# Feeding the Family

By ZOLA VINCENT
Food Editor

**For Desserts With Ease Take a Look at These**

Popular, plentiful, convenient, low cost canned apple sauce and apple slices go into these so-easy-to-fix and so-satisfying-to-eat desserts.

**Cake Re-Take.** The very next time you have some angelfood or pound cake left over (lucky you), do this. Add cubes of cake to chilled canned apple sauce. Top with whipped cream and sprinkle with colored candy shot or tiny gumdrops. This is even worth making the cake for in the first place. Or start with a bakery cake, for that matter.

**Ice Cream Topping.** One half cup crushed peppermint stick candy combined with two cups ready-to-serve apple sauce makes a delicious topping for vanilla ice cream.

**Family Favorite.** So easy to do, this apple dessert is likely to be equally popular when served warm or chilled; with cream or hard sauce. Place canned apple slices in baking dish. Sprinkle thickly with chopped nuts and brown sugar; dot with butter, add a few drops of lemon juice and dash of nutmeg. Bake 15 minutes at 350 degrees.

**Our Favorite.** Blend one-half cup commercial sour cream with two cups canned apple sauce and freeze. Cut into squares and serve any time. Unsurpassed on hot gingerbread.

**Applesauce Cake.** Really a dilly. Spicy and moist. Take a package of white cake mix; add two teaspoons cinnamon and two teaspoons nutmeg; substitute one cup canned apple sauce for one cup of the milk called for on cake mix package directions. Add one egg with last quantity of liquid. Mix well; pour into 9x9x2 inch pan. Bake in moderate, 350 degree oven, 45 minutes.

**New Scalloped Potatoes**

Have you ever tasted scalloped potatoes with chicken flavor? Very good. Substitute condensed cream of chicken or chicken soup for part of the milk you'd ordinarily use and reduce a bit the amount of salt and flour.

**Chocolate Cinnamon Toast.** Something different for brunch, luncheon or with tea or coffee any time. Mix together one-half cup cocoa, five tablespoons melted butter, one teaspoon cinnamon and six tablespoons sugar. Spread on hot toast.

**Glazed Fruit Tarts**

A good way with any of those wonderful berries. Bananas combine with berries or a combination of berries in this wonderful dessert which is served at room temperature, topped with whipped cream or with soft ice cream. Six servings.

1/3 cup sugar
1 tablespoon cornstarch
½ cup water
1 tablespoon lemon juice
1 pint berries
2 or 3 bananas
6 baked tart shells

Mix sugar and cornstarch in saucepan. Add water gradually, stirring constantly. Add lemon juice. Cook over moderate heat, stirring constantly until thickened and mixture is clear. Cool slightly.

Slice strawberries or lightly mash other berries and slice bananas into tart shells from your oven or from local bakery. Spoon slightly cooled glaze over fruit, making sure that all pieces of fruit are covered. Cool. Top with whipped cream.

**Baked Fillets of Sea Bass Italian**

The Italians have a way with sea bass which we're confident your family will like. Sea bass is readily available both in steak and fillet form. For four servings, try this.

1½ pounds fillet sea bass
1 chopped green pepper
3 chopped mushrooms, optional
½ cup chopped celery
Small bay leaf, crushed
½ minced onion
1 small can tomatoes (1¼ cups)
½ teaspoon salt
3 bacon slices

Sprinkle fish on both sides with salt and pepper. Best let it stand one hour before cooking. Simmer chopped vegetables and bay leaf in butter 10 minutes. Heat oven to 400 degrees. Add tomatoes and salt to vegetable mixture; heat to boiling. Arrange fish in baking dish. Pour sauce over fish; cover. Bake 15 minutes, uncover, place bacon slices over. Bake, basting occasionally, 25 to 30 minutes longer or until easily flaked with fork but still moist.

**All Foods Necessary For Good Health in Markets**

Many Americans are being fooled by food misinformation and food faddists. Dr. Charles Glen King, scientific director of Nutrition Foundation, Inc. says "food faddists do a $500,000,000 a year business with 10,000,000 of population; but the greatest damage lies in the misinformation they propagate." That's a statement to think about, nutritionists agree.

