

Feeding the Family

By ZOLA VINCENT
Food Editor

Try this Zesty Lamb Round-Up

There are many ways to serve plentiful, economical cuts of lamb; the breast, shoulder and neck, for instance. All sorts of stews are family favorites. Try biscuit topping, mashed potato crust or dumplings for variety. Surround this lamb round-up with buttered and seasoned hominy for something mighty good.

1 1/2 pounds boneless breast of lamb
1 cup chopped onion
1 can condensed tomato soup
1/2 cup evaporated milk
2 teaspoons vinegar
1/2 teaspoon salt
1 teaspoon Worcestershire sauce
1/4 cup diced green pepper
Cut the lamb in narrow strips one inch in length. Brown the lamb and onions in melted fat over low heat. Add the tomato soup, evaporated milk, vinegar, salt and Worcestershire. Cover tightly and simmer for one hour adding a small amount of water if necessary. The last five minutes of cooking, add diced green pepper. Pile buttered hominy around edge of platter.

Late Garden Relish

Quick and Easy to Make

A handsome and tasty relish with pork, hamburgers, frankfurters, hot or cold roast beef.
9 small green tomatoes
6 medium cooking apples
2 medium white onions
2 stalks celery
3 cups beet or cane sugar
1 1/2 cups white vinegar
1 teaspoon salt
2 teaspoons ginger
1/2 teaspoon each turmeric, mustard and mace
1/4 teaspoon cayenne
Put tomatoes, apples and onions through food grinder; measure four cups tomatoes, 2 1/2 cups apples and three quarters cup onion. Chop celery.

Combine in preserving kettle sugar, vinegar, salt and spices, stirring well. Bring to boil and boil five minutes. Add prepared relish ingredients; bring to boil and cook 10 minutes, stirring occasionally. Remove from heat, pour into hot sterilized jars and seal at once. Makes about seven half pints.

Good and Hearty Main Dish for Ten

The good old custom of "come on a my house for the main dish" or "I'll bring the main dish" seems to be increasing and a fine custom it is; dividing up the work and the complaints. Here is a sure fire success. A meal-in-one dish needing only a green salad, corn muffins and fruit dessert. Makes 12 generous servings.

2 tablespoons salad oil
2 pounds ground beef
1 large onion, minced
1 No. 2 1/2 can tomatoes, sieved
2 8-ounce cans tomato sauce
Salt and pepper
1 teaspoon monosodium glutamate
1/4 teaspoon allspice
1 teaspoon oregano
1 pound elbow macaroni
1 small can peas, drained or about 2 cans cooked peas
1 12-ounce can whole kernel corn, drained
1 cup sliced ripe olives
1/2 pound natural American Cheddar cheese, shredded
Heat oil in Dutch oven or other heavy kettle; add beef and onion; saute, stirring frequently with a fork until meat is no longer red. Add tomatoes, tomato sauce and seasonings; cover and cook gently one half hour, stirring occasionally.

Meantime, cook macaroni in boiling salted water until tender; drain. Combine meat-tomato mixture, macaroni, peas, corn, olives and one cup of the cheese, mixing gently but thoroughly. Add more salt and pepper, if needed. Turn into one large or two smaller well-greased baking dishes; sprinkle with remaining cheese. Bake in moderate oven, 350 degrees, 45 minutes.

Apricot Mallow Delight
The children love this and it is so easy to do. Wash one quarter cup dried apricots and soak in two cups water overnight. Simmer until tender in same water; drain and press through strainer. This should make three quarters cup pulp and one cup juice. Mix apricot juice and one quarter cup orange juice. Add 18 cut-up marshmallows and heat over hot water until marshmallows are half melted, folding over and

over. Remove from heat and continue folding until mixture is smooth and spongy. Add apricot puree. Beat two egg whites and one eighth teaspoon salt until stiff but not dry. Beat in two tablespoons sugar. Fold in apricot mixture; pour into refrigerator tray and freeze. Stir when half frozen and freeze unit firm. Eight servings.

Thanksgiving Menu Planning Easy When You Check This

Chances are that the traditional turkey will grace a vast majority of holiday tables; perhaps as much for the "trimmings" as for the bird itself since we westerners enjoy turkey often. Turkeys of all sizes are in good supply. Small turkeys, ready-to-cook, weight four to nine pounds have a special appeal to couples and small families. Medium size turkeys, table-dressed, range between 8 and 19 pounds and are popular for roasting whole. Twenty pounders and over are an especially attractive buy with toms usually lower priced than hens. Put your turkey order in now.

Other Holiday Meats. Prime ribs of beef, pork crown roast, leg of lamb, hams; all are popular holiday fare along with domestic ducks and geese. So take your pick and give thanks for the bounty of the west.

Oysters. Our own good Pacific Coasters and easterners are plentiful for stuffing and other ways. Plenty of good baking, frying, broiling fish in good variety for every day eating.

