

Feeding the Family

By ZOLA VINCENT
Food Editor

Canned Grapefruit, Chicken Among Things in Abundance

Food outlook in our land of plenty is very good. With those visiting Russians could read this market report, see some of these good things for which our part of the country is famous.

Take grapefruit, for instance. Low tide in the seasonal wave of fresh grapefruit finds us with a super abundance of canned grapefruit sections and grapefruit juice at very low prices. Season's pick was more than 5,000,000 cases or a fifth more than last year. Now is fine time to put in a supply! A dozen cans or maybe a case for use in a great many ways. Many think it pretty wonderful just as it comes from the can.

When it comes to poultry, there are plenty of broilers, fryers, hens for stewing and turkeys in all sizes for vast enjoyment both hot and cold. Big variety too in canned, frozen poultry.

Shrimp, fresh, canned and frozen is readily available at reasonable cost for infinite variety of dishes both hot and cold. Little California shrimps, big so-called Seattle shrimps of good quality and delicious flavor for the making of cocktails, salads, hot dishes galore.

Fresh salmon from Pacific coastal waters is reaching the seasonal peak of flavorful abundance. Besides being available fresh, it is being frozen, salted, smoked and canned for delicious nutrition - packed eating in ways beyond numbering.

Canned Tuna. Tuna industry, we're sorry to say, is having its ups and downs. One thing certain however and that is that quality of our famed California packs remains up even though price to consumers is down right now. Enjoy your share of the maybe 9,000,000 cases put up this year by nationally famous canners in our two tuna towns, San Pedro and San Diego.

Grapefruit Ring Mold Refreshing, Satisfying

Shimmering cool salads are popular the year round; seem especially appropriate right now. Handsome concoction like the one in our picture today needn't be costly since canned grapefruit is plentiful, inexpensive. Slices of stuffed olives give this color, flavor interest. Make a meal of this by filling center with chicken, shrimp, salmon or tuna salad - or maybe fill with cottage cheese. Or just turn onto shredded lettuce.

1 can grapefruit sections
1 No. 2 can grapefruit juice
2 envelopes unflavored gelatin
8 stuffed olives, sliced

Drain grapefruit sections well. Add drained syrup to grapefruit juice; measure. Add water to make 3 1/2 cups. Soften gelatin in one cup of the cold liquid. Heat remaining liquid. Add softened gelatin; stir until dissolved. Chill until consistency of unbeaten egg white. Arrange some of the drained grapefruit sections and sliced olives in bottom of five cup ring mold. Spoon over enough of the chilled mixture to cover sections and olive slices. Chill until almost firm. Repeat procedure. Chill until firm. Unmold on serving platter.

Fish and Meat Salads
Here are some suggested combinations for very good salads using leftover cooked chicken or turkey, freshly cooked or canned salmon, canned tuna or cooked shrimp. A little more lemon for the fish and shellfish.

Sierra Salad. Combine two diced, cooked chicken (turkey, fish or shellfish) with one-half cup each diced cooked carrots, beans and green beans or peas; add one teaspoon salt, one teaspoon paprika and one tablespoon minced parsley. Marinate in French dressing and chill. Serve on lettuce or romaine with a mayonnaise well seasoned with onion, worcestershire sauce and lemon juice. Eight generous servings.

Quick Fix. For six servings combine one cup diced cooked chicken (or whatever) with three-fourths cup chopped celery, two tablespoons minced pimiento. Season with salt and pepper. Add mayonnaise to moisten well. Maybe more mayonnaise on the side.

Another Favorite. Combine two cups tuna (or whatever) with one cup diced celery, six stuffed olives, sliced, two tablespoons capers; mix well with French dressing with onion salt or juice



COOL SALADS—Shimmering cool salads are as delicious and refreshing as they are handsome. Plentiful canned grapefruit segments go into this quickly made ring mold that can be filled with chicken, also plentiful, shrimp, salmon or tuna salad, or with cottage cheese.

and prepared mustard added. For garnish, hard - cook three eggs; dice egg whites and arrange in pattern; mash yolks with fork and sprinkle lightly. **Gelatin Reminder**

To make a decorative pattern in clear gelatin dishes, arrange an attractive design in bottom of the mold using small pieces of vegetables like pimiento, olive or green pepper or fruits like cherries, grapes, pears or nuts.

