

Feeding the Family

By ZOLA VINCENT
Food Editor

Convenient Canned Apple Sauce Goes Into Many Fine Dishes

This came as somewhat of a surprise to us; perhaps it will to you, also. This year's record pack of over 20,000,000 cases of apple products may run second only to peaches in canned fruit production. And a goodly portion of those apples are grown in our Pacific Northwest with California also accounting for a few of them. Matter of fact, Oregon and Washington are in the top eight apple-growing states of the 48.

Soon now, early in September, apple processing plants will go into full high-speed, round-the-clock production. And production is certain to be "way up" this year to supply popular demand. Thousands of women in small and large communities soon will be flocking into the plants to join the permanent employees in taking advantage of peak apple production.

Apple sauce, slices and juice top the list. Other familiar packs are apple butter, apple pie filling, apple jelly, baked apples, cider, apple nuggets, apple syrup, brandy and wine. Then there are lots of cider vinegar. And apple pectin, apple essence and concentrated apple juice.

Apple sauce is of course the most widely used. Made from a blend of choice cooking apples; fine juicy varieties packed at flavor peak so that their special tartness and zest of flavor carries over into the sauce. Hot or cold, plain or spiced, apple sauce has many uses.

Apple slices rated high as a convenience and economy product, probably because today's canned apple slices are extra firm, extra juicy, not to be compared with those of a few years ago. First and foremost for pie, apple slices are fine for other desserts, salads, relishes.

Apple juice in cans, jars or bottles is juice exactly as it is pressed from special hard apples full of tang and flavor. Some processors leave in the apple pulp resulting in a slightly cloudy juice; others produce a clear, sparkling product. Healthful, refreshing, non-fattening.

Apple-Mint Ice Cream Pie Is Flavor Treat

It's different! It's delectable! This apple-mint ice cream pie—and everyone will ask for the recipe. You can surprise them by saying that the candy-like meringue crust has crackers of the ritz, hi-ho, smacks type; the small, round buttery ones . . . and walnut meats. And the minted apple slices came from a can. Ice cream from the usual place. Six generous servings.

3 egg whites,
1/2 cup sugar
1/2 teaspoon vanilla extract
1/2 teaspoon baking powder
14 salted butter crackers
3/4 cup chopped walnut meats
2 1/2 cups (1 can) apple slices
2/3 cup sugar
10 drops peppermint extract
6 drops green food coloring, optional
1 pint vanilla ice cream.

Beat egg whites very stiff gradually add three-fourth cup sugar, beating constantly. Add vanilla extract and baking powder. Break crackers into large pieces; add crackers and chopped nut meats. Spread mixture into a

greased nine-inch pie plate. Pre-heat oven to 350 degrees, reduce heat to 325, then put pie in oven. Bake 30-35 minutes. Cool. Put in refrigerator for 10 hours or so before serving.

Combine sliced apples, two-thirds cup sugar, peppermint extract and green food coloring (optional) in saucepan; cook slowly until apples are slightly transparent; chill. Just before serving, place ice cream in shell and top with well-drained apple slices. Serve immediately.

Breakfast Treat

Delight family by serving hot oatmeal capped with canned apple sauce and coarsely crumbled peanut brittle. Circle with cream.

Children's Lunch

Enchant the children by mixing chopped canned apple slices with cooked rice and brown sugar. Pour over this, syrup from can of apples blended with half and half.

Meat Relish

Blend equal quantities of canned apple sauce and whipped cream. Add prepared horse radish to taste. Freeze, then cut into square chunks for serving with meat, poultry.

Ham Special

Rub a slice of ham with dry mustard and brown sugar. Bake in one cup apple sauce, covered, at 350 degrees for one hour. Uncover and bake one-half hour or longer or until tender.

Beans and Cucumbers In Horseradish Sauce

Sound unusual? We assure you that it is very good. Plentiful green beans and cucumbers are of excellent quality right now, low priced. Many people still overlook green beans not realizing how good they are when cooked until just tender. Six servings.

1 pound green beans, cut-up
1 large cucumber, sliced
2 tablespoons butter
3 tablespoons flour
3/4 cup milk
2 to 3 tablespoons prepared horseradish
Salt and pepper

Cook green beans in small quantity of boiling salted water in covered pan until just tender. Add the cucumber slices five to eight minutes before end of beans cooking time. Drain and save liquid. Melt butter in saucepan at low temperature; add the flour and mix well. Add the milk and cook stirring constantly until thickened.

Add the horseradish (being sure it is fresh and has some zip) and stir in the vegetable liquid gradually, using only the amount necessary to give the sauce the desired thickness 1/4 to 1/3 cup. Season with salt and pepper. Add the vegetables; reheat.

Jellied Pear Salad

Ah! those wonderful Bartlett's! Here gingerale is added to lemon flavored gelatin poured over lemon-flavored fresh pear halves . . . Cottage cheese alongside if you like. Pass mayonnaise or a tart French dressing.

