

Feeding the Family

By ZOLA VINCENT
Food Editor

What Every Taxpayer Should Know About Making Most of Vegetables

Now that the household is getting back to normal after the annual battle computing income versus outgo and we've again resolved to put a little more money aside for this annual "emergency," let's contemplate savings to be made in the cooking and eating department. And that can amount to quite a lot when you consider that Americans are eating about 146 pounds of fresh leafy and green vegetables, excluding potatoes, per person, per year.

Is part of your family's food dollar going down the drain? Into the air? Or into the garbage pail? That's really what happens when we buy plentiful fresh vegetables and then forget to refrigerate them or when we soak them a long time before preparation or when we cook them in too much water or when we shred or dice them a long time ahead of cooking.

All these mistakes rob fresh vegetables of their flavor, texture and nutrient supply and the homemaker ends up with less nutrients for her dollar.

Vegetable Washing. Vegetables should be washed in running water or "dunked" quickly until clean—and then put right into the pan. Use a vegetable brush instead of a paring knife on root vegetables and cook potatoes in their skins whenever possible before cutting. In the case of julienne potatoes which must be skinned and cut before cooking, use low-water cookery and cook gently to preserve form and texture.

Little Water. Flavor-wise and nutritionally the best way to cook fresh vegetables is with as little water as possible. Half a cup is enough for a medium-size pan. The exceptions to this rule are corn and onions. They need water to cook.

Keep 'em Green. To keep green vegetables green take the lid off for the first three minutes of cooking, then tightly cover for the balance of the time. This lets out the acids which bleach the green color, yet saves the vitamins.

No Soda. Poor cooks used to add baking soda to green vegetables to neutralize the bleaching acids. It preserved the color

but damaged the texture and reduced the vitamin content of the vegetables... and still does!

Onions, cabbage and cauliflower should be cooked in an open pan. These vegetables incidentally are available throughout the year.

Other vegetables should be cooked in a covered pan. All vegetables should be added to water which is already boiling and the time watched. Many vegetables have better flavor and texture when slightly "undercooked." Try this with cauliflower and carrots. Their flavor is delightful and it saves the nutrients. Never overcook vegetables. Over cooking destroys both flavor and nutrients.

Ham and Pineapple

Make Very Good Loaf

A combination of left-over ham and sweet potatoes is wonderfully good when combined with crushed pineapple and spices and baked like this.

2 cups ground, cooked ham and a little fat
1 cup mashed sweet potatoes
1/2 cup bread crumbs
1/2 cup pineapple chunks
Salt
1/2 cup milk
2 eggs, beaten
1/4 teaspoon ground cloves
3 slices pineapple
6 whole cloves

Combine ham, potatoes, bread crumbs and pineapple. Add salt to taste. Add milk, eggs and ground cloves. Bake in greased loaf pan and garnish with pineapple and cloves. Bake in moderate oven, 350 degrees, for 45 minutes. Six servings for four people.

Lemon Spiced Peaches

As an accompaniment for festive pork or poultry, these lemon spiced peaches are superb use plentiful canned cling peaches.

Drain a No. 2 1/2 can cling peach halves, reserving syrup. To two-third cup syrup add two teaspoons grated lemon rind, one-fourth cup lemon juice, one-fourth cup sugar and one three-inch stick cinnamon. Boil together five minutes. Add peaches and heat to boiling. Remove from heat and let peaches stand in syrup overnight before using.

