

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Apples Add Taste Appeal To Meat, Macaroni Specialties

California excels in citrus growing, Oregon takes plaudits for pears, walnuts, filberts, apples and Washington State points with special pride to its apple bowl. In western Washington, nature conspires in soil, sun, altitude, rain, long days and cool nights to produce firm apples with crisp textures. Here, 5,000 growers produce one third of all the apples consumed in America; 35,000 acres of irrigated land with 1,500,000 trees. Here grow the red Delicious, the golden Delicious, the Jonathan, Rome Beauty, Winesap and the Yellow Newtown to help satisfy a nation's pleasure in apple eating.

No question about it, most apples are eaten out-of-hand. That is why we want to talk about apples as an ingredient. Taste experts agree that tart apple flavor lends distinction to many

"dishes" and particularly to meat combinations and macaroni products. Like this:

**Apple Meat Balls**  
In Noodle Ring

Now and then a certain editor laughingly accuses food writers of "making up the queerest combinations." We just want him to know that this is as good as pancakes with grated apple added and surely he knows how wonderful they are!

**Apple Meat Balls**  
Combine 1 1/2 pounds freshly ground beef and 1/2 pound pork sausage with two Winesap apples that have been peeled and grated medium fine, 1 1/2 teaspoons salt, 1/2 teaspoon pepper, 1/4 teaspoon celery seed, one beaten egg and one cup soft bread crumbs. Shape into small balls, roll in flour and brown in two tablespoons hot shortening.

Place meat balls in a casserole. To drippings left from frying meat, add one cup water and



**APPLE MEAT BALLS**—Fine time for feeding the family these Wenatchee apple meat balls in noodle ring. Apples have special affinity for ground meat and for macaroni products. They are featured in today's food columns.

one medium size onion that has been thinly sliced; bring to boil, stirring. Pour over meat balls. Cover and bake in a moderate oven, 350 degrees for 45 minutes. Six servings.

**Noodle Ring**  
Cook one package (eight ounces) noodles according to the package directions. Drain. Combine three slightly beaten eggs with one teaspoon salt, one-eighth teaspoon pepper, three-fourth cup milk and one tablespoon melted butter; add to hot noodles and spoon into a well-greased 10-inch ring mold. Set in a pan containing one inch water. Bake in moderate oven, 350 degrees (same as meat balls) for 45 minutes or until a silver knife inserted in center comes out clean. Loosen ring from pan by running thin bladed knife around edge, then invert over serving plate. Fill with meatballs and gravy. Family will ask for more again soon.

**Apple Noodles Good Too**  
Diced red apples and broad noodles become fancyfare in this quick and easy dish. Serve with any pork, bacon or sausages. Four servings.  
Cook four ounces broad noodles in boiling salted water until tender (about five minutes).

Drain and rinse. Add two tablespoons brown sugar to one-fourth cup pork drippings in skillet, melt; add two cups unpeeled and diced red apples and cook two minutes. Lightly fold in noodles. File in hot serving dish.

**Apples for Health**  
We're talking about apples in January because they're packed with good nutrition because they aid good digestion and are one of nature's great "protective foods" for fighting winter germs. They build better teeth and they provide dieters with essential protective minerals and vitamins while being low in calories, fats and protein.

**Apple Buying-Storing**  
From now on, special care must be given apples. For eating and for use in fresh salads, apples which are crisp, juicy and tender-skinned are best; for cooking, choose apples with firm, fine-grained meat that will hold texture under cooking process.

For storing, apples retain crispness and flavor when stored in the refrigerator at cool but not freezing temperatures. **Raisin Caramel Rolls**  
Recipe to be Treasured

We're proud of this recipe because it makes some of the very best rolls we've ever tasted. Easy to make, certain to turn out perfectly. Sure to win family plaudits—and isn't that what we cook for?

2-3 cup seedless raisins  
2 cups sifted all-purpose flour  
1/4 cup granulated sugar  
1 teaspoon salt  
1-3 cup shortening  
2-3 cup milk  
2 tablespoons melted butter  
2 tablespoons cinnamon  
1/2 cup brown sugar (packed)  
1 tablespoon corn syrup

Rinse raisins and drain. Sift together flour, sugar, baking powder and salt. Cut-in shortening; add raisins and milk and mix well. Roll out to rectangle about 9x15 inches. Spread with one tablespoon butter; sprinkle with cinnamon and roll long side as for jelly roll.

