

Feeding the Family

By ZOLA VINCENT
Food Editor

Hats Off to Today's Mothers Who Keep Informed on Foods

All the time you hear it: "It isn't possible that you're the mother of three!" "Why, I thought you were sisters!" "You simply can't be a grandmother and look like that!" and on and on. Many mothers nowadays are glamour girls because modern industry has taken much of the work out of preparation of foodstuffs; made cooking and baking not merely easy but fun also. Fun because of all the compliments heaped on the homemaker who does things "with the greatest of ease."

Today we celebrate Mother's Day by talking about a very few of the more recent modern marvels that give mothers more time for family, social activities, community interests and leisure un-

dreamed of even 20 years ago.

Super Frozen Soups

Joining in a long list of frozen foods, has recently come fresh-flavored, truly elegant frozen condensed soups incans. To say that they've had warm welcome is putting it mildly. They've proven sensational as to both delicate flavor and texture; are increasingly used as fine flavorful sauces as well as for the soup course.

Cream of shrimp soup is a smooth pink blend of flavorful shrimp in rich cream, along with butter, tomatoes, sauteur and spices. Oyster stew is made the way famous oyster houses prepare it and that means with choice tender oysters, fresh whole milk and creamy butter. Cream of potato soup is a



LET CHILDREN HELP—Today's young mother finds more time than ever before for enjoying her children, letting them help, teaching them how to fix good things like this strawberry shortcake which gives all the family so much pleasure.

gourmet version of the old-fashioned favorite. Green pea with ham contains tender pieces of ham, onions, celery, parsley, spice and garlic.

To prepare the new frozen canned soups, you simply place the can in warm water for a short time so contents will slide out easily. Then add an equal amount of water or milk. Heat the soup, stir to blend and serve. Many use these full-flavored soups in ways like this:

Shrimp-Rice. Heat one can frozen condensed cream of shrimp soup in double boiler or over low heat until soup is completely defrosted. Add one-third cup milk and one-fourth sliced ripe olives; heat thoroughly. Serve over three cups cooked rice (one cup uncooked) to serve three.

Instant Cake Mix Is Mother-Daughter Delight

Quickest way to get a happy young cake baker in the family is to have Daddy bragging about Daughter's cake-aking prowess. Modern mothers turn daughter loose in the kitchen with one of the new instant cake mixes (white, yellow or devil's food). With a eater, a bowl and a baking pan, she empties package of instant cake mix into bowl, adds two uncooked eggs and water as indicated; adds a bit of any additional flavoring desired, turns

the whole into cake pan... and attains cake-baking perfection every time; wins papa's plaudits.

Golden Strawberry Shortcake Uses Mix

Strawberry shortcake is another family favorite that is quickly made nowadays. A dessert that daughter will delight in helping produce. Children, we find, particularly like doing things in heat-resistant glass mixing bowls and baking dishes because they want to see what is going on. Mother must remember that the child's eye level is different from her taller point of viewing; plan accordingly.

Quickest possible strawberry shortcake is made by emptying a package of the new instant yellow cake mix into a bowl; adding one cup water, two uncooked eggs and one tablespoon lemon rind; beating three minutes until smooth and creamy, turning batter into 9x9x2 (or comparable size) heat resistant baking dish which has been lined on bottom with paper.

Bake in moderate oven, 350 degrees, about 45 minutes. Cool cake. Wash, slice and sweeten two quarts fresh strawberries reserving eight to nine whole berries with hulls for garnish. Whip one cup whipping cream; sweeten if desired. Cut cake into nine pieces. Split each piece and spread sweetened berries between layers and on top. Garnish with sweetened whipped cream and whole berries. Nine generous servings. And you'll need every one of them!

Instant Frosting Mix

Then there's a brand new fluffy instant white cake frosting that requires no cooking. One package of this can't-fail mix produces at least four cups of luscious fluffy frosting; enough to spread generously between the layers and to swirl over top and sides of a nine inch cake... or whatever use you want to make. All it requires is cold water as it comes from the tap and beating with electric or hand beater.

Today's glamorous girl mother and her daughter give this new frosting distinctive touch by tinting and flavoring in endless ways. You can even add chocolate, fruits, coconut or nuts if you like. Frosting miraculously stays fluffy, does not shrink, soak into the cake or become crusty or sugary and the texture remains the same as long as the cake lasts.

Salad Dressing Mixes

The modern homemaker finds a galaxy of salad dressing mixes on the market. Famous chefs have blended herbs and spices to make five different variations that require only the addition of your favorite vinegar (cider, salad, herb or wine) along with water and salad oil to produce such favorites as Old Fashion French, Old Fashion Garlic, Bleu Cheese, California French or Exotic Herbs.

Distinctly different, the good seasonings come in envelopes. For convenience, two different envelopes of salad dressing mixes are now available in one kit which contains a self-measuring mixing bottle with correct proportions of liquids marked right on the bottle.

