

Feeding the Family

By ZOLA VINCENT
Food Editor

Holiday Takes on Distinction With Oysters, Shrimp, Crab

The gorgeous turk or the roast goose or prime ribs of beef or whatever held the center of the dining room stage at Christmas is going or gone. It was wonderful while it lasted. The family will now welcome a change of scenery, tastes, textures and aroma. What better than some of our fine west coast shellfish. If any cold sliced turkey or ham remains it would be perfect with this Oyster Bisque.

Oyster Bisque

Fine Supper Fare
A look at the market reveals plenty of plump, savory Pacific oysters. They come thoroughly washed, carefully graded and packed in tin, glass or paper containers which are kept under refrigeration. Some are canned, some are frozen, some are made into prepared foods such as steaks or pan-ready breaded oysters. The majority however are sold fresh. Quick cooking tapioa does the thickening job to perfection in this fine supper dish.

3 tablespoons quick-cooking tapioa
1 1/2 teaspoons salt
Dash cayenne
Dash of paprika
1 tablespoon milk or light cream
3 cups milk
1 cup coarsely chopped oysters (1 1/4 cups whole oysters)
1/4 cup butter
1 tablespoon chopped parsley
Combine tapioa, salt, cayenne, paprika, onion, top of milk and milk in top of double boiler. Place over rapidly boiling water and cook 10 to 15 minutes, stirring frequently. Add oysters and butter; mix. Keep over hot water 15 to 20 minutes to heat thoroughly and blend flavors. Serve in cups or bowls. Garnish with chopped parsley. Makes four servings.

Shrimp Florentine
Pacific shrimp are a very good buy right now for the making of all sorts of good things: in cocktails, in chowders and main dishes like this one. Recipe makes four servings so you'd best plan to double it.

1 pound raw shrimp, fresh or frozen
1 package frozen chopped spinach
2 tablespoons flour
2 cups milk
4 eggs, slightly beaten
Salt and pepper
Pinch of nutmeg
2 teaspoons chopped parsley
2 teaspoons minced onion
1/4 cup grated Parmesan cheese
Clean and cook shrimp. Cook spinach according to directions on package; drain. Melt butter in saucepan. Stir in flour until smooth. Gradually add milk and cook until thick, stirring constantly. Carefully add egg yolks. Cook to boiling point but do not boil. Remove from heat and season to taste with salt and pepper. Stir in nutmeg, parsley and onion. Place a layer of spinach in the bottom of each of four buttered individual casseroles. Add a layer of cooked shrimp and pour sauce over shrimp. Sprinkle Parmesan cheese on top of each casserole. Bake at 400 degrees (hot oven) about 10 minutes or brown in broiler.

Crab Newburgh is Holiday Spectacular

Fresh Dungeness crab is a taste treat beyond words. The crabs are running about two pounds, are cleaned at the fish counter on request. Almost a shame to hide its delicate, delicious flavor in a Newburgh sauce but the sauce is pretty wonderful too.

Melt two tablespoons butter in saucepan; add one tablespoon flour and stir until smooth. Gradually add two cups cream and bring mixture slowly to boiling point. Simmer gently for one-half minute. Add two cups fresh crab meat cut in cubes. Bring to boiling point again. Mix three well beaten egg yolks, (one-fourth cup sherry and two tablespoons brandy if desired) together and add to mixture. Season with cayenne and salt and cook over very low flame two minutes longer. Serve on toast points. Garnish with paprika. Six servings.

Frozen Cranberry Loaf
Is Season Delightful
Red layer on bottom, pale green whipped cream topping for a sugar frozen dessert special.

3/4 cup finely chopped toast crumbs
1/2 cup brown sugar
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon allspice
1/4 teaspoon cloves
1/4 teaspoon ginger
3 tablespoons melted butter
1 pound can jellied cranberry sauce
1/2 cup whipping cream
1 3-ounce package cream cheese
Green vegetable coloring
Mix first seven ingredients together. Work in melted butter. Press mixture firmly and evenly against sides and bottom of an ice cube tray. Chill in freezing compartment for at least one hour. Crush jellied cranberry sauce with a fork and spread over crumb crust. Whip cream. Soften cream cheese and whip with cream. Tint green with green vegetable coloring. Spread whipped cream-cheese mixture over cranberry sauce. Place in freezing compartment and freeze until firm. Slice to serve. Makes eight servings.

