

Feeding the Family

By ZOLA VINCENT
Food Editor

Poultry Dressings Give Festive Flavor to Dishes

Many declare that the holidays mean plenty of that good stuffing and gravy as much as it means turkey or roast chicken or roast goose. Memories of those good aromas coming from the kitchen have largely to do with preparation of the good things that ultimately went into the turkey. Dad and the boys have always demanded "lots of that good stuffing."

No longer are those flavorful "smells" and tastes identified only with stuffing poultry. Markets now offer ready-to-use dressings that have a homemade flavor only duplicated by hours of measuring and mixing of toasted bread, vegetables, herbs, spices and lots of butter. The packaged product requires only the addition of water, milk or broth and you're ready to stuff pork chops, spare ribs, flank steak, halibut . . . or to make a meat loaf.

The salad vogue for adding a few crotons inspired us to toss a few of the savory spiced and toasted cubes right from the "dressing" package into the salad. The family liked it.

We crumbled a cupful of the product right from the package and lightly browned it in butter and topped casseroles with it and found that it brought forth compliments. Good for toasting broiling tomatoes, too!

For stuffing whole fish and for stacking stuffed pork chops, just add liquid as indicated on the package. Here are other uses:

Stuffed Fish Fillets
Fresh or frozen, sole or halibut are especially good fixed

like this and served with tomato sauce.

2 1-pound fish fillets
4 tablespoons melted margarine or butter
Salt, pepper, paprika to taste
1 8-ounce bag prepared poultry dressing

Brush fillets with melted fat, season with salt and pepper. Prepare dressing according to directions on package. Place one fillet on a greased baking pan, heap with dressing, place remaining fillet on top. Fasten with skewers or tie with string. Sprinkle with paprika.

Make a boat out of aluminum foil and fill with remaining dressing and place on baking pan alongside stuffed fillets. Bake in moderate oven, 350 degrees, 30 to 40 minutes or until fish flakes when tested with a fork. Remove to hot platter. Garnish with parsley and plenty of lemon wedges even though you serve with tomato sauce.

Minced Clam Dressing

Fine for stuffing fish or baked lobster. Delicious as an entree when simply baked in a covered dish for 30 minutes.

8 ounces prepared dressing
Half cup melted butter or margarine

1 can undrained minced clams
1 cup water, milk or broth
1 teaspoon lemon juice
2 tablespoons grated Parmesan cheese

Combine prepared dressing, melted butter, undrained clams, cheese and lemon juice. Add liquid gradually, blending ingredients lightly but thoroughly. Stuff fish or bake as casserole.

Stuffed Beef Roll
You get eight generous serv-



TURKEY STUFFING—No two ways about it—everybody loves turkey stuffing. Here are a few ways to add that good "stuffing" flavor to fish, pork, meat loaf, salad and many other good things using prepared and packaged poultry dressings.

ings of this, using two pounds ground beef.

Meat Layer
Combine lightly two pounds ground beef, one chopped onion, one-half cup catsup, one egg, one teaspoon salt, one-eighth teaspoon pepper.

Stuffing Layer
Mix two cups prepared dressing as directed on the package, adding two tablespoons melted butter or margarine and one-

fourth cup chopped celery.

Pat meat mixture into a 10x16 inch rectangle on waxed paper or aluminum foil. Spread stuffing mixture in even layer over meat. Starting at one of short ends, roll up meat in jelly-roll fashion. Place roll, seam side down in shallow baking dish; mark top lightly into squares with a knife. Bake in 350 degree oven for one hour. Transfer roll to heated platter. Garnish with onion rings.

Tasty Meat Loaf

Delicious either hot or cold. Six generous servings. Combine one pound ground round steak, one-half Bell pepper (cubed), one pimento (cubed), two cups prepared poultry dressing, one small onion (chopped), one cup milk, salt and pepper to taste. Mix thoroughly but lightly and shape into loaf. Bake uncovered at 350 degrees, 30 minutes. Increase to 400 degrees for 10 minutes to brown if it seems necessary.

Spinach Casserole
Prepare one 8-ounce bag prepared poultry dressing according to package directions, adding one cup liquid or more to suite your taste. Add one bag raw spinach (chopped) and one small can olives (minced); then one cup grated American cheese. Blend. Heap lightly in greased casserole. Cover and bake in moderate oven for 30 to 40 minutes.

