

Feeding the Family

By ZOLA VINCENT
Food Editor

Many Summer Beverages Begin with Iced Tea

There are so many times during the summer when we want to offer light refreshments that really mean "refreshments" or we'd like to plan a handsome and different dessert. Tall tinkling glasses of iced tea accompanying a tray of seasonal bountiful fresh fruits, berries and/or melon balls are the perfect answer.

First the tea-making which is no chore at all. For iced tea make it half again as strong as for hot tea. We're told that more than 40 per cent of tea now used in this country is in tea bags.

For each four tall glasses just put six teaspoons of tea or six teabags in your teapot. Pour four cups of bubbly boiling water over the tea. Be sure to start with fresh water from the cold water tap; no tired, warmed over water from the hot water tank. Brew, uncovered, four minutes; stir and drain or remove teabags. When ready to serve pour into ice-filled glasses. Lemon and sugar on the side, of course.

Frosted Spiced Tea. For a "different" taste. Six servings. Simmer three-fourths cup water, one-half cup sugar, dash of salt, three-fourths teaspoon whole cloves, six cinnamon sticks two inches long, dash of nutmeg over very low heat for 20 minutes; strain. Pour five cups boiling water over six teaspoons tea or six teabags; steep four minutes; strain or remove bags. Add spiced syrup and pour over ice cubes in glasses. Serve with slice of lemon.

Tea Lemonade. For 10 servings, pour six cups boiling water over nine teaspoons tea or nine teabags; steep four minutes; strain and cool. Make sugar syrup by cooking together three-fourths cup sugar, three-fourths cup water for 10 minutes; add to tea. Add three-fourths cup fresh lemon juice and serve over ice.

Collegiate Tea Punch. Young folks are said to prefer this. Serve in usual tall glasses or double recipe for a very good punch to pour over ice in a punch bowl for serving maybe 25 persons. Pour one cup boiling water over three teaspoons tea or three teabags and one-fourth cup crushed mint leaves. Steep five minutes; strain or remove teabags. Add two-thirds cup sugar and stir until dissolved. Cool. Add one cup orange, pineapple, loganberry or grape juice and one-fourth cup lemon juice. Pour over ice in tall glasses and fill

with one pint ginger ale or sparkling water. Garnish with orange or lemon and sprigs of mint.

Do-It-Yourself Fruit Tray with Fruit Sauce

Arrange any combination of available, abundant fresh fruit, berries and/or melon balls in any attractive way on any large tray or platter with a "sauce" dish on same plate or nearby. Family and guests help themselves. A soft custard or pudding sauce is also very good with fresh fruits, requiring of course a considerably larger container.

Fruit sauces can be made with fresh, canned or dried fruits. Fruits most used are apricot, blackberry, cherry, cranberry, raspberry and strawberry.

No. 1. Beat two egg whites until stiff, fold in one-half cup powdered sugar; add one-half cup fruit juice and one-half cup fruit pulp beating all until well blended. Strawberries, raspberries, blackberries and oranges are all good for this. Makes one and one-third cups of sauce.

No. 2. Boil one cup granulated sugar and one-half cup water until it spins a thread; about three minutes. Let cool a little then add one egg white beaten stiff. Mix well. When sauce is cold, add two cups crushed berries or cut-up fruit. Makes two cups.

No. 3. For this, use two cups blackberries, raspberries, strawberries or any soft fresh fruit. Crush and strain through fine sieve or cheesecloth. Mix with 1 1/2 cups sugar and two table-spoons water; let stand about one hour. Before using, stir thoroughly. Makes 1 1/2 cups.

No. 4. This recipe uses one eight-ounce package dried apricots, finely ground. In a saucepan, simmer apricots in water to cover for 10 minutes, stirring occasionally until liquid is absorbed and apricots tender. Remove from heat; add two table-spoons lemon juice, one teaspoon grated lemon rind, one-fourth cup light corn syrup. Chill. When time to serve, thin with a little water if apricot sauce is too thick to spoon easily.

Freezing Dairy Products During Vacation Trips

Families going off on summertime vacation trips often ask if it is possible to put milk, cream or butter in home freezers to insure having a supply on hand when they return. They ask too about saving any of these foods they happen to have in the re-



TALL GLASSES—Many put the tea in summer hospital-tea with tall tinkling glasses of refreshing, relaxing iced tea. Then they offer a do-it-yourself tray of assorted fruits with a fruit sauce. Ways with iced tea and trays are included in today's food columns.

frigerator by transferring them to a freezer.

Dairy specialists of the U. S. Department of Agriculture say that butter and homogenized milk or cream freeze very successfully. But the cream or milk should be frozen in waxed cartons or freezer containers; not in glass bottles. Milk which has not been homogenized is unappetizing because the fat separates from the liquid.

Heavy whipping cream also may be frozen. Tests at Michigan State College show that 40 per cent cream, sweetened or unsweetened, whipped or unwhipped, may be frozen and stored for future use as a topping for salads and desserts. Drainage from frozen whipped cream proved very slight. The cream should be completely defrosted but still cold for whipping. Long frozen storage is not recommended for dairy products because quality deteriorates.