Special so-called "health foods" are not needed in the normal diet that takes advantage of the abundance of good things found today at reasonable cost right on the fruit and vegetable stands, or grocer's shelves and in meat, poultry and fish displays. "Normal" diet, we said.

If the homemaker plans balanced meals and prepares them correctly so the vitamins and minerals are not thrown away, the certainty of nutritionally adequate meals is no further away than the nearest food market. Some of the food fads can cause serious health problems. Others are harmless nutritionally but needlessly expensive of time and money. If in doubt, talk it over with any trained nutritionist or dietitian.

**Family Daily Diet.** For optimu health, vim, vigar and vitality give your family, daily: One serving orange, tomatoes, grapefruit, raw cabbage or raw greens; one large serving green or yellow vegetable; one or more servings potatoes and two servings other vegetables and fruits; adults one pint milk and children one quart milk as beverage or in cooked foods; one serving meat, poultry or fish, one egg (at least four a week), dried beans, peas, nuts or peanut butter; two slices of enriched bread or its equivalent in flour or cereal products; two or three tablespoons butter or margarine. Then whatever else pleases the appetite and the pocketbook! It's easy!

**Many Best Buys**

Meat supplies are at record level with pork increasing. Broilers, fryers, hens, turkeys are reasonable. Great variety in fish and shellfish with big catches of halibut and salmon. All summer vegetables, 28 of them and 25 fresh fruits and melons are handsomely displayed at reasonable cost. Be sure to talk over freezing and canning plans with fruit and vegetable men. Plenty of milk and dairy products with fine mild cheddar cheeses being specialed. Canned grapefruit sections, grapefruit juice are good buys along with canned tuna, rice and many other items. Watch this newspaper's advertisements for good buys, easy meal planning.

**Northwest Berry Harvest Won't Wait Around**

If you haven't already taken advantage of the bumper harvest of our famed northwest berries, you'd better be freezing and canning some of these delectables which are a little late this year. Strawberries are practically gone but right now you can catch your share of raspberries, loganberries, boysenberries, youngberries, nectar berries and occasionally other specialties found no other place in the world.

As we reminded you a month ago, the commercial canners and freezers are taking a goodly share of these. All berries are packed with vitamins and other good nutritional values.

Good quality raspberries are solid, full of color and have a bright clean fresh appearance. A stained container is an indication of "leaky" berries. Mold indicates decay. Good quality berries are free from dirt, moisture and adhering caps. Highly perishable, you'd better plan to "put up" any berries you buy as soon as possible. Keep under refrigeration if necessary to hold even for a short time.

Raspberries are good any time of day or night, with or without sugar, in meringue cups, raspberry pie or shortcake, spooned over ice cream, pudding or custard, as garnish.

**Freeze Raspberries**

Raspberires may be frozen dry pack (one cup sugar to four to six cups of berries) by merely washing and draining the berries, handling gently. Add the dry sugar and mix it with the berries. Freeze immediately in moisture-proof containers. Or if you prefer, pour a chilled syrup over the berries instead of the dry sugar, using one cup of sugar to 1½ cups water. Some freeze raspberries with no sugar but our experience has been that berries packed without sugar collapse more quickly when thawed and their flavor disappears more quickly than those frozen with sugar.

**Raspberry Jelly**

For clear, sparkling, flavorful jelly, crush thoroughly about three quarts fully ripe red raspberries; place in jelly cloth or bag and squeeze out juice. Measure four cups juice into large saucepan. Measure 5½ cups sugar and set aside. Add one box powdered fruit pectin to juice in saucepan and mix well. Place over high heat and stir until mixture comes to a hard boil. At once stir in sugar. Bring to full rolling boil and boil hard, one minute, stirring constantly. Remove from heat, skim off foam with metal spoon and pour quickly into glasses. Paraffin at once.

**DAVY CROCKETT BAR**

West Allis, Wis. —(U.P.)— The Wisconsin State Fair will feature a Davy Crockett ice cream bar with the slogan "The best bar Davy ever licked."

