

Feeding the Family

By ZO'A VINCENT
Food Editor

Cold Melons Make Cool Eating In Many Ways on Summer Days

Cantaloupes appear on fancy fruit stands as early as May, a few are around as late as October, but July and August are months of peak enjoyment of these luscious, vine-ripened melons which come mostly from sun-drenched garden areas of California and Arizona. Four thousand cars of cantaloupes, valued at more than \$6 million have recently rolled from the Imperial Valley alone.

Local melons are coming along nicely, too.

Picked at flavor peak, expert pickers know just when the melon is at the exact stage of maturity for shipment. They harvest fields daily and sometimes twice daily to make sure consumers get only the best fruit by pulling at "full slip" when cantaloupe comes off the vine with slight pressure.

Melons need to be well chilled but not to the point where some of their delicate essence is lost. Never be guilty of diluting their flavor by filling cavities with ice.

Today's cantaloupes, thanks to



CANTALOUPE—Fragrant, delicious cantaloupes are really rolling. Make the most of this distinctive goodness morning, noon and night. Ways with cantaloupes, honeydews and honeyballs, are among the good things discussed in today's food columns.

patient research have smaller seed cavity, more meat. Honeydews have creamy white or pale yellow rind with distinct and pleasing fragrance. A very light oily film generally is noticeable on the outer rind, too.

The honeyball is smaller than the honeydew and instead of being smooth-surfaced is covered with a thin but plainly visible netting. When ripe, honeyballs are slightly soft and fragrant; generally their flesh is light white-green though some varieties are pink-meated.

Minted Melon Balls. For six to eight servings, combine four cups cantaloupe or honeydew melon dew melon balls or some of both with two-thirds cup sugar, one-third cup fresh lemon juice and two tablespoons finely chopped fresh mint. Chill three to four hours or overnight. Serve in cantaloupe shell or in sherbet glasses.

Melon-Cheese Tray. Offer melon as refreshing dessert course along with cheese and crackers. Cut cantaloupe and honeydew melons into wedges. Grate one teaspoon lemon or lime rind in two tablespoons fresh lemon or lime juice and let stand 10 minutes or so. Dip melon wedges in juice. Arrange on platter with cheese and cracker assortment.

Melon Sierras. Very good and very impressive. Cut chilled cantaloupes in halves. Remove seeds. Fill with mixture of fresh summer fruits and berries. Sprinkle lightly with sugar and a generous dash of fresh lemon juice. Cover with a two-inch layer of meringue, being sure to cover completely and fluff meringue into peaks. Bake in a very hot oven, 500 degrees, two to three minutes until meringue peaks are slightly browned. Serve at once.

Melibu Melon Cup. Cut a chilled cantaloupe in half using a zig-zag motion to make a frilled edge. Remove seeds; fill cavity with assortment of summer fruits; top with small scoop of any favored sherbet.

Half Moon Salad. Halve cantaloupe or honeydew, remove seeds, cut in half moon slices and peel. Arrange on bed of greens and sprinkle generously with tart French dressing.

Cantaloupe a la mode. Many think this the very best of all summer desserts. Serve generous scoops of ice cream of any flavor in chilled cantaloupe halves, plain or frilled. For super touch, sprinkle ice cream with cloud of snowy coconut or spoon-over crushed strawberries.

Spley Plum Jam
Here's a tasty recipe for spicy plum jam which you might want to fix right now for enjoying now and a few jars or glasses for later use. Calls for six pounds of plums; makes twelve eight-ounce glasses of home-made goodness.

6 pounds plums
9 cups sugar
1/2 teaspoon cinnamon
1/4 teaspoon EACH of cloves, allspice and ginger
1/4 teaspoon dry mustard
1/4 cup vinegar

First of course, wash the plums; then halve and pit them. Combine with remaining ingredients and let stand 15 minutes. Turn into large preserving kettle and bring slowly to boil, stirring constantly. Be sure to boil until thick, about 45 minutes and stir frequently to prevent scorching. Pour into sterilized glasses or jars. Paraffin while hot.

Summer Weather Warnings Concerning Care of Food
Cooked food accounts for most cases of food poisoning in hot weather, bacteriologists of the U. S. Department of Agriculture say. Food cooked in advance and then not chilled promptly and kept chilled gives the most trouble.

cakes or pastries that are spoilage hazards. All too often food prepared in quantity for community picnics or other get-togethers is not safeguarded by adequate refrigeration.