Toast Cases For Creamed Food

It is so easy and so satisfying to finish up turkey, chicken, ham and other holiday meats by dicing and folding them into a cream sauce, that we thought we'd remind you of how to make toast cases. By the way, when you're doing that cream sauce, make it more interesting in both flavor and color by adding chopped pimiento or chopped stuffed olives.

If served at once these toast cases will be soft-centered with crisp crusts. If held too long in the oven, they will get dry. Allow one or two slices of bread to a serving.

Trim crusts from slices of fresh bread. Press each slice of bread lightly into a section of a greased muffin pan. This makes a small cup shape. Brush with melted butter. Shortly before serving, bake in a moderately hot oven, 375 degrees for about 10 minutes.

Turkey Tetrazzini Fine Way With Turkey Leftovers

Comes the week after Christmas and there's turkey left over. Lucky the family who "used up" some of it like this. Six servings.

6 ounces long spaghetti
1/4 cup turkey fat
1/4 cup enriched flour
1 teaspoon salt
1/4 teaspoon celery salt
2 cups milk
1 bouillon cube
1 cup diced cooked turkey
1/2 cup sliced mushrooms (1 4-ounce can)
1/2 cup grated Parmesan cheese
Cook spaghetti in boiling salted water until tender; about 12 minutes. Drain and rinse. While spaghetti is cooking, add bouillon cube to turkey fat and melt in saucepan. Stir in flour, salt and celery salt. Add milk and bouillon cube and cook until thickened, stirring constantly.

Add spaghetti, turkey and mushrooms. Mix well. Pour into greased 1 1/2 quart casserole. Sprinkle with Parmesan cheese. Bake in moderate oven, 350 degrees, about 20 minutes. Serve hot. Makes six servings.

Curried Turkey Casserole Certain to Please All

Curry, powder and diced apples, a rich white sauce and elbow spaghetti makes this turkey casserole from leftover turkey something to look forward to. Four servings.

Melt two tablespoons butter in heavy skillet or saucepan. Add one cup diced apples and cook until tender, (about five minutes). Cook four ounces elbow spaghetti in boiling salted water until tender (about five minutes). Drain and rinse. While spaghetti is cooking, stir two tablespoons flour, three-fourths teaspoon salt, dash of pepper and one teaspoon curry powder into butter. Gradually add 1 1/2 cups milk or turkey broth, stirring constantly until thickened. Add one-half cup mushrooms and one cup cooked turkey meat and fold in spaghetti. Pour into greased 1 1/2 quart casserole and bake in moderate oven, 350 degrees, 20 to 25 minutes. Serve hot with chutney.

Plan to Get Several Fine Meals From One Festive Prime Rib Roast

Many will enjoy prime ribs of beef this New Year's week end. Beef, even this fancy preferred cut is reasonable in price as we greet the new year. There'll be leftovers if you allow at least one pound per person when buying the roast. For instance, six pounds for six persons.

Prime Ribs of Beef the first day, Pioneer Beef Barbecue another day and wind up with Beef Skillet with soy sauce on Chinese noodles.

Standing Rib Roast

Very superior eating! A fine way to start the new year. A controlled slow oven, 325 degrees. A six pound rib roast will be medium rare in about 2 1/2 hours and well done in 3 1/2 hours. Allow a rest period of 30 minutes out of the oven to set the juice and make expert carving easier.

