

Feeding the Family

By ZOLA VINCENT
Food Editor

Ginger Adds Spice To Pineapple Bread

Ginger is the number one spice for baked goods, you know. Once the spice of noblemen, ginger has been treasured through the ages for its mysterious aroma and spicy-sweet pungent flavor. We thought ginger should add interest to pineapple, so we tried it in this pineapple bread loaf with absolutely wonderful results.

- 2/3 cup sugar
- 1/3 cup shortening
- 2 eggs
- 1 cup crushed pineapple, well drained
- 2 cups sifted all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon soda
- 1/4 teaspoon salt
- 1 1/4 teaspoons powdered ginger
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 3 tablespoons pineapple juice
- 2/3 cup chopped nuts

Cream sugar and shortening. Add eggs and beat with rotary beater until smooth. Stir in pineapple. Sift dry ingredients. Add alternately with pineapple juice. Flour nuts lightly and fold into batter. Turn greased 9 x 5 x 3-inch loaf pan. Bake in moderate oven, 350 degrees, 50 to 60 minutes. When done, a wooden pick inserted in the center comes out clean.

When still warm, sprinkle top of loaf with one-half cup powdered sugar mixed with one-half teaspoon powdered ginger. Top may be garnished with pineapple wedges, candied cherries or nuts. Makes one loaf. This bread stays fresh for several days. Try it now; keep the recipe handy for holiday enjoyment, maybe holiday giving. After all, Christmas is only weeks away.

Pudding—Cake Topping. Just one cup of heavy whipped cream, three tablespoons of confectioner's sugar, one teaspoon of ginger and one teaspoon of cinnamon—and you have a deliciously different spiced topping for cakes and puddings.

Saucy Shrimp. For six servings of a handsome, delectable

shrimp dish that is different, consider this: Melt one-half cup butter in double boiler or over very low heat. Mix one-half cup flour; add 2 1/2 cups milk and cook, stirring constantly until thickened. Add a six-ounce jar prepared horseradish. Season with salt and pepper. Fold in three dozen medium shrimp that have been cooked. Reheat.

Beef's a Bargain; Western Pot Roast

For a flavorful, wonderful, low-cost pot roast, choose arm or round bone (chuck) cut 1 1/2 inches thick, weighing four to five pounds or blade bone (chuck) 1 1/2 inches thick, five to six pounds or boned rump pot roast, four to five pounds or boneless sirloin tip pot roast weighing three to four pounds.

Season and "flour" pot roast, brown in hot fat in heavy kettle, season with salt and pepper and spread with one-half cup horseradish or add one-half cup sliced onion, three or four whole peppers and a bay leaf. Add just a little water, maybe a cup (more as needed). Let water come to a simmer. Do not boil if you want a tender, juicy roast. Turn roast a couple of times. Cover tightly. Plan three hours cooking time. Hope for leftovers!

Special Seasonings

About 45 minutes before pot roast is done one of the following may be added:

Vegetables. Pared or scraped carrots, peeled onions, stalks of celery cut into two-inch lengths, pared medium-size potatoes and other mild flavored vegetables in whole or good-size pieces.

Curry. Mix one tablespoon curry powder and one teaspoon with one-half cup water. Stir into broth.

Tomato. Add two cups cooked tomatoes, one teaspoon prepared mustard and one onion, peeled, sliced.

Worcestershire Sauce. Pour two tablespoons worcestershire or other meat sauce into broth.

Herbs. A few fresh or dried herbs added to the broth are

Pediatricians OK Salk Vaccine Program

Chicago—(U.P.)—The American Academy of Pediatrics has approved the resumption of the Salk anti-polio vaccination program.

The academy's executive board, meeting in conjunction with the 4,300-member group's 24th annual convention, reversed a stand against the program taken last June by approving a report from its committee on the control of infectious diseases. The committee said that reports from the Public Health Service and others indicated the vaccine was effective in the control of paralytic poliomyelitis. Meanwhile, Chicago's Board of Health president, Dr. Herman N. Bundesen, said incidence of polio among the city's school children who had Salk shots was cut by 90 per cent.

