

Feeding the Family

By ZOLA VINCENT
Food Editor

Few Things Better Than Peach Butter

We just made some peach butter and at the moment can think of nothing better! This recipe, carefully spiced and cooked to just-right consistency use a few drops of red color for rosy tone.

4 pounds freestone peaches
2 tablespoons lemon juice
3 1/2 cups beet or cane sugar
1/4 teaspoon nutmeg
1/4 teaspoon ginger
4 drops red food coloring
1/4 teaspoon almond extract

Wash, peel and pit peaches which should give you about 4 1/2 cups pulp when fixed like this: Cut up peaches into a preserving kettle and sprinkle with lemon juice. Cover and cook for 15 minutes, stirring often. Press through coarse sieve or food mill. Measure 4 1/2 cups pulp.

Combine all ingredients except almond extract in preserving kettle, stirring until sugar is moistened. Bring to boil on high heat, reduce heat to medium and cook about 20 minutes or until two thick heavy drops run together off edge of a metal spoon. Stir occasionally. Remove from heat and stir in extract. Pour into hot sterilized jars; seal at once. Four half-pints. Color of course is optional... but pretty.

Let's Cook Cucumbers

Go cook a cucumber is no longer comparable to telling some one to go jump in the lake. Many people are cooking cucumbers and liking them. Ways like these:

Sauteed Cucumbers. Cut the cucumbers lengthwise in one-fourth inch slices, dip in beaten egg, then in seasoned flour and saute in very shallow cooking oil or fat about 15 minutes until golden.

Stewed or Scalloped. Cover sliced or diced peeled cucumbers with cream or a thin white sauce, season with paprika and salt and bake in moderate oven, 350 degrees, closely covered for 30 minutes. Uncover and allow to cook another 10 to 15 minutes.

Stuffed Cucumbers. Pare, cut in half the long way, remove seeds, let stand in cold salted water for 30 minutes. Drain and stuff with a seasoned bread dressing to which a little chopped cooked ham or any leftover cooked meat is added and bake in a moderate oven, 20 minutes.

Gingered Pork Chops Have Apple Stuffing

Put some of those good green Gravenstein apples along with a dash of ginger in a stuffing for plentiful and reasonably priced pork chops. Four servings. More chops, more stuffing.

2 tablespoons melted butter
1/4 teaspoon salt
1/4 teaspoon cinnamon
Dash of pepper

1 cup day-old bread in 1/4 inch cubes
1/3 cup finely chopped cooking apple
2 tablespoons seedless raisins
4 thick pork chops with pockets
1 teaspoon powdered ginger
Salt and pepper

Meat man will put pockets in pork chops if you ask him to. Combine butter, salt, cinnamon, pepper, apple and raisins; add to bread cubes and toss lightly to blend. Stuff chops; fasten with toothpicks or skewers and string. Rub outside surface with ginger; salt and pepper. Place in baking pan; add a little water; bake in moderate oven about one hour or until tender.

Refreshing Drinks

Bottled lemon juice is practically standard equipment nowadays. Here are quick, easy recipes for making about a quart of thirst-quenching, refreshing, iced drinks for warm days.

Frosted Fruit. In a two quart jar, combine one-half cup sugar, one cup cold water, two-thirds cup lemon juice, two-thirds cup unsweetened pineapple juice, one-fourth cup lime juice, two egg whites beaten stiff. Shake well. Pour over cracked ice and serve.

Lemon Buttermilk. In a bowl, combine three cups chilled but-

termilk, one-third cup cold bottled lemon juice, dash of salt, one-half cup sugar, two small scoops vanilla ice cream. Beat with rotary beater until thoroughly blended. Serve in chilled glasses with maybe a dash of ginger.

Southwestern Iced Tea. Pour three cups boiling water over five tea bags and let steep three minutes. Stir, strain and cool. Add one-fourth cup orange juice, one-fourth cup pineapple juice and three tablespoons sugar; mix well. Pour over cracked ice and serve.

Bake Fish Fillets. Choose two pounds of any fish fillets or steaks from fine displays. Sprinkle both sides with salt and pepper. Add two tablespoons lemon juice and one teaspoon grated onion to four tablespoons melted butter or oil. Dip fish in this mixture and place in greased baking pan. Pour rest of fat over fish. Bake in 350 degree oven 25-30 minutes or until fish flakes easily. Sprinkle with paprika. Serve immediately on hot platter. Six servings.