Blue Ribbon Barbecue

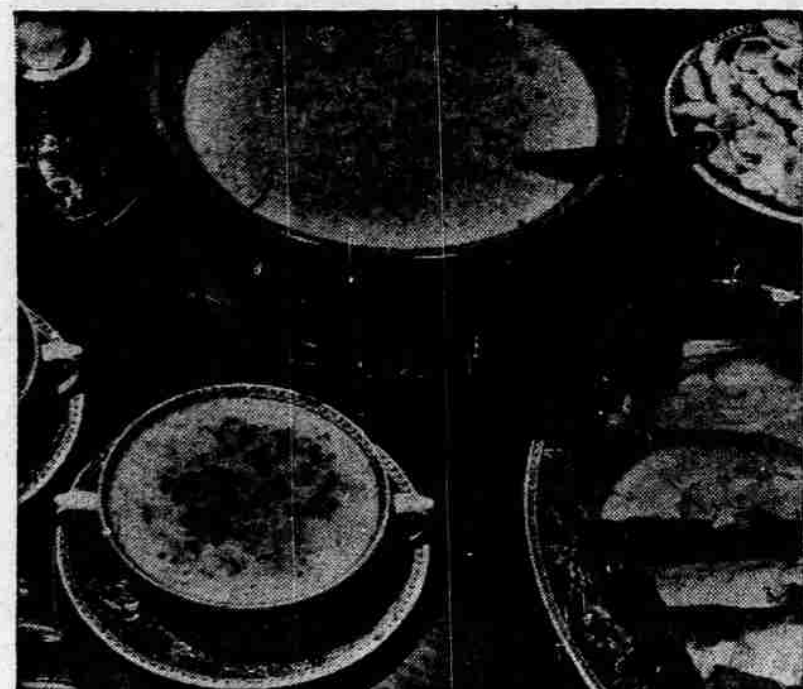
Small thin slices of beef from that rib roast are perfect for this. Put them into a hamburger bun sandwich with barbecue sauce or spread about four cups of cooked rice in a baking pan and pour half the sauce over the rice. Arrange slices of beef over the rice and top with more sauce. Bake in moderate oven, 350 degrees, 20 to 30 minutes to heat and blend flavors.

Barbecue sauce with a kick.

Westerners like a zesty sauce. Nothing nippy pampy about this. Good too with steaks done indoors or outdoors. Smash four cloves of garlic with a tablespoon of salt. Add one cup of olive oil or salad oil, one-half cup vinegar, a small onion (minced), a small green pepper (minced), a tablespoon (maybe less) of chili powder, one cup of tomato juice and one teaspoon of oregano. Simmer this for 10 minutes and strain before using.

Beef Skillet, Last Call

If there's some of that beef still around, make up this beef skillet for serving with fried Chinese noodles. For each two servings, figure one cup cut-up cooked beef. Proceed like this: Pan-fry two tablespoons chopped onion and one cup sliced one-inch pieces of celery in two tablespoons butter until transparent. Add beef and one tablespoon soy sauce. Stir and heat



OYSTERS, CRAB, SHRIMP — Enjoy the delight of west coast oysters and of plentiful shrimp and Dungeness crab in good things like this Oyster Bisque and in Shrimp Florentine and Crab Newburgh. These and other recipes for fine holiday fare are included in today's food columns.

Two minutes. Add one cup peas and carrots, salt, one-half cup beef gravy. Simmer five minutes. Serve hot with fried Chinese noodles.

Fresh Fruit Plate

Good Holiday Planning

Nutritionists say that we should eat plenty of fruit to counteract all the heavy food eaten during the holiday season. A fresh plate crammed full of vitamins, minerals and beneficial acids... is an appetizing as well as healthful supper dish.

Secret of arranging a good fruit plate or salad is to use an odd shaped plate and arrange fruit to complement that particular dish. Arrange all salads differently; there's no law that says all salads at the table should look alike so why work hard at it?

Fruit stands offer a wealth of good things, all grown right here on our west coast and all available at very reasonable cost; Crisp, crunchy red and yellow apples, the luscious winter pears (choose from Comice, D'Anjou, the Bosc and the Winter Nellis), grapes of various colors and flavors, the gold of orange and grapefruit and the green-gold of avocados. Persimmons, fresh pineapple and figs if you feel like splurging.

If it's a salad you plan, offer both mayonnaise and a tart French dressing.

