

Feeding the Family

By ZOLA VINCENT
Food Editor

Review of Jams, Butters Preserves and Conserves

For jams and butters, follow the same rules as for making jelly—except fruits and not just the juice are used.

For jams. Use two-thirds or three-fourths cup beet or cane sugar for each cup of prepared fruit. If prepared pectin is used, follow manufacturer's directions.

For butters. Use one-half to two-thirds cup beet or cane sugar for each cup of fruit and one tablespoon lemon juice.

For preserves. Fruits are cooked slowly in sugar syrup until clear. The fruit should hold its shape yet be tender, clear and shiny. Use one cup beet or cane sugar for each cup of fruit. If fruit pectin is used, follow manufacturer's directions. To avoid separation, pour preserves into shallow container and let stand a few hours or over night. Stir occasionally; evaporation causes syrup to thicken. If sugar is added to fruit a few hours in advance of cooking, a syrup is formed and no water need be added.

For conserves which is a mixture of fruit cooked slowly in sugar syrup with nuts and/or raisins added. Use one cup beet or cane sugar to each cup of fruit. When adding nuts, heat them in a slow oven and add last two to five minutes of cooking.

Baked Chicken Supreme
Plenty of frying size chickens. And here is another superb way of fixing one or more. Figure four or five servings per 2½ or so pound fryer.

1 frying chicken, cut-up
½ cup fat for frying
½ clove garlic, sliced
1 teaspoon salt
½ cup sliced onion
2 tablespoons flour
2 cups strained, cooked tomatoes
1 cup dairy sour cream
¼ cup Parmesan cheese

Brown chicken in fat and place in casserole. Mash garlic with salt. Cook garlic-salt mixture with onion until onion is transparent in one tablespoon of the chicken drippings. Blend in flour. Add tomatoes stirring constantly and heat to boiling. Remove from heat. Add sour cream gradually, stirring vigorously. Blend in Parmesan cheese. Pour over chicken. Cover and bake in a slow oven, 325 degrees, about 45 minutes.

Plentiful Pork Has Bargain Cuts Too

If pork dinner at your house has been mostly loin or pork chops, you and your budget both have a treat in store. Pork, like all meat has its thriffter cuts that make delicious meals at surprisingly small cost.

Two of the most delicious of the economy cuts are fresh shoulder butt and pork hocks, both of which make good August eating, some folks to the contrary.

Fresh pork shoulder butt is a cut of meat ranging in weight from four to six pounds with a higher percentage of lean to the bone than any other pork cut. It slices well and is roasted much like pork loin. Wipe meat with clean, damp cloth. Season with salt and pepper. Place, fat side up on rack in open roasting pan. Do not cover or baste. Roast in moderate oven, 325-350 degrees, 45-50 minutes per pound or until done. Figure three servings to the pound.

Braised hocks with vegetables. A fine, flavorful and thrifty

meat. Simmer in leisurely fashion for distinctive flavor. Figure one hock to a person. Sprinkle hocks with salt and pepper. Brown in heavy skillet over low heat for about 30 minutes. Add one cup of water and additional water as needed. Cover and cook slowly until tender, approximately 1½ hours. For each hock, add one medium size pared potato, two scraped carrots, two small white onions and cook 20 minutes. Add cabbage wedges and cook another 15 minutes.

Lemony, Luscious and Easy-to-Make Ice Cream

Cooling as a mountain breeze. Well, almost. That's this ice cream that takes no whipping cream but it's smooth and mellow with just-right tartness for summer days.

2 eggs
½ cup sugar
½ cup white corn syrup
¼ cup lemon juice
1 teaspoon grated lemon rind
1 cup milk
1 cup top milk or light cream
Beat eggs until thick and lemon colored. Add sugar gradually and continue beating until sugar is dissolved. Add remaining ingredients and blend. Pour into a cold refrigerator tray. Freeze until firm. Break into chunks and place in a chilled bowl. Beat until fluffy. Return to cold tray and freeze until firm. Makes one quart for six to eight servings.

And The Cooking Is Easy If You Check Market Report

A quick review of the abundance of good things mentioned in this market report will give you plenty of good ideas for meal planning and easy cooking. Scan the food advertisements today.

Plenty of fresh and frozen fresh halibut and salmon from Pacific waters make superb eating, both hot and cold. Require less than 10 minutes of cooking when filleted or in steaks. Other plentiful and good eating fish include swordfish, rock fish fillets, scallops.

Meat and Poultry

Beef continues plentiful with bargain prices continuing on ground beef and the long, slow-cooking cuts. Pork is increasingly plentiful and it too has its economy cuts which are well displayed. Look them over. Luncheon meats or cold cuts make satisfying eating not only in sandwiches but in a "help yourself" meat and cheese platter assortment along with rye bread and butter, crisp relishes, dill pickles.

