

Feeding the Family

By ZOLA VINCENT
Food Editor

"The origin of macaroni-making is lost in antiquity" say the macaroni scribes. "The ancients long before the advent of the Christian era knew and highly prized tuna for its superb eating qualities" say the tuna scribes.

These items are brought to mind as macaroni manufacturers hold their first west coast meeting in 50 years at Coronado next door to one of the country's two great tuna towns, San Diego. San Pedro being the other major tuna canning area. "Macaroni products are among

our most economical and nutritious foods. They are high in food value, a natural source of protein, calcium, phosphorous and iron; low in starch. Economical because there is no waste. Fits well into any part of the menu; good hot or cold. There's no limit to number of dishes that can be achieved" say the manufacturers of macaroni.

"Canned tuna is one of the greatest of all protein foods, a rich source of amino acids, high in B 12, iodine, flourine, phosphorus and substantial quantities of the A and D vitamins as well as the B groups. The economy value is another advantage since there is absolutely no waste. One of the great advantages of tuna is its versatility. A wonderful dish when served alone, it lends itself to endless combinations with other foods for enjoyment either hot or cold" say the canners of tuna.

Coincidences Continue
The National Macaroni Manufacturers Association was founded in 1904; is 51 years old. The American tuna industry celebrated its 50th year in business in 1953; is 52 years old. Furthermore, there are three principal kinds of macaroni products; spaghetti, macaroni and noodles with considerable variety in specialty shapes representing a small portion of the business.

There are three principal grades of canned tuna; the solid pack, the chunk-size and the flake or grated tuna with increasing variety in fancy packs representing small portion of the business.

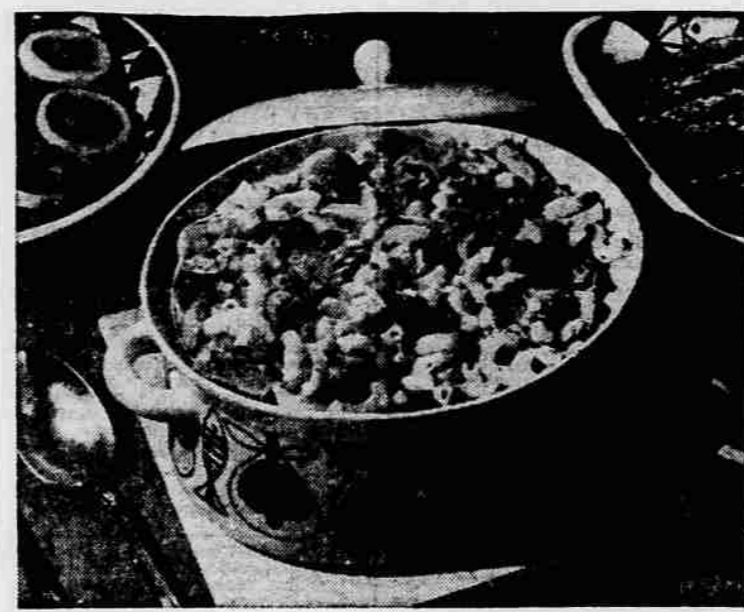
Yes, macaroni and tuna have a lot in common. Make mighty good eating when combined like this:

Coronado Casserole Combines Macaroni - Tuna

Our part of the country also produces a lot of dairy products. We combine tuna, macaroni, in this substantial, satisfying cottage cheese and buttermilk dish.

- 1 tablespoon salt
- 3 quarts boiling water
- 2 cups elbow macaroni (8 ounces)
- 2 7-ounce cans solid pack tuna
- 2 tablespoons flour
- 1 teaspoon salt
- Dash freshly ground pepper
- 1 cup buttermilk
- 1 tablespoon finely chopped onion
- 1 cup creamed cottage cheese

Add salt to rapidly boiling water. Gradually add macaroni



WE COMBINE MACARONI and tuna in many tasty dishes as macaroni manufacturers hold first west coast meeting at Hotel Del Coronado. Macaroni and canned tuna have long teamed up for hearty, nutritious, versatile meals. We talk about them in our columns today.

so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Break tuna into pieces; combine tuna and remaining ingredients. Add macaroni and mix well. Turn into 1 1/2 quart casserole and sprinkle with paprika and chopped parsley. Bake in moderate oven, 350 degrees, 30 minutes or until lightly browned.

Tuna-Tomato Treat

Many like the color and flavor appeal of tomatoes in tuna-macaroni combinations. Saute 1 chopped onion and 2 tablespoons finely cut parsley in 4 tablespoons olive or salad oil until soft. Flake one 7-ounce can solid pack tuna and add to pan with No. 2 1/2 can tomatoes, 1/2 teaspoon salt and 1/8 teaspoon pepper. Cook 8 ounces of macaroni according to package directions; arrange alternate layers with tuna mixture in a baking dish. Top with buttered bread crumbs, if desired and bake in moderate, 375 degree oven, 20 minutes. Six servings.

