

Feeding the Family

By ZOLA VINCENT
Food Editor

Tuna, Avocado and Citrus Fruits Make Hearty Salads

High on the list of plentiful at reasonable cost are canned tuna, avocados, grapefruit and oranges. High in popularity are salads that contain this combination of good things for the making of a flavorful, nutritious main course for company . . . and for the family. Equally popular at lunch time and at supper time.

To accompany this salad, perhaps you'd like cups of one of the sturdy cream soups found in great variety in both canned and frozen food departments. Fruits in the salad take care of the dessert or you might like a simple dessert of cupcakes or cookies along with plenty of steaming coffee for the grown-ups, milk for the children. A meal to be remembered and repeated.

Tuna-Avocado Salad

Six servings. Cut three medium-size avocados in half and remove seed. Scoop out avocados with melon ball cutter if you happen to have one or with a teaspoon measure. Sprinkle avocado shells with lemon juice and set to one side. Combine avocado balls with sections cut from two grapefruit . . . or combine avocado balls with one 14-ounce can pineapple chunks and two oranges that have been peeled, sectioned and cut up. Many like a touch of chopped fresh or crumbled dried mint leaves.

Marinate in French dressing for 30 minutes. Break contents of one 7-ounce can solid-pack tuna (drained) with a fork. Add to avocado mixture and toss lightly. Fill avocado shells and serve on crisp salad greens. Pass French dressing in case some one wants "more."

Tuna-Avocado Ring Mold

This is so easily done, so satisfying. Can be made ahead of time which makes it very popular for luncheon parties as well as for home folks.

Dissolve one three-ounce package lemon flavored gelatin in two cups hot water. Add three tablespoons lemon juice and 1/2 teaspoon salt. Chill until mixture begins to thicken. Combine lemon juice and 1/2 teaspoon salt. Chill until mixture begins to thicken. Combine one cup mashed avocado, 1/2 cup sour cream, 1/2 cup mayonnaise, one teaspoon grated onion and 1/2 cup finely chopped celery; mix well. Fold avocado mixture into slightly thickened gelatin mixture. Turn into oiled five-cup ring mold and chill until firm. Unmold and surround with crisp salad greens. Quite handsome!

Strawberry Topped Cheese Pie Sensation

First - of - the - season strawberries will go a long way when they top this divine cheese pie in a crumb crust. You can stake your reputation as a dessert maker on this any time.

Crumb Crust*
2 cups cottage cheese
2 eggs
1/2 cup sugar
1/4 cup whipping cream
2 tablespoons flour
3/4 teaspoon grated lemon rind
1 tablespoon lemon juice
Strawberry Topping**
*Crumb Crust: Roll one six-ounce package zwieback into fine crumbs with rolling pin. Combine crumbs, 1/4 cup sugar and 1/4 cup melted butter or

margarine; mix thoroughly. Pack all but one-third cup of mixture on the bottom and sides of a well-greased nine-inch spring-form pan.

For filling, press cottage cheese through a fine sieve or beat with electric mixer until smooth. Add two eggs, one at a time, beating well after each addition. Add sugar, cream, flour, lemon rind and juice. Beat until smooth and thoroughly blended. Pour into crumb-lined nine-inch pie pan. Bake in slow oven, 350 degrees an hour or until set. Cool.

**Strawberry Topping. Mix 1/4 cup sugar and four teaspoons cornstarch in heavy saucepan. Add 1/2 cup water gradually, stirring until smooth. Cook over low heat, stirring constantly until mixture thickens and becomes clear. Cool slightly. Add 1 1/2 cups halved strawberries; mix gently but well. Spread strawberry mixture over top of cooled pie.

Made a Buttermilk Pie Lately? Here's How

Planning a convention luncheon menu recently, a famous chef suggested "buttermilk pie." We did and came straight home and found a home-size buttermilk pie recipe and made just like this. We think it as good as the conventioners will get.

1/2 pie pastry recipe
1 cup sugar
3 tablespoons flour
1/2 teaspoon salt
3 egg yolks
2 cups buttermilk
4 tablespoons butter
3 egg whites

