

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Tuna Mousse with Asparagus Treat

Here we combine plentiful canned tuna with frozen or canned asparagus to satisfy the family's desire for a taste of springtime ahead of the fresh asparagus. A "mousse" is a chilled, molded portion of the French which we adopted long ago and enjoy often. Six servings.

- 2 teaspoons gelatine
- 3 tablespoons cold water
- 1/4 cup mayonnaise
- 1/2 cup chopped celery
- 2 small or 1 large can tuna
- 1/2 cup whipping cream
- Lettuce or other greens
- Cooked asparagus tips (canned or frozen)
- French dressing

Sprinkle gelatine over the cold water and dissolve over hot water. Stir into the mayonnaise and cool until it begins to congeal. Add celery and finely flaked tuna and a little salt. Fold in the whipping cream (having whipped it). Place in a small loaf pan or other mold which has been rinsed with cold water and chill until firm. Unmold, slice and serve on lettuce or other greens. Garnish with cooked asparagus tips which have been marinated in French dressing.

**Lemon Glazed Carrots.** Cut pared carrots into thin circles, drop in boiling salted water and cook until barely tender. Melt in a skillet a large lump of butter; add four tablespoons sugar and the juice of one lemon. Simmer until sugar is dissolved. Add the carrots and cook until most

of the liquid is gone, turning occasionally.

**French Bread Trick.** Ever tried mixing a little freshly ground black pepper with melted butter and brushing it on slices of French bread before slipping it into the oven to heat through. Fine accompaniment for green or vegetable salads.

**Peppercorns** are the whole pepper berries. They add a special pungent flavor when used in soups and stews. Some people like to bruise the berries slightly with a mortar and pestle or rolling pin before adding them to the food.

## Ham 'N Cheese Strata Given New Underpinning

Cheese Strata has long been a favorite luncheon or supper specialty; a casserole of cheese or one blending ham and cheese in a delicate custard. Recently we made it with shredded wheat instead of the usual bread and the family liked the texture and flavor very much. Company fare, too! Four servings.

- 4 shredded wheat biscuits
- 1/2 pound sharp cheddar cheese
- 1/4 pound sliced boiled ham
- 2 eggs
- 2 cups milk
- 1/2 teaspoon prepared mustard
- Salt and pepper.

Split shredded wheat biscuits in half lengthwise, cutting along side seam with scissors. Place bottom halves in individual casseroles. Slice cheese; arrange on biscuits. Top with sliced ham. Beat eggs, add milk, mustard, salt and pepper. Pour in casseroles. Cut top half of biscuits



**JAM IN JANUARY**—Delicious strawberry or red raspberry jam can be made right now or whenever you wish, regardless of the time of year, without the usual cooking or boiling. It is possible simply by using frozen berries and the new uncooked jam recipe developed by the makers of M.C.P. powdered pectin. This uncooked jam is rich and flavorful for all true natural berry flavor and color are kept intact because the usual cooking and boiling are eliminated. Frozen berries are expensive, but so economical is this wonderful uncooked jam recipe that you get 13-half pound glasses at a cost of less than 15 cents a glass; and the recipe takes only minutes to make and requires a minimum of work. You'll be wanting to make these wonderful berry jams right away; and what a surprise the family will get when you serve them fresh-made berry jam this time of year. Here's the recipe:

(1) Partially thaw 3-16 ounces, or 4-12 ounces, or 5-10 ounce packages of frozen strawberries or red raspberries, and put them in a 2 or 4 quart kettle. With potato masher, crush berries thoroughly to obtain enough liquid to dissolve the pectin. Place kettle on slow fire and warm to 100° F. (temperature for baby's milk). No

