

Feeding the Family

By Zola Vincent
Food Editor

Plentiful Limas Accompany Frankfurters On Many Picnics

As summer has progressed, we've fixed many a hot casserole for picnickers in backyard and also "abroad" including a work week end at a Girl Scout Camp. The popularity of these Picnic Beans has exceeded all other asked for the recipe that we thought you might like it also.

Outdoor roasted hot dogs seem an ideal accompaniment because of easy transportation and the fact that each person finds a greenstick when there are no hot dog holders handy... and fixes his own frankfurter to his individual order.

Plentiful, economical, plump and meaty, these large dry lima beans grow most abundantly in California as every one knows. We season them with chili sauce, onion and a bit of garlic, top

with bacon, bake; then wrap our baking dish in several thicknesses of newspaper and carry it to the picnic spot. Lift the lid any everyone digs in. Six servings.

4 cups cooked large dry limas (2 cups uncooked)
1 cup bean cooking liquid
1 minced clove garlic
1/4 cup finely chopped onion
1/2 cup chili sauce
1 tablespoon brown sugar
4 slices bacon

Cook beans as usual, figuring 2 cups uncooked to make 4 cups cooked. (We usually cook twice as many and then have good nourishing lima bean soup when we get home.) Mix all ingredients except bacon together in casserole. Cover with bacon strips. Bake in moderate oven, 350 degrees, 1 1/2 hours.

Favorite Green Apple Pie
Recipe of President Eisenhower
We've scored a scoop! The Early Apple Advisory Board which justifiably makes such a tremendous fuss about green, crisp, fresh-picked Gravenstein apples has just this minute given us, practically exclusively, the green apple recipe best liked by "Ike." And it came directly from the person who should know... and that would be Mrs. Eisenhower.

The Gravenstein is said to be the apple that made green apple pie famous. If you're a new-



HOME PREPARATIONS—Everything for this picnic except the final grilling of the hot dogs was done at home. Hearty casserole uses plentiful western large dry lima beans, flavorfully seasoned. Casserole is wrapped in several thicknesses of newspaper to keep piping hot.

comer to the West, you may not be too familiar with this Gravenstein variety since it is grown almost exclusively in California, but is popular up and down the coast states. It's a round apple, pale green tinged with yellow and has a distinctive, spicy, tangy flavor and fine-grained texture.

It's an all-purpose variety which you can enjoy in cakes, dumplings, puddings, turnovers, cobbles and apple crisp. Season is comparatively short so enjoy them now.

6 to 8 green apples
1/2 to 3/4 cups sugar
1/4 teaspoon grated nutmeg or cinnamon
1/4 teaspoon salt
1/2 tablespoon butter
2 teaspoons lemon juice
(Gravenstein apples, of course.)

Line pie plate with pastry, using your usual recipe or a pie mix. Pare, core and cut apples in eighths, put row around plate 1/2 inch from edge and work toward center until plate is covered; then pile on remainder. Mix sugar, nutmeg, salt, lemon juice and sprinkle over apples. Dot with butter. Wet edges of undercrust, cover with upper crust and press edges together. Prick several places with fork. Bake in moderate oven, 350 degrees, about an hour.

Gravenstein Applesauce
If you do home freezing, by all means put in a supply of this wonderful tart-sweet sauce. Pare, quarter and core 8 green Gravenstein apples. Add just enough water, about a cup, to steam fruit and prevent scorching. Bring to a boil and cook slowly, covered, 20 to 30 minutes or until apples are tender. Add 1/2 cup sugar and simmer until sugar is dissolved. Makes 6 servings. If desired, apples may be used without paring.

Applesauce Variations
For spicy applesauce, substi-

tute 5 tablespoons brown sugar for granulated sugar; add 1/4 teaspoon mace, dash of cinnamon and grated lemon rind. For Cinnamon Applesauce, cook 2 tablespoons cinnamon (red hot) candies with apples.

Clock-Controlled Oven Meals For Automatic Gas Ranges

The other day one of our favorite editors asked us for suggestions as to how he and his wife could make best use of their new automatic range with clock control; suggested that other readers might be interested. A very good idea! So we turned to Dr. Gladys Stevenson, Professor of Home Economics, Whittier College who did a book for the American Gas Association a while back. We learned much of interest along these lines. The clock control on an automatic gas range is a timing device used to start or stop oven heating or both at a predetermined time. It can be used advantageously by busy homemakers and employed women who are away from home all day or a portion of the day.

Caution

The clock minds the oven and saves worry and hurry. However, this method of oven cooking must be used with some degree of caution. Clock-controlled oven cooking can be used with no fear of food spoilage with "standing time" in oven before cooking begins, ranging from a few minutes to four or five hours... with a little discretion. Even longer "standing time" periods can be used if the food is thoroughly refrigerated, frozen or if it is acid in reaction. Fruits, tomatoes and all meats are acid in reaction. Be sure that oven is not hot from previous usage.

Omit Certain Foods

Certain foods should be omitted from this type of cookery.



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M.C.P. Cooked Jams may be made up in large amounts of one time and stored on your pantry shelves... and you can't make a finer-flavored cooked jam than that made with colorless, odorless, tasteless M.C.P. JAM AND JELLY PECTIN. However, the very same cooking that permits shelf storage does cause some loss of fresh fruit flavor, compared with the uncooked jams. Even the shortest bottle cannot "flavor-guard" this difference!

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As We Live

By ELIZABETH HURLOCK, Ph.D.