After completing the pattern, pour in just a little liquid gelatin mixture to cover the design and chill until almost firm. Then pour in the remainder of the gelatin mixture and when unmolded, the gelatin will have a pretty design on top.

Freezing Cooked Meats And Meat Combinations
Many homemakers are pretty much up on the ABCs of meat freezing but often do not know much about freezing cooked combination meat dishes. Here are some tips which may be helpful:

1. Stews, soups, casseroles and spaghetti sauces - all may be frozen for use later. When freezing stews, slightly undercook the vegetables as they will soften further during cooking and reheating later. It is preferable to omit potatoes and add these when reheating as they tend to become mushy when frozen.

2. Cool the cooked dish as quickly as possible, then pack in a freezer carton. Good way to hasten cooling, is to place stew pot in a bigger pan of cold water.

3. Meat sandwiches may be frozen. Wrap each sandwich individually but do not include mayonnaise or lettuce as these do not freeze well.

4. Use frozen combination meat dishes within a month or nearly so.

Biscuit Care. Never store those bake 'n eat biscuits in the freezer compartment of your refrigerator. These biscuits bake better when kept in regular part of refrigerator. For a sweet biscuit, dip a cube of sugar in marmalade or strawberry jam and push in center of biscuit.

Curry to Sauce. For a flavor change for practically anything, add a bit of curry powder to the next white sauce you make; for

Measure To Share AEC Secrets Signed

Washington — (U.P.) — President Eisenhower yesterday signed, under protest, a bill directing Chairman Lewis L. Strauss of the Atomic Energy commission to give other AEC commissioners full and equal access to AEC information.

The legislation was an outgrowth of a public feud between Strauss and Thomas E. Murray, Democratic appointee on the commission who has charged that Strauss denied him access to official information on the Dixon-Yates contract and other AEC business.

This provision, which Mr. Eisenhower denounced as "unnecessary," was attached by Congress to a routine administration bill permitting payment of a salary to an interim appointee who will be chosen by Mr. Eisenhower later to fill a vacancy on the commission.

In order to save the salary portion of the bill, Mr. Eisenhower decided to sign it.

re-wrapping loosely in waxed paper leaving ends open so that a little air may enter. Store in coldest part of refrigerator. The larger the cut, the longer time it may be stored. Roasts may be held for several days, small cuts should be used within day or two. Ground beef is extremely perishable and should be used on the day purchased or the very next day.

Thursday, August 11, 1955

MEDFORD (OREGON) MAIL TRIBUNE—NINE

Loren Cooper Retires From Forest Service

Star Ranger Station — Loren Cooper, a forestry worker for more than 35 years, retired July 31 from the service, forestry officials have announced.

Cooper joined the service July 1, 1920 and has been at Star Ranger station as district ranger of the Applegate forestry district since March 1, 1946. Before that he was a district ranger of the Siskiyou National forest with headquarters at Grants Pass.

In Charge of Grazing

As district ranger he had as many as 35 men under his supervision during the summer months and several throughout the winter. A great increase in timber harvesting has taken place during the years that he has been in charge, forestry men pointed out. He also has been in charge of the grazing program for that area.

Cooper has not announced future plans but he and Mrs. Cooper expect to remain in the valley. They have a daughter and three sons, the sons now serving in the Navy, and the daughter at home.

Party Planned

In honor of the occasion of his retirement a party is planned for tonight at the Star Ranger station by forest service personnel. About 70 persons are expected. The Robert Webbs and the Robert Sorbers of the station are in charge of arrangements.

Another party in his honor also is planned by members of the five national forestry districts of the area and will be held Saturday, Aug. 20 at the Jackson hotel in Medford.

His successor has not been announced.

Washington — (U.P.) — President Eisenhower has signed into law a bill creating a bipartisan, 12-member commission to review the government's loyalty-security program for federal employees and defense workers.

Washington — (U.P.) — President Eisenhower has officially put the Small Business Administration back in business, signing into law a two-year extension of its authority to help small business.

Dr. Robert E. Lee
Optometrist

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to a

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DIAL 3-5923

Town's Apple Monument No Bother to Pear Tree

Wilmington, Mass. — (U.P.) — A monument dedicated to an apple is one of this old town's landmarks.

The monument, crowned by a stone apple, bears this inscription:

"This pillar marks the estate where in 1793 Sam'l Thompson Esq. discovered the first Pecker apple tree, later named the Baldwin."

Ironically, a tree which now grows near the monument is a pear tree.

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FOR THE
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