hotter please! Remove from fire. (2) Sift 1 (package M.C.P. powdered pectin) (one 3 1/2-ounce package powdered pectin) into thawed berries, stirring vigorously. Set aside for at least 20 minutes, stirring occasionally to assure that pectin is fully dissolved. (3) Stir in 1 cup light corn syrup and mix well. (4) Now, stir in 6 level cups beet or cane sugar (previously and accurately measured). Mix well. (5) With red raspberries, the jam is ready to eat when sugar is dissolved. With strawberries, add 1/4 cup lemon juice after sugar is dissolved; mix well. Makes 5 full pints or 13 (1/2 pound) glasses. (NOTE: If jam is to be kept for a time, put in pint jars or paper cartons, well covered, but paraffin not needed, and chill for 24 hours in deep freeze, or freezing or ice cube compartment of refrigerator. Then, store as you would milk, and use as desired. Never store these jams on pantry shelf. They will not keep without refrigeration.

These uncooked jams can be made only with the powdered pectin specified in the recipe. If you'd like to have a complete Recipe Folder on these uncooked jams, you can get one free by writing to Mutual Citrus Products Co., Anaheim, California.

in four pieces and place on top of each casserole. Dot with butter or margarine. Place casseroles in a pan with about an inch of hot water and bake in moderately slow oven, 325 degrees for one hour and 10 minutes or until "set."

## Herb Butter

Give lift to midwinter meals with herb butter, using fresh or dried herbs such as thyme, sweet marjoram, savory, chervil, chives or parsley blended with butter or margarine. So appetizing, satisfying when spread on sandwiches, used to season poached or scrambled eggs or spread on broiled or fried fish or meat.

Use about one half teaspoon dried herbs (twice as much fresh) with four tablespoons (half cube) of butter. Dried herbs may be allowed to stand a few minutes with a little lemon juice before mixing with butter. Herb butter will keep for several days in covered jar in refrigerator.

**French Fried Pimientos.** Serve these to brighten the meat platter, to complement other vegetables. Cut canned pimientos into strips, halve or leave them whole; dip into pancake or other batter and fry quickly in deep fat.

**Eggs, Turkeys, Lamb, Fish, Citrus, Canned Corn, Beans.**

## Head Plentiful

Month's end finds budgeteers buying eggs which have been gathered by the billion by United States poultrymen with the west coast producing considerably more than its share. Actually, record-breaking egg production last year was estimated at 85 billion eggs with comparable production continuing. Enjoy more good eggs more often!

**Heavy turkeys** are much the best buy; however, medium sizes make very good eating at reasonable cost because of all that good stuffing and gravy.

**Western lamb** is plentiful and the cuts other than legs and fancy chops are genuine bargains. Plan a lamb stew with seasonal vegetables or add a bit of curry powder and serve with plentiful rice. Braised or barbecued breast of lamb is so satisfying, costs a trifle.

**Fish and Shellfish.** Many are finding eating delight in plentiful shrimp at reasonable cost. Try french frying shrimp in any pancake batter, being sure to remove the shrimps sand veins. Abundance of frozen halibut and haddock filets to be salted, peppered, brushed with butter and broiled. Canned tuna supplies are at record highs.

**Citrus Fruits** lead the fruit parade. Plenty of oranges and grapefruit in fresh form, canned grapefruit segments, canned and frozen concentrated juices. Loose apples are a good buy.

**January is Canned Foods Month.** Stock up on your family favorites which probably will include sweet corn and green beans which are being offered at very attractive prices due to record crops. Buy them now by the dozen or case if budget and storage space permits.

**Other specials** include dried beans including pink, pinto, small red, large lima and baby limas. There's an abundance of rice. Small dried prunes are high in quality, reasonable in

price with biggest crop since 1947. Lard, vegetable fats and oils, almonds and raisins are in ample supply.

**Vegetable buys** include banana and Hubbard squash, Brussels sprouts, bunched beets, radishes and turnips, topped carrots, celery, cabbage, onions and potatoes. In light supply right now are beans, broccoli, cucumbers, Bell peppers, summer squash and tomatoes. Watch this newspaper's advertisements and watch store displays for special sales events.

**Spokane**—(U.P.)—President Eisenhower will deliver the 1956 commencement address at Whitworth College.

**Portland**—(U.P.)—Oregon's wheat stocks of as Jan. 1, 1955, totaled 58,864,000 bushels for a marked increase over the similar time last year.

