

Feeding the Family

By ZOLA VINCENT
Food Editor

Feed the Family Flowers That Bloom in the Spring

"Come the spring with all its splendor—". Even the mythical Hiawatha aided by Longfellow could not have dreamed of a more lush land than is to be found in our part of the country right now. The earth, the shrubs, the orchards... all nature is burgeoning; promising an abundance of beauty... and of good things to eat.

Beautiful and delicious food

flowers that bloom in the spring are readily available, increasing in supply right along. Cauliflower and broccoli are undeveloped buds of two favorite members of the cabbage family. Artichokes are flower buds of a perfectly beautiful thistle.

Rhubarb as it unfurls its leaves of palest green on its spike of cherry red is a thing of beauty as well as spring eating delight. Now for a swift descent to practicality.

When you buy plentiful broccoli, look for green color in the heads as well as the leaves and stems. Size of heads may vary but this bears no relation to the eating quality. Buy two pounds for four servings. Wash well and trim a bit off the stem end but do not remove the stems. If stems are large, cut lengthwise gashes through them. Drop cleaned broccoli into a small amount of boiling, salted water. Cover and cook quickly just until tender, 10 to 15 minutes. Serve at once with salt, pepper and melted butter or blend two tablespoons fresh lemon juice with mayonnaise and serve over hot cook broccoli.

Cauliflower Cookery
Cauliflower, like broccoli, belongs to the cabbage clan. Buy one large head (about three pounds) of cauliflower for four to six servings.

Enjoy Halibut Steaks
With Mustard Dumplings

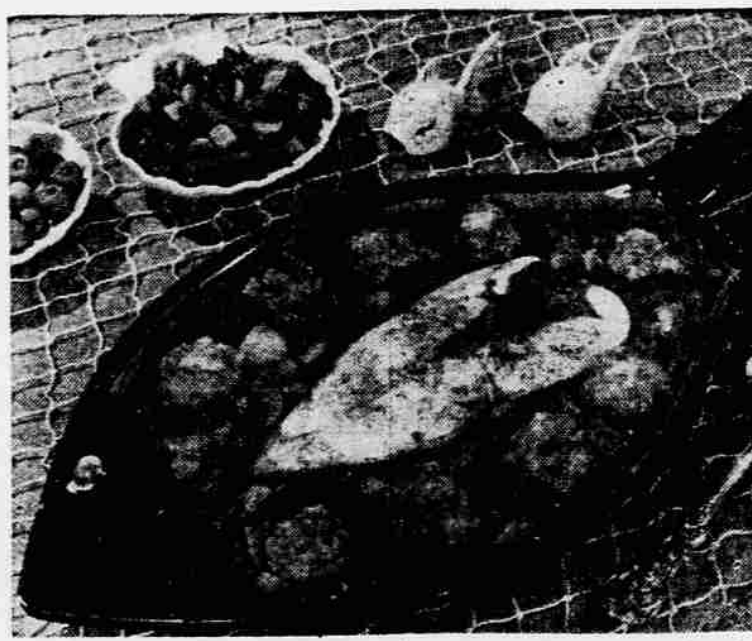
Halibut is a bargain; lowest price in years. This firm, white, flavorful fish is very good baked or prepared as steak like this. Being bland it takes well to tomato sauce and is exceptionally good with these mustard dumplings. Mustard, by the way, ranks next to pepper as America's favorite spice.

Fix Fish. Spread one large or two medium halibut steaks with two tablespoons butter or margarine. Sprinkle with salt and paprika. Broil five minutes. Turn and spread other side the same. Broil another five minutes. Keep hot. Place fish on serving platter; surround by sauce and dumplings.

Tomato Sauce. Simmer three carrots (sliced thin), three stalks celery (sliced thin), eight small white onions and one-half cup green peas until tender. Combine one No. 2 can solid pack tomatoes and one No. 2 can tomato juice, one tablespoon parsley flakes, salt, pepper, and garlic powder to taste. Simmer 10 minutes; add dumpling mixture. Cook 15 minutes covered. Remove dumplings. Add vegetables and heat sauce thoroughly.

Mustard Dumplings. Sift three-fourths cup corn meal, one-half cup all-purpose flour, 1 1/4 teaspoon baking powder, one teaspoon powdered dry mustard, one-half teaspoon salt. Mix one egg and one-half cup milk and beat slightly. Add to corn meal mixture and mix well. Add one tablespoon melted shortening. Drop by small spoonfuls into boiling tomato sauce. Cover well and simmer for 15 minutes without lifting lid. Remove at once from sauce.

Spinach Dress-Up
To give plentiful fresh spinach a new spring "dress," do this: Melt two tablespoons butter and add one teaspoon salt,



LENTEN DINNER DELIGHT—A new way to tackle plentiful halibut for a Lenten season dinner delight is to dress up this fine west coast fish with savory tomato sauce and flavorful mustard dumplings. This and other recipes are included in today's food columns.

one-fourth teaspoon ground pepper and one-half teaspoon powdered dry mustard. To two pounds finely chopped spinach, add mustard butter and one-half cup cream. Stir with fork to mix thoroughly. Serve with hard cooked and sliced eggs.

