

Feeding the Family

By ZOLA VINCENT
Food Editor

Lift Your Lenten Meals With Natural Cheddar Cheese

From green pasture lands and cheese factories of the Pacific slope come an abundance of versatile cheddar (good old yellow American) cheese to aid the meal planner and to please the family. No west coaster will argue with when we say that no cheddar cheese in all the world surpasses, and few compare, with the product of our own dairy lands. The quality and goodness of the fine trademarked varieties seems never to vary; an amazing tribute to the skill of our cheese makers. With infinite patience and highly professional know-how, they convert close to five quarts of top-grade whole milk into each and every pound of full-flavored cheddar.

West coasters eat an average of 7½ pounds of cheese per person per year; mostly properly aged cheddar. It has excellent nutritive values, high digestibility; fits into any meal or time of day; can be "cooked" in a thousand different ways or enjoyed "as is." Very reasonable in price! What are we waiting for? Put in a supply and dress up many meals.

Cheese Sauce Variations

Fresh or leftover vegetables, any of the macaroni products and potatoes become a fine main dish when grated cheese is added to a medium white sauce. Add cheese to your taste and stir until cheese melts. Fine added flavor and color are achieved by adding a bite of chopped pimiento, chopped green pepper, chopped stuffed olives, green onion tops, a handful of parsley, some celery seed, caraway seed or finely chopped sweet purple onion.

Store perishable cheese as you do milk—in refrigerator in a tightly covered container. Most agree however that cheese tastes best when served at room temperature and of course it combines more readily with other ingredients for cooking when used at room temperature. Major rule for cooking cheese mixtures is to always cook at low temperatures; do not overcook. Get cheese into small pieces before combining with other ingredients for quick cooking and even distribution of its flavorful goodness.

Tillamook Tossed Cheese and Spaghetti is Rare Treat

Our dish of the season! A speciality a man will relish—in the eating or in the making if your man fancies himself a "chef." No sauce, no baking, no extras; can be put together in 12 minutes ready for the table and tossing by either the head of the house or one of his "dependents."

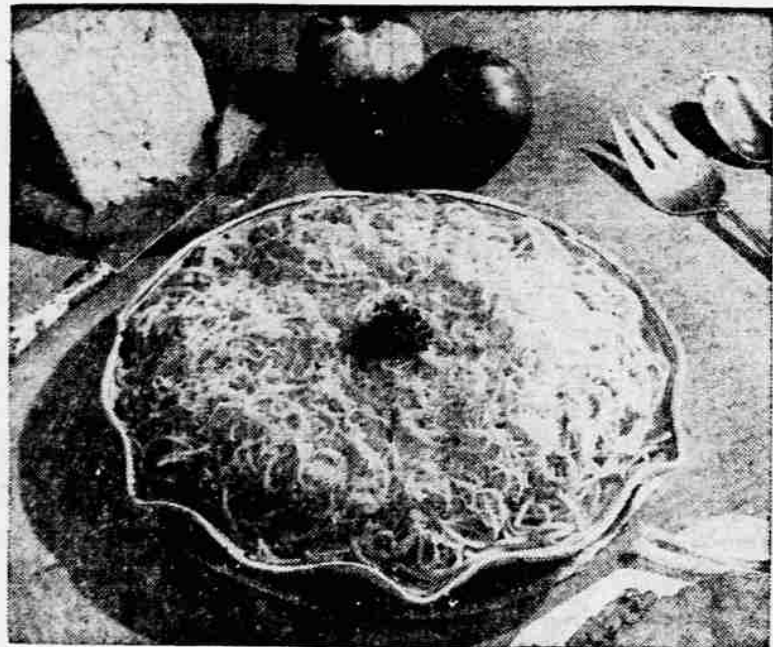
1 package spaghetti or macaroni
2 cups (½ pound) shredded cheddar cheese

2 to 3 tablespoons worcestershire
¼ cup chili sauce

1/3 (or more) cup melted butter

Cook unbroken spaghetti or broken macaroni in rapidly boiling water according to package directions. Drain quickly in colander. No rinsing. Immediately turn out on a hot large platter or into big shallow casserole. Sprinkle with most of the cheese, saving some for the final dash. Add the chili sauce and worcestershire. Now pour melted butter over all.