Spaghetti-Tuna Salad

A main dish salad for a summer menu; flavorful blend of tuna, hard-cooked eggs, radishes and green pepper with spaghetti and sharpened by a tangy sauce. For servings. Cook 4 ounces spaghetti in boiling salted water until tender, about 8 minutes. Drain and rinse with cold water. While spaghetti is cooking, combine one 7-ounce can flaked tuna, 2 hard-cooked eggs, diced, 1/4 cup sliced radishes, 2 tablespoons chopped green pepper, 1/4 teaspoon salt, dash of pepper.

Combine 2 tablespoons mayonnaise with 2 tablespoons French dressing, 2 teaspoons onion juice and 1 teaspoon prepared mustard, mixing until well blended and smooth. Add cooked spaghetti to tuna mixture, mixing well. Pour mayonnaise mixture over all and mix lightly. Serve on crisp lettuce leaves. Substitute salmon for tuna, if you like.

When you cook macaroni, it usually doubles in size. In general allow about an ounce (1/4 cup) to 2 ounces per serving; good thing to remember when you're preparing macaroni products without reference to a recipe.

Baked Lamb Loaf

Get that good lamb flavor in inexpensive, satisfying lamb loaf using ground "lamburger". Combine 2 pounds ground lamb, 1 cup cracker crumbs, 2 tablespoons chopped parsley, 2 tablespoons minced onion, 1 green pepper minced, 1 egg and 1 cup of milk. Mix thoroughly but lightly and pack into a 5 x 9 inch loaf pan or a 2-quart ring mold. Bake in a slow oven, 300 degrees, 1 1/2 hours. Eight servings.

Good Egg Insurance

Buy eggs at local store from refrigerated cases.

Store in refrigerator in carton in which you buy them.

Do not store eggs near strongly flavored foods because they absorb odors easily.

Remember that egg whites beat up to maximum value if kept at room temperature for a while.

Whatever the dish they're

Red China Needs 50 Years to Industrialize

Tokyo — (U.P.) — Communist China's Vice-Premier Li Fu Chun predicted China would need 50 years to catch up with the leading industrialized nations, Peiping Radio has reported. The broadcast said Li Fu Chun declared socialism could be built in China in 15 years, or three five-year plans. He said necessary funds for industrializing the nation could not be accumulated "at a high speed."

used in, cook eggs slowly and gently because high heat toughens protein.

Refrigerate any extra egg yolk in a covered dish with enough water to cover. Better still, use immediately in batter, casseroles, meat mixture or soup.

Eggplant Madrid Seasonal Delight

Most of us fix eggplant in one of two ways. We either slice it and fry it or dice it and add tomato sauce. Good, to be sure, but how about this fancier version for a change? Family will like. Eggplants are at their best for several months to come; make very good eating.

- 1 medium onion, minced
- 1 green pepper, diced
- 2 tablespoons butter or margarine
- 1 clove garlic, minced
- 4 fresh tomatoes, diced
- Chopped parsley
- 1/4 teaspoon thyme
- 1 medium-sized eggplant
- 3 tablespoons butter or margarine
- 2 teaspoons salt
- Pepper
- Parmesan cheese, grated

Cook onion and green pepper in butter, string constantly. Add garlic, tomatoes, parsley and thyme. Pare and cut eggplant in cubes and saute in 3 tablespoons butter over medium heat for 5 minutes. Combine eggplant and tomato mixture; add salt and pepper and simmer slowly for about 2 minutes. Sprinkle generously with grated Parmesan cheese. Four servings.

More Party Stuff

So many June parties going on that we thought we'd better make up a few more quick and easy appetizers.

"Happy Talk" spreads. Spread ice box rye bread with potted meat or that bacon - cheese spread that comes in jars.

"Chip How-Do-Do's." Make a mound of this and surround by potato or corn chips. Soften liver sausage with a little cream, mayonnaise or catsup and a husky squeeze of lemon juice.

Perky Pick-Ups. Spear on a toothpick, a Vienna sausage or cocktail frank with a pickled onion, olive, cheese square or pineapple cube. Or make small balls from cream cheese to which a little onion juice is added. Roll balls in chopped dried beef and stick on toothpick.

Appropriate Relishes for the appetizer tray are celery flutes, green and ripe olives, radish roses, carrot curls or carrot sticks, cheese stuffed celery hearts, small sweet pickles and fluted cucumber rings made by running fork tines length of cucumber before slicing.

TOO LATE

Philadelphia — (U.P.) — Mrs. Walter Bradhering was not at home when radio station WPEN called to inform her she had won first prize in a local fur shop's guessing game, a trip to Spain. The studio was told Mrs. Bradhering was vacationing in Spain.

BLOOD CONTENT

Baltimore — The body of an average American adult contains only a little more than five quarts of blood, surveys indicate.