Lunches That Go to School or Stay Home
Whether your school-ager eats the noonday meal at school or at home, it takes planning and loving thoughtfulness to provide variety, interest and good nutrition. Here are suggestions:

Ham salad sandwich with dill pickle on the side, whole tomato, fresh pear, milk and brownies.

Chili con carne (in vacuum bottle if carried), crackers, carrot sticks, milk, fruit cup which can be carried in plastic dish or small glass jar and a cup cake.

Bologna or other cold cut sandwich, cole slaw, chocolate milk, apple, graham crackers.

Sliced meat loaf on whole wheat bread with lettuce leaf separate, cheese stuffed celery, hot cocoa (in vacuum if carried).

Ike Optimistic On World Outlook

Washington—(U.P.)—President Eisenhower observed the end of his first two years in the White House yesterday with the first filmed presidential news conference in history and an optimistic statement on the world outlook.

Looking little the worse for the wear after two years in the world's toughest job, Mr. Eisenhower said confidently that the national economy is good and the foreign outlook is improving, but not rosy.

Eureka Firm Buys Klamath Timber Tract

Eureka, Calif.—(U.P.)—The Robinet Logging Co., a newly formed California corporation, has purchased an estimated 150,000,000 feet of virgin Douglas fir and redwood timber along the Klamath river, it has been announced.

The transaction was described as one of the largest timber deals in northern California logging history. The exact purchase price was not announced, but it was believed to be in the vicinity of \$1,500,000.

peeled orange, cookies.

Any favored canned soup, deviled meat sandwich, radishes, milk, banana, oatmeal cookies.

Chocolate Jumbos
Delight Family

Give them any kind of cookies, so long as they're chocolate! Toss in some chopped walnuts or pecans, make them jumbo size and bake in the family's approval.

1 1/2 cups sifted all purpose flour
1 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1/3 cup salad oil
2 eggs
1/2 teaspoon vanilla
1/3 cup milk
3 squares unsweetened chocolate, melted
1/2 cup chopped pecans or walnuts

Mix and sift dry ingredients into a bowl. Make a well and add salad oil, eggs, vanilla and milk. Beat until smooth and well balanced. Fold in melted chocolate and nut meats. Drop by tablespoonfuls on greased baking sheet. Bake in moderate oven, 350 degrees, about 20 minutes. Frost or not. Makes about three dozen delectable jumbos.

Sensible Diet for Weight Watchers

Nutrition experts say that an estimated one-fourth of the adults in the country are sufficiently overweight to result in damage to health. Only way to reduce weight is to eat less calories each day than the body uses. Remember that fats contain over twice as many calories per ounce as carbohydrate and protein foods. And that fruit and vegetables are high in "filling" value but low in calories.

You'll not starve on a diet like this one which includes adequate basic foods, plenty of Vitamin C and calcium.

Breakfast for instance might consist of one-half grapefruit, two eggs, one slice toast, pat of butter and black coffee. Lunch or supper: a large chef's salad with slivers of meat and cheese with a fresh fruit cup.

Dinner: Broiled or roast beef, chicken, lamb or fish, one medium salad with orange juice, whole wheat bread, fresh fruit with or without cheese and tea, coffee or skimmed milk. Vegetable soup might be substituted for the salad at lunch or supper when desired.

Thursday, January 20, 1955

MEDFORD (OREGON) MAIL TRIBUNE—THREE

Grange

Live Oak Grange
First regular meeting of the year of Live Oak Grange was held Jan. 13, with Master Roy Cameron in the chair. Grange was opened with a seating drill by the new officers.

The charter was draped in loving memory of Florence Corban who passed away on New Years day. She held the office of Flora last year and was the Grange insurance agent.

Charles White, agricultural chairman, gave an interesting account of the county agent's meeting. Other members of his committee reported on market conditions and prices of beef, pork and poultry.

Frank Hall was elected lecturer to fill the vacancy created by the resignation of Mabel Brooks. The master's committee appointments for the coming year included Rollin Taylor, building and house; Jessie Frantz, education; Larry Sheehan, ways and means; Letsy Miller, decorations. He also presented pins to members who attended 20 or more meetings during the past year.

Refreshments were served by Mr. and Mrs. Phil Strahan and Mr. and Mrs. Bernie Kearns.