October Markets Offer Good Buys in Pork

October plentiful is many. Spring pig crop provides an abundance of pork for autumn breakfasts of ham, bacon and sausage and for fresh pork dinners in great variety along with an occasional baked ham. Grass fed beef continues to offer good buys especially among the long, slow-cooking economy cuts with hamburger a bargain. Lamb is excellent quality, reasonable.

Fryers deserve your special attention. Good time for stocking the home freezer.

Fish industry calls special attention to good supplies of fine quality shrimp, oysters; plenty of cod, halibut, salmon, flounder, sole, rockfishes and local specialties, both fresh and frozen. Canned tuna at special prices for making sandwiches and salad.

Rice Abundance. To go along with that good pork and poultry, there is a super abundance of rice. Try different kinds. There's regular white, brown, converted, precooked and there are rice cereals that are tremendously popular with the children. Regular and processed rice swells three to four times in size during cooking. One pound of raw rice is enough for seven servings. To preserve vitamins and minerals, cook rice without washing it. Hawaiians buy their rice 100 pounds at a time, we noted recently.

Ideal potato growing weather has brought a record crop of this all-American favorite.

Fresh Vegetables. Put up plentiful cucumbers in pickles and relishes; enjoy them raw.

Lettuce wedges with any favored salad dressing remain most popular salad. Serve a platter of sliced red tomatoes maybe sprinkled with finely grated onion, salt and freshly ground pepper. Plenty of those wonderful yams coming in at very reasonable prices. Try combining boiled and sliced yams with sliced apples in a buttered baking dish topped with brown sugar and dotted with butter; then baked in moderate oven, 45 minutes. Artichokes coming in. Snap beans about gone. Green limas holding their own. Broccoli increasing. Snowy white cauliflower is moderate in cost. Rutabagas have appeared.

Fruits, Melons. Crisp, fragrant and wonderful Jonathan and Delicious apples coming in. Tokay and muscatel grapes are reasonable. Peaches and pears soon will be ending their season. Plenty of fresh Italian prunes. A few persimmons. Enjoy honeydews and Persian melons while you can.



FIREMAN'S LOT IS A TOUGH ONE — Covered with foamite and dirt and still hanging on to his flashlight, Fire Lt. Floyd Hadley (left) is helped to an ambulance by an unidentified fireman during a four-alarm hotel fire in San Francisco. Lt. Hadley fell down a light well while fighting the blaze. One man was killed and 20 other persons were injured with damage estimated at \$225,000 in fire believed set by an arsonist.

