

Feeding the Family

By ZOLA VINCENT
Food Editor

Cold Fried Chicken, Baked Ham With Make-It-Yourself Salads

How about mother and the girls having a holiday too? No cooking, no table arrangements, minimum of dish washing with disposable paper plates, dishes, cups, napkins. Just takes planning . . . some cooking ahead; then let family and friends happily fend for themselves.

If there are many people coming and going, there's nothing so satisfying as stacks of cold fried chicken or wafer-thin slices of baked ham (or loading a sandwich) or generous slices of cold roast turkey. If it's a family reunion or a really big thing, both ham and turkey offer the ultimate help-yourself eating . . . indoors or outdoors.

Make-It-Yourself Salads

Salad is of utmost importance to western hostesses who, like restaurants, now usually offer a choice of salad dressings. Some guests go for garlic. Others favor blue cheese dressing. Some prefer just good tart old-fashioned french dressing and others want it zipped up with exotic herbs.

To meet all these demands, salad dressing makers offer mixes in popular "flavors" so that the homemaker only adds her favorite vinegar, salad oil and some water or a reasonable facsimile to contents of an envelope with all the seasonings therein—and gives the combination a good shaking. As though this weren't enough, here are ways of giving your own special touch to salads.

Variations on Salad Dressing Mixes are Many

The new salad dressing mixes require the addition of vinegar, salad oil and water. Here's where the amazing variety comes in.

Vinegar variations may be red or white wine vinegar, cider vinegar, malt or pear vinegar. Spiced or herb vinegars are not recommended because the mix has plenty of seasonings already. Lemon juice is liked by many in place of vinegar.

Salad oil variations may be cottonseed oil, corn oil, peanut oil, olive oil or soy bean oil. Or a combination of them.

Liquid variations may be white wine, red wine, vermouth, chili sauce, catsup, tomato juice, sour cream, mayonnaise fruit juices, canned tomato soup or vegetable juices. Or use one-fourth cup of any of the foregoing in addition to water.

Picture-Perfect Salad

In our "every man for himself" picture we used lettuce, endive and watercress arranged in a bed on our biggest platter. Then arranged scored, unpeeled cucumbers, onion rings, quartered tomatoes, pepper rings, radishes. Of course you can use any other raw or cooked and marinated vegetables that please your fancy.

Offer salad vegetables assortment along with platter of fried

chicken, ham, turkey, cold cuts or whatever you've planned.

For a salad luncheon or supper, arrange the crisp vegetables then put julienne slices (that means cut in narrow strips) of cold meat or poultry and swiss cheese. West coasters think that chopped walnuts or almonds add a little fillip. Just sprinkle them over.

Offer choice of salad dressings made easy with salad dressing mixes.

Sour Cream Potato Salad

Using those home-grown, plentiful long white potatoes that cook so beautifully, treat the family and other picnickers to this deluxe salad. For each four generous servings:

Blend one-fourth cup thick sour cream and one-fourth cup mayonnaise. Add to three cups diced, cooked potatoes and mix well. Fold in one teaspoon chopped chives (or more) and three slices of diced, fried bacon. Season with salt and pepper. Serve on greens.

Helpful Reminders for "Bird" Barbecuers

Even though you've been barbecuing all summer, you may come upon another good idea here.

Not only frying-boiling chickens but young turkeys, ducklings and small geese make very good barbecue-ing too. Both duckling and goose are almost self-basting, should be further from the coals than chicken or turkey (because of fat), have affinity for spicy sauce.

Keep the barbecue meal simple; the bird or meat is the big attraction.

When handling "birds" use long handled forks and spoons for handling and turning. Piercing any meat with a fork lets the juice drain away.

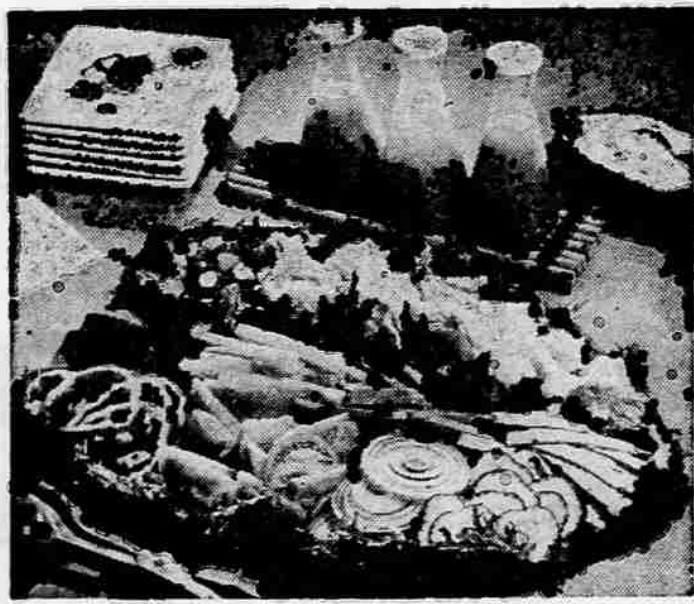
Keep fire or coals very low so the birds won't scorch or cook too quickly. Keep fuel down to about 2 inches deep. Briquets not more than one layer deep. Don't worry if heat seems too low at first. Glowing coals are very hot.