## General MacArthur Returns To New York

New York—(U.P.)—Gen. Douglas MacArthur was back in New York today after celebrating his 75th anniversary in Los Angeles with a major speech on war and foreign affairs.

MacArthur told reporters at La Guardia field when he arrived last night that he enjoyed a "grand reception in Los Angeles." He ignored requests for comment on the Formosa crisis. In his West Coast speech, the general called for the abolishment of war.

He was accompanied last night by his wife, Jean, and Maj. Gen. Courtney Whitney (ret.).

About 5,000 trucks enter or leave New York city every day.

## Boy Scouts

Post 3

The Eagle Award, highest rank in the Boy Scout program, was presented to Richard E. Arnold of Explorer Post 3, Medford, at a special Eagle Court of Honor held last night.

The ceremony was held in the living room of the Frank Van Dyke home, 22 North Modoc ave., with many friends, Scouts and Scouters present, and was the highlight of an evening's activity by Post 3 which included a progressive dinner.

Members of the court of honor were J. A. McDougal, Council commissioner, chairman; Nick Gier, institutional representative of the Medford Lions Club, sponsor of Post 3; Ed Kliever, chairman of the Post 3 committee and Cliff Hanson, scout executive. Presentation of the Eagle award was by R. D. Church, Big Pines district chairman, who paid tribute to Dick for his work in Scouting, DeMolay, school, church and the community. Mr. and Mrs. Arnold were commended for their support of Scouting and interest in their son's progress; also commended was Ray Seely, post advisor, for his leadership of Post 3.

The Rev. William C. Piper of The First Christian church, Medford, spoke briefly on the importance of the occasion and challenged Richard to continue following the ideals of Scouting throughout his life. He pointed out that the "God and Country" award was also worn by Dick, the medals appearing adjacent to each other above the left pocket lapel.

## WEATHER BY United Press

Northern California: Generally fair but local fog in valleys; variable high cloudiness north portion.

## Oregon Education Conference Planned

Salem—(U.P.)—Gov. Paul L. Patterson has appointed a committee of nine to plan an Oregon conference on education.

The recommendations of the Oregon committee, the governor said, will have much to do with the success and benefits to be obtained from the White House conference on education.

On the Oregon committee are Gardner Knapp, Salem; Dr. John R. Richards, Eugene; Rev. Martin Thielen, Portland; Leo Samuel, Portland; Mrs. Antonia Crater, Newberg; Dr. Rex Putnam, Salem; Hubert Armstrong, Newberg, and S. L. Brogitt, Helix.

The Oregon committee will meet Tuesday, Feb. 15.

## Portlanders Seeking Action on Starlings

Portland—(U.P.)—Residents in a four square block area here were circulating petitions today seeking action on behalf of the city to drive out a colony of starlings.

Persons living in the affected area said the flock first appeared about three years ago and has grown in size every year.

The birds, an import from England, have long been termed a nuisance in several eastern cities, including the nation's capital. All attempts to drive them out have failed in the east. Some residents in the infested area of Portland area claim they actually use umbrellas for protection.

The birds usually arrive in December and disappear in the late spring.

## Remains of Iwo Jima Hero To Lie in State

Phoenix, Ariz.—(U.P.)—The body of Ira Hayes, one of six Marines who raised the United States flag atop Iwo Jima's Mt. Suribachi, will lie in state today in the Arizona state capitol building.

About 2000 Indians and white men crowded into Cook Memorial Presbyterian church at Sacaton, on the Pima Indian reservation for funeral services yesterday for the war hero.

A fellow tribesman, Rev. Esau Joseph, conducted the services for the Marine hero, saying:

"He fought for all of us, he battled in our behalf, many of his comrades did not return. Let us remember these words, 'Let not your heart be troubled.'"

Hayes will be buried in Arlington National cemetery in Washington, D.C., Feb. 2.

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