## 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 MAR. 22 – APR. 20: 2-17-24-36 38-44-82-83
TAURUS APR. 21 – MAY 21: 15-33-48-52 60-77-81-88
GEMINI MAY 22 – JUNE 22: 34-37-41-46 50-59-75
CANCER JUNE 23 – JULY 23: 19-26-30-42 65-78-87-89
LEO JULY 24 – AUG. 23: 6-18-27-32 63-72-86-90
VIRGO AUG. 24 – SEPT. 22: 21-25-35-51 56-58-68
LIBRA SEPT. 23 – OCT. 23: 3-5-9-14 22-28-39
SCORPIO OCT. 24 – NOV. 22: 11-13-16-55 62-73-76
SAGITTARIUS NOV. 23 – DEC. 22: 1-23-47-61 69-70-80-84
CAPRICORN DEC. 23 – JAN. 20: 20-29-40-45 64-67-74
AQUARIUS JAN. 21 – FEB. 19: 4-7-8-43 53-54-71
PISCES FEB. 20 – MAR. 21: 10-12-31-49 57-66-79-85

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| 2 Prestige | 32 Some | 62 With | |
| 3 Accept | 33 Interesting | 63 Interesting | |
| 4 News | 34 Others | 64 Bring | |
| 5 Or | 35 Clears | 65 Beyond | |
| 6 Morning | 36 Are | 66 And | |
| 7 Or | 37 Welcome | 67 Good | |
| 8 Mail | 38 On | 68 Up | |
| 9 Extend | 39 Freely | 69 Which | |
| 10 Write | 40 Finances | 70 Arouse | |
| 11 Be | 41 Your | 71 You | |
| 12 Letters | 42 Borrowing | 72 News | |
| 13 Tactful | 43 Is | 73 Women | |
| 14 Invitations | 44 The | 74 Results | |
| 15 Some | 45 Can | 75 Now | |
| 16 In | 46 Leadership | 76 Today | |
| 17 And | 47 Of | 77 Into | |
| 18 Can | 48 New | 78 Your | |
| 19 Be | 49 Influential | 79 Exchange | |
| 20 Attention | 50 And | 80 Ill | |
| 21 The | 51 Things | 81 The | |
| 22 And | 52 Person | 82 Uptrend | |
| 23 Clear | 53 Satisfying | 83 Now | |
| 24 Credit | 54 For | 84 Feelings | |
| 25 Atmosphere | 55 Dealing | 85 Ideas | |
| 26 Wary | 56 Are | 86 Or | |
| 27 Bring | 57 People | 87 Proper | |
| 28 Circulate | 58 Looking | 88 Picture | |
| 29 To | 59 Initiative | 89 Limits | |
| 30 Of | 60 Comes | 90 Gift | |

Good — Adverse — 8/13 Neutral

# 1409 New Polio Cases Reported Last Week

Washington — (U.P.) — The public Health Service said yesterday that 1409 new polio cases were reported in the nation last week, a 36 per cent increase over the previous week.

Sixty per cent of the new cases occurred in the mid-Atlantic and northeast sections of the country, with epidemic-hit Massachusetts reporting nearly three times as many cases as any other state.

The national total last week was somewhat less than the figures for the same week in 1952, 1953, and 1954. But it was greater than the totals in 1950 and 1951.

## Swedish Student Arrives in Pendleton

Pendleton — (U.P.) — Jan Axel Stoltz, 17, Lund, Sweden, arrived here Wednesday to attend Pendleton high school for the next year.

Stoltz is one of several hundred students brought to the United States by the American Field service. The Pendleton Rotary club is financing his trip here.


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EKERSON'S PAINT & ROOF STORE
GLASSHEAT OF SOUTHERN OREGON
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EAST SIDE BEVERAGE
MODERN PLUMBING & SHEET METAL

**Listed below are the winning numbers or names of the door prizes offered:**
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EAST SIDE BEVERAGE (Merchandise) Glen Fabric.
EKERSON PAINT & ROOF STORE (Two 5-Gal. Orders Paint) Nos. 070628 & 070660
MIKE'S SEAT COVER CENTER (Custom Seat Cover Job) No. 070563