Relish Bowl Deluxe

This relish bowl is wonderful, rich and satisfying, especially with fish but good with anything. Slice a medium size onion and separate into rings. Thinly slice eight or 10 radishes, and one medium-sized cucumber. Place vegetables in bowl; cover with sour cream dressing and chill until serving time.

Make sour cream dressing by mixing together one cup sour cream, one tablespoon fresh lemon juice, pinch of prepared mustard and salt and pepper to taste. Dressing for four servings as sal-

ad; eight to 10 servings as relish.

Wilted Lettuce

A reminder of this long-time favorite. Break a head of iceberg lettuce in bite-size pieces into a salad bowl. Cut six slices bacon into small pieces and fry until crisp. Remove bacon pieces from fat. To bacon fat, add four green onions, finely cut, one teaspoon sugar, one-fourth cup wine vinegar and black pepper to taste. Allow to come to simmering point. Pour over lettuce; toss lightly. Sprinkle with crisp bacon bits. Serve at once. Fry to six servings.

Summertime Tips on Vitamin-Packed Tomatoes

Red, ripe, luscious tomatoes are not only attractive and appetizing but are packed with valuable vitamin C; the vitamin every one needs every day!

One medium-size tomato (three to a pound) give nearly half your day's quota of vitamin C as well as generous amount of vitamin A. To get the most from tomatoes, eat them raw and fresh. They do hold a large share of their vitamins however when cooked or canned.

Tomato Keeping. Ripe tomatoes keep best in the refrigerator where the cold stops the ripening process. Whenever possible, peel and cut tomatoes just before using. If you must prepare them early, keep them covered in the refrigerator until time to cook or serve them.

Tomato Peeling. Here are three ways to loosen tomato skins for quick and easy peeling:

Stroke the skin with the dull edge of a knife blade; or dip the tomato in boiling water for a minute and then cool at once in cold water; or hold the tomato on a fork and rotate over the heat of the stove until the skin is tight and shiny. Cool at once in cold water and peel.

Ripening on a sunny window sill is poor practice. Immature green tomatoes will not ripen and are likely to spoil if held too long.

Prize Winning Plum Pie Delight

July, August and September finds plump luscious plums available for fine out-of-hand eating and for dessert making. California produces many of the principal plum varieties with Washington, Oregon and Idaho notable for their Italian variety, among others.

Pastry for 2-crust pie
4 cups pitted plums
1 cup sugar
4 table-spoons flour
1/2 teaspoon salt
1 table-spoon butter

Fit lower crust into nine-inch pie pan. Blend sugar with flour and salt and mix with plums. Fill pie pan and dot with the butter. Roll one top crust and place over filling. Trim and press down edge, fluting with fingers. Cut several gashes in top crust to let steam escape. Bake in 425 degree oven for 30 minutes or until browned. Amount of sugar should be varied according to sweetness of plums.

Mt. Washington in New Hampshire rises to an altitude of 6,293 feet above the level of the sea.

Thursday, July 21, 1955

MEDFORD (OREGON) MAIL TRIBUNE—THREE

Around Hollywood

By ALINE MOSBY
United Press Correspondent

Hollywood — (U.P.) — George Gobel, the top TV comedian of the nation, has been christened



a movie star via sizzling love scenes with shapely Mitzi Gaynor. To millions of TV fans, "Lonesome George" is a placid, married guy with a TV wife Alice played by Jeff Donnell. But for his movie debut Paramount studio presented the crew-cut comic with a torrid love interest, Miss Gaynor, who chases shy George throughout "The Birds and the Bees."

"This isn't the story of my life so I don't think anybody will mind the romance," George said. Gobel was bombarded with film scripts from every studio after his TV success. The comedian's agent turned them down "because he didn't think they were right for me." Then Paramount asked George to look at an old Henry Fonda-Barbara Stanwyck movie, "The Lady Eve."

Gobel decided to appear in a re-make as his own independent production, "so we make money — if the picture is good."

Though George entered the movies without his TV wife, he

took along Gobelisms that became household bywords. In today's script George let out a "Suu-rrre he does." In fact, half of the set workers from director Norman Taurog to the carpenters were "s-urrrr he doesing."

"But unless my expressions fit into the story the director doesn't fool with them," explained George. "Sometimes I'll add one in rehearsal and if it fits, Norman will leave it in."

Many Fans
Movie stars are TV fans, too, and George's first day on his set brought a string of visitors including Jimmy Stewart, Charles Heston and Doris Day. Even movie master Cecil B. DeMille wants to meet him.

According to Paramount custom George was given a bicycle to ride around the lot. His is labeled, "Lonesome George."

Mitzi Gaynor sighed, "George is so sweet—and he's really a great dramatic actor." But whether George wants to remain a star, he isn't sure.

"We'll wait and see what happens when this is released a year from now," he said in his usual modest manner. "I just hope that after this one is out we'll still be in a position to make a decision about more movies."

"But you can't plan too far ahead. We don't even know what we'll do on television next fall."

Portland Reservists To Train in Oklahoma

Portland—(U.P.)—The first two weeks of away-from-home active duty training for reservists of Portland's 403d troop carrier wing will start August 7. Most of the group's 700 officers and men will fly by C-124 some 1,500 miles to Ardmore, Okla., for their summer training. The hop is more than twice as long as that of any other reserve wing training this year.

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

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