Nuts and Fruits. Bumper crops of walnuts, almonds, filberts, prunes, figs, dates, raisins for good eating and for fruit, vegetables and nuts table arrangements and out-of-hand eating. **Vegetables.** Roots take holiday limelight; sweet potatoes, yams, turnips and small white onions are practically traditional; plentiful and reasonable. Squash varieties add interest.

Fruit Buys. Plenty of local apples, colorful luscious grapes, winter pears and pick up a few persimmons for color as well as good eating. Fruits lend themselves ideally to table and buffet arrangements, along with autumn leaves.

Cranberries deserve special mention, being inseparable from turkey. Lots of cranberries this year, both fresh and processed. Price of the canned whole cranberry sauce and the jellied variety is surprisingly small. Keep several cans on hand for eating

As We Live

By ELIZABETH HURLOCK, Ph.D.

Many "Adults" Are Socially Immature

Most people, by the time they reach adulthood, learn to get along reasonably well with their fellow men. They may not be as popular as they would like to be, but usually they have more friends than enemies.

They have learned through the years of childhood and adolescence to give and take, to be a good sport when they win as well as when they lose, to hide their feelings and be pleasant when they are with people, and to be cooperative in anything that must be done.

However, there are certain areas of their social behavior in which many remain immature. The three that are most common are:

(1) Prejudice. From their childhood days, many individuals carry over the belief that they are superior to certain other people. They may feel superior because of their race, creed, or color. Or it may be because they feel that they are brighter, more educated, and more experienced, and have more of this world's goods than many of those they meet.

Whatever the cause, they treat people whom they regard as their "inferiors" in accordance with that belief. A mature person recognizes differences, but does not look down his nose and hurt the feelings of others who with leftovers, too.

Pumpkin Pie Time. Whether you pick it up at the local bake-shop or make your own from a fresh pumpkin or from the canned variety, consider the topping which can be whipped cream in any pattern you fancy or fancy slices of cheddar cheese in fancy cut-outs or special design.

'Jama Teddy Bear
No youngster will refuse to be neat if he has this adorable teddy bear in which to hide his pajamas! Easy to make—use gay cotton fabric or terrycloth. Pattern 7367 for Teddy Bear pajama bag. Contains pattern pieces, transfers and directions. Send TWENTY-FIVE CENTS in coins for this pattern—add 5 cents for each pattern for 1st-class mailing. Send to The Medford Mail Tribune, Household Arts Dept., P. O. Box 5640, Chicago 80, Ill. Print plainly NAME, ADDRESS with P A T T E R N NUMBER.

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That tired feeling may result from inadequate breakfasts, "piecing" during the day, a light lunch or none at all. Even when the dinner meal is adequate there can be a deficit in essential nutrients for the day, Miss Williams adds.

Being blase is a pose and is not a natural reaction. Most blase people suffer from feelings of inadequacy which they hide behind a cloak of boredom. If they can make people think they are bored, it creates the impression that they have had just about every experience there is to have, thus making them appear to be more experienced and more worldly than they are.

Too Much Dating: "I have tried to convince my 18-year-old daughter that too much dating takes away the excitement and thrill that a real romance should bring. Already, I notice that she treats boys in a matter-of-fact way."

Worried Mother. (A) You should be glad that your daughter is treating boys in a matter-of-fact way instead of being disturbed by it. True, she may not get all the excitement and thrill from her dates that you seem to think are so important. But on the other hand, she is getting something far more important for her future happiness—a realization of what boys are like and a realistic approach to the whole problem of man-woman relationships.

Delicate Child: "My second son, who is now 11 years old, has always been delicate and I have had to watch him very closely. Now he is beginning to resent this and is often stubborn about such matters as wearing his rubbers on rainy days. This worries me."

A Mother. (A) Are you sure that your son is as delicate as you think he is? Has the doctor told you that you must treat him like a semi-invalid, or is this just a carry-over of habit from his childhood days? If your son were really delicate, he would not resent your trying to keep him from overtaxing his strength.

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Mothers' Food Habits Said Worst in Family
Recent dietary surveys have shown what nutritionists have long surmised, that mother is apt to be the most poorly nourished member of the family.

Miss G. Dorothy Williams, supervising nutritionist of the New York City Department of Health, points out that, even when the homemaker plans and prepares adequate meals for father and the children, her own food habits may be poor.

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Dr. MacLean J. Babcock of Rutgers university has found that the worker who has only coffee and sweet rolls for breakfast is apt to eat high calorie snacks in mid-morning instead of the milk, eggs, fruit or fruit juice he missed at breakfast. At the end of the day he may have eaten more calories than if he had had a good breakfast.

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Good Breakfast Said Fine Health Investment

"The homemaker who invests in good breakfasts gains dividends of better health and increased mental alertness for each member of the family," says Dr. Charles Glen King, scientific director of The Nutrition Foundation.

"At the State University of Iowa, it was observed that children who ate fruit, cereal, milk,

bread and butter before school made better grades, and had a brighter outlook and more energy for outside activities than those who went without breakfast."

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