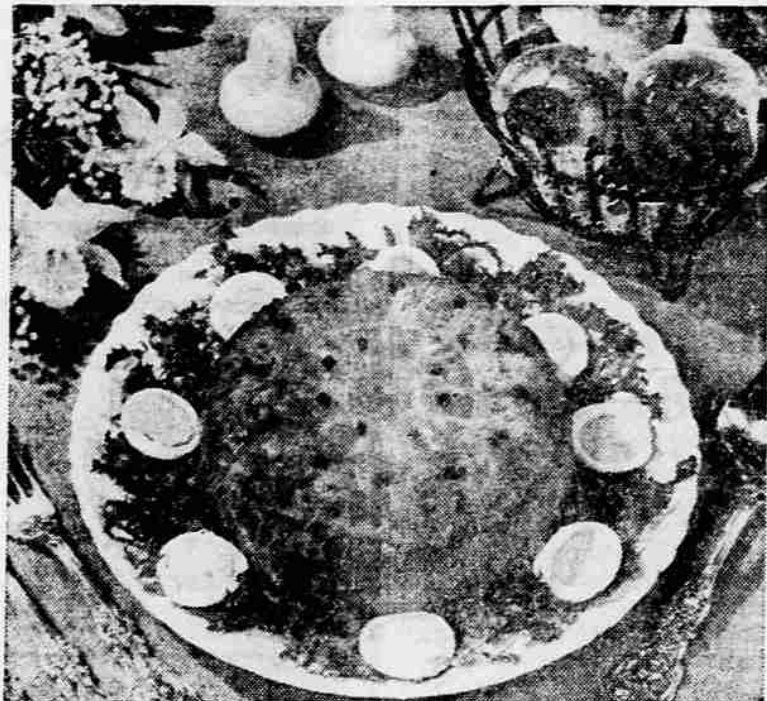
Orange Candied Sweets

Another good way with these plentiful California sweet potatoes. Parboil six medium size sweet potatoes about 15 minutes. Peel, slice and place in a shallow casserole sprinkling each layer with bits of butter (two tablespoons) two tablespoons grated orange rind, one cup brown sugar and one-fourth teaspoon salt. Pour one-half cup hot water and one-fourth cup orange juice over all and bake, covered, in a moderate oven, 350 degrees, 40 minutes. Uncover and if you like, place halved marshmallows over top and shove under broiler for a moment to brown. Eight servings. Substitute one cup maple syrup for brown sugar and omit water, for a change.

Pear Salad Has New Mustard Dressing

Fresh winter pears or canned Bartlett pears make an attractive and delectable salad with this unusual dressing which relies on dry mustard for distinction.

Peel and halve three fresh pears and brush with lemon juice to prevent browning. Or use six canned pear halves. Shape one package cream cheese



CERTAIN TO PLEASE—This ham and pineapple loaf is certain to please "the head of the household" as well as "the dependents." A fine recipe for using up left-over Easter ham or for keeping handy to follow the next ham and sweet potatoes is included in today's food columns.

into small balls and arrange two or three in center of pear halves. Arrange on salad greens. Top with dressing and sprinkle with toasted or plain almond slivers. Six servings.

Mustard Dressing. Combine one-fourth cup mayonnaise and one-half large ripe banana, mashed. Heat one-fourth cup currant jelly over warm water until melted but not hot, stirring constantly. Add to mayonnaise mixture along with one teaspoon dry mustard and dash of salt. Blend well. Chill. Fold in one-fourth cup heavy cream, whipped, and keep chilled until ready to serve.

Last Minute Tricks with Plentiful Rice

Cook rice in your customary fashion; then dress it up in ways like these.

Almond Rice. Just before serving fluffy rice, lightly brown one-fourth cup slivered blanched almonds in two tablespoons butter. Add to rice and toss lightly to mix. Serve with chicken a la king, chop suey or broiled fish.

Olive Rice. To hot rice, add one-fourth cup chopped stuffed olives and two tablespoons butter. Very good with tomato or cheese rarebit or scrambled eggs.

Parsley Rice. Sauté one-fourth cup minced onion in one-fourth cup butter. Add one-fourth cup minced parsley, one teaspoon salt and one-eighth teaspoon pepper. Fold into hot cooked rice. Serve with creamed oysters, meat loaf or smoked tongue.

Marmalade Rice. When rice is done, add three tablespoons orange marmalade. Mix lightly with a fork. Serve with ham, pork chops or stewed chicken.

Chive Rice. Simply add one-fourth cup chopped chives or green onion tops and two tablespoons butter to hot cooked rice. Very good with broiled lamb patties, beef stew or puffy omelet.

The Girls Choose

Chocolate Chews. For smooth teen-age entertaining, let the girls make a batch or two of these easy-to-make, yet so satisfying chocolate and nuts cookies.

1/2 cup butter or margarine
2 squares unsweetened chocolate
2 eggs
1 cup sugar
1/2 teaspoon vanilla
1/2 cup unsifted flour
1/2 cup chopped nuts

Melt butter and chocolate together and cool slightly. Beat eggs slightly; add sugar and vanilla and stir to blend. Combine chocolate mixture with egg-

Cork-Popping by Frenchmen Increases As Anti-Alcohol Campaign Bogs Down

Paris—(U.P.)—Frenchmen are popping more corks than ever. There is reason to celebrate. The anti-alcohol drive of former Premier Pierre Mendes-France is on the rocks.

Not only are bars packed with uninhibited tipplers, but there is talk of getting rid of the few liquor control laws now on the books.

At the same time the wine-drinking public—which includes just about everybody in France—is being drawn into a new controversy. The government plans to uproot 400,000 acres of low-quality vineyards to help reduce the annual surplus in wine production.

Parliament has so far refused to approve a single one of the alcohol control measures which helped topple Mendes-France from power. The new premier, Edgar Faure, has promised to continue the struggle against alcoholism but until local elections are held this spring no one expects Parliament to tamper with the explosive issue.

