

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Orange Freeze is Prize Winning Dessert

For an easy-to-make dessert, this orange freeze is a prize-winner. Use a tall can of evaporated milk and can of fresh frozen concentrated orange juice. Empty a tall can of evaporated milk (14½ ounces) into an ice cube tray of your refrigerator and chill until ice crystals form around edge of the milk. Turn the cold milk into a well-chilled bowl and whip with rotary beater or electric mixer until stiff. Gradually beat in three-fourths cup sugar; continue to beat until mixture forms peaks when beater is withdrawn. Next fold in one cup well-chilled fresh or diluted fresh frozen concentrated orange juice. Quickly turn into two freezing trays, cover tops of trays with waxed paper and freeze until firm, about three to four hours. Do not stir mixture while it is freezing.

## Fresh Salmon for Menu Change Treat

Pacific Coast salmon is a rare treat, fresh, frozen, canned... hot or cold in a hundred different ways. In aspic, baked in peppers, baked with tomatoes, boiled with a variety of piquant sauces, creamed, in cutlets, escaloped, in loafs, patties, souffles; pickled, stewed, kippered and smoked.

But most of us will go right on thinking that a flavor treat beyond compare when simply broiled or baked and served with plenty of lemon wedges.

**Broiled Salmon.** Preheat broiler for 10 minutes. Wipe salmon with dampened cloth, brush with oil and sprinkle lightly on both sides with salt and pepper. Place in shallow heated baking pan; broil without turning until easily flaked with fork, moist and nicely browned—10 to 12 minutes. Dot with butter. Garnish with lemon wedges, parsley sprigs.

**Baked Salmon.** Dip salmon in bowl of heavily salted milk (one tablespoon salt to one cup milk); then in finely sifted bread crumbs. Place in oiled baking dish and sprinkle with a little oil. Bake 10 minutes in a very hot oven, 500 degrees, or until fish are a golden brown. Remove to hot serving dish; garnish with parsley and lemon wedges.

## Cheese Pastry for Fruit Shortcakes

Epicurean delight is found in this cheese pastry shortcake topped with any kind of berries or with any lightly crushed fresh fruit. Peaches, for instance. The pastry rounds are so wonderful that you may just decide to eat them along with bowls of fresh fruit as we did.

Stir one-half cup butter until well softened. Add one-half pound of aged cheese, grated. Mix with spoon or electric mixer until cheese and butter are smooth and well blended. Stir in 1½ cups sifted flour. Shape pastry into a ball. Wrap in waxed paper and chill for an hour. Roll out pastry about one-fourth inch thick on a very well floured board. Cut out 12 rounds of pastry with 3½ inch biscuit cutter. Put the pastry rounds on an ungreased baking sheet. Prick each with a fork several times. Bake in hot oven, 400 degrees for 10 minutes or until lightly browned.

To Serve: Sprinkle a little sugar over one quart berries or other fruit that has been washed

and lightly crushed. Add one-half cup confectioner's sugar and one-half teaspoon vanilla to one pint whipping cream; beat with rotary beater until stiff. Arrange half the pastry rounds on serving platter. Top each round with generous spoonful of whipped cream. Spoon berries over cream. Top with another pastry round to make double-decker. Spoon on more whipped cream and add a top-off of berries. Six generous servings or 12 half servings which are very satisfying, too.

## Leg of Lamb Has Herb Bouquet

Leg of lamb is fine fare anytime of year. Enjoy it now at reasonable cost. It is so easy to roast a leg of lamb; so satisfying to eat hot one day and of course cold the next. Season like this for fine flavor. Place leg of lamb fat side up on rack in low-sided pan to insure full circulation of heat.

Combine one teaspoon rosemary, two tablespoons salad oil, one-half teaspoon dried sweet basil, one tablespoon paprika, one clove garlic chopped. Rub leg of lamb, from which fell has been removed, thoroughly with seasoned oil. Let stand in refrigerator three or four hours before roasting. Roast fat side up on rack in low-sided roasting pan, 325 degrees, 2½ hours for 4-5 pound leg.