Rhubarb, Variations
Wonderful, colorful tart-sweet rhubarb is best liked stewed, in rhubarb pie or cobbler. Next time you fix it, vary the flavor a bit by using brown sugar instead of white, add very thin lemon slices or bits or add a few whole cloves or a dash of nutmeg or cinnamon.

Baked Asparagus Spring Delight
Asparagus never tastes so good as when the season is new and the price seems sky-high. When you've passed the stage of delighting the family with perfectly plain fresh asparagus with butter, salt and pepper; then fresh asparagus with lemon butter, perhaps you'll be ready for this.

For serving six as a luncheon or supper main dish, prepare and cook three pounds fresh asparagus; arrange on oven-ware platter. Pour one-third cup melted margarine over spears. Place thin slices of cheese on top, using one-half pound processed American cheese. Over cheese, sprinkle bread crumbs which have been mixed with melted margarine. Place in a preheated oven, 400 degrees, 15 minutes or until cheese is melted and asparagus is hot.

Hawaiian Pork Is Dinner Treat
Pork is plentiful. Especially thrifty buys are pork shoulder roasts and steaks, pork hocks,

Thursday, March 24, 1955

MEDFORD (OREGON) MAIL TRIBUNE—THREE

Grange

Roxy Ann Grange
Roxy Ann Grange met March 18 with a good attendance. Lecture hour was held before the Grange and Major General J. H. Hicks gave an interesting talk and showed colored slides Italy, Rome, and Switzerland.

In the absence of Master Orie Moore, due to the death of his father, Overseer Al Sims presided as Master of Charlie Witcher acted as overseer.

Two new members, Cecil I. Hall and Agnes E. Hall, were given third and fourth degrees by State Deputy Roscoe Roberts.

Mr. and Mrs. Bob Warren were visitors also Mr. and Mrs. R. G. Laidlow of Belview Grange.

HEC chairman Marguerite Shaw announced next O E C meeting will be at the Grange hall March 30, at 1 p.m. with Alice Shober and Marion Peachner as hostesses.

Dance chairman Ken Shaw said there will be a dance Mar. 26.

Dead line Sunday Classified is at noon Saturday; 10 a.m. Monday for Monday; other days 5:30 previous day.

Standard To Seek Oil Near Astoria

Astoria —(U.P.)— Standard Oil Company of California will drill for oil or natural gas at a location 12 miles from here, according to a company announcement here.

A representative of Standard's San Francisco headquarters said bids for the exploratory drilling had already been invited. The well would go down to a maximum of 10,000 feet.

Standard has leased a large portion of the beach dune area and all of Crown Zellerbach land in Clatsop county. Other major oil companies have leased county-owned and private land.

Test wells sunk in 1920 and 1930 were unsuccessful.

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Your Favorite Fountain and Grocer Has It

Around Hollywood

By ALINE MOSBY
United Press Correspondent

Hollywood —(U.P.)— A quiet, balding actor who worked unsung in 70 films at last won fame from a stage role, but Lloyd Nolan decided today he still doesn't think of himself as a "star."

The soft spoken, modest Nolan for years worked steadily in films, but the reliable fixture was virtually unnoticed in the land of ballyhoo and busts. He wanted it that way. In fact, he admits, he once hired a press agent with instructions not to publicize him.

Acclaimed Star
But in 1953 Nolan was acclaimed as a stage star for his prize role Captain Queeg in "The Caine Mutiny Court Martial." After a long New York run the Broadway cast moved to the new Huntington Hartford Theater here last week. The movie stars are turning out in droves to cheer the hometown boys who made good in the big city—Nolan, Barry Sullivan and John Hodiak.

But Nolan humbly shrugs off the honors.

"A star is somebody who producers know will automatically add to the profits at the boxoffice," Nolan reflected as he relaxed before curtain time at the theater.

"I am happy not to be one. It gums up your life. Stars are hounded and badgered until finally they have a shield around them. I can walk around anywhere and hardly ever be noticed."

His stage success has brought him more film offers, he confessed.

"And better ones. I used to get only despicable heavies or private eyes," he added. "I'd like to do a film this summer after the 'Caine' closes, and I may go back to the stage next fall."

Nolan may play "an interesting, good general, not at all like the Queeg role has given me."

Been Directing
"I've been directing sub rosa for years so I might as well get paid for it," he said with an easy grin.

Tonight Nolan begins his 566th performance as Queeg. Originally, he revealed, producer Paul Gregory wanted a younger man for the role but changed his mind after hearing Humphrey Bogart would be the movies' Queeg.

So far Nolan hasn't missed a performance. He thinks his year of playing private eye Martin Kane on live TV in New York was "much tougher because I usually got in five fights per show." One safety note that makes Queeg an easier part: Those two steel balls that are his trademark are attached by a chain he can wrap around his hand.

"What if they were loose and rolled into the footlights? I'd have to get out of my chair and pick them up, I guess," he said.

LONG, DRY HAUL
Rowley, Mass. —(U.P.)— A 90-ton ship was built on Rowley Common in 1813 and then hauled more than a mile to the water by 100 yoke of oxen.