

Feeding the Family

By Zola Vincent
Food Editor

Feeding the family stdg head Use Fruit Abundance In Salads and Desserts

To be sure, we west coasters enjoy a delicious array of fresh fruits all year long, but never in such variety as August and September pour forth. Think of it and it is certain to be available... fruits, berries, melons in amazing variety and fresh from the patch or orchard. No cold storage or days of travel for our fresh fruits... or vegetables, for that matter.

How about asking for the

head fruit display man at your favorite store and telling him that you admire his displays and the beauty, freshness and quality of his offerings. Merchandising of fresh produce is a highly specialized field. While you're visiting tell him about your plans for preserving, canning, freezing and pickling, and he'll tell you the best time to buy whatever you have in mind.

For eating out of hand, for stewing, and saucing, for salads, for desserts to delight the family, for canning, preserving and freezing, there are a few remaining golden apricots, plump red plums, refreshing new green apples which have a short season, black Mission figs, luscious peaches and cherries, though these are not now in abundance.

There are also avocados, Thompson seedless grapes, bananas, oranges, lemons, limes and grapefruit. There are berries of many kinds and melons of various varieties, with watermelon and cantaloupes most abundant.

French Dressing For Any Fruit Combination

The tossed salad is so much a part of western living, that many are now assorting and tossing, ever so lightly, a combination of fruit, of fruit and berries or of fruit and melon balls. They look so handsome when arranged (for showing off) in a huge bowl, preferably of glass. A punch bowl is ideal if you're serving eight or more persons.

If you do serve the salad from a bowl at the table, pour this fruit cream dressing from a pitcher or sauce boat at the table also. Then toss lightly and serve on crisp lettuce leaves which might be arranged around outer edge of big bowl, either inside bowl or on bigger plate placed under salad bowl. The latter has certain advantages when it comes to handling and arranging individual salads.

Basic French Dressing
Mix 1 teaspoon salt, 1/4 teaspoon pepper, 1 teaspoon sugar, 1 teaspoon dry mustard, 1 teaspoon parika thoroughly; add 1 cup salad oil and 1/3 cup lemon juice and beat or shake until well blended and slightly thick.

Variations:
To 1/2 cup basic dressing add 1/4 teaspoon sugar and 2 tablespoons chopped mint; OR 2 tablespoons pineapple juice, 2 tablespoons orange juice and 1/2



FRESH FRUIT SALADS, DESSERTS—As westerners revel in an abundance of really fine fresh fruit, berries and melons, let's rediscover the art of making fresh fruit salads and desserts. They also make a fine centerpiece.

teaspoon sugar; OR 3 tablespoons tart jelly and 1/2 teaspoon sugar.

Some Salad Combinations
Fresh apricot halves or peach slices or orange segments or strips of cantaloupe or other melon and chunked pineapple chunks... chunks of peeled banana or strips of peeled avocado... small bunches of seedless grapes, pear slices that have been dipped in lemon or orange juice. You'll probably think of better ones.

Sweet Salad Garnishes
Cheese balls rolled in chopped nuts... red cherries stuffed with salted almonds... pink-edged lettuce made by dipping lettuce edges in paprika sprinkled on plate... dates stuffed with peanut butter, cheese or nuts... green pepper rings... fruit flavored gelatin cubes in special color... berries dipped in powdered sugar... mint or maraschino cherries... pineapple fingers, fresh, canned or crystallized... orange segments... banana dollars made by scoring banana with fork lengthwise and then slicing to make scalloped edged slices.

Cantaloupe Chiffon Cups
Handsome, Elegant, Easy
These are pictured and there is no doubt about it, they are spectacular looking and made very good for eating with little effort, really.
1 Envelope unflavored gelatine
1/4 cup cold water
4 eggs, separated
1/2 cup fresh lemon juice, strained
1/4 teaspoon salt
2/3 cup sugar
1 teaspoon grated lemon rind
3 cantaloupes

Soften gelatine in cold water. Beat egg yolks until thick and lemon colored. Add lemon juice, salt and 1/3 cup of sugar. Cook over hot water until thickened, stirring constantly. Add gelatine and stir until dissolved. Chill in refrigerator until beginning to set (consistency of unbeaten egg white).