Spotlight on Turkey, Corn, Melons, Salad Makings

National spotlight is on turkey and our state produces a large share of the best. Turkey offers a lot of good eating for surprisingly little money. You get so much more out of a turkey than any other meat. For instance, stuffing and giblets and gravy; then you get turkey broth from neck and carcass.

Plenty of turkey in all sizes; toms, hens and "juniors", likely to be specialized. Consider a mature hen turkey which makes wonderful eating when stewed or simmered, long and slow, 2 1/2 to 3 hours according to size of pieces. Use portion for serving with dumplings. Then make sandwiches and all sorts of specialties, both hot and cold from the leftovers.

Fresh corn is holding its own; good supply, low cost. Try with garlic or herb butter.

Long white potatoes are plentiful. Twelve per cent more than prices. The fine, clean, high quality potato for boiling, baking, roasting, frying.

Melon Delights. Watermelons continue the big bargain; ripe sweet perfection Cantaloupes coming in from new areas vary considerably. The popular Cranshaw is increasing in supply.

Other Fruits. More and more Gravenstein apples; green, crisp, juicy, for eating out-of-hand, for pie making, apple sauce and all other purposes. Plenty of bananas, peaches, small Valencia oranges, summer avocados. Bartlett pears are coming in; also new grape varieties.

Vegetable Buys. Displays offer practically ever known salad maker: celery, cucumbers, cauliflower, lettuce varieties, green onions, radishes, carrots. Tomatoes improving, cost less.

Meat Situation. Plenty of beef in all grades with genuine bargains in ground beef, stewing, braising and other long, slow cooking cuts. Pork production is up with prices lower than at this time last year. Look for ham and bacon among other pork specialties. Lamb quality is very good with prices about normal for this time of year. Remember cold cuts and perhaps a canned meat or two for an occasional supper as well as for noontime sandwiches.

Fish and Shellfish. August offers plenty of variety in west coast caught fish, both fresh and frozen. Enjoy them more often: fried, broiled, baked, planked and in salads, too.

Salt Reminder. Better put a little more salt in cooking and elsewhere when temperature rises. In normal persons, salt deficiency develops most often as a result of salt loss through perspiration. So keep this in mind.

Montevideo, Uruguay—(U.P.)—Two Argentine navy lieutenants said they asked for political asylum in Uruguay because their own country "is in a chaotic state with no guarantee of life or property."

Dead line for Sunday Classified is at noon Saturday.

STAR GAZER			
By CLAY R. POLLAN			
ARIES MAR 22 APR 20 23-30-34-53 56-67-81-84		LIBRA SEPT 23 OCT 23 1-7-43-58 70-71-78	
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A Nichol's Worth of . . . Comment On This and That

By HARMAN W. NICHOLS
United Press Feature Writer



Harman Nichols
of Latin America.

The beginning of the shop is an interesting story. A few years ago employees of the Pan-American Union were asked to bring products from their homelands. The idea was to fix up an exhibit as part of a Pan-American celebration.

The employees were enthusiastic. They showed up in colorful native costumes, bearing baskets full of do-dads and trinkets that ordinarily could not be bought here except at uncommonly high prices.

Operated By Employees

Fact is, there were no price tags on any of the things in the original exhibit. But curiosity was aroused. People would look at a pair of handmade earrings and ask "How Much?" Visitors were told that this was just an exhibit. The things on display were keepsakes of the workers and therefore not for sale.

But an idea was born. Today, a new little gift shop is operated by employees who paid \$10 a share to set up business. Purchases are made from the Pan-American lands, mostly in small quantities. If a profit is shown at the end of the year each investor will reap a dividend.

A dividend is indicated. Business is good. People have found out about the place. Wives of congressmen and senators and wives among us commoners find that, often as not, a bargain can be found.

Take some of the textiles from Guatemala. Hand-loom cotton skirts for as low as \$4.95. Skirts for the ladies for something like \$15. Things that "wear like iron."

From Ecuador come home-made shawls and hand-made rugs.

Prices Are Right

Handmade lace handkerchiefs from Paraguay at something like \$2.95. The Pan-Americans have learned how to knock a nickel off a three-dollar bill and make it look like a bargain.

There are items of jewelry from Brazil, Peru and Cuba. The items, most of which can't be bought in American stores, start at about \$1.95.

There is pottery and straw items from Mexico. Novelties from Peru and Cuba in the form of handmade earrings. Dolls from Guatemala. Six tiny dolls in native costume from Guatemala, all made by hand and costs only 60 cents for the lot. Big dolls from Brazil for \$3.00, items that could not be touched in most American shops at any price.

There are ladies' alligator bags from Cuba that start at \$3.95.