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| 14" Cosmetic | $15.50 |
| 21" Weekender | $16.50 |
| 26" Pullman | $23.50 |
| 29" Overseas | $28.50 |
| 21" Wardrobette | $24.50 |
| 24" Jumbo Wardrobe | $32.50 |
| 24" Karyall | $37.50 |
| 29" Fortniter | $34.50 |
| 18" Hat and Shoe | $24.50 |

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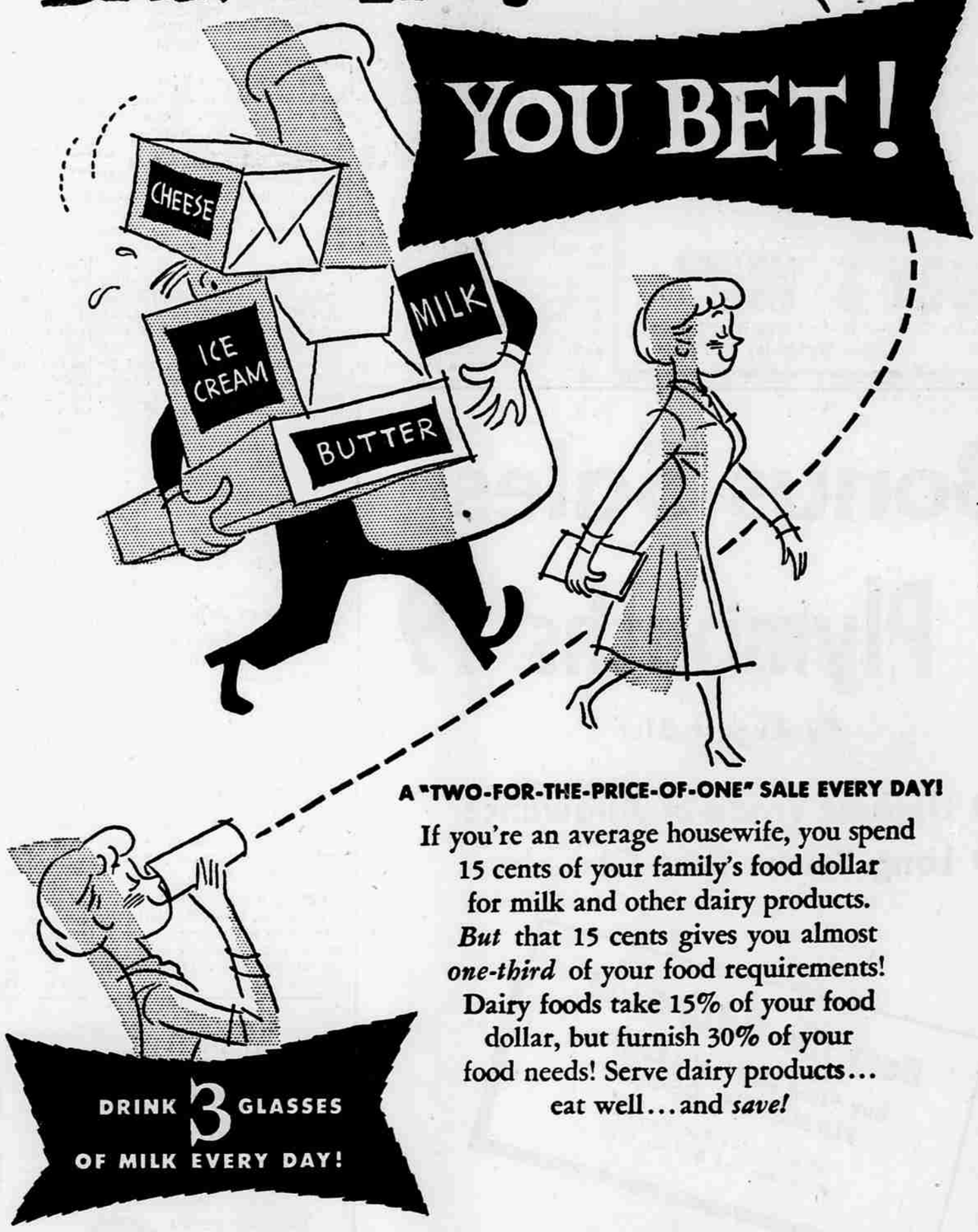


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