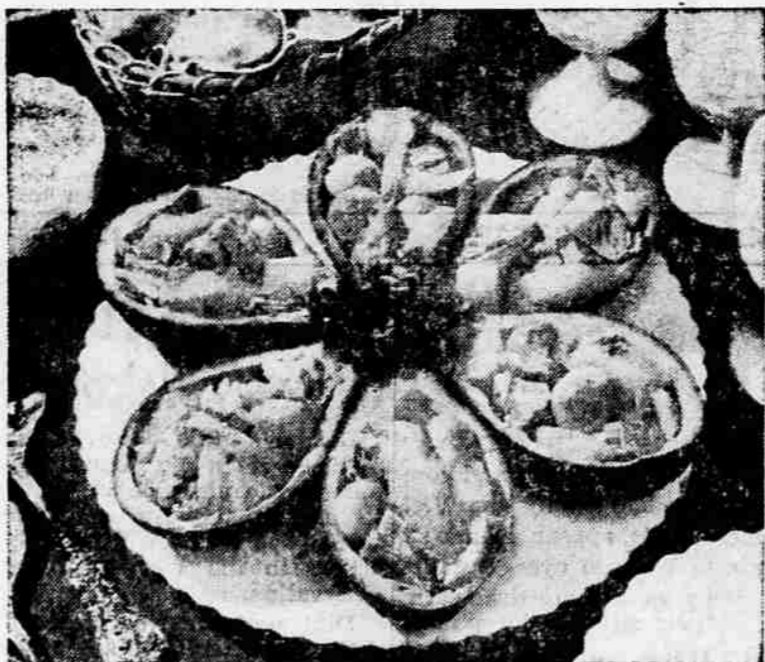
Combine the sugar, flour and salt, blending thoroughly. Beat egg yolks slightly; add the buttermilk and butter which has been melted, then cooled. Add gradually to dry ingredients and blend thoroughly. Fold in stiffly beaten egg whites gently but thoroughly. Line a deep nine-inch pie pan with the (1/2 recipe) pastry, crimping the edge. Pour the buttermilk mixture into pie shell and bake in moderate oven, 375 degrees, 45 minutes or until a silver knife inserted in the center comes out clean. Six servings.

Corn Pudding Good

Use plentiful canned corn, either whole kernel or cream-style as indicated here for a family-satisfying vegetable dish. Mix 1 1/2 cups drained whole kernel corn, two beaten eggs, one tablespoon melted butter and 1 1/2 cups milk. If using cream style corn, use 1 1/2 cups corn and one cup milk. Season with salt and pepper. Pour into a greased baking dish and set in a pan of hot water. Bake at 350 degrees until set, 50 to 60 minutes.

Meringue Spice Bars

Another quickly made, easy-to-do dessert delight. Mix a spice cake batter according to package directions and pour into 7x11 inch pan. Make brown sugar meringue by mixing together 1/2 cup brown sugar and one egg white until light and fluffy. Spread meringue on cake batter. Sprinkle 1/4 cup chopped nuts over meringue and bake in moderate oven, 375 degrees, 25 to 30 minutes. Cut in small bars. Fillet of Sole Spanish
Wonderfully good eating! Fresh or frozen, fillets of sole



POPULAR SALAD—Plentiful canned tuna, plentiful avocado, plentiful grapefruit go into this tremendously popular salad. For a change, use cut-up orange segments and pineapple chunks along with the tuna and avocado. Pass a tart French dressing.

are a good buy; have distinctive flavor, no waste.

4 tablespoons butter
1 large onion, sliced thin
3 medium size tomatoes, peeled
3 or 4 drops tabasco
1 teaspoon salt
1/4 teaspoon pepper
1 1/2 pounds fillet of sole
2 cups commercial sour cream

Melt butter and brown onion slices. Remove and place in a flat baking dish. Cut tomato in small pieces and place over top of onion. Sprinkle with 1/4 teaspoon salt and tabasco sauce. Flour and season fillets and place on top of onion and tomato. Pour balance of melted butter over the fish and put the whole dish under medium hot broiler until brown. Remove from broiler and cover with sour cream. Place in slow oven, 300 degrees, about 30 minutes longer. Four generous servings.

Barbecued Pot Roast

Western Favorite
Beef supplies continue plentiful with pot roasts very reasonable in cost. Any of this left over will be delicious the next day. Any barbecue influence is popular with western family.

3 pounds beef pot roast
Salt, pepper, fat
1/2 cup water
1 8-ounce can tomato sauce
3 medium onions
2 cloves garlic
2 tablespoons brown sugar
1/2 teaspoon dry mustard
1/2 cup lemon juice
1/4 cup catsup

1 tablespoon Worcestershire
Sprinkle meat well with salt and pepper. Brown in a Dutch oven or other large heavy pan in several tablespoons hot fat. Add water, tomato sauce, thinly sliced onions and chopped garlic. Cover and cook over low heat, 1 1/2 hours.

Combine remaining ingredients and pour over meat. Cover and continue cooking for one

hour or until meat is very tender. Remove roast to hot platter. Skim most of fat from gravy, dilute with water to suit taste; then thicken with usual flour and water mixture. Six servings.

Morse Operators Slate Get-Together

Portland—Morse code telegraphers of Oregon and southwestern Washington will gather here Saturday, April 30, for the 14th annual banquet of the Morse Telegraph Club of America, held on the 164th anniversary of the birth of Samuel F. B. Morse.

Other chapters of the club will meet simultaneously in other cities of the country, and all will be linked by a telegraphic hook-up, and will "converse" with each other in code.

The Portland chapter dinner will be in the Pythian building, where a floor has been reserved for the group. The banquet will be at 6:30 p.m.