Place sauce near fire to keep both warm and convenient. Some of the lighter sauces can be sprayed from a hand sprayer directly onto the birds or meat. A sprayer will not handle the heavier sauces however. Swab made from new whitewash brushes or other types and fitted with handles are ideal. Spoons waste too much sauce; may result in burned hands.

Eternal vigilance on the part of some one is essential. Poultry halves or pieces need turning and basting every 5 to 10 minutes.

Picnic Eggs

These are pretty wonderful; maybe a little different. Hard-cook six eggs, peel and halve; take out yolks and mash thoroughly. Add two tablespoons chopped almonds or other nuts, one tablespoon finely chopped



LABORLESS WEEK END—Make it as nearly a laborless holiday week end as possible. If you're feeding many, there's nothing easier nor more satisfying than cold baked ham or cold turkey fixed ahead and simply set out on buffet along with salad makings including choice of quick mix salad dressing.

green pepper, one tablespoon finely chopped pimiento, dash of tabasco, three tablespoons mayonnaise, salt and pepper. Mix well; fill egg halves with mixture. Decorate top, if you like, with green pepper, pimiento, chopped parsley, stuffed olive slice.

Lazy Susan Dessert

Every one helps himself to fruit and cheese. Place a generous heap of cottage cheese, or offer soft cheese assortment in plate center. Circle with rings of chilled fresh fruits and berries along with melon fingers for easy handling. Pass dressing of sour cream thinned with any fruit juice. If you offer soft cheese, you'll need crisp rye wafers, melba rounds or wheat crackers.

Few Choice Dips For Family Snacking

This basic dip with variations is a handy thing to have around for pre-dinner or party appetizers any time. And for family snacking over the week end.

Remember to use favorite snacking over the week end. herbs and seasoning salts with a light touch.

Start with a basic dip. Mix together 1½ cups creamed cottage cheese, mashed or sieved, one tablespoon milk or sour cream. One-half teaspoon finely minced onion, one tablespoon lemon juice, salt and pepper if needed. Makes about 1½ cups or 12 to 15 servings.

Add to basic dip, one-fourth teaspoon of mayonnaise or one teaspoon minced parsley.

Or add one teaspoon of celery seed or one teaspoon of caraway seed.

Or add two tablespoons minced chives or dash of garlic salt.

For sea food dip, add one tablespoon anchovy paste or ½ cup cooked minced shrimps or ½ cup canned minced clams drained well and mixed with one teaspoon finely minced onion. Remember that dips reach flavor peak when chilled well before serving.

Offer rye melba rounds, wheat crackers, pretzels or crisp rye

wafers as well as potato chips. Leftover dips and spreads are fine for stuffing celery, tomatoes, green peppers (then cut in rings), prunes or peach halves.

Frankfurter Fixtures

The family will relish a frankfurter meal indoors or outdoors. Just give them plenty of flavorful, filling frankfurters and long buns and a choice of chili con carne . . . Coney Island sauce which combines finely chopped onions, catsup to moisten and prepared mustard to suit taste . . . and savory sauerkraut which has been heated in with brown sugar and maybe some caraway seeds, then chilled. Plenty of coffee, milk and a pitcher of lemonade.

Plentiful Kadota Figs. Canned Kadota figs are plentiful and make very good eating. Popular as breakfast fruit and dessert, they also enhance flavor and eye appeal of salads and desserts. Easily digested and nutritious, they're quite reasonable in price.

Drag Line Operator Killed at The Dalles

The Dalles—(U.P.)—A man tentatively identified as William Kinder was killed here yesterday when the dragline he was operating at The Dalles dam project toppled into 20 feet of water, pinning him inside.

The death was the 12th fatality on the project since it was started and Kinder was the second employee of the Atkinson Austrander Construction Co. to die at the damsite in less than 10 days.

Authorities here said Kinder was operating the dragline at the lock excavation at the lower end of the project on the Washington side of the Columbia river when a bank caved in, dumping the machine and its two occupants into the water. An oiler on the dragline escaped but Kinder was trapped inside the cab. His body had not been recovered three hours later.