Fruit Cake Pudding

Use Those Left-Overs

So often at this season we find fruit cake pieces and crumbs left over. Here is a pudding utilizing these in a delicious, nutritious and attractive pudding.

1 cup fruit cake crumbs
4 slices bread, cut in cubes
3 cups scalded milk
2 eggs
1/3 cup sugar
1/2 teaspoon salt
Grated rind 1/2 lemon
7 teaspoon lemon juice
Combine cake crumbs and cubes of bread; cover with scalded milk and allow to stand a few minutes. Beat eggs and combine with remaining ingredients. Add cake and bread mixture, blending well. Transfer to a buttered baking dish; place in pan of hot water. Bake in moderate oven, 375 degrees, until pudding is set; about an hour. Serve warm with melted jelly poured over pudding as a sauce.

Mince-meat Muffins

Some mince-meat left over? Leftover or fresh from holiday package or jar, here's a genuine treat for the family and any lucky guests.

Mix and sift two cups sifted flour, three teaspoons baking powder, one-half teaspoon salt and one tablespoon sugar. Combine one egg, three-fourths cup milk, three tablespoons melted shortening and one-half mince-meat and add to the flour mixture, stirring only until mixed, not smooth. Fill greased muffin-tins two-thirds full. Bake in hot oven, 425 degrees for 25 minutes. Sixteen or so small muffins.

A Collection of Party Lunches

Whether you're planning a party or just planning on having a good refreshing beverage handy to offer callers who drop in, perhaps one of these will strike your fancy. Offer in a punch bowl if you have one; otherwise a pitcher is fine and the contents taste just as good.

Washington Punch

This uses apple juice from those good Washington apples. Chill 1 1/2 quarts apple juice and one quart ale and combine just before serving. Pour into punch bowl or pitcher over ice cubes. Garnish with lemon and lime slices and maybe quarters of green and red cherries for holiday atmosphere. Makes 10 or so of the usual half-cup servings.

California Punch

This recipe makes about one gallon or enough to make 24 servings. Slice six lemons thin; place in bowl and cover with one cup sugar. Let stand for two hours. Then add one cup flavored fruit syrup (raspberry, strawberry or whatever), one-half cup brewed tea, one cup orange juice and one cup pineapple juice. Place in punch bowl or pitcher with large chunk of ice and add three large bottles of sparkling water just before serving.

Spice Fruit Punch

Combine 2 1/2 cups orange juice, one cup pineapple juice, two cups water, one-half cup sugar. Add grated rind of one

As We Live

By ELIZABETH HURLOCK, PH.D.

REFUSES TO SUPPORT WIFE HE CAST ASIDE

When a man marries, he cannot tell his wife that he is tired of her and that she must get out and shift for herself. He is legally responsible for her support.

(Q) "I am a woman in my late sixties, with no family, no children, and very much alone in the world. In 1942, I lost my husband and took a job as housekeeper for a widower. Later we were married. I thought we were very happy, but after several years my husband began to get indifferent toward me. On Labor Day in 1950 he delivered his ultimatum. He said he was through with me, would not support me, and that if I asked for any support, he would leave the state. On the advice of a lawyer, I obtained a divorce. Now I support myself doing practical nursing. I am very lonely and feel like a ship without a rudder. What would you advise me to do?"

(A) I suggest that you go back to the lawyer who advised you to divorce your husband and see if something can be done now to have a property settlement for you or arrangements for alimony. Your husband should not have been permitted to cast you off without any means of support. I do not see why your lawyer did not protect your interests better.

You should also discuss this matter with your pastor and see if he can help you make some arrangements for support. So long as your health is good, you can support yourself by your nursing. But a woman in her late sixties cannot look forward to many more years when she can be self-supporting. As you have no children or relatives to help you, this is the time to prepare for the day when you will not be able to support yourself.

If it is too late now to get support from your divorced husband, your pastor can make a reservation for you in a church-supported home where you can go when you are unable to work. This cannot be arranged overnight. Since you are all alone in the world, you must rely on your pastor to help you plan for your future if your husband has legally freed himself of all responsibilities for your maintenance.

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