Jackson County Pomona Grange will meet at Live Oak Grange, Rogue River, Saturday, Jan. 22, 10 a. m. All Grangers are cordially invited to attend.

Portland—(U.P.)—Oregon's 1955 turkey crop is expected to be four per cent smaller than that of last year, according to the agricultural marketing service of the U.S. Department of Agriculture.

Few Words Describe Man's Freedom Fight

Avoca, Wis.—(U.P.)—In fewer words than required to write this story, the history of one man's fight for freedom is inscribed in a country churchyard here.

It tells how Wincenty Dajewowski forsook great wealth to become a common laborer but a free man in America.

A seven-foot high monument to Dajewowski, a Pole bears this inscription:

"Born a nobleman of great wealth, Wincenty Dajewowski embraced in 1830 the tenets of the Polish revolution.

"His cause defeated, his wealth confiscated, he secured exile to America from Nicholas of Russia through the intercession of his friend, Ferdinand of Austria. Sailed from Trieste, November, 1832. Arrived in New York, March, 1834.

"Began his trek westward May 21, 1835. Engaged as a smelter of ore with Wm. S. Hamilton of Galena, Nov. 17, 1835. On Sept. 4, 1838, he took up his first tract of government land, now Avoca.

"He became an American in spirit as well as by adoption."

Salem—(U.P.)—Nearly \$57,629 in revenues from a tax on manufacturers and distributors of alcoholic beverages has been apportioned to Oregon cities and counties for the quarter ending Dec. 31, according to Secretary of State Earl T. Newbery.

McKay Suggests Three To Aid Klamath Indians

Salem—(U.P.)—Representatives of the Klamath Indians met here Tuesday and were given the names of three men suggested by Interior Secretary Douglas McKay to aid in problems concerned in making the Klamath reservation free of federal control.

Submitted as members of the board of management consultants were the names of Tom Waters, former mayor of Klamath Falls; William L. Phillips Sr., retired Salem businessman, and Eugene Favell, Lakeview attorney. The names were submitted by Don Foster, area director for the U. S. Bureau of Indian Affairs.

There's only one SKIPPY

BEWARE OF IMITATIONS

LOOK FOR THE HAPPY LITTLE DOG

TOPS IN QUALITY!

LOW IN PRICE

KEEP YOUNG!



DRINK LOTS OF EXTRA-RICH FLAVORFUL

Jorgensen's . . .

ALL JERSEY PREMIUM MILK With Nearly 10% More Food Value

To Stay Young drink LOTS of the milk that has such a generous measure of "what it takes" to build hardiness and health. Jorgensen's ALL JERSEY PREMIUM MILK has near 60 MORE energy units per quart than ordinary milk - has MORE VITAMINS above the cream line. MORE calcium, protein and sugar below the deep cream line. Drink it at meals and between meals . . . you'll LIKE IT - You'll FEEL BETTER!

At Your Grocer or Phone 2-7191 for Daily Delivery

It's a BIGGER Job Now! MARCH OF DIMES

PAULSEN'S THRIFT MARKET
CENTRAL POINT
Lots of Free Parking Space!

Look! Announcing —The— MEAT DEPT.
At both Paulsen's Thrift Mkt., Central Point and Elk City Mkt., Medford.

ARE NOW OPERATED BY DALE BARTLEY
Formerly Manager Big Y Meat Dept.

Dale cordially invites YOU to come in and see his Fine Selection of CHOICE MEATS. For your convenience in shopping . . . Dale has set up a self service meat counter at the Elk City Market. Only top quality meat at the lowest possible prices will be featured in both markets.

SLICED BACON Eastern 39¢ lb.

SPUDS No. 2 50 lbs. 99¢
BANANAS FANCY 2 LBS. 27¢
Avocados 3 FOR 25¢

SPAM EACH 35¢

TISSUES Scotties 400 Count Box 5 for \$1.00
EGGS AA LARGE FRESH AND FIRM FROM OFFORD'S RANCH 47¢ DOZEN

PRICES GOOD FRIDAY AND SATURDAY ONLY!
Central Point's Most Complete Shopping Center
WE RESERVE THE RIGHT TO LIMIT QUANTITIES

No Other CHILI CON CARNE Gives You So Much TOP-QUALITY TENDER BEEF



And for the best in catsup, too— get DENNISON'S—more real, rich tomato goodness in every ounce!