One Paris newspaper with its nose in the wind has detected the scent of a counter-offensive by the alcohol forces. This might take the form of a move to lift the restrictions on advertising of alcoholic beverages.

One deputy seemed to reflect the new thinking when he remarked the other day, "After all, it has never been demonstrated that alcohol is poisonous."

Poisonous or not, alcohol remains a major concern of French leaders. The French consume

three times as much alcohol per capita as people in the United States. Alcoholic wards are packed. Cirrhosis of the liver is widespread. One out of two auto acci-

dents involves a driver who has been drinking.

Yet, about all that is left Mendes-France's ambitious program to curtail alcohol consumption is his move to wean school children and soldiers away from wine onto milk. Milk is still being served with assurances it is not unhealthy.

Music Studio Opens At Instructor's Home

Joe Newman, currently playing piano at the Mon Desir dining inn, Central Point, has announced the opening of a music studio at his home, 926 1/2 North Central ave. Newman will teach piano, violin, clarinet and saxophone.

Newman, who said he has studied and worked in European and South American music centers, is married and has been a Medford resident for about two months. He was here about three years ago with Vicki Young, Capital recording artist, in a show at the Y club.

He said he uses a new approach in teaching methods for children and adults.

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Apricots HUNT'S	3 2 1/2 cans	89¢
Fruit Cocktail HUNT'S	4 300 cans	89¢
Tomato Juice HUNT'S	10 300 cans	89¢
Chili Beans HUNT'S	8 300 cans	89¢
Spinach HUNT'S	6 No. 2 cans	89¢
Schilling Black Pepper	2-oz. can	15¢
Catsup HUNT'S—14-Oz. Bottle	6 for	89¢
Corn HUNT'S Cream or Whole Kernel	7 300 cans	89¢
Peas HUNT'S	5 300 cans	89¢
Pork & Beans HUNT'S	5 2 1/2 cans	89¢
Tomato Sauce HUNT'S	13 for	89¢
New Potatoes HUNT'S	9 300 cans	89¢

Many More Hunt Items in the Store Are On Sale

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BEEF STEAK	Every Man's Delight	lb. 49¢
PURE PORK SAUSAGE		lb. 39¢
PORK ROAST	Little Pig Pork	lb. 39¢
BY THE PIECE BOLOGNA		lb. 29¢
Bananas	5 lb.	89¢
LETTUCE	2 lg. hd.	29¢



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4-H Club

Central Point Club

The Central Point Cookie Cutters club met April 5 at the home of the leader, Mrs. Sands. Muffins made by the girls were judged.

Refreshments were served by Mrs. Sands and Janice Tackett shared her birthday cake with the members.

Wanda Davis
Reporter

Trial 4-H Sewing Class

The Sewing Circle met Thursday, April 7, at 10 a.m. at the home of Toni Miller. Mrs. Miller and Mrs. Hume gave us instruction on how to use the sewing machine. We all sewed our potholders. After our lesson we had a picnic lunch.

Jackie Hume
Reporter

Griffin Creek 4-H Dairy Club

The Griffin Creek Dairy club met April 6 at the home of R. K. Nelson. We had a movie from Purina. We then had our meeting. We discussed a judging contest where the members can learn how to judge a cow.

Carolee Brantly and Jeannette Robertson gave a demonstration. Our next demonstration will be given by Bonnie Brantly and Judy Nelson.

The meeting was adjourned and refreshments were served. Jeannette Robertson
Reporter

Open Shop — George Armstrong

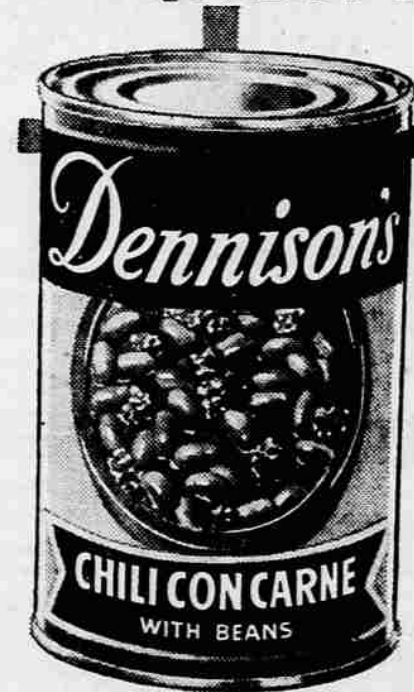
George Armstrong, who was associated with Young's Service shop for 38 years, is opening a new business, Armstrongs garage, at 122 Janney lane. The opening date is set for Friday, April 15. The business will include wheel alignments and balancing, brakes and motor tune-up.

Dead line Sunday Classified is at noon Saturday; 1 a.m. Monday for Monday; other days 5:30 previous day.

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