Add one cup hot water to one package lemon flavored gelatin and stir until dissolved. Place in the refrigerator until cool but not yet thickened and stir in three-fourth cup gingerale. Then sprinkle six cored pear halves (three pears) with one table-



NUT-LIKE FLAVOR—Here, a candy-like meringue crust gives nut-like flavor to an apple mint ice cream pie. Who would ask for anything more when it comes to a handsome tasty pie for a party? This and other good ideas for using popular convenient canned apples are included in today's food columns.

spoon lemon juice; add to gelatin and chill until firm. Cut into squares and serve on lettuce or other greens.

New Cheese Spread

Party item! Cream together one-half cup grated cheddar cheese, one-half cup butter, one teaspoon each of anchovy paste, caraway seed, chopped capers or gherkins, chopped olives. Add one clove of garlic, minced. Dash of salt and paprika. Let stand one hour to blend flavors.

Summer Salad Bowls

Line salad bowl or individual salad bowls with crisp salad greens. For main course or for help-yourself buffet salads.

Arrange any three or four of the following in groups: six oranges sliced, one cup melon balls, one cup strawberries, one cup blackberries. Or their equivalent in lemon-dipped apple slices, bananas, apricots, cherries, pears, grapes, peaches or melons. Pass French dressing or a sour cream dressing touched with a bit of curry.

Or . . . combine two cups diced cold roast meat (lamb, veal or poultry), two cups cut-up orange segments, one cup celery diced, one-half cup blanched and toasted almonds (optional but good). Add lemon French dressing to blend.

Or . . . mix and serve in bowl: 1 1/2 cups orange pieces, three cups diced apple, one-half cup diced celery, three-fourths cup walnuts or raisins with mayonnaise to blend.

Veal Italiane

If you've wondered how those divinely flavored thin slices of veal served in fancy Italian restaurants are achieved, this will do it.

For four servings, brown one pound thinly sliced veal in two tablespoons butter. Sprinkle each side of veal with two tablespoons grated Parmesan cheese. Add one-half medium green pepper, thinly sliced, and one can (1 1/4 cups) spaghetti sauce with mushrooms. Cover; simmer about 15 minutes or until flavors are blended and green pepper is done.

Ten Minute Beets

Peel and shred two bunches of young beets. Add three cups water, two tablespoons butter, two tablespoons lemon juice and one-half teaspoon salt in a saucepan and bring to a boil. Add beets, cover tightly and cook at high heat for 10 minutes. Season with salt and pepper and

more lemon juice, if desired.

Quick Appetizer

Toss bite-size shredded whole wheat cereal in melted butter; sprinkle with a little garlic salt and serve hot.

Saute peach halves in butter to which a tablespoon of brown sugar has been added. Very good around a broiled ham sauce or with poultry.

Caribbean States Have Growth Rate Higher Than US

Miami, Fla. — (U.P.) — Countries of the Caribbean have outstripped the United States in population growth rate during the past 15 years, according to a study of population trends made by a business consulting firm here.

The First Research Corporation said in their report that the Caribbean locale has increased in population by 33 per cent as compared with 25 per cent in the U.S.

"The population of this area is currently experiencing a rate of growth short of spectacular," according to Vernon R. Esteves, director of the firm's Latin Affairs division.

The bureau considers the Caribbean area as including the islands of the West Indies, six Central American countries, Colombia, Venezuela, and the Guianas on the north coast of South America.

Venezuela Tops

High spot in population rise is centered in Venezuela with a 56 per cent increase since 1940. The survey called the Venezuelan increase "a phenomenal figure even on the world-wide basis."

Following this lead are Honduras, 53 per cent; Costa Rica, 45 per cent; Dominican Republic, 44 per cent; Panama 40 per cent; Colombia 38 per cent and Guatemala 35 per cent.

More than one half of all the people in the Caribbean live in Colombia, Venezuela and Cuba. Caribbean population growth was in close line with fast-growing Latin America as a whole, which jumped almost 32 per cent during the 15-year period, and exceeded the southeastern and middle Atlantic sections of the United States where the rise was approximately 12 per cent in each.

The survey estimated that, at the present growth rate, the Caribbean population should move up from its present estimated figure of 45,727,000 to almost 62,000,000 by 1970.

TOO EFFICIENT

Cairo, Ill. — (U.P.) — The Cairo fire department set a new high for efficiency at a recent fire-fighting demonstration for the benefit of the Barlow, Ky., fire department. They set off a butane gas fire and attacked it with fog nozzles. They put out the fire so quickly some of the Barlow firefighters failed to see how the nozzles were used. The Cairo firemen obligingly repeated the performance several times.

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

there's only one
SKIPPY

BEWARE OF IMITATIONS
LOOK FOR THE HAPPY LITTLE DOG

TOPS IN QUALITY!
LOW IN PRICE

Mexican Silver Producers Happy Over Price Increase

Mexico City — (U.P.) — Mexico, the world's top silver producer, was jubilant when the price of the white metal in the New York market jumped five times in two weeks recently to hit a 35-year high of 90.50 cents (U. S.).

Businessmen, economists and newspapers unanimously gave principal credit for the price improvements to the Bank of Mexico for making a concerted effort to find new foreign silver markets, thereby reducing supply in the New York exchange.

