

Feeding the Family

By ZOLA VINCENT
Food Editor

Blasting Some Milk Fallacies

Certain popular fallacies about milk have no scientific basis. One of them is that fish and milk should not be eaten together; nor fish and ice cream. Good evidence of this fallacy is the fact that fish chowders and oyster stew made with milk are very good.

Nor is there any reason why acid fruits and milk cannot be eaten together. Actually the curd produced in the stomach by a mixture of fruit acids and milk is finer and easier to digest than the milk curd produced by the stomach acid alone.

Another fallacy is that milk is a constipating food. Far from it. Milk is quickly and thoroughly digested because it contains no roughage, contributes no residue. Also, if Junior wants to gulp his milk or to drink it straight down without seeming to stop for breath, let him do it. There's no special advantage to sipping or drinking slowly beyond observing the social amenities.

Spanish Snap Beans

Use up some of your extra share of the abundance of canned green beans in this good way. Four servings. Heat one tablespoon fat and brown one tablespoon chopped onion and one-third cup chopped green pepper in it. Add one cup cooked or canned tomatoes and cook slowly about 15 minutes. Add can of green beans; salt and pepper to taste. Heat thoroughly and serve topped with tiny bread cubes that have been sautéed in cooking oil.

Smothered Steak

Steak in any form is a favorite with the children. Popular round steak is best when braised which means longer, slow cooking.

Coat one-half inch thick sprinkle with salt and pepper. Brown well in a little hot fat; add one-half cup water or tomato juice. Cover and cook over low heat for about one hour. Completely cover with sliced onions and sprinkle with salt, pepper and paprika. Add a little more liquids, if necessary. Cover and continue cooking another half hour or until meat and onions are tender.

Sweet Potatoes and Apples Make Good Eating

There's an abundance of improved red sweet potatoes; those with the lighter skin. Since you're going to boil these anyway, why not pick out the smaller, long slender ones or the chunkier instead of the uniform baking size?

Nature hasn't heard about this consumer preference; keeps on producing an assortment of sizes, all of which have to be marketed thereby presenting a problem to sweet potato growers. Let's help them. The same fine flavor and good nutrition

is in all sizes.

For a fine dish, wash and boil seven or eight long slender sweet potatoes or four of the chunkies; drain, peel and cut into half inch slices. Pare and slice three medium apples; place alternate layers of sweet potato slices and apples in greased casserole, sprinkling each layer of apple with sugar using half a cup of sugar altogether and topping each layer of sweet potato with butter, using perhaps one-fourth cup of butter. Add one cup water, cover and bake in moderate oven, 350 degrees, 30 minutes. Remove cover and bake 15 minutes longer to brown top. Six servings.

Fried Canned Corn

Another taste delight using some of the overly plentiful canned corn that is offered at such reasonable cost. For four servings, melt two tablespoons fat in pan; add one-half cup chopped onion, one-half cup chopped green pepper, can of whole-kernel corn (drained), salt and pepper to taste. Cook until vegetables are lightly browned; add one-fourth cup top milk, half and half, cream or sour cream, and heat.

Chili Beef Stew

If your family likes beef stew, give them extra taste treat by flavoring with chili powder for a change. Four two pounds of beef, start with one teaspoon chili powder; add more if the family really likes it. Especially good when canned tomato juice or sauce is used in stew-making.

Turnips and Peas

For a change, combine seasoned diced turnips and seasoned green peas.

Prunes, Rice, Canned Corn Among Many Plentifuls

One hundred and eighty four thousand tons of dried prunes that was last year's "crop" and nature ran far heavier on the smaller sizes which means that the smaller sizes are lower prices. Prunes don't have to be big to be good. Size doesn't affect quality. These big-value, small-size prunes are packaged 70 to 85 to the pound. They're tender and have high vitamin and mineral values. They plump up to pleasing size when cooked. Have some!

Rice is low in cost, high in energy giving values. Supplies are large and varieties are great. There's regular white milled rice, brown rice, enriched rice, pre-cooked rice, ready-to-eat rice. There's puffed rice, flaked rice, rice krispies, cream of rice and even rice curls which are a snack food. Add some form of rice to your next shopping list.

Canned sweet corn and canned snap beans are so plentiful that food writers are asked to encourage their increased use. Quality is particularly high because of last year's very good "growing weather." Both items

are pantry staple. Put in a supply; use them more often. Season canned corn with minced green pepper or parsley. Pep up green beans with chopped bacon, salad oil and lemon juice, horseradish, celery seed or dill. Add almond leaves for crispness; sliced mushrooms for something very special.

Fish and Shellfish

Varieties are many. Try new kinds that you see displayed. Use plentiful shrimp in cocktails, soup, main dishes, salads. Fish fillets and fish sticks are good values, solid eating. Lots of halibut for baking and for steak-style cooking.

Dairy Products

Milk production continues at high levels. All types of cheese make good Lenten season dishes. Macaroni and cheese once a week is a fine budget item.

Fruit Buys

Citrus fruits head buys; of excellent quality, reasonable to bargain-priced in both fresh and processed form. Other available fruits are apples, lemons, avocados, winter pears, grapes.