THE AGED RESENT HAVING TO RE-ADJUST

When people grow old they like to spend the remaining years of their lives in familiar surroundings. I ran a planting them to a new environment rarely works. That is why the woman who wrote the following letter shouldn't urge her parents to move. She says:

(Q) "Four years ago my last sister moved here with the rest of us sisters. This hurt my parents who live about 65 miles away. But we were all sure that they would move here too. About a year later my mother had to have a major operation which was done about 20 miles from where we live. She convalesced at our home. My father was so upset that we helped him to look for a home near us. But he found something wrong with every house he looked at and he says he hates to leave the home and garden he has had for so many years. If my mother didn't need help we would forget about them. But once a month one of us has to get her and take her to the doctor for a

check-up. We take turns visiting them every Sunday as they say they get so lonesome. All of us are getting so tired of making these trips. Don't you think we are right in thinking our folks should come to live near us?"

(A) No, I think you are wrong in wanting to transplant your parents at this time. If they had been willing to move 20 years ago that would be a different story. But now that they are getting along in years they want to remain in the familiar surroundings of their earlier life. Don't try to force them out of where they feel they belong. It is a burden and a great responsibility for all of you to have your parents so far away. But if this is what they want and if this is what will make them happy, make the sacrifices needed to give them this happiness. A time may come when they will realize that they must move but, so long as they can manage where they are without too much help from their children, let them stay.

Elizabeth Hurlock is one of the nation's best psychologists and she will gladly help you with personal problems. (Copyright 1953. General Features Corp.)

Court Records

POLICE COURT
Russell William Jamison, failure to stop at a red light, \$5.
Leticia M. Barclay, violation of the basic rule, \$10 and no operator's license.

DISTRICT COURT
Robert W. Rock, failure to operate on right side of highway, \$10.
Frank M. Hixon, failure to stop sign, \$10.

The strange bird of the freshwater swamps of the south, which is called a water turkey, is more properly called the anhinga; it is also known locally as the snakebird and darter.

George Hall Receives 10-Year Prison Term

Salem—(UP)—George A. Hall, prominent Salem churchman and father of five, has been sentenced to 10 years in the state penitentiary for bilking handicapped persons of state aid. He was formerly rehabilitation counselor for the State Vocational Education Board.

The amberjack is considered a good food fish.

Serve 'em Seashell SALADS

IN THE GOOD OLD Summertime



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MISSION SEASHELLS MACARONI

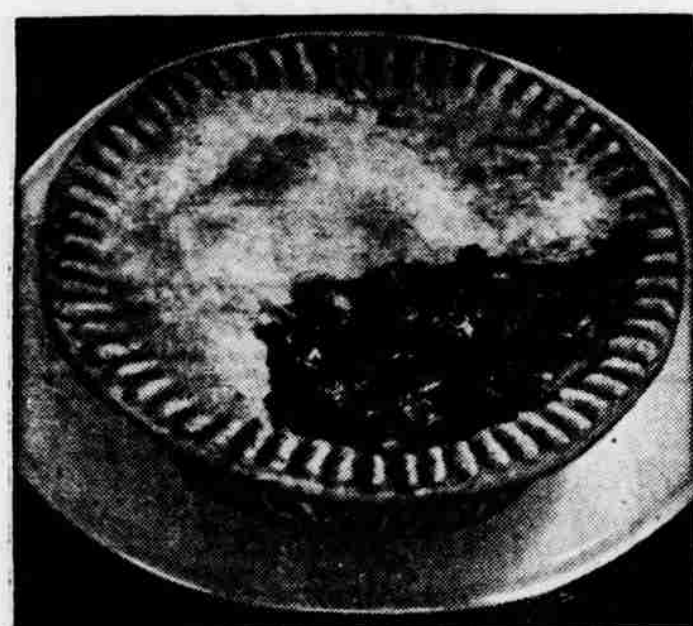
Shrimp, tuna, and crabmeat salads always make a hit when made with tender Mission seashells, for Mission shells hold their shape and the flavor of the seafood gets down inside the shell and is delicious! For FREE Salad Recipes, ask your grocer—or write Mission Macaroni, Seattle 4, Wash.

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"The exceptionally flaky, tender crust is made from a treasured Swanson recipe."

Here's real homemade goodness without work. You just brown and serve—you don't even have to thaw the new Swanson Quick-frozen Beef Pies.

For over 8 months we tested beef pies in our Swanson kitchens until we perfected this rich homemade goodness. They contain not little cubes of beef, but generous slices of the same fine quality beef you'd buy yourself. Make no mistake about it, this is not a beef stew pie. You'll never find starch,

stuffy fillers in Swanson Frozen Pies. These are BEEF PIES—with plenty of beef. There is also a dark brown savory gravy seasoned just right—with plump green peas and pimientos. The crust bakes to perfection every time—so rich, light and flaky you'll probably wonder with envy how we did it.

Every time you serve individual Swanson Beef Pies you're saving dishwashing, too. You bake and serve these pies in the bright, shiny little aluminum dishes they come in. These handy little dishes can be reused for leftovers, as gelatin molds and refrigerator dishes.

Get several Swanson Beef Pies and keep them on hand in your freezer or ice compartment. You'll have hearty, satisfying, individual servings with no leftovers, no waste. And they are ready in just brown-and-serving time.

Try the New Swanson Chicken Pies, too!

There are tender chunks of juicy chicken—and plenty of them—in a rich golden gravy with plump green peas and pimientos. Just pop them in the oven, brown and then serve. You'll have chicken pies to rave about without a bit of work.



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