

Feeding the Family

By ZOLA VINCENT
Food Editor

Children Love Peanut Butter Sandwiches

Children are nuts about peanut butter though peanuts aren't really nuts at all. Peanuts belong to the pea-and-bean family, the legumes. But like nuts, they're very popular in salads, sandwiches, cookies and desserts as well as just plain salted.

High in food values, children may well eat all the peanut butter they want; yea, even unto that fourth sandwich.

Pineapple. One-half cup peanut butter, one-half cup drained crushed pineapple; mix lightly.

Date. One-half cup peanut butter, one-half cup chopped pitted dates, one teaspoon lemon juice, one-half cup thick salad dressing; mix lightly.

Prune. One-half cup peanut butter, one-half cup chopped cooked prune, two teaspoons lemon juice, two teaspoons prune juice; blend well.

Apricot. One-half cup peanut butter, one-third cup chopped cooked apricots (sweetened), two tablespoons thick salad dressing; mix lightly.

Raisin. One-half cup peanut butter, one-half cup chopped raisins, two teaspoons lemon juice, one-third cup milk or cream; mix lightly.

Carrot and Raisins. One-fourth cup peanut butter, one-half cup shredded carrots, two tablespoons chopped raisins, two tablespoons thick salad dressing; mix lightly.

Sole Almondine. One-half cup peanut butter, one-half cup flounder fillets, one-half cup almonds, one-half cup butter, one-half cup oil; mix well.

Plentiful coast-caught flounder is being filleted and called "sole" for fine fish eating like this dish which looks expensive, tastes expensive, but costs very little. Four servings.

Heat one-fourth cup blanched almonds in small amount of butter or margarine, stirring constantly. Salt and set aside. Dust four fillets of sole lightly in seasoned flour and brown quickly on each side in four tablespoons butter.

In another pan, combine four or five coarsely chopped tomatoes, one-half clove garlic, minced, one tablespoon butter, one-half teaspoon dried tarragon, salt and pepper and cook for one minute. Arrange tomato mixture on serving dish and place fillets topped with almonds on it.

Plentiful, Thrifty Pork Gets Mandarin Treatment

There are many interesting dishes to be made with plentiful pork because its rich flavor blends well with a variety of ingredients. Try pork Chinese style in the Mandarin manner, like this. Get four servings from a pound of boneless pork. Better double the recipe!

1 pound boneless lean pork
1 bouillon cube
2 cups boiling water

TIRED

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1 quart of pasteurized milk 1/2 lb. of ham
4 oz. of fresh orange juice 1 lb. of beef
1/2 lb. of lean bacon 1/4 lb. of butter
1 lb. of lean pork 1/2 lb. of veal chops
1/2 lb. of green string beans

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BRANCH OFFICES:
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Newport

2 potatoes in julienne strips
1 green pepper, coarsely diced
1 large onion, sliced
1 cup coarsely sliced celery
1 2-ounce can sliced mushrooms
1 teaspoon salt
1 tablespoon soy sauce
1 tablespoon cornstarch
Cooked rice

Cut meat in thin strips; brown in skillet. Dissolve bouillon cube in boiling water; add to browned meat; cover and simmer 45 minutes. Add julienne potatoes, green pepper, onion, celery, mushrooms, salt and soy sauce. Cook, stirring occasionally 15 minutes longer. Blend cornstarch with small amount cold water; stir into hot mixture. Cook, stirring constantly until slightly thickened. Serve with plentiful hot cooked rice.

Make Big Batch of Chocolate Morsels

For school lunch, after school, evening snacking or with ice cream, these semi-sweet, sour cream wafers are unsurpassed eating. Recipe makes approximately 14 dozen wafers. Sift together and set aside, 3/4 cups sifted flour, one teaspoon baking soda, one-half teaspoon salt and one-half teaspoon nutmeg (optional).

Blend well one-third cup butter, one-third cup shortening, two cups brown sugar, firmly packed and two teaspoons vanilla extract. Add one egg and beat well.