Now cut into nine one-inch slices. Spread remaining butter in eight-inch square pan. Combine brown sugar and corn syrup and spread over butter. Place rolls cut side down in sugar. Bake in moderately hot oven, 375 degrees, about 25 minutes. Turn out sugar side up. Such rolls!

**Add Sour Cream for Taste Appeal**

Fresh, commercially made sour cream has a mellow-tart flavor that blends perfectly with almost any food; make favorite foods taste even better; add a chef's touch.

In cream style soups, fold in or float a teaspoon or so of sour cream; sprinkle with paprika and/or chopped parsley.

In sandwiches, use sour cream as you do mayonnaise. Specially emphasizes taste of beef, fish and peanut butter. Use as little or as much as you like.

In salads, try sour cream on bite-size chunks of lettuce or romaine, tossed lightly. Maybe

## Gold Mined from Air In Iowa Factory

Fort Madison, Ia.—(U.P.)—They don't dig for gold in this town. It's "mined" from the air—thanks to electronics—in the gold pen department of a local firm.

The air, containing minute particles of gold from pen point grinding and polishing, is carried by exhaust ducts to a giant precipitron where it is charged with 13,000 volts of DC current. The charged particles are then attracted to plates charged with the same voltage. Each night the gold dust is automatically flushed from the plates and salvaged. The big precipitron will "pan" gold particles as small as 1/250,000th of an inch.

The company estimates that it salvages approximately \$200,000 a year in gold dust from the aprons of its craftsmen, work benches and the floor. It has no figure on the air salvaging because the operations is so new, but it is expected to be more than the cost of the electronic equipment.

add a bit of salt, pepper and lemon juice if your family likes more seasoning.

In toppings for desserts and fruits, sour cream adds distinction and flavor interest.

In cooked dishes, sour cream tones up and brings out good meat, fish and vegetable flavors.

## Pineapple Spice Drop Cookies Hawaiian Favorite

Last summer at the American Home Economics Association convention in San Francisco, your foods editor visited with two young home economics students from the University of Hawaii, guests of Dole Hawaiian Pineapple company; watched them make these "favorite" cookies. We made a batch again yesterday, found them just as good as remembered. Hope you like them!

1/2 cup shortening  
(part butter for flavor)  
1/2 cup brown sugar  
(firmly packed)  
1/2 cup granulated sugar  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/4 teaspoon cloves  
1 egg

2/3 cup drained crushed pineapple (buffet size can)  
2 cups sifted all-purpose flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 teaspoon salt

Mix shortening, sugars, spices and egg together until thoroughly blended. Stir in drained crushed pineapple. Sift remaining dry ingredients together into creamed mixture and mix to a moderately soft dough. Drop by teaspoonfuls onto ungreased cookie sheet. Bake in pre-heated oven, 375 degrees for 12-15 minutes or until lightly browned. Remove immediately from cookie sheet to wire racks to cool. Three dozen medium-size cookies.

## Appearance Alone Does Not Determine Quality

As a general rule, the higher priced fresh fruits and vegetables are the ones that have a better appearance. These are free from wasteful cracks, blemishes and decay. They give more value because of less waste from paring away the unusable parts.

On the other hand, citrus fruits may be bronzed or russeted in color and still have plenty of juice; pears often have a russeted appearance and apples minor skin blemishes, yet their flesh may be excellent for your purpose.

Corrots without tops may be just as fresh as those with tops while slightly over-ripe tomatoes or wilted celery may be entirely satisfactory for soups and other ingredient uses.

Thursday, January 27, 1955

MEDFORD (OREGON) MAIL TRIBUNE—THREE



**DISPLAY PROOF**—Federal troops occupied El Amo Airport at La Cruz, Costa Rica and hold up a blanket found there which has the insignia GNDEN, which they say can only mean "National Guard of Nicaragua." This evidence was flown to San Jose for inspection by members of the Organization of American States.

The writings of Marco Polo disclosed that 13th-century China had a highly developed postal system. "Horse posthouses" were maintained at 25-mile intervals on highways radiating from Peking to various provinces, and 400 horses were kept at major stations. The system had parcel-post and special delivery features.