While custard is chilling halve cantaloupes and remove seeds. With spoon, scoop out some of the pulp, leaving 3/4 inch rim of cantaloupe meat in the shell. Notch edges if desired. Crush cantaloupe meat with potato masher and measure 2 cups of it. Beat egg whites until stiff. Gradually beat in remaining sugar. Fold in gelatine mixture, grated lemon rind and cantaloupe pulp. Pile into cantaloupe shells and chill until firm. Garnish top with sprig of mint, minted or maraschino cherry. Six servings.

Note to Jam Makers
When adding crushed pineapple or pineapple tidbits to your favorite preserves or preserves, let your taste guide you. Usual proportions are one cup pineapple not drained, to 6 to 8 cups prepared peaches, pears, apricots or whatever. Simmer the raw fruit with the pineapple a few minutes; then add sugar and boil rapidly until thick as desired.

Fruit Bowl Habit
Keep a bowl of fresh fruit handy and the family will quickly get into the habit of healthful snacking at low cost. Add just a dash of ginger to white cream sauce next time you have creamed vegetables.

Apple Upside-Down Cake With Ginger Ice Cream
Like many aromatic spices, ginger has a long and noble history. In medieval times, ginger was brought to Europe from India and Cathay at tremendous expense and reserved for royalty and the wealthier lords. Today's homemaker can buy her year's supply of ginger for a few cents... use it in ways like this...

A fine way to fix up some of those wonderful new season Gravenstein and Transparent apples that are available right now.
1/4 cup butter
1/2 cup brown sugar
2 large apples
1/2 cup shortening
3 tablespoons sugar
1 egg, unbeaten
1 cup unsulphured molasses
1 cup boiling water
2 1/4 cups sifted all-purpose flour
1/2 teaspoon salt
1 1/4 teaspoons powdered ginger
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1 teaspoon baking soda

Melt butter in 10-inch heavy frying pan. Sprinkle brown sugar evenly over bottom of pan. Peel, core and slice apples rather thickly. Arrange in bottom of pan, overlapping edges. Cream shortening and sugar. Beat in egg. Combine molasses and water and add to shortening mixture, alternately with sifted dry ingredients. Spoon over apples. Bake in 325-degree oven, 45 to 50 minutes. Invert onto serving plate but do not remove from pan for 3 or 4 minutes. This permits the brown sugar mixture to run down over cake and is a good thing to remember for all upside-down cakes. Cool.

Ginger Ice Cream
Made by softening 1 pint of vanilla ice cream, folding in 1 teaspoon lemon extract and 1 teaspoon powdered ginger and returning to refrigerator freezing unit only until consistency of whipped cream.

New Crop Honey
Plenty of honey available for waffles, pancakes and other hot breads and for sandwich fillings. This year's crop exceeds 250 million pounds.

Thursday, August 27, 1933

MEDFORD (OREGON) MAIL TRIBUNE—FIVE

First Lady's Letter Aids Polio Victim

Colorado Springs, Colo.—(U.P.)—The mother of a 16-year-old polio victim said today she believed a letter from Mrs. Dwight D. Eisenhower to the teenage girl "very definitely" contributed to her recovery from the disease.

The girl, Barbara Cornetta of Colorado Springs, was delighted and thrilled at receiving the get well note from the First Lady. "I'll keep this letter to show my great-grandchildren," she said.

Barbara was paralyzed in both legs by the disease Aug. 7. She received her letter from the President's wife Aug. 18, and came home from the hospital Monday.

DRIVES WHEN DRUNK
Raleigh, N. C.—(U.P.)—Officer C. J. Atkins testified in city court yesterday that when he halted a weaving automobile driven by Newton A. Walters, 38, the driver told him: "I've been driving drunk for 20 years. I drive better that way." Walters was fined \$300.

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Portland Teacher Killed by Gunshot

Myrtle Creek — (U.P.)—City police reported today a 32-year-old Portland school teacher—Elton Allen—was killed yesterday afternoon when a .22-caliber rifle he was carrying accidentally discharged.

Allen, son of Mr. and Mrs. Ray Allen of Myrtle Creek, was found dead about 5 p.m. yesterday on the Allen ranch by his father.

The father told police his son arrived at Myrtle Creek earlier in the day and during the afternoon went on a hike to the back of the ranch to inspect an apple orchard.

Police said that on his return he apparently caught his foot in the root of a tree and fell, throwing the rifle he was carrying about 12 feet ahead of him. It apparently discharged, the bullet striking Allen in the heart.

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