Using 2 forks, toss mixture as you do a green salad, until spaghetti is well-coated. Sprinkle with remaining shredded cheese



CHEDDAR CHEESE FOR LENT—So many wonderful ways to fit satisfying versatile cheddar cheese into menus. From the land of cheese, trees and ocean breeze comes this Tillamook Tossed Cheese and Spaghetti, a toasted cheese-baked bean main dish and the reminder that cheese and fruit are superb dessert fare.

and served at once on heated plates. No waiting around for this! Variations are many. Arrange hot cooked broccoli or green beans in center of prepared spaghetti. Sprinkle the vegetable with remaining cheese mixed with some buttered bread crumbs. Place low under broiler for a few minutes to brown top.

Or mix in any available cooked seafood such as shrimp, crabmeat or lobster along with the first cheese. Or top the whole thing with piping hot mushrooms browned in butter.

Cheese-Tomato-Rice Scallop Packs Good Nutrition Wallop
Plentiful rice, plentiful cheddar cheese and ditto canned tomatoes combine in this satisfying, nutrition-packed dish that originated "in the green grazing valleys on the seaward side of the Coast ranges" to quote our old friend Dean Collins in referring

to Tillamook County valleys of Oregon.
3 cups cooked rice
2 cups (½ pound) shredded natural cheddar cheese
¼ teaspoon salt
1 tablespoon grated onion
1 No. 2½ can solid pack tomatoes, drained
1½ cups undiluted evaporated milk

Mix together lightly the rice, salt, onion and 1 cup of the shredded cheese. Place in a round 9-inch baking dish about 1½ inches deep or in a large glass pie dish. Pour on the milk, enough to not quite cover the rice mixture. Top with the drained canned tomatoes, leaving in as large pieces as possible. Cover with the remaining shredded cheese mixed with ½ cup bread crumbs if desired. Bake in moderate oven, 350 degree oven, about 40 minutes. Six generous

Gallup Radio Station Airs Program Solely For Navajo Indians

Gallup, N.M. —(U.P.)—Four and a half years ago a Gallup radio station owner decided it would be a nice gesture to put on a daily program for the 75,000 residents of the Navajo Indian Reservation.

It was a gamble. The Navajos are known for their reluctance to adopt the white man's ways. They cling to old tribal customs, and radio listening was not one of them.

Today the Navajo program of station KGAK is rolling along as a commercial success about 25 different sponsors and station owner Merle Tucker recently won an Alfred I. DuPont award for his unique effort in the field of radio entertainment.

The program claims an audience of 45,000 Indians, many of whom huddle around battery-operated radios in their crude mud hogan to hear news in their native tongue.

Some Barriers

Tucker and Dana Begay, a Navajo interpreter who helped start the program and still conducts it, said the biggest stumbling block is getting modern ideas across with the limited and old fashioned Navajo vocabulary. Commercials have been

servings for hungry people.

Shellfish Variation. Turn this into a shrimp dish by putting shrimp, whole or cut, amongst the tomatoes . . . or use cooked crabmeat.

Cheese and Baked Bean Sandwich Makes Main Dish

Another specialty of the Tillamook cheese country is this sandwich that borrows from the popular beans and brown bread tradition of New England.

Arrange thick slices of buttered brown bread on a shallow baking pan. Top each slice with a generous spoonful of baked beans in tomato sauce and a slice of nippy whole milk natural cheddar cheese. Bake in moderate, 400 degree, oven for about 10 minutes or until sandwich is heated through and the cheese starts to melt. Place under broiler to puff and brown the cheese. Serve at once.

Variations. For further interest or a change, top beans with thin slice of luncheon meat or frankfurters, sliced or halved . . . or with thin slices of sweet Spanish onion or a tomato slice before adding the cheese.

Not a Minute Too Early

To Plan Easter Eggs

Decorating Easter eggs is a creative adventure for the children; results in good eating for the entire family. Egg prices are so modest this year that the children can be indulged pretty much to their hearts content when it comes to fixing Easter eggs. For the decorating of hard-cooked eggs, we suggest that you provide the children with the eggs and one of those wonderful decorating kits that experts have developed and that is available at all grocery stores. Read the directions to the children and then leave them to their own devices. Give them a "trial run" now; save the big job for next week-end.