There's only one  
**SKIPPY**  
BEWARE OF IMITATIONS  
LOOK FOR THE HAPPY LITTLE DOG  
**TOPS IN QUALITY!**  
**LOW IN PRICE**

## Good News For Mothers:

# Blue Bonnet Margarine Gives Your Children ALL THE NOURISHMENT OF THE "HIGH-PRICE" SPREAD

Yes, BLUE BONNET Margarine is good for your family. Compared to the "high-price" spread, BLUE BONNET gives you: All the Milk Minerals—the calcium and phosphorus. It gives all the Vitamins—four times more Vitamin D, more dependable Vitamin A each pound, the year round, and Vitamin E. And it gives all the valuable Food Energy of the "high-price" spread.

**USE IT GENEROUSLY**  
You can afford to make the most of BLUE BONNET's nutritious goodness—on your table and in cooking. It delights you, every pound. For BLUE BONNET is smooth spreading... so fresh tasting. It melts on your tongue instantly, with a burst of the sunny-sweet flavor you love. Get BLUE BONNET Margarine for all 3: Flavor! Nutrition! Economy!



**GOOD TO GROW ON!** All the Milk Minerals, Vitamins and valuable Food Energy of the "high-price" spread are in today's BLUE BONNET Margarine.

Rain or shine, my linens are fresher, whiter, safer because I use CLOROX!

**CLOROX** makes linens more than white... it makes them sanitary, too!

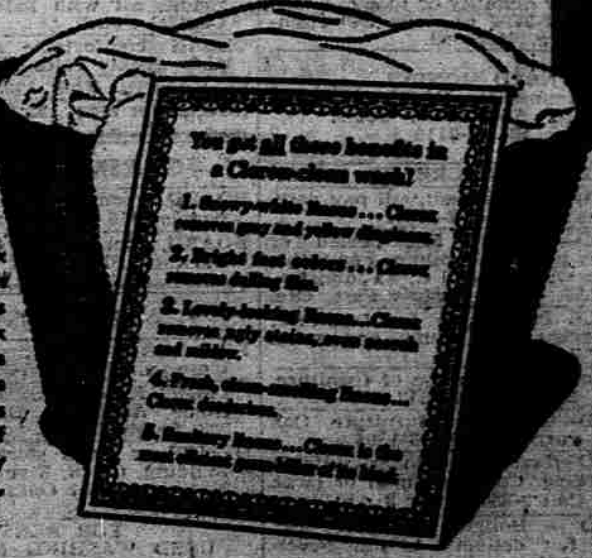
Even when dried indoors, Clorox-don cottons and linens are fresh, clean smelling... for Clorox deodorizes. They're snowy-white, too... because Clorox removes discoloration, stains, even scorch and mildew. What's more, they're safer for your family's health... no other home laundering product equals Clorox in germ-killing efficiency!

Clorox is extra gentle, safe to use on your finest white or color-fast cottons and linens. For Clorox, is free from caustic and other harsh substances... made by an exclusive, patented formula. And there are no gritty particles in Clorox, a liquid, to damage your wash or washer.

Bathrooms are fresher and safer, too, when they're CLOROX-clean!



Routine cleaning with Clorox gives bathroom surfaces fresh new beauty, for Clorox removes dulling film and stains. Clorox also deodorizes and disinfects... without rubbing! Hundreds of public health departments recommend the Clorox type of disinfection. You'll find many household uses, and directions, on the label.



# PAULSEN'S THRIFT MARKET

CENTRAL POINT  
Lots of Free Parking Space!

New Swift's Premium 12-oz. Can  
**Chopped Beef**  
3 for \$1.00

Betty Crocker  
**PIE CRUST MIX**  
GIANT 18-OZ. PACKAGE  
2 for 55¢

Del Monte  
**PINEAPPLE** Crushed Flats 2 for 27¢

North Dakota RED  
**Spuds** 10 LBS 49¢

FRESH TASTY  
**Broccoli** 19¢ Each Bunch

**GRAPEFRUIT** 8-lb. Bag 39¢

**GROUND BEEF** 4 lbs. \$1.00

**BEEF ROAST** U.S. Choice LB. 49¢

**RED SNAPPER** Ocean Fresh LB. 29¢

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