However, they conceded that demand for silver for industrial use and coinage has gone up, creating a shortage.

Besides the United States, Mexico has increased its silver sales to include West Germany, Saudi Arabia, Guatemala, Ecuador, England and Russia.

France is reported interested in becoming a customer and the newly-independent Austrian republic is said to be dickering for Mexican silver to use in minting new money.

Coins Hoarded

The Confederation of Chambers of Commerce said the marked decline in the country's silver output, from 49,100,000 troy ounces in 1950 to 47,000,000 in 1954, was a contributing factor to the price rise.

It said the increases also were influenced by the general economic recovery in the west, which stimulated a demand for silver for coinage and industrial purposes, and instability in the

Far East where hoarding of the white metal increased.

Mexico, now actively interested in keeping up the demand and price of silver, has announced plans of her own for minting new coins.

The new issues of five and 10-peso silver coins are expected to appear shortly after September when the Mexican Congress

convenes in regular session and approves the measure. The coins are expected to disappear from circulation rapidly as Mexicans hoard them as a precaution against further devaluations.

The silver peso coin, which has increased in value with every devaluation and fluctuates with every shift in the New York market quotation, is now worth almost three pesos. The government has tried unsuccessfully to recall the issue.

Two Arguments

The minting of new silver coins this year was enthusiastically approved by Anibal de Iturbide, President of the Mexican Bankers' Association.

"The minting will be favorable to our monetary system," Iturbide said. "It will use up reserves without increasing money in circulation."

Some Mexican economists have been urging sharply stepped-up silver production to take advantage of the favorable price.

However, Gustavo P. Serrano, president of the National Mining Chamber of Commerce, warned that increased silver production could be an adverse factor for the economy since the mines from which it comes basically produce lead and zinc.

Lead is selling for 15 cents a pound and zinc for 12 cents a pound in the New York market. Both prices, said Serrano, are low compared with previous years.

Silver placed fourth in 1954 in the value of Mexico's metal

exports. Lead topped the list with 27.54 per cent, zinc was second with 22.69, then copper 14.65 and finally, silver, with 14.06 per cent.

Restaurant Training Given Akron Students

Akron, O. — (U.P.) — Training for a career in restaurant work is available to Akron high school students. Both boys and girls use class time to train for jobs in "food service."

The unique high school course started when Akron restaurant owners asked the board of education to set up training classes for prospective employees.

Nick Yanko, president of the restaurant association, argued that cafeteria and restaurants are the second largest retailers in Akron, behind groceries.

Four Akron high schools offer the course which teaches the pupils how to be good waitresses, bus boys, salad girls, restaurant cashiers and hostesses and chefs.

"The restaurant people," Yanko said, "help the teachers plan and develop the course so it actually meets the needs of the industry in Akron."

WARNING TO GOLFERS

Omaha, Neb. — (U.P.) — An Omaha golfer got disgusted when he muffed a putt and threw his putter into the air. It didn't come down. While trying to retrieve it from a tree he fell and broke his shoulder.

BOULEVARD MARKET

Jack and Mollie Young
Proprietors

842 SISKIYOU BOULEVARD—PHONE 7041

ASHLAND, OREGON

Open 8 A.M. to 8 P.M. — Seven Days a Week
WE GIVE AND REDEEM GOLD ARROW STAMPS

SHOP OUR STORE FOR WEEKLY SPECIALS

STOKELY-VAN CAMP SALE CONTINUED FOR ONE WEEK!

YOU WILL FIND BARGAINS SUCH AS THESE:

Stokely's Finest	FRUIT COCKTAIL	No. 303 tins 4 for	99¢
	APPLESAUCE	No. 303 tins 6 for	99¢
Stokely's Finest	PINEAPPLE CRUSHED OR CHUNK	No. 2 tins 4 for	99¢

Snowdrift
SHORTENING
3 lbs. for 76¢

Gerber's Strained
BABY FOODS
(EXCEPT MEATS)
3 for 25¢

Snoboy
LETTUCE Per lb. 10¢

Thompson's Seedless
GRAPES 2 lbs. for 19¢

Andy Stevens Local
TOMATOES 2 lbs. for 29¢

Andy Stevens Local
CANTALOUPE Each 15¢

AN OUTSTANDING BONUS BUY

FROM YOUR FRIENDLY

Big Y

ORIGINAL Handpainted UNDERGLAZE
HEATHER PLATED DINNERWARE

5 PIECE PLACE SETTING
REG. \$2.50
99¢

with \$5.00 Purchase

Also —
MATCHING SOUP BOWLS
Set of 3
SOUP BOWLS
\$2.50 Val. Only **99¢**

You may buy the Completer Set and Soup Bowls Without Making Any Other Purchase

Complete your dinnerware with the beautiful set of matching serving pieces at our special sale price!
*Sugar Bowl and Cover
*Creamer *Heat Platter
*Vegetable Bowl
COMPLER \$3.39

BIG Y Super Market

For the Best Buy Always Shop the Big Y