The results would probably startle any self-respecting rabbit out of a month's growth but the children will love their works of art. And that's the important thing! For 75 years, the largest of the egg dyeing and decorating companies has been enlarging its ideas until today it offers coloring tablets, transfers, metallic gummed seals, magic writer crayon, an Easter basket box, egg drying tray, wire egg dipper, fascinating multicolor process . . . and even Disney Dress-Ups to delight youngsters. Cost is a trifle. Fun is unlimited!

Stores important. When the last egg is decorated and admired, put them in the refrigerator where, of course, the Easter rabbit will find them and hide them about the house or garden during the night. The morning's egg hunt is just as exciting as though the children had never seen the eggs before. Remember?

How to Make Cascarones
Cascarones (pronounced kaskarones) are those wonderful empty eggshells that are so easy to do and so much fun especially when filled with confetti and thrown casually at some unsuspecting person. First of course, they're used as Easter table decoration. The flat end of the uncooked egg is gently chipped to make a hole about an eighth of an inch across. The more pointed end is punctured with an ice pick. Blowing through the smaller hole forces the egg out of the larger hole; a fascinating experience for children. After drying a short time, the smaller hole is sealed with a bit of colored paper or scotch tape. Confetti, optional, is poured in the large hole which then is sealed. Best to decorate these fragile shells with decals or paste-ons. Use egg contents for scrambles, omelets, custards, egg drinks, angel food or yellow cakes.

Thursday, March 31, 1955

MEDFORD (OREGON) MAIL TRIBUNE—FIVE

POCKET THE SAVINGS on this introductory

COUPON OFFER!

And how you'll praise the
fresh garden-goodness of

Libby's FROZEN FOODS



5¢ THIS COUPON WORTH 5¢

This coupon is good for 5¢ off the purchase price of one package of **LIBBY'S FROZEN FRESH PEAS**

LIMIT: Only one Libby's Frozen Peas coupon to a family at this special price. Coupon must be filled out and signed below by purchaser and presented to dealer. COUPON EXPIRES May 15, 1955.

PURCHASER'S NAME _____

ADDRESS _____ STATE _____

DEALER: Libby will redeem this coupon for 5¢, plus 2¢ for handling, provided (1) it is taken in exchange for merchandise specified herein; (2) dealer either (a) mails it to Libby; or (b) presents it to his Libby frozen foods salesman (redemption will not be made in any other way or through outside agencies, brokers, etc.); and (3) it is presented by June 15, 1955. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown upon request.

Customer must pay any sales tax. Cash redeemable value 1/20¢. This offer void wherever taxed or restricted.

5¢



5¢ THIS COUPON WORTH 5¢

This coupon is good for 5¢ off the purchase price of one package of **LIBBY'S FROZEN FRESH CUT CORN**

LIMIT: Only one Libby's Frozen Fresh Cut Corn coupon to a family at this special price. Coupon must be filled out and signed below by purchaser and presented to dealer. COUPON EXPIRES May 15, 1955.

PURCHASER'S NAME _____

ADDRESS _____ STATE _____

DEALER: Libby will redeem this coupon for 5¢, plus 2¢ for handling, provided (1) it is taken in exchange for merchandise specified herein; (2) dealer either (a) mails it to Libby; or (b) presents it to his Libby frozen foods salesman (redemption will not be made in any other way or through outside agencies, brokers, etc.); and (3) it is presented by June 15, 1955. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown upon request.

Customer must pay any sales tax. Cash redeemable value 1/20¢. This offer void wherever taxed or restricted.

5¢

Each money-saving coupon is worth 5¢ off on
the purchase of one package of Libby's Frozen
Foods at your favorite food store NOW!

BETTER HURRY!
This is a limited-time offer!

"If they're fresher than LIBBY'S
they haven't been picked!"

EVERY MEMBER of YOUR FAMILY NEEDS LOTS OF

★ HEALTH-BUILDING

Jorgensen's . . . ALL JERSEY Premium Milk



It's NATURE'S Most Perfect
Food With Nearly
**10% More
Food Value**



● Right now, when spring colds are prevalent . . . when you need extra resistance to colds and added pep and energy, it is the time to 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! Start SPRING off RIGHT!



NOW AVAILABLE IN

1½ GALLON

Easy Pouring Containers

You're SURE of the BEST If It's JORGENSEN'S

there's only one

SKIPPY

BEWARE
OF
IMITATIONS

LOOK
FOR THE
HAPPY
LITTLE DOG

TOPS IN QUALITY!
LOW IN PRICE