Feeding the Family

By ZOLA VINCENT
Food Editor

Peanut Butter Sandwich Fillers

Peanut butter stays in favored spot with boys and girls. Plentiful, reasonable, packed with good nutrition, it makes satisfying sandwiches when combined with other good things like these:

Date. One half cup peanut butter, ½ cup chopped pitted dates, one teaspoon lemon juice, ½ cup thick salad dressing. Mix lightly.

Pineapple. One half cup peanut butter, ½ cup drained crushed pineapple; mix lightly.

Prune. One half cup peanut butter, ½ cup chopped cooked prunes, two teaspoons lemon juice, two teaspoons prune juice. Blend well.

Cranberry Sauce. One half cup peanut butter, ½ cup cranberry sauce; toss lightly.

Pickle Relish. One half cup peanut butter, one-third cup pickle relish, two tablespoons thick salad dressing. Mix lightly.

Carrot and Raisin. One fourth cup peanut butter, ½ cup shredded carrots, two tablespoons thick salad dressing. Mix lightly.

Baked Squash Harvest Special

Now is the season of squashes; the Hubbard, the banana and the acorn. Any variety is welcome addition to harvest time meals. Use any favored kind for this casserole and top with some of those fine filberts, coarsely chopped. Six servings.

- ½ cup coarsely chopped filberts
- 3 cups steamed or mashed squash
- 2 tablespoons brown sugar
- 2 tablespoons bread crumbs
- 3 tablespoons butter

Place salted and mashed squash in greased casserole. Melt butter and add sugar, bread crumbs and filberts. Sprinkle over squash. Bake in 350 degree over for 15 minutes.

Put in Apple Products

Now is a good time to put in a supply of your favorite apple products, canned apple slices, ready-prepared apple sauce and bottles or cans of apple juice. New pack is in. Give children treat of big scoop of vanilla ice cream in dish of apple sauce.

Garlic Buttered Corn

Soon comes the wind-up of the fresh corn-on-the-cob season. Wide range of quality now so choose carefully.

Remove coarse outer husks and loosen inner husks, removing silk carefully; trim ear if necessary. Brush kernels generously with garlic butter or margarine. Tie inner husks into their original position and lay on grill above glowing coals. Turn frequently. It will take any where from 10 to 25 minutes to roast the corn.

To fix garlic butter, slice three or four cloves of garlic and add to ¼ pound soft butter or margarine. Mix well, let stand at room temperature an hour or longer, stirring occasionally.

All-Time Yam Favorite

A reminder of the old-time favorite using plentiful sweet potatoes or yams. with fresh orange juice inside and toasted marshmallows atop. Bake or boil six medium size sweet potatoes or yams. Peel and mash them. Season with salt, pepper and butter. Add sufficient fresh orange juice to make them light and very fluffy. Pile into orange halves out of which you've scooped the pulp after juicing oranges. Top with marshmallow and put under broiler long enough to brown and slightly melt marshmallow. Or pile in big or individual casseroles.

Ham Cranberry Glaze

Canned jellied cranberry sauce is plentiful, reasonable in price; ideal for glazing also plentiful ham, half ham or ham slice. Vary recipe according to need.

Bake ham in any favored way. One hour before end of baking time, remove from oven, score fat with sharp knife, stud with cloves, return to baking pan. Be sure to pour off any ham fat that has collected in the pan. Crush contents of one can of jellied cranberry sauce and combine with ½ cup brown sugar. Spread over ham. Bake an hour longer, basting occasionally. Spoon cranberry sauce from bottom of pan over ham just before serving.

Blanched almonds sliver easiest when they're warm. Use the tip of a paring knife to split them. Lay flat side down on a cutting board and cut each half into three or four lengthwise slivers.

November Markets Offer Abundance of Meat, Poultry, Fish, Shellfish

Top features to make meal planning easy and aid to budget with bargain prices on ground beef, stewing and braising cuts that require long, slow cooking. continue to be all cuts of beef

Pork, both fresh and cured is reasonable in price and will continue so. Try some of that good pork sausage for breakfast for a change and how about treating the family to fresh pork or ham hocks with those good Autumn root vegetables and maybe some sauerkraut and corn bread?

Poultry situation is delight to shoppers who find good values among fryers, broilers, stewing hens and extra good buys in turkeys in all sizes for several days good eating, for family reunions, club, grange and other big parties. Few things are easier to fix, cost less.