Spread half a glass of mint jelly over surface and continue roasting about half an hour. Spread remaining jelly over roast before serving. Maybe additional jelly alongside.

## Market Abundance Makes Meal Planning Easy

All the fine local fresh foodstuffs make for easy menu planning and very good eating at reasonable cost. Keep an eye out for peak seasons when prices are lowest. This newspaper's market advertisements and displays in stores as well as suggestions here keep you well informed.

**Vegetable Buys.** Fresh, sweet corn-on-cob continues a favorite for eating on and off the cob. Corn is one of easiest of "freezing" vegetables. Celery is crisp, crunchy for frequent use as relish, in salads and occasionally cooked. Cabbage is bargain for quick cooking, for cole slaws and for combining with other greens in salad bowls. Cucumbers are cool eating; fine with sour cream

or vinegar dressing. Potato crop is big, of good quality. Soft varieties of squash are abundant. Other good buys are topped carrots, yellow onions, cauliflower, lettuce, spinach, peas, green beans. Tomatoes remain higher than usual for this time of year.

**Fruit Buys.** Watermelon is best melon buy; other melons likely to be a bit higher during next couple of weeks. Plenty of small and medium size Valencia oranges. Keep sharp look-out for buys in apricots, peaches, plums, especially if you're freezing, canning, jamming. New arrivals noted include several grape varieties, nectarines, northwestern cherries, Bartlett pears and Gravenstein apples. Bananas and pineapple are likely to be specialized.

**Meat Situation.** Beef continues plentiful with pot roasts, short ribs and ground beef quite low in cost. Pork costs less than usual at this time of year. Barbecue or braise some of those meaty spareribs. Look for canned and smoked ham specials but not on center cuts.

**Poultry.** Plenty of fryers and broilers for enjoying hot or cold; stewing chickens for fixing for salads, sandwiches and for teaming with dumplings or egg noodles. New crop ducks and geese arriving. Junior and large turkeys are reasonable. A big turkey will make many a fine meal; first roasted, then sliced cold, then in praise-worthy casseroles and salads.

**Fish and Shellfish.** For variety, flavor, convenience, all-round good eating, feed the family fish and shellfish more often. Chinook salmon, broiled, baked, barbecued one day, cold the next. Steak and baking varieties in good supply include ling cod, lake whitefish, halibut. Try fillets of true cod, rockfish, ling cod, dover sole, haddock or ocean perch. Try such pan-readies as Eureka rex sole, Idaho brook trout, fresh water smelts. Fish is always a good buy. Enjoy scallops, frozen lobster, shrimp, lobster tails, Pacific frying oysters.

## LONG WILL

Boston — (U.P.) — Boston-born Benjamin Franklin, who died in 1790, left one of the longest wills ever probated. The document covered 40 pages.

## POISON OAK?

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# Russian Artists May Appear in US

New York — (U.P.) — Russia's top performing artists may come here this winter to make personal and television appearances, the National Arts Foundation disclosed today.

Dr. Carleton Smith, foundation director, said the only hitch in getting the Soviet stars here on an exchange basis is U. S. immigration laws. The foundation seeks a slackening in restrictions on foreigners visiting the United States. The Russian artists particularly object to being fingerprinted before entering this country, as the law requires. The Russian farmers visiting the country evaded the fingerprint requirement by listing themselves as government officials.

Smith said Russia's anxiety to have its top ballerinas, singers and musical personalities visit the United States and to welcome America's performing luminaries to the Soviet has heightened since the Big Four conference in Geneva last week.

The foundation hoped that if the Russians do get here they will make personal appearances in cities across the nation and even perform on nationwide television programs.

He hoped the appearance of the Russians here would stimulate further exchanges of artists on a large scale.

Smith conferred with State Department officials today about obtaining permission for the first group of Soviet stars to enter the United States.

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

## STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars

To develop message for Saturday, read words corresponding to numbers of your Zodiac birth sign.