Add one package (one cup) semi-sweet chocolate morsels, finely chopped. Combine with flour mixture and add one-half cup sour cream. Pack firmly into waxed paper-lined pan, 10 x 5 x 3 inches. Chill overnight.

Slice lengthwise in thirds, then crosswise in one-eighth inch slices. Place on ungreased baking sheet and bake eight minutes at 400 degrees. Such good eating! Quick Look at Food "Best Buys" Review of Poultry, Egg Situation

September, the harvest month, lives up to its traditional time of abundance of good things to eat. In fact, this year's total crop production is estimated to be the second highest on record. Makes it hard to pick out the very best buys.

So we'll say that "among the most plentiful" at lower-than-usual prices are rice, beef, pork, lamb, canned tuna, grapes, fresh Italian prunes, canned grapefruit sections, fresh and processed lemons and limes, potatoes, a vast variety of summer vegetables and locally grown fruits.

There are plenty of dry beans, milk and other dairy products, lard, vegetable fats and oils. Check fruit, vegetable and meat markets for best buys for canning and freezing.

Meat of all kinds, beef, pork and lamb, continues plentiful, attractively priced. List of economy meats is long and varied including pot roast of beef, ground beef, beef tongue and heart, meat steaks, swiss steaks, short ribs of beef, pork shoulder steaks, pork hocks, ox joints, flank steak and brisket of beef, breast and shoulder of lamb.

Fruit and Vegetables. Meal planners find plenty of oranges, lemons, grapes, pears, peaches, summer avocados. Make the most of melons of all kinds. The wonderful Persians, honeydews, and Casabas make melon eating a special pleasure. And there are plenty of watermelons and cantaloupes ready for chilling. Good buys in green beans, cauliflower, cabbage, lettuce, corn, cucumbers, onions, potatoes, squash, tomatoes of unusually good quality, peppers.

Poultry and Egg Situation. Southern California's "unusual" weather has changed the poultry and egg outlook considerably. Losses of fryers, broilers and laying hens were tremendous. Surplus storage supplies of fryers and broilers were exceptionally high so there'll be no actual shortage but the old law of supply and demand will prevent the bargain prices to which we were

STAR GAZER

By CLAY R. POLLAN

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As We Live

By ELIZABETH HURLOCK, PH.D.

Children Actually Like Reasonable Regimentation

Most adults like to have times when they can do just as they please. With children, it is a different story, as the mother who wrote the following letter is discovering: She says:



(Q) "Our two children, ages 9 and 11 years, were in camp this summer. Now they are at home and it will be several weeks before they return to school. In camp their days are very closely scheduled so that they have something to do all the time. I feel that they should have time to relax and do just what they want to do before they return to school when they will again be on a fairly rigid schedule. However, after two days at home, they are complaining that there is nothing to do and that they are bored. They are getting into each other's hair and making things complicated for me. Most of their friends are still away, so it is hard for me to know just what to do to amuse them. Any suggestions?" Mrs. H. S.

(A) I don't think you should expect to have to amuse children the age of yours but you still must see that they know what they would like to do and have opportunities to do it. All children get bored when they have nothing to do.

As an adult, you have enough resources within yourself to know how to make good use of free time. Children, on the other hand, are used to regimentation and rather like it, even though they may complain from time to time about "having" to do this or that.

I suggest that instead of giving them completely free time until school begins, you put them on a schedule made up by you

looking forward. Turkeys were not seriously affected and good planning on part of producers will keep a steady flow of mature birds coming to market. No question about egg production being curtailed so that prices have advanced, are likely to continue high.

The "great fire of London" destroyed 13,200 houses on Sept. 2, 1666.

Gladden said Bailey was taken to Alcatraz a week ago under a 1955 Oregon law which permits transfer of convicts to other state prisons, federal prisons or county jails.

Gladden said Bailey was the "boss convict" who had been running the state prison and was a leader in the riot of two years ago when the prisoners burned the laundry building.

Bailey was transferred to Multnomah county jail in Portland after the riot, and later transferred to Douglas county jail at Roseburg. After Bailey's attorney attacked the transfer in court, Gladden brought Bailey back to the penitentiary and placed him in the new segregation ward.

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