CROP AREA

Canberra — Australia's crop area in 1953-54 was 21,138,000 million acres, a rise of 3.8 percent over the previous year.

Thursday, June 23, 1953

MEDFORD (OREGON) MAIL TRIBUNE—FIVE

Around Hollywood

By ALINE MOSBY
United Press Correspondent

Hollywood — (U.P.) — Pinky Lee lipped an indignant blow to other TV comics today: He's "hurt" because they're making fun of him.

Pinky is the ex-burlesque comedian who, as he says, "plodded along gradually, underpaid and under-estimated," until suddenly became a star of an NBC-TV children's program.

On this show Pinky does a fast dance in his checkered suit, lisses to the kiddies and has their mamas playing games such as breaking balloons.

By now Pinky has a high rating and a new house on a high mountain, and his success has brought forth a rash of "Pinky Lee" jokes from his former colleagues of vaudeville and smoke-filled night clubs.

"Gee, it's belittling. It makes you feel like a disgrace," he said.

"At a comedians' dinner in Philadelphia, Milton Berle said, 'If a bomb fell on the place Pinky Lee would be a big star.' At the Emmy awards, Steve Allen said 'They wanted an emcee who wouldn't win an award, so it had to be either me or Pinky Lee.'"

"Now that's cruel! It hurt me. Anything But Malice

"Jackie Gleason had a joke about Pinky Lee singing a Cole Porter album, but that was cute. Jack Benny has been cute, too. Not Red Skelton.

"I don't care if they kid me,"

GRANGE

Butte Falls Grange

Social Chairman Elga Abbott announces the social night for the Butte Falls Grange will be a picnic at the Fish Hatchery park. Everyone is invited. Ladies are to bring either salad or pie, and table service for your group. Coffee, weiners and buns will be furnished by the Grange. The time is Friday, June 24, at 6:30 p.m.

Griffin Creek Grange

Griffin Creek Grange will have a pot luck supper Thursday June 23, at 6:30 p.m. Please bring table service.

The display table chairman would like to have the men bring something from their hobby collection or work shop for display that evening. Lets not all bring fishing poles.

HEC met last Thursday at Mrs. Jessie Minear's with Mrs. Ray Guchas as co-hostess. Mrs. Gertrude McCulloch from southern California was a visitor.

Klamath Falls Judge

Dismisses Charge

Klamath Falls — (U.P.) — District Judge D. E. Van Vactor has dismissed a charge of assault and battery against Royde Chocktoot.

Chocktoot, a 55-year-old Beaty, Ore., laborer, was accused of beating Watson Duffy, 82, last May 23.

In announcing his decision, Judge Van Vactor said that assault and battery was included in the charge of assault with a dangerous weapon, the original charge against Chocktoot, which had been dismissed.

Phone Recorded Prayer Finds Large Audience

Scarsdale, N.Y. — (U.P.) — The Hitchcock Memorial Presbyterian church said Wednesday that its prayer-of-the-day plan is becoming so popular to telephone subscribers that it will have to be enlarged.

The church set up the recorded system a month ago, anyone calling the service's number hears a recorded, non-sectarian prayer.

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

QUICK and Easy to Prepare!



Chowders



TRY THEM BOTH!

BY THE PACKERS OF SNOW'S MINCED CLAMS

Sensational Offer from Borden's!

SHEFFIELD STAINLESS STEEL STEAK KNIVES

(FROM ENGLAND)

3 for \$1

with the inner parchment covers from TWO Pint Packages of

Borden's COTTAGE CHEESE



- imported stainless Sheffield steel blades!
- sharp serrated edges that cut meat like butter!
- smart, sturdy, simulated horn handles!

YOURS—all three wonderful knives!—with only \$1.00 plus the inner parchment covers (which include directions for mailing) of TWO Pint Packages of Borden's Cottage Cheese!



LOOK FOR THIS VALUABLE PREMIUM OFFER AT YOUR GROCER'S



Serve tasty **SUMMERTIME SALADS!**



AND PORTER'S FAMOUS PETITE SALADETTES
QUICK • ECONOMICAL • TASTY



25 lbs. FOR YOUR \$12.50

Beef ROASTS 49c lb.
Hickory Smoked Slab BACON 59c lb.

MORRELL'S 1 lb. Sausage Rolls 35c ea.
2 for 65c

Flavorful Local Strawberries
4 BOXES \$1.00 \$2.79 A Crate

CANTS 9c lb.

Oranges 5 LB. BAG 59c

Cucumbers ea. 5c

BEANS 2 FOR 25c
CORN 6 CANS \$1.00

Minute Maid Frozen Orange Juice 3 for 55c

ZEE PAPER Napkins 3 FOR 35c

PAULSEN'S THRIFT MARKET
CENTRAL POINT'S MOST COMPLETE SHOPPING CENTER
We Reserve the Right to Limit Quantities
Prices Good Fri. and Sat. Only
Lots of Free Parking Space