ARIES	1 You	31 Tired	61 Or
APR 22	2 You	32 Intimate	62 Quickly
3 P.M.	3 P.M.	33 For	63 To
24-34-39-41	4 Today	34 Pleasure	64 Take
43-70-74	5 May	35 Matters	65 Because
TAURUS	6 You	36 Progress	66 Plans
APR 21	7 Hours	37 Matters	67 To
8-19-22-28	8 Be	38 And	68 Meet
67-77-86-90	9 Today	39 And	69 As
GEMINI	10 Need	40 Amusements	70 Are
MAY 22	11 Evening	41 Handsome	71 Favored
4-5-13-16	12 Set	42 Attention	72 Of
31-49-57	13 Find	43 Profits	73 Trip
CANCER	14 Favors	44 Lip	74 Indicated
JUNE 23	15 To	45 May	75 Some
11-17-25-33	16 You	46 Be	76 And
51-76-81-88	17 Is	47 Are	77 Gossip
LEO	18 Win	48 Can	78 Temper
JULY 24	19 Worry	49 And	79 Difficult
11-17-25-33	20 Clean	50 Of	80 And
51-76-81-88	21 Approval	51 Rest	81 Solving
AUG. 23	22 Of	52 As	82 You
9-14-23-25	23 Serious	53 In	83 Unfinished
55-56-80-85	24 Personal	54 Public	84 Business
VIRGO	25 Excellent	55 Material	85 Love
AUG. 24	26 Enjoyable	56 Gain	86 And
SEPT. 22	27 Things	57 Irritable	87 Can
1-48-58-63	28 Listening	58 Expect	88 Problems
68-75-79-89	29 Right	59 Slow	89 Situation
	30 Seek	60 Some	90 Rumors
		7/30	Neutral

Detroit — (U.P.) — George Leathers, Wyandotte, Mich., was elected recently to the board of directors of the Michigan Shoe Retailers Association.

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**MORE WILD TURKEYS**  
Lansing, Mich. — (U.P.) — Conservationists were cheered recently with the discovery of a nest containing 12 wild turkey eggs in Allegan State Forest. The conservation department released 200 of the birds in the southwestern Michigan wilds last year in hopes they would establish themselves there permanently.

**TYPHOON DOWNGRADED**  
Tokyo — (U.P.) — Typhoon Georgia toned down today in its journey over the ocean south of Japan. Packing winds of 63 miles per hour, Georgia was downgraded by U. S. Air Force weathermen to a tropical storm. It was located nearly 230 miles southeast of Kyushu today, the southernmost island of Japan.

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# The father of the American Dollar—

## Can you name him?

YOU KNOW HIS NAME as well as your own. He invented the swivel chair, a plow, the shooting stick, and an indoor weather vane. He introduced the threshing machine to the United States and granted Eli Whitney the patent on the cotton gin.

As a Congressman, he wrote a suggestion for a decimal monetary system which gave us the penny, the dime, and the dollar—yet strangely enough, his face appears on the two money units he did not suggest. They are the nickel and the two-dollar bill. And now you know him—Thomas Jefferson, born 212 years ago.

You might think it strange that this busy man whose mind was engaged with so many practical things should also have written the most inspiring words in American history—our Declaration of Independence. But Thomas Jefferson knew that independence is a practical thing.

You know it, too. And you are acting in the spirit of Jefferson every time you invest another dollar in our nation's Series E Savings Bonds. For Savings Bonds can be your personal Declaration of Independence. They offer you one of the world's surest ways to save—especially when you invest in them through the Payroll Savings Plan where you work. They pay good interest—3% compounded semiannually when held to maturity. And your U. S. Savings Bonds are as safe as America herself.

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	\$5,000	\$10,000	\$25,000
Each week for 9 years and 8 months, save.....	\$8.80	\$18.75	\$46.00
Each week for 19 years and 8 months, save.....	\$3.75	\$7.80	\$18.75

This chart shows only a few typical examples of savings goals and how to reach them through Payroll Savings. Remember, you can save any sum you wish, from a couple of dollars a payday up to as much as you want. The important thing is, start your Plan today!

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