Safety Rules
For safety, chill food as promptly as possible fatter cooking and keep it at 40 degrees or colder; that is, good refrigeration temperature, until served or until reheated for serving.

If a mixed salad containing protein foods like meat, eggs, fish or poultry is prepared in quantity, refrigerate in small enough containers so that it can chill rapidly. If put under refrigeration in large buckets as is sometimes done, chilling may be so slow that spoilage will occur in the center.

Nowadays when so many people use frozen cooked dishes, care must be taken against spoilage during thawing. If food takes as many as three to four hours to thaw at room temperature, there may be spoilage. For such food, longer thawing time in the refrigerator is advised.

Food Poisoning
Most common food poisoning comes from a toxin given off as bacteria develop in food. This toxin usually does not change taste, odor or appearance of the food, thus gives no warning. If

food has been left in a warm place too long, you cannot count on making it safe by reheating.

Broiled Chicken With Fragrant Tarragon Herb
Plentiful, economical broiler-fryer chickens are always a treat. Fixed with dried tarragon leaves, parsley and lemon for a change, they're extra special. You'll find a jar of dried tarragon in the spice cupboard useful for adding distinction to many sauces, salads, chicken, meats, egg and tomato dishes.

Have meatman remove neck and spinal column from two broilers weighing two to 2 1/2 pounds. If you are splitting broilers yourself, cut with very sharp knife along both sides of spinal column and remove the entire piece with the neck. Clean birds and dry.

Preheat broiler. Rub outside of chicken well with mixture of melted margarine, juice of half a lemon, salt and pepper. Place chicken on broiling rack, skin side down so that bony side is about three inches from heat. Cook chicken 12 to 20 minutes according to size, before turning. Turn skin side up, brush with pan juices to which you've added some more butter or margarine, chopped parsley, and crumbed dry tarragon. When done, pour pan sauce over chicken.

A reminder that quickly-made muffin pizza (peetza) is fine for luncheon or supper, for family and also as a quick ready-for-the-oven snack after cards, bowling, spectator sports, night swimming or whatever.

8 English muffins
3/4 cup tomato sauce
1/2 teaspoon oregano
1/4 pound butter or margarine
1/2 clove garlic, minced
1 pound Mozzarella cheese

Split muffins and cut away part of centers. Crush garlic and blend with butter or margarine. Add oregano to tomato sauce. Spread muffins with margarine mixture; top with thin slice of Mozzarella cheese and tomato sauce. Broil about 10 minutes. Six to 10 servings dependent on whether meal main dish or snack.

Air Force Gives Boeing Go-Ahead For Jet Airliners

Washington—(U.P.)—The Air Force has given Boeing Airplane Co., Seattle, Wash., a go-ahead to build passenger jetliners along with jet tanker airplanes.

For the past year, the Air Force had rejected Boeing's plan to turn out a commercial transport version of the 550-mile-an-hour tanker plane being built to refuel jet bombers in flight.

Air Secretary Harold E. Talbot said the Air Force is "now satisfied that such a commercial production will not interfere with nor delay scheduled deliveries to the Air Force."

The Air Force plans to buy at least \$700,000,000 worth of the four engine planes for use by the Strategic Air Command in extending the range of its atomic and hydrogen bombers. About 200 airplanes are believed to be on order.

Boeing had been chafing under the Air Force edict preventing it from entering the commercial market where competition has speeded up lately.

Britain is building a stronger and larger version of its Comet jetliner which was grounded after a series of accidents.

Douglas Aircraft Co. has announced it will have ready by 1959 the DC-8, a 550-mile-an-hour plane able to carry 80 to 125 passengers on 4-12 hour transcontinental trips.

The Boeing plane, developed as a private venture and sold to the Air Force as a tanker, will carry up to 130 passengers in a commercial version. It will sell for a reported \$4,000,000 a plane as a passenger airliner.

The plane, designated type 707, first flew on July 15, 1954, and reached heights of more than 42,000 feet in early tests. The first Air Force order was placed last September.

Chicago—Average American today eats 192 pounds of vegetables each year as compared with about 115 pounds back in 1900.

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