Fish and Shellfish

Plenty of oysters, both our own Pacific Coast varieties and easterners. Wonderful eating whether they wind up broiled, fried, scalloped or in a stew. Other available good shellfish includes eastern and western scallops, local lobster, eastern soft shell crab, cherry stone clams . . . plenty of shrimp, fresh, frozen and breaded. Steak and baking fish varieties include ling cod, swordfish, sablefish and frozen halibut. Fresh water items feature lake whitefish which is both good and reasonable. Pan readies include Eureka rex sole, eastern whiting, sandabs, Idaho brook trout and those tasty Columbia River smelts. Good variety in easy-to-cook fillets, too.

Staple Items

Plenty of dairy products, rice, dry beans, peanut butter, honey, prunes, dates, almonds, walnuts, filberts, vegetable shortenings and salad oils.

Vegetable Buys

Bunched root vegetables offer menu variety, rutabagas, parsnips, sweet potatoes, yams. Plenty of cabbage, cauliflower, celery, corn, lettuce, onions, potatoes, tomatoes, winter squash. Good supplies of cucumbers, peppers, eggplant, spinach.

Fruit Buys

Good buys in local apples, Tokay grapes, cranberries, white grapefruit, bananas, avocados, some melons, lemons, oranges. Enjoy Bartlett pears while you may; a few winter pear varieties have put in an appearance. Persimmons add color and interest.

Take These Cooking Tips from Us - - -

From our kitchen to yours come these cooking tips, short cuts and good ideas to simplify your cooking, perhaps make it less work, more fun.

Pour off fat from bacon and sausage while it is frying and save in covered container for use in seasoning vegetables, for "buttering" crumbs or making sauces or gravies. The seasoning in these fats gives superior flavor to other foods.

To keep white sauce or gravy from lumping, add flour to melted fat, then remove pan from heat until all milk is stirring in; then stir over low heat until thickened.

To make cracker crumbs an easy way, lay crackers between a fold of wrapping paper and roll over the paper until crumbs are as fine as desired. Saves washing both board and rolling pin.

Saves Washing

In broiling small quantities of meat or vegetables, use a small pan topped with a wire rack instead of stove broiler. Saves dish washing.

In a hurry? Save cooking time by making any meat loaf into individual loaves; cuts baking time in half.

Make a double recipe of barbecue sauce and use it as needed for heating leftover sliced meat on quick hot sandwiches or to baste meat loaves. It keeps well.

A little chopped or ground salami is delicious in scalloped potatoes, in macaroni and cheese, in potato salad, deviled eggs or similar dishes as well as in sandwich spreads.

To open any can where you want the contents to come out whole, such as corned beef, canned sandwich meats and cranberrey jelly, punch hole in end of can opposite key end or "other" end. Contents glide out.

Frankfurters may be stuffed with a great variety of fillings including mashed potatoes seasoned with mustard or cheese, mixed cheese and peanuts, chopped pickle relish, moist bread dressing or sliced cheese and bacon.

Toast in many forms makes fine base for creamed meat and fish mixtures. Buttered triangles of toast make easy topping for meat pies. Squares of bread with crusts removed can be buttered and pressed into muffin pans and baked crisp for toast cups.

As We Live

By ELIZABETH HURLOCK, PH.D.

Make Tot's Birthday Part of Christmas

The problem of what to do when a birthday comes close to Christmas is troubling the mother who writes:

(Q) "Our second daughter, who is 1½ years old, has a birthday on Dec. 26. She is bound to receive fewer gifts than her four-year-old sister, whose birthday is in July. What is the best way to handle her birthday so she won't feel short-changed or cheated simply because her birthday is so near Christmas?"

(A) Since your younger daughter is now so young, you can be sure that she will not actually count the gifts she receives. Therefore, this is a good time to establish the precedent of celebrating her birthday right on Christmas day.

Dr. Hurlock

When she is old enough to understand the true meaning of Christmas, she will be proud to have a birthday so close to Jesus' birthday. She will like the idea of celebrating her birthday at the same time.

As for gifts, do your children receive many birthday gifts except from the members of the immediate family? Few children do, especially when they are older.

