Enjoy frozen ocean perch fillets, fresh halibut, sole, fillet of rock cod and ling cod. Keep eye out for other good regional values.

Eggs continue plentiful and reasonable. Make a handsome egg-rich cake. All the eggs you want for breakfast on Sunday, too!

Vegetable Buys
Good quality corn is increasing in supply right along. Good buys include cauliflower, cabbage, cucumbers, celery, eggplant, lettuce, onions, spinach, rhubarb, bunched vegetables, peppers, tomatoes, summer squash.

Fruit Buys
Small oranges, white grapefruit, strawberries, avocados are good buys. Gooseberries, limes, raspberries, youngberries, boysenberries, are coming in increasingly along with cantaloupes and watermelons. Good marketing!

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