As an attendant at the shop said the day I talked with him: "We are not competing with the American market. This is a small shop. We won't make a million. We are proud of what the countries of the Pan-American orbit produce. And you couldn't buy most of these things in any other shop in the United States anyway."

Karuizawa, Japan—(U.P.)—Foreign Minister Namoru Shigemitsu, who signed the surrender aboard the U.S.S. Missouri 10 years ago, said today he would make his first postwar trip to the United States in three weeks.

Cardamon seeds are an ingredient of curry powder and of spice blends used in manufacturing sausages.

Dr. Robert E. Lee

Optometrist

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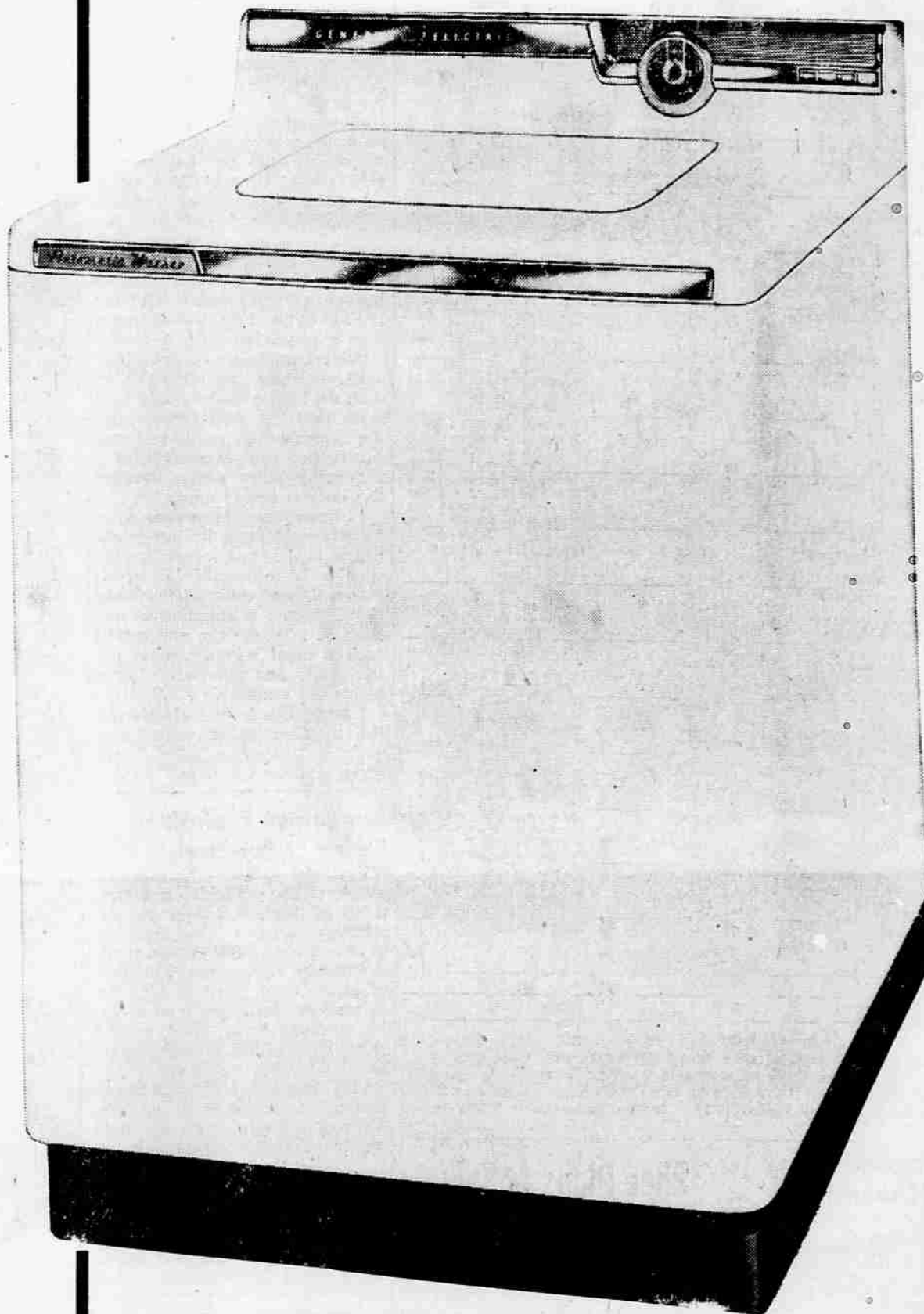
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