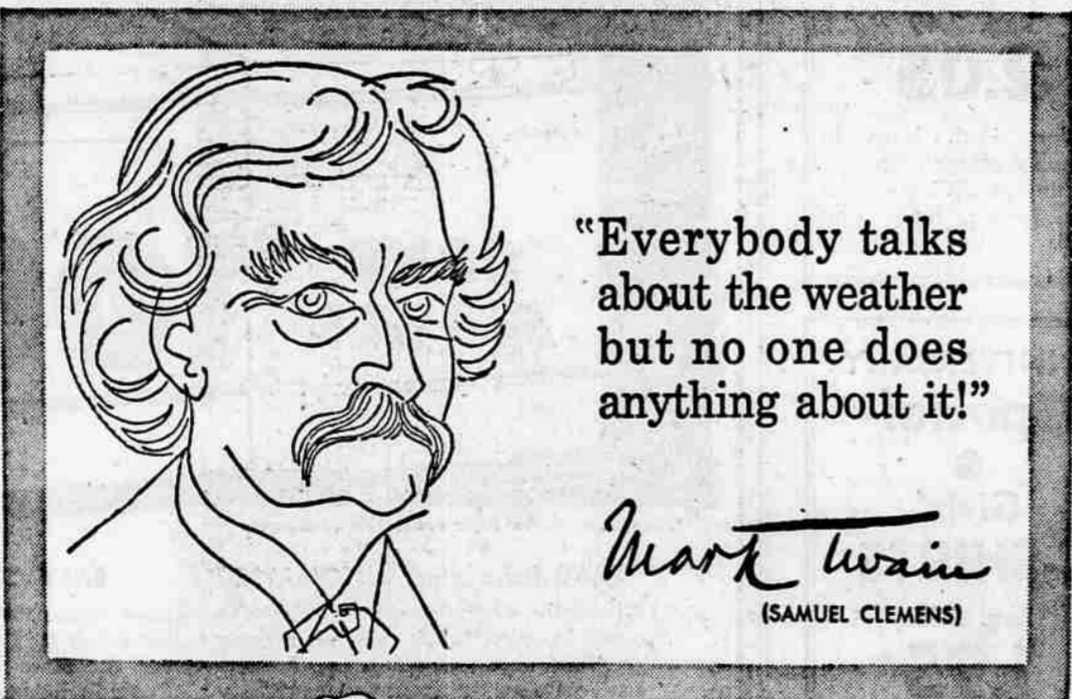
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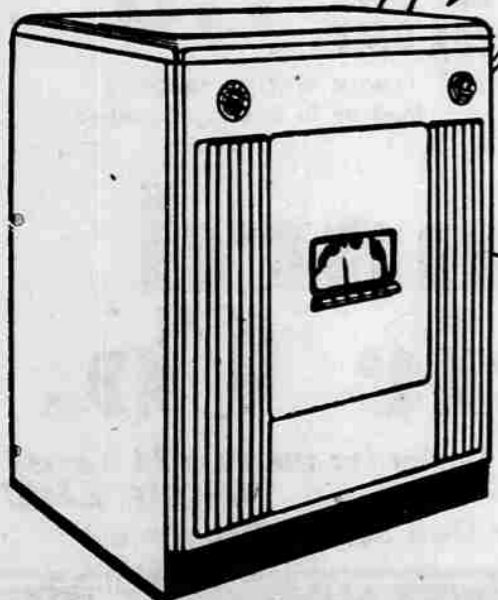
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FACTS about the freight car shortage

This year Southern Pacific has hauled a record breaking number of cars of Oregon lumber to out-of-state markets.

Obviously Southern Pacific provided a record breaking number of empty freight cars to do this.

In the first eight months of this year we hauled more than 84,000 empty cars into Oregon from points as far distant as Texas. Right now, solid trainloads of empty cars are being hauled all the way from the Southwest to Oregon in our effort to alleviate the shortage.

This car shortage is a matter of very serious concern to Southern Pacific. We are just as unhappy about it as the Oregon lumber shippers or the shippers in the other states over the U.S.A.—for this car shortage is nationwide.

But we think there has been considerable misunderstanding about the situation.

The facts are that Southern Pacific has an outstanding record among American railroads in efficiency of performance, purchase of new cars and in other factors that operate against a shortage. We are proud of that record.

HERE ARE SOME IMPORTANT POINTS WE WANT YOU TO KNOW ABOUT:

1. The car shortage which started the beginning of last June generally exists throughout the nation. Other railroads serving the Northwest are feeling the pinch even as the SP.
2. The SP has done a great deal better than most roads in acquiring new cars to meet unprecedented demands, having added 42,725 freight cars in the last 10 years. These new cars, with 3,879 still to come, represent an investment of \$267 million. In this period, SP gained 35.9 per cent in car ownership and 44.2 per cent in carrying capacity, as contrasted with a slight decrease for Class I railroads as a whole.
3. Of even greater significance is SP's ownership of box cars used by Oregon lumber shippers. Ownership and carrying capacity of these cars increased better than 40 per cent on SP during the 10-year period.
4. The SP has an outstanding record in "keeping them rolling." Its 1955 percentage of unserviceable cars has been only 1.9, compared with a national average of