Therefore you can buy her birthday presents and Christmas presents at the same time. Be sure to let her know which are which. If there is any feeling of being slighted, it is likely to come from your older daughter, who will soon begin to compare the number of gifts she receives with those received by her younger sister on Christmas Day.

Another way you can make the day seem especially significant for her is to have her birthday cake for Christmas dinner. This will further emphasize the fact that it is really her birthday as well as Christmas. If you start this practice right now, both your children will be come accustomed to it that they will accept it as a regular part of their everyday lives as they grow older and become really birthday- conscious.

If you have parties on your older daughter's birthdays, you can start to have a combination of Christmas at-home parties for your younger daughter as soon as she is old enough.

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Grange

Griffin Creek Grange

Griffin Creek Grange will hold the annual booster night program Saturday, November 13, at 8 p.m. All in the community who are interested are invited. There will be a program and recreation for everyone.

Master Harold Tolle presided at the November 11 meeting. Committee reports were given by the different committee chairmen.

The turkey dinner on Sunday, November 7, was very well attended and there will be another in the near future.

The following officers were elected for the year: Master, Harold Tolle; oyerser, Clyde Sturgill; lecturer, Emily Glockler; steward, Floyd McKee; assistant steward, Roy Le Vander; chaplain, Iva Harper; treasurer, Virgil Wilks; secretary, Jack Bierma; gatekeeper, Art Glockler; Ceres, Susan Luchterhand; Flora, Lois Kelley; lady assistant steward, Lulu Sturgill; executive committee, Harold Tolle, George Mero and Bill Darby.

All Grange ladies are asked to bring a cake for booster night.

Next Grange meeting will be Tuesday, November 23, instead of the 25th, due to Thanksgiving falling on the regular meeting date.

HEC will meet at the hall on November 18 at 10 a.m. to paint the rest rooms. Bring a sack lunch.

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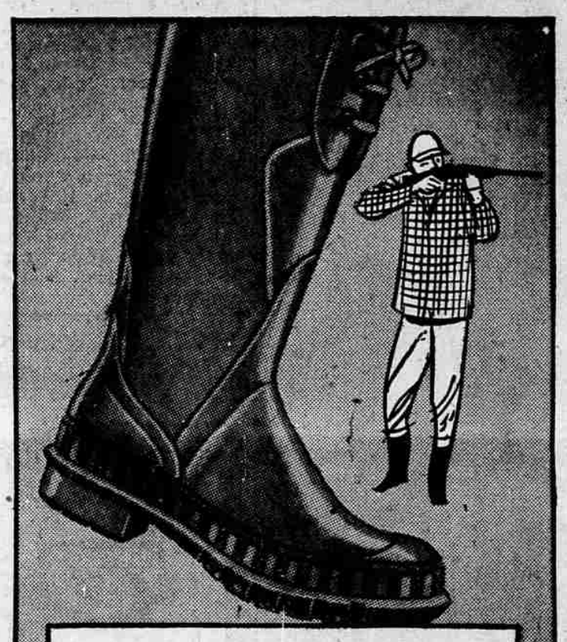

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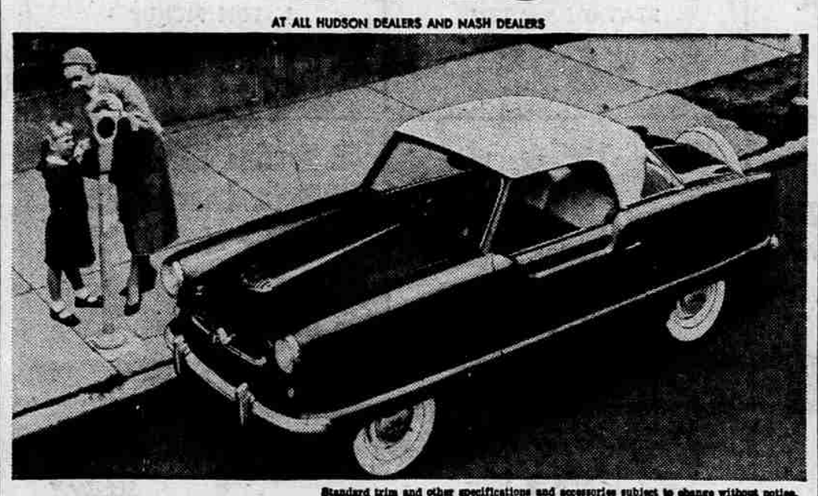

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