Plentiful frying size chickens are very good buys for enjoying hot from frying pan, broiler or barbecue or served cold with bread and butter sandwiches at picnic or supper table.

Egg Reminder

Nutritionists remind us that daily diet should include at least one egg. If breakfast doesn't include eggs, offer them hard-cooked added to green and other vegetable salads or make egg salad sandwich fillings. Remember that Grade B eggs cost considerably less; are ideal for all uses except frying, scrambling, poaching, soft cooking in the shell. Remember too that egg whites for beating lightly for ingredient uses should be held at room temperature for a bit for best results.

Canning and Freezing

Again we say, talk over plans with your local fruit and vegetable man. He is just as interested as you are in moving pro-

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	Taurus	GEMINI	CANCER	LEO	VIRGO	LIBRA	SCORPIO	SAGITTARIUS	CAPRICORN	AQUARIUS	PISCES
1-12-23-34 45-56-67-78 79-90	1-12-23-34 45-56-67-78 79-90	1-12-23-34 45-56-67-78 79-90	1-12-23-34 45-56-67-78 79-90	1-12-23-34 45-56-67-78 79-90	1-12-23-34 45-56-67-78 79-90	1-12-23-34 45-56-67-78 79-90	1-12-23-34 45-56-67-78 79-90	1-12-23-34 45-56-67-78 79-90	1-12-23-34 45-56-67-78 79-90	1-12-23-34 45-56-67-78 79-90	1-12-23-34 45-56-67-78 79-90

As We Live

By ELIZABETH HURLOCK, PH.D.

"Right Type of Man" For Girl To Decide

What a mother considers the "right type of man" for her daughter may not be what the daughter considers "right."

(Q) "I was shy and often heartbroken when I was young because the boys I liked didn't show any interest in me. I married a man I thought I was in love with—a good man and devoted in many ways—but I found out 25 years ago what I thought was love was not. My life has not been a happy one, and I want my daughter, who is 19, to avoid what I went through. I have given her chances to go around these pitfalls, but it is no good. She wouldn't go to college but has gone to work. The young men she meets are not desirable, but she doesn't bring them home so we can meet them. She talks to them in town when she goes out with her girlfriends. Because she can't or won't talk on subjects young college persons talk about, she ignores college youth. How can I make her see that she is heading for the same mistake I made?"

(A) First, you are making a mistake when you stress the fact that a college man would make a more desirable husband for your daughter than one who did

not go to college. There are many fine husbands who have never stepped inside a college, just as there are college men who make very poor husbands.

Second, you are wrong in condemning the young men your daughter knows as "undesirable" without having met them. The reason she does not want to bring them home is doubtless that she knows how you feel about her marrying a college man and she wants to avoid embarrassing situations. The only way you can hope to help your daughter avoid

Prisoners of War May Now Receive Benefits

Washington — (U.P.) — Prisoner of war benefits now extend to American citizens captured while serving in the military of United States allies after Dec. 7, 1941.

Commissioner Pearl Carter Pace, of the Foreign Claims Settlement commission said: "American citizens serving in the military or naval forces of any government allied with the United States during World War II, who were held as prisoners of war... by any government... with which such allied government has been at war subsequent to (Dec. 7, 1941)... are now eligible for prisoner of war benefits."

Commissioner Pace emphasized that all claims must "under law be filed on or before Aug. 31."

"Compensation is authorized up to \$2.50 per day, she said. Payment will be made from seized assets of enemy governments during World War II."

making a mistake in choosing a husband is to encourage her to bring the young men she knows home, so you can get to know them. Why not ask her to invite them to dinner, for Sunday night supper, or have a small, informal party with some of the girls she knows and their boyfriends? Then if you have reason to believe that these young men are "undesirable" you can point out why.

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Friday, August 19, 1955

MEDFORD (OREGON) MAIL TRIBUNE—THREE

Sun Glasses Said To Be Highway Accident Cause

Boston — (U.P.) — Sun glasses can be a cause of death on the highway.

Jean O'Brien, an American Automobile Association official, said that, "too many motorists forget to remove their glasses at night."

Others, she said, persist in the mistaken belief that tinted glasses will cut down the glare of approaching headlights.

"It may be true during the few seconds another car's headlights are shining directly in your eyes," she said, "but the moment the car passes you're nearly blind."

Men Travel 86,000 Miles For College Degrees

Pittsfield, Mass. — (U.P.) — Imagine traveling 86,000 miles to get your college degree!

Two Pittsfield men have commuted that distance between here and Troy, N.Y., during the past 10 years to study at Rensselaer Polytechnic Institute. They received bachelor of mechanical engineering degrees at the June commencement.

For College Degrees

The men, Leonard R. Spencer and William E. Fessenden, both 38, have attended the evening classes at RPI three nights a week for the past 10 years. That's the time required to complete the regular four-year academic course in mechanical engineering.

Dead line for Sunday Classified at noon Saturday.

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