Vegetable Buys

Good supplies of local cabbage, parsnips, topped carrots, onions, potatoes, cauliflower, celery, lettuce, peppers, rhubarb, spinach, sweet potatoes, winter squash.

Garlic Best when Secret Ingredient

Strong man of the onion family, second cousin to the Easter lily, garlic has served nobly and well for centuries though often misunderstood and much maligned. Unlike many seasonings, garlic must be used with care and good judgment. A "whiff," a "breath" or faint "bouquet" is all that most dishes need. Many maintain that if you can taste the garlic, you've used too much.

Two Wholesalers Cut Coffee Prices

San Francisco (U.P.) — Two major Bay Area coffee wholesalers, Hills Brothers and MJB, cut the wholesale price of coffee 5 cents a pound today.

It was expected that retailers would pass the cuts along to their customers in the immediate future.

The Folger Coffee Company announced a similar cut effective today or Monday.

A spokesman for S & W Fine Foods said his company already had been 5 cents a wholesale pound under the list of other major companies, but that S & W has not decided whether to make a further cut.

Raw Garlic Uses Many

One of the simplest ways to use raw garlic is to peel off outer wrapping, then spear it on a toothpick for easy removal after it has contributed its pungent flavorful "whiff" to cooking, baking, sauce or salad dressing. Those who fancy more than a whiff, use raw garlic, chopped very fine or minced, use a garlic press or press it in a simple mortar with pestle. . . . and also keep handy garlic powder and/or garlic salt which is garlic powder blended with salt. West coasters like garlic touch in soups, chowders, stews, with fish and cheese as well as the traditional association with roast lamb, hamburgers, steaks, salads and salad dressings.

Garlic Butter. Allow one clove of garlic to stand two hours in one-fourth pound softened butter; remove garlic before using as spread. Or use finely minced garlic or garlic

Master Points Awarded for Camp White Club

Camp White — Master points were awarded to winners of last week's session of Camp White Duplicate Bridge club. Two sections of players took part.

Section A winners, north-south, were William Isaacs and John Solheim, first, 70½ points; Mrs. B. B. Hughes and Mrs. L. S. Johnson, second, 68 points; Mrs. George Dean and Mrs. B. L. Sanderson, third, 67. East-west winners in this section were Mike Dillon and John Peterson, first, 77½ points; Mrs. Clifford Howard and Marion Milne, second, 76½; Mrs. Fred Purdin and Asa Kimball, third, 72½ points.

Section B winners, north-south, were Mr. and Mrs. Paul McDuffee, first, 67 points; Mrs. T. J. Fuson and Ray Wise, second, 56½; Mrs. Frank Baker and George Choate, third, 55 points. Winning east-west were Mrs. Mary Steppett and Arthur Scarseth, first, 55; Mrs. Alto Pruitt and Lester Holiday, second, 51½; Mrs. Josephine Clark and Mrs. Oda Thomason, third, 44½ points.

The American Legion auxiliary prizes for February went to Walter Grow, first; John Solheim, second and Marion Milne, third.

A buffet supper followed cards. Asa Kimball and Mrs. Milne were co-chairmen, assisted by Mr. Grow and Mr. Solheim. Ben Anderson took charge of coffee making. A centerpiece of green and white wood fiber carnations designed by Mr. Kimball centered the table.

Caroline Obenchain Passes at Klamath; Relatives Live Here

Klamath Falls — Mrs. Frank Obenchain, 77, an early-day resident of Jacksonville and the sister of three Jackson county people, died here yesterday after an illness of three weeks.

Born Caroline Bertha Wendt, she was a native of Clatonia, Neb., but moved to Jacksonville at an early age. In 1902 she went to Bly as the bride of Frank Obenchain, and lived the rest of her life in the same farm home. According to the Klamath Falls Herald and News, she "became noted for her hospitality to friends, travelers and to sportsmen who visited Bly."

She leaves her husband and three sons, Matt, Frank and Harry Obenchain—all of Bly; a daughter, Miss Marie Obenchain, Klamath Falls; two brothers, Chester Wendt, Jackson county commissioner, and Harry Wendt, both of Medford; two sisters, Mrs. James Issett, Medford, and Mrs. Arthur Chase, Ephrata, Wash., and two granddaughters and two step-grandchildren.

Funeral services will be held at 2 p.m. Saturday from Ward's Klamath Funeral home, with final rites and interment to follow in Klamath Memorial park.

Seventh Fire Fatality Claimed in Portland

Portland (U.P.) — Arthur Linklater, 74, Portland, died in a house fire today to become the seventh fire fatality in three days in the Portland area.

Firemen removed the elderly man from the upper story of the home but he was pronounced dead at a local hospital.

Five persons died Wednesday in the Lind hotel fire and a dairy farm worker burned to death early yesterday in a bunkhouse fire.



DIVIDEND NOTICE

The Board of Directors has declared a distribution from net realized gain on investments of 8.2¢ per share, and a dividend of .3¢ per share from net investment income, payable March 31 to shareholders of record March 11, 1955.

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