Sugar coated cereals enjoy tremendous popularity. Newest one noted is raisin bran with sugar-coated raisins, using a dipped-in-honey and rolled-in-sugar process that keeps the raisins juicy, sweet and tender. Good in baked fruit crisps, breads, cookies, desserts and even added to entrees, as well as enjoyed as a cereal.

Apple flavored gelatin is newest addition to galaxy of fruit flavors for making handsome molded salads and desserts. Good with fruit in any combination, it surprisingly combines with vegetables in the making of molded vegetable salads of distinction; gives new flavor interest to chicken salad; makes fine relish with meat when drained India relish is added.

Instant Pudding Addition

Young mothers have long pleased the children with chocolate, vanilla and butterscotch pudding; often added shredded coconut to them because the family likes coconut. Now there's a coconut cream instant pudding that needs only the addition of ing with an egg beater for per-two cups of cold milk and beats—perhaps a minute to produce a real-

ly good pudding or filling for four tart shells or for a baked eight-inch pie crust. Needs only to stand 15 minutes or so before serving. Many are enthusiastic about this as topping for leftover dessert or cake; use it as a sauce for fruit.

Aluminum Foil Now Saves Mother Much Time, Effort

Hailed as the product of 1001 kitchen miracles, pure aluminum foil "uses" actually seem unlimited; is rapidly becoming standard household equipment. A few of its time, effort and money saving uses enjoyed by Mother are:

Instant bowl covers that cling without strings... fine for wrapping leftovers for refrigerator storage... for lining broiler pans and cooking utensils... for faster roasting of meats and poultry... for storing and baking fish sans refrigerator or kitchen odors... for packing lunch boxes... cooking out-

doors. Aluminum foil is used to wrap around baby's milk bottle on trips and outings. It also keeps butter and margarine from absorbing odors; prevents cheese odors from circulating. It catches liquids that boil over in the oven (use foil somewhat larger than shelf beneath the one on which the food rests; turn up foil edges.)

Many think aluminum foil unsurpassed for freezing and storing like it for moth-proofing storage, ing foods in home-freezer units; for lining and shelving cupboards and wardrobes. Even gardeners find unnumbered uses for it.

Instant Cocoa Mix. Family craving for chocolate is satisfied with this quick chocolate sauce which is a family favorite on ice cream, cake, puddings, canned pears. Combine one cup instant cocoa mix, dash of salt in saucepan. Add 1½ cups hot water; place over medium heat, bring to boil, boil four minutes stirring constantly. Remove from heat, add two tablespoons butter and mix until smooth.

Thursday, May 5, 1955

MEDFORD (OREGON) MAIL TRIBUNE—THREE

As We Live

Mother Keeps Her Age A Deep, Dark Secret

Some people are very sensitive about revealing their ages, while others like to boast about how old they are.

(Q) "I have never known exactly how old my mother is, but I suspect that she is in her late seventies. The other day she began to talk about what she wanted to do after she died. She is in excellent health and there is no reason for her to be concerned about her death at this time. She was very emphatic about not wanting any indication of her age on her tombstone."

"She has always refused to discuss her age; we have suspected it because she was older than my father. He died three years ago, and she had the date of his birth and death carved on his tombstone. I pointed out to mother that this should be done on hers too, since their graves would be side by side but she became very upset and said she could never have any peace of mind unless I promised to follow her wishes. So, of course, I promised, but I am a bit upset about the matter. You know how people ask about the age of a person, so what will I tell when they ask me?"

(A) You will merely tell the truth, saying that your mother never told you her age. Under no conditions should you break your promise to keep her age a secret. Whatever her reason may have been for asking you to promise, the fact remains that you gave your word and should abide by it.

As for the tombstone, this matter can be handled very easily merely by recording the date of her death and making no men-

By ELIZABETH HURLOCK, PH.D.

tion of when she was born or how old she was. This is frequently done for reasons similar

to your mother's. If she was older than your father, let her secret die with her, as she seems to want it to.

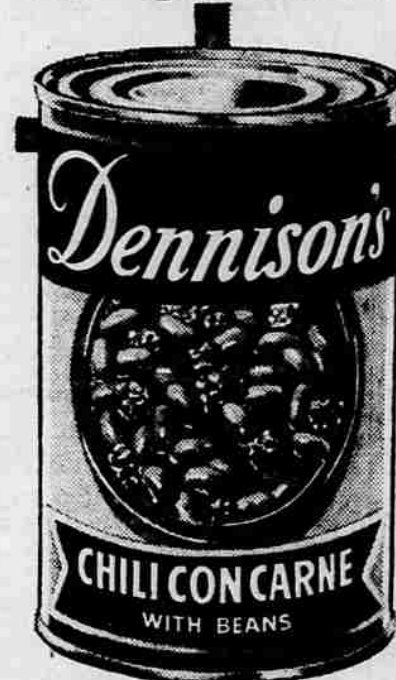
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