Rising Mortality Rate Among Men Not Yet Satisfactorily Explained

By DELOS SMITH
United Press Science Editor

New York—(U.P.)—Scientists and all other men have been called upon to solve a riddle which will strike you as both personal and urgent if you are masculine of sex. It is: "What is killing off the males?"

The solution is sought by the Abbott Laboratories, which feels untimely deaths among males are now so frequent that "nature's obvious aim at keeping the sexes in numerical balance may yet be endangered."

"If you are a male between the ages of 15 and 74, your day by day chances of dying are at least 50 per cent greater than those of your female counterpart in the same age bracket," it told the nation's physicians.

"Yet," he added, "in 1920, you would have been much more nearly on even terms with her." The statisticians have been busily seeking out the reasons for what has been fading the male, "but a really convincing answer has yet to be found."

Woman's Death Rate Cut

Now, take diseases in which worry, overwork, and emotional tensions seem to have a part—those of the cardio-vascular systems and ulcers. Among women, the death rate from these causes has declined sharply when com-

pared to the period between 1921 and 1935. But for men, has increased sharply. The big question is, why?

"Women may be biologically more resistant to diseases, and death than men," the laboratories said without elaborating on why they apparently have become more so in recent generations—if that is the answer.

"Whether men contract infectious and communicable diseases more easily and frequently, or are simply less resistant to them, has not yet been established.

Aggressive Males

Their greatest venereal disease rate, alcohol addiction, and tendency to homicide and accidents may be explained by their greater aggressiveness and lack of caution. "Getting around" more than women, they also may expose themselves more to such diseases as tuberculosis, poliomyelitis, pneumonia, and influenza.

"One important difference between the sexes is in their response to strain and stress of today's high-speed, high-pressure life. Women may perhaps ease or avoid the consequences of tension, worry, frustration and despair through tears or occasional hysterics. Men, on the other hand, seem more likely to internalize these stresses at the

price of coronary disease, hypertension, or ulcers."

Women Take More Care

Also women take better care of themselves. What's more, public health officials pay more attention to them. "They are known to 'nurse' mild illnesses in a precautionary, preventive way," which men don't do. Many more doctors specialize in the diseases of women than of men.

Nevertheless, none of these reasons or all of them seem explanation enough. "Something ought to be done for the male, especially the middle-aged and older male—by himself, the medical profession, and public health agencies," the laboratories said. "Concentrated study and research should seek causes behind men's rising mortality."

Hydrogen Bomb Blast Reveals New Elements

Lemont, Ill.—(U.P.)—A group of Atomic Energy commission scientists revealed Tuesday night that the new elements 99 and 100 were discovered in 1952 as a result of the hydrogen bomb explosion in the Pacific ocean.

They suggest that element 99 be named Einsteinium after the late Albert Einstein, and 100 be called Fermium after the late atomic scientist Enrico Fermi.

Dr. Sheppard's Home At Bay Village Sold

Cleveland, O.—(U.P.)—John R. Hull said Wednesday he bought the house in Bay Village where Dr. Samuel Sheppard's pregnant wife Marilyn, was murdered a year ago July 4, because he needed a larger home.

The Hulls, who have four children, bought the five-bedroom murder house for \$29,000. It was completely redecorated throughout and given an outside coat of white with green trim.

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

there's only one

SKIPPY

BEWARE OF IMITATIONS

LOOK FOR THE HAPPY LITTLE DOG

TOPS IN QUALITY!

LOW IN PRICE

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

HUNT'S SLICED DILL PICKLES No. 2½ Size 2 For . . . **67¢**

HUNT'S WHOLE KERNEL or CREAM STYLE CORN No. 300 Size 2 For . . . **25¢**

SNOWDRIFT SHORTENING 3 Pounds **87¢**

DEL ROGUE TOMATO JUICE 46-oz. 2 Cans For . . . **54¢**

MINUTE MAID FROZEN ORANGE JUICE 6-oz. Each . . . **19¢**

CHET'S FROZEN PIES TURKEY — CHICKEN or BEEF 2 For . . . **57¢**

NAMPA CHINA CABBAGE Per Pound . . . **13¢**

RED POTATOES 10 Pounds . . . **33¢**

SNOBOY CARROTS 2 Bunches . . . **15¢**

It's on everyone's lips!

It's here at last!

An instant with more real coffee flavor!

Here's the kind of instant coffee you'd expect from MJB . . . a flavor that's fully satisfying, rich with old-fashioned coffee goodness. Already folks who've tried it are saying—"Now there's an instant with honest-to-goodness coffee flavor." See if you don't think so, too. Try MJB Instant Coffee today!

Now at your grocers!