A release about the meeting says, "the Morse telegrapher, like the Indians and Pioneers, are rapidly fading, being driven out by technological changes and by death."

Rogue Flying Service Gets Cessna Dealership

The Rogue Flying Service, operated at the Medford airport, has been designated as an authorized dealer for Cessna Aircraft, it was announced this week by the Cessna firm. The company will soon take delivery of a new four-place, all metal Cessna 170 from the Kansas factory.

Don and Ralph George operate the flying service. Their dealership is for the Jackson, Josephine Curry county area.

'Safe-Teen' Plan Founder To Visit

Mrs. Frances Cook, justice of the peace in Beaverton, Ore., founder of the "Safe-Teen" organization for the promotion of safety among young drivers, will be a southern Oregon visitor Friday.

Mrs. Cook is the daughter of Mr. and Mrs. J. H. Hardy, 107 Granite st., Ashland, and is known to many valley people.

She will speak at an 8:35 a.m. assembly at the Medford high school, according to Principal Lester Harris.

Her visit here is part of a 1,000-mile tour of the state designed to spread information about Safe-Teen. It was first organized last December at the Beaverton High school, and since has gained the sponsorship of the Oregon Association of Insurance Agents.

Membership is limited to drivers aged 16 to 25, and there are no dues. Included are automobile safety checks, and an educational driving safety program.

Easter Seal Sale Lagging in Oregon

The Easter Seal sale of the Oregon Society for Crippled Children and Adults is lagging more than \$40,000 behind a year ago, according to A. C. Fries Jr., Jackson county treasurer for the group.

Seals were mailed to about 450,000 residents of Oregon, and so far only a small percentage have responded. Returns so far total \$72,448 compared to \$116,779 in 1954.

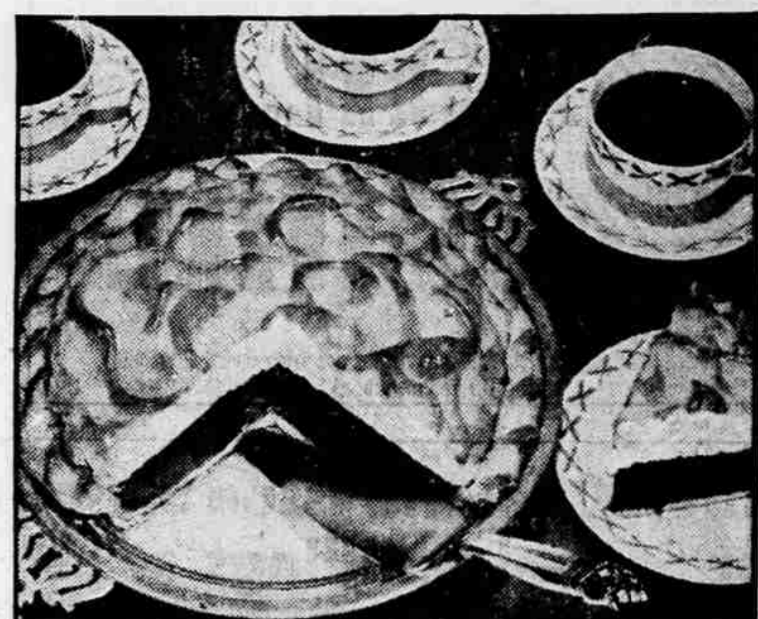
Among the projects supported by the society's seal sale are the Children's Hospital school in Eugene; the only summer camp in Oregon for crippled children, near Reedsport, and the Craft Shop for the Handicapped, in Portland.

Truman Will Speak At Portland Meeting

Salem—(U.P.)—Former President Harry Truman will speak fund raising dinner in Portland, according to word received here today from Democratic National

Chairman Paul Butler. Detroit—(U.P.)—Phil Yazdzik put away 31 orders of fried chicken yesterday to claim the world's title for chicken-eating.

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* By the makers of TOWNE PRIDE Toppings and Fruit Aides

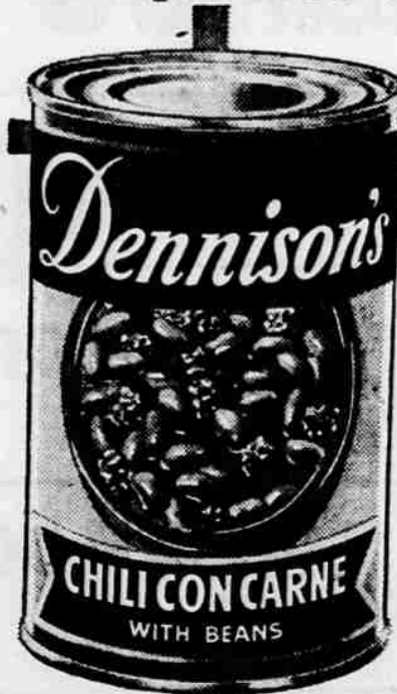
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