

Feeding the Family

By ZOLA VINCENT
Food Editor

Keep Coffee Company with This Versatile Nut Bread

Coffee has seldom had a better companion than this recipe which has been perfected especially for us by the folks who promote honey. Honey bees, it seems, have been especially busy

lately and since bees are almost entirely responsible for the pollination of 50 or more important crops, we'd better be using honey more often to help keep the beekeepers in business.

So make a bee-line for your grocer's and put in a supply of

this superb sweetener for use in hundreds of delicious ways, including these:

This basic recipe will turn out a tangy, fresh flavored lemon-honey-nut bread for slicing, for sandwiches, for any day-time or evening party occasion; fine for school lunches, mid-afternoon snacking. It can be turned into muffin tins for marvellous muffins.

Most popular use, however, probably will be as crumb topped coffee cake for mid-morning or late-morning coffee when you've asked friends and/or neighbors, PTA or Scout committee, church or club group in for "coffee and conversation."

3 cups biscuit mix
1/4 teaspoon salt
1/2 cup chopped nuts
1 teaspoon grated lemon rind
1/4 cup fresh lemon juice
3/4 cup California honey
1/2 cup milk
1 egg

For Lemon-Honey-Nut Loaf. In mixing bowl combine biscuit mix, salt, nuts, lemon rind. Measure lemon juice and honey. Add milk, then egg and mix. Add to dry mix. Blend until mix is thoroughly dampened. Turn into well oiled loaf pan 9x5x3 inches. Bake in moderate oven, 350 degrees, 45 to 50 minutes or until toothpick inserted in center comes out clean. Cool before slicing. Divide as is or spread, sandwich - wise with cream cheese and/or honey butter.

For Muffin Style. Fill greased muffin tins two-thirds full. Bake in hot oven, 400 degrees, 20 to 25 minutes. If muffins get done a little ahead of serving time, tip them slightly in pans and keep in warm oven.

Crum Topped Coffee Cake. Turn batter into greased and floured 8x8x2 inch pan. Mix an additional one-fourth cup biscuit mix with two tablespoons soft butter and one tablespoon honey. Sprinkle over top of batter. Bake in moderate kitchen oven, 375 degrees, 25 to 30 minutes. Will make six large servings, nine less generous. How about giving them the smaller serving, then bring another cake fresh from the oven for seconds?

Busy Honey Bees are Efficiently Experts
Let's take a minute from our (busy) lives and consider the efficiency of real experts at being busy. A look at any California honey factory reveals 60,000 or so bees, each one a specialist, efficiently contributing to the colony's food, shelter and protection.

Whether we realize it or not honey bees are responsible for much of our state's economy. They pollinate all of our fruit, berries, melons as well as the roses, alfalfa and clover. As weather warms up in the spring

and blossoms pop out, the bee colony swings into action. The queen bee sets to work laying eggs, one egg to an empty cell in the wax comb. The workers divide up the household chores. One group has nothing to do but see that the queen is well fed. The food supply of honey and pollen is given local delivery by another group of workers from different parts of the comb where it has been stored.

The scouts, members of the scouting force, are assigned the task of flying out to locate flowers with nectar sweet enough for making honey; finding same, they make a bee line back to the hive directing the delivery workers to the discovered tree or patch of flowering plants. These turn over their burdens to some of the girls in the warehouse who stow away pollen; others make delivery to the nectar-receiving specialists. Space doesn't permit our going into the love life of bees, but 'tis a fascinating study.

Back-to-School Refresher Course
Teen-agers learning to cook, brides learning to cook and others wishing to check up on cooking terms will find these "ABCs" helpful.

Braise. Brown quickly in small amount of hot fat. Add a small amount of water, cover and finish cooking covered.

Boil. Cook in water or other liquid in which bubbles rise continually to the surface.

Bake. Cook by dry heat as in oven in an uncovered pan.

Baste. Moistened food while cooking by spooning melted fat, water or other juices over it.

Blend. Mix thoroughly two or more ingredients.

Bread. Coat with bread crumbs alone or by alternate dippings in crumbs and mixture of egg and milk.

Dredge. Coat with flour or other fine substances such as corn meal.

Fry. Cook in deep fat on top of the stove.

Grind. Reduce to small particles by putting through food mill.

Mince. Cut or chop into very small pieces.

Poach. Cook in a hot liquid, just under the boiling point.

Saute. Brown or fry in a very small amount of hot fat.

Simmer. Cook in a liquid at a temperature of about 185 degrees. Bubbles form slowly and break below the surface.

Steam. Cook in steam with or without pressure. Steam may be applied as in a steamer or pressure cooker.

Broil Bananas
Broiled bananas are highly thought of by many for serving as a vegetable. Peel four firm bananas that have all-yellow or slightly green tipped peel. Place on broiler rack or in pan containing rack.

Brush bananas well with melted butter or margarine and sprinkle lightly with salt. Broil three or four inches from heat about five minutes on each side or until bananas are browned and tender. Serve hot.

Mariner's Casserole
Landlubber's Delight
In this recipe, plentiful canned tuna combines with tomatoes and abundant rice to make a satisfying six servings for hungry landlubbers.

Tart spicy pickled beets and onions go well with this. You know, alternate slices of cooked beets and raw onions, let stand a few hours in diluted vinegar with salt and pepper; maybe a tiny bit of sugar and some whole cloves.

3 tablespoons butter

2/3 cup coarsely chopped onions
1/2 cup flour
1 cup cooked or canned tomatoes
1 cup cooked rice
2 cups milk
1 large or 2 7-ounce cans tuna
1/4 teaspoon ground thyme
1 teaspoon salt
Dash of Cayenne

Melt butter in large heavy saucepan. Add onions; cover and cook over low heat until onions are soft but not brown. Add flour, mix well. Add tomatoes, stirring until blended. Add milk; cook over moderate heat, stirring constantly until thickened. Add rice, tuna, thyme, salt and cayenne. Mix well. Continue cooking over moderate heat until tuna and rice are thoroughly heated. Stir occasionally. Serve in individual casseroles; garnish

with toasted buttered bread cut-outs and parsley.

Pepper Roll of Veal
Or Lamb Shoulder

Bargain priced shoulder of veal or lamb becomes a meal of distinction when fixed this way: Have bones removed from a shoulder of veal or lamb (use bones for soup). Spread open; salt and pepper. Chop one bunch watercress fine; add one tablespoon minced parsley, one onion, finely minced, one teaspoon chili powder, dash red pepper and one-half teaspoon celery salt. Spread over cut side of meat; then roll like a jelly roll. Tie firmly.

Place in large kettle; cover with one quart boiling water. Add one-half cup vinegar, one teaspoon pickling spices, one

Mother, Two Children

Perish in House Fire

Steilacoom, Wash.—(U.P.)—The wife of a soldier serving in Korea and two of their children perished in a fire here Tuesday which destroyed their home. Burned to death were Mrs. Evelyn Marcum and her children, Michael, 5, and Gregory, 3.

teaspoon salt. Simmer, covered, two hours. Drain. Spread with two tablespoons drippings; cover with one-half cup bread crumbs; sprinkle with salt and pepper. Bake in moderate oven, 350 degrees about 45 minutes. Remove strings. Serve hot or cold.



LEMON-HONEY-NUT BREAD—This versatile three-way recipe turns out a tangy fresh flavored lemon-honey-nut bread or marvellous muffins or a crumb topped coffee cake with equal success. Fine for sandwiches, meal-time hot bread, or ideal for the popular "coffee" party.



MRS. ZOLA VINCENT
Food Editor Travels

Earnings Over \$100 Must Be Reported

Medford officials of the Social Security administration have emphasized that earnings amounting to more than \$100 cash by farm laborers are reportable for social security purposes.

Officials said they have received reports of misunderstanding concerning fruit growers regarding the status of employees hired on a "piecework" basis during picking season. Earnings by "piecework" employees are reportable, they said.

They said a farm worker is an employee for social security purposes if he earns \$100 in cash wages during one calendar year whether earned by the month, week, day, hour or at "piecework" rates.

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'Feeding Family' Author in Hawaii For Food Conclave

Mrs. Zola Vincent, author of "Feeding the Family," twice-weekly foods feature in the Mail Tribune, has taken off on a Hawaiian holiday along with 80 or so other mainland newspaper women, members of Theta Sigma Phi, women's national journalism fraternity. Following the Hawaiian sojourn, Mrs. Vincent will fly directly from Honolulu to Chicago for the annual Newspaper Food Editors Conference where she represents the Mail Tribune each year.

In Hawaii, guests will meet island celebrities, government and news officials, rest on famous beaches, dine at world renowned places, participate in colorful Hawaiian rituals, luaus, fishing hukilau, ride in outrigger canoes and swift-paced catamarans. Surviving a schedule that calls for more than the usual quota of meals, Mrs. Vincent plans to visit pineapple and sugar plantations and pursue other food angles with special reference to home life and home recipes of the Islanders. All of which means Hawaiian recipes ahead for readers of "Feeding the Family."

From Honolulu, Mrs. Vincent flies directly to Chicago for the 13th annual Newspaper Food Editors Conference to be held the first week of October. This event attracts about 150 food editors of leading daily newspapers throughout the United States. Monday through Friday, from early morning until late evening, foods industry representatives dish up talks, lectures, forums, demonstrations, designed to better inform the food writers of the nation. The usual assortment of meals is supplemented by food samplings and other opportunities for learning first-hand about the wealth of good things being offered consumers by food growers, manufacturers and processors.

MAIL DELAY PROBED

Havana, Cuba — (U.P.) — The Cuban post office sought today to pin down the reason for delays ranging up to two months in the delivery here of mail letters from the United States. "Thousands" of letters are involved, according to an announcement Wednesday. Havana is about 90 minutes flying time from Miami.



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