

Feeding the Family

By Zola Vincent
Food Editor

Acquainted With Versatile

Low Calorie Nonfat Dry Milk

Consumer acceptance and use of nonfat dry milk solids is one of the important food stories of the year. Used by bakers, ice cream manufacturers and other food processors for more than 25 years, it appeared in consumer size packages in 1948; sold more than 60 million pounds last year.

Waist-line watchers may well look to nonfat dry milk as a worthy aid that will be wholly satisfactory to all other members of the family. Nonfat dry milk, which is milk with only the fat and water removed, is one of the staples for which a homemaker can thank her lucky stars.

Nonfat dry milk is an excellent source of protein, calcium, riboflavin and lactose. It is extremely versatile for it can be used in cooking, baking, on cereals and as a beverage. It makes fine frozen desserts. And it can also be whipped, believe it or not. It will keep almost indefinitely on a cool dry shelf if the package is closed carefully after each using. It is on food store shelves in easy-to-carry one pound packages which yield five quarts of nonfat milk for as little as nine cents a quart.

We shan't take space telling you how to "make" it because the directions on each package are simple, clear and easy.

Lime Or Lemon Freeze

This looked and tasted so cool

and refreshing when we got it

made that we just naturally reached for cool, fragrant cantaloupe halves in which to present it to an admiring family. Recipe makes 6 servings.

1 envelope plain unflavored gelatine

1 1/2 cups cold water

3/4 cup boiling water

1 cup sugar

1/2 cup lime or lemon juice

8 drops green or 3 drops yellow vegetable coloring

1/3 cup water

1 tablespoon lemon juice

1 cup nonfat dry milk

For lemon freeze, add 1/2 teaspoon lemon rind.

Set refrigerator control at coldest point or plan to put in deep-freeze. Soften gelatine in 1/2 cup cold water, 5 minutes.

Add softened gelatine and sugar to boiling water and stir until thoroughly dissolved. Add remaining 1 cup cold water, lime juice and green coloring. Pour into refrigerator tray.

Freeze until ice crystals begin to form to a depth of 1/4 inch on bottom and sides of tray.

Pour 1/3 cup water and 1 tablespoon lemon juice into a deep 1-quart bowl. Sprinkle nonfat dry milk over water and beat with rotary beater or electric mixer until stiff, about 8 to 10 minutes.

Scrape partially frozen mixture into a chilled bowl; beat quickly with rotary beater or electric mixer until the consistency resembles strained applesauce.

Fold whipped nonfat dry milk into beaten lime or lemon mixture; pour into two refrigerator trays and freeze about 2 hours or until sherbet consistency. If you wish, top with sweetened whipped nonfat dry milk made like this.

Whipped Nonfat Milk Topping

Use in place of whipping cream anytime for desserts etcetera. Put 1/2 cup water into a small (one-quart) mixing bowl.

Stir in 1 tablespoon lemon juice and 1 teaspoon vanilla. Sprinkle



LIME, LEMON FREEZE—Everything about a lime or lemon freeze made with low calorie or low cost nonfat dry milk is cooling. It is delicious served in sherbet glasses or scooped into the heart of plentiful, low calorie cantaloupes.

1/2 cup nonfat dry milk over top of liquid; beat with rotary beater or electric mixer until stiff, about 10 minutes. Sprinkle 3 tablespoons granulated sugar on the surface. Beat until sugar is blended and mixture is stiff enough to hold soft peaks, about five minutes. Takes a little time!

Olive packing is still a hand operation. After six months of training, an olive packer will require about two or three minutes to fill one jar. The packer uses long tongs, placing the olives in a dry container. After all the olives are placed, brine is added and jars are capped by machine.

Fruit Measures For Home Freezing

When it comes to preparing food for freezing or canning, there is bound to be some variation because yield depends partly on such factors as quality and maturity of product, the way you cut or trim it and the style of pack.

However the food preservation specialists of the U.S. Department of Agriculture have given us this brand new table which is a great help in determining how much packaging material to get out, how much syrup to make for a fruit, etcetera. We earnestly recommend that you cut this out and keep it handy with your other home freezing directions.

For 1 pint of frozen food, you need approximately:

Beans, limas in pods, 2 to 2 1/2 pounds; beans, snap, 2/3 to 1 pound; berries (except raspberries and strawberries, 1 1/3 to 1 1/2 pints; broccoli, 1 pound; cantaloupe, 1 to 1 1/2 pounds; cherries, sweet or sour, 1 1/4 to 1 1/2 pounds; greens such as collard, kale, spinach, 1 to 1 1/2 pounds; peaches 1 to 1 1/2 pounds; pears, 1 to 1 1/2 pounds; peas, 2 to 2 1/2 pounds; plums, 1 to 1 1/2 pounds; raspberries, 1 pint; strawberries, 2/3 quart.

Fresh Fruit Dressing

For fresh fruits, singly or in combination, and for cantaloupe rings, half moons, balls or cubes, with or without sherbet topping, this dressing is perfect. Blend together 1/2 cup salad oil, 1/4 cup fresh lemon juice, 2 tablespoons honey and 1/2 teaspoon salt. Makes 1 cup dressing.

Spiced Peach Conserve

When nutmeats are used in any conserve, they should first be warmed. Place them on cookie sheet in slow oven, 250 degrees, about 10 minutes. They'll remain crisp; add texture interest. This recipe makes about five 8-ounce glasses of conserve.

2 oranges

1 lemon

3 cups peeled, diced peaches

3/4 cup seeded raisins

1/2 teaspoon ground cinnamon

1/4 teaspoon ground cloves

1 teaspoon dry mustard

5 cups sugar

1 cup shredded, blanched almonds

Seed oranges and lemons. Put through food grinder. Combine with remaining ingredients except almonds. Boil rapidly in wide bottom kettle until thickened, stirring frequently. Add nuts 10 minutes before removing from heat. Pour immediately into sterilized glasses and seal.

Cold Cuts In Main Dishes

Cold cuts are fine in buffet platter arrangements; unexcelled in sandwiches. They are also very good in economical but hearty main dishes like these:

1. Add diced cold cuts to a well seasoned cream sauce, along with lightly fried mushrooms and green pepper. Serve over toast points or rice.

2. Diced bologna or summer

Rhymes Bear Out Weather Predictions

St. Louis, Mo. — (U.P.) — Old-timers who made up many of the weather rhymes that still persist today may not have known cirro-cumulus from strato-cumulus clouds but a meteorologist here is not one to scoff at their logic.

Arthur A. Rausch of the St. Louis weather bureau says a surprising number of the ancient rhymes bear out their predictions because they were founded on long observation.

Today's weather forecasts in many instances are basically the same as the old weather rhymes, only dressed up in technical language, Rausch said.

For instance, there's an old sailors' saying about cloud formations that goes like this: "Mackerel scales and mares' tails make lofty ships carry low sails."

Rausch said that would be translated into meteorological language somewhat as follows: "Cirro-cumulus cloud formations indicate approach of low pressure area with accompanying wind, rain."

For another example, Rausch turned to the accurate forecasting of the Zuni Indians. One of their favorite sayings was: "The moon her face if red be, of water speaks she."

Rausch explained that the rhyme was usually true because rain-laden clouds cause the moon to appear red.

Law Firm Couldn't Lose on Automobiles

Cleveland, O. — (U.P.) — Homer Johnson, a Cleveland attorney now in his 91st year, fondly recalled that at one point in his career his fledgling law firm could not lose.

That was at the turn of the century, Johnson recalled, when the law firm of M. B. & H. H. Johnson had among its customers three automobile manufacturers. The trio of auto makers were the Baker (electric), White (steamer) and Garford (gasoline).

"We could hardly lose, whatever the trend," Johnson said. "My own favorite was the steamer, but I had fond hopes for the electric."

All three manufacturers are long extinct, he recalled, although a member of the old law firm now is a member of the Studebaker Corp.

EASY TO KEEP TRACK

Helena, Ark. — (U.P.) — Birthdays are an easy problem for the Edward Zamb family. The three children, Sherry, 14, Janice, 10, and Jacquelyn, seven, all have the same birthday.

Sausage makes a satisfying main dish when added to a macaroni and cheese casserole or sprinkled throughout scalloped potatoes.

3. Add diced cold cuts to potato salad or chilled macaroni salad.

Sauce Soubise

That just means cream sauce in the French manner. This is marvelous with potatoes.

Chop 2 large white onions and cook gently in 3 tablespoons butter or margarine until tender but not brown. Blend in 2 tablespoons flour. Add 1 1/2 cups milk, including top milk, gradually. Stir until thickened. Season with salt, pepper and a pinch of marjoram. Serve over 8 freshly boiled new potatoes.

Deferment of Apprentices Explained by Local FBA Man

The effect of President Truman's June 26 order changing the selective service law by making apprentices essential and deferring critical trades from the draft until such time as they have completed apprenticeship training was explained here today by Myron D. Johnston, field representative of the Federal Bureau of Apprenticeship.

According to Johnston, the deferment is similar to that given to college students.

Apprentices and their employers should not be confused into thinking that a blanket deferment is planned for all apprentices as Johnston stated. The final decision in all cases will rest with the state and local selective service boards, he said.

On Own Merit

Each case will be judged on its own merits and each employer must initiate requests for deferment in conjunction with the apprentices.

Johnston pointed out that information received from local and state representatives of the selective service boards bring out the following facts, which justify certain deferments at this time.

The United States is not, as yet, involved in an all-out war.

Deferment of apprentices does not mean that they will be excused from military service. Deferment is intended to give them time to complete training for their trades in order that they will be better qualified to serve their country as a skilled worker, either in the armed forces or in civilian life.

At present, no persons are being drafted before reaching the age of 21 and thus, an apprentice who has started apprenticeship training shortly

after completion of high school will be well on his way toward completion of apprenticeship before being inducted.

Time of Service

Apprentices must have served at least six months if they are apprenticed in a critical trade and one year if they are apprenticed in essential trades in order to receive deferments. No apprentice will be deferred who is apprenticed in a non-essential trade.

To be eligible for deferment, each apprentice must have his apprenticeship registered and his program approved by the director of selective service. Each apprentice must show progress in his work on the job and in related classes.

Before applying for deferment, each apprentice is advised to decide whether immediate induction will interrupt his plans for the future more than to complete his training before induction, Johnston said.

Further information may be obtained by contacting Johnston at 33 North Riverside ave-

will be well on his way toward completion of apprenticeship before being inducted.

3-1571, or by contacting C. A. Guderian, assistant director of the state apprenticeship council, Room 304, Holly Theater building, telephone 2-8195.

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Experiment Made To Up Underground Water Level

Madera, Calif. — (U.P.) — Officials of the Madera irrigation district are making an experiment to raise the natural underground water table.

The experiment calls for the drilling of six holes—one to an acre on a six-acre tract of land—and filling them with gravel.

The area then is flooded with surplus water, with the hope the liquid will pass through the gravel into the subsoil.

Directors of the project believe if the experiment succeeds, it will take a heavy load off farmer's pumps and provided added drainage for extra water.

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Martha Meade Success Recipe

PAUL BUNYAN ROLL-AROUNDS

Hot dog! You can make a meal on these stuffed frankfurters in their golden-brown biscuit blankets. The Stir-N-Roll biscuit recipe is 100% right for this area, guaranteed against failure when you do exactly as Martha Meade tells you, and use Sperry Drifted Snow "Home-Perfected" Enriched Flour.

All measurements are level. Sift flour before measuring.

Have ready—

8 frankfurters

prepared mustard

sweet pickle relish

8 strips American cheese

6 Stir-N-Roll Biscuit Strips

Slit frankfurters open, lengthwise, to form a deep pocket. Spread with mustard and pickle relish, and insert a strip of cheese in each opening. Wrap Stir-N-Roll Biscuit Strips around filled frankfurters 3 times, covering both ends so cheese will not run out during baking. (Dough will not completely cover frankfurters, some meat and filling will show.) Place on lightly greased baking sheet and bake for 15-20 minutes, in a preheated hot oven, 425°, or until crust is nicely browned. Serve hot with additional relishes, if desired. 8 servings.

Stir-N-Roll Biscuit Strips

Sift together into a mixing bowl—

2 cups sifted Sperry Drifted Snow Flour

2 1/2 teaspoons double-action baking powder

1 teaspoon salt

Measure in same cup and add all at once—

1/2 cup Wesson Oil

1/2 cup cold milk

Stir until mixture cleans sides of bowl and rounds up into a ball. Divide dough into 8 equal-size pieces. Roll each strip on lightly floured board, with palms of hands, into a 15-inch rope.

THE DALLES COTTAGE PUDDING

Pick your favorite berries for this old-time summertime dessert. This recipe has been home perfected for you in this community and will work like a charm in your oven. Follow the recipe carefully, rely upon Sperry Drifted Snow Flour and you can't miss!

All measurements are level. Sift flour before measuring.

Sift together into a mixing bowl—

1 cup sifted Sperry Drifted Snow Flour

3/4 cup sugar

1 teaspoon double-action baking powder

1/2 teaspoon salt

1/4 teaspoon cinnamon

Add—

2 tablespoons cooking oil

2 tablespoons milk

1/4 cup whole egg, unbeaten (1 large)

Beat to a moderately stiff batter. Spread one-half over bottom of buttered baking dish, 10x6x2 inches. Cover with half of—

3 cups raspberries (or other berries) mixed with 1/4 or 1/2 cup sugar (depending on tartness of berries)

Spread remaining batter evenly over berry layer. Top with remaining sugared berries. Bake for 40-50 minutes in preheated moderately hot oven, 375°, or until lightly browned. Serve warm with cream or ice cream. 8 servings.

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Martha Meade Success Recipe

COUNTY FAIR CHOCOLATE PIE

Here's a show-off pie for you! Rich chocolate-mint filling in a tender, golden-brown crust. Absolutely failure proof in this area. Just remember two things: Follow Martha Meade's recipe exactly and use Sperry Drifted Snow Flour as she recommends. Together: "Success guaranteed!"

All measurements are level. Sift flour before measuring.

Measure into a saucepan—

1 1/2 squares unsweetened chocolate, (1 1/4 oz.)

1/2 cup coffee beverage

1 tablespoon granulated gelatine, soaked in

1/4 cup cold water

Stir together over medium heat until chocolate is melted and gelatin dissolves. Remove from heat and add—

2 egg yolks, well beaten with

1/2 cup sugar

1 teaspoon vanilla

2 or 3 drops peppermint extract (optional)

Beat until well blended. Set aside to cool and thicken. When mixture begins to tell, fold in—

2 egg whites, beaten to a meringue with

1/2 cup sugar

Then turn into—

a baked and cooled 3-inch pie shell

Set aside in a cool place until firm. Just before serving garnish with sweetened whipped cream sprinkled with crushed hard peppermint candy. 6 servings.

Pastry

Measure into a mixing bowl—

1 1/4 cups sifted Sperry Drifted Snow Flour

1 teaspoon salt

Add all at once—

3/4 cup Wesson Oil (1/4 cup plus 2 tablespoons)

3 tablespoons cold milk

Stir lightly 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 circle reaches edges of paper. Peel off top paper, then pick up pastry and bottom paper by one edge (they will cling together). Place pastry, paper-side up, over a 9-inch pie pan. Then loosen at edges and carefully peel off paper. Ease pastry snugly into place. Finish edge as desired and prick bottom and side thoroughly with a table fork. Bake on lower rack in a preheated very hot oven, 475°, for 8-10 minutes, or until golden brown. Cool before filling.

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More recipes in the bag... easy, new, failure-proof ways to use Drifted Snow Flour in Martha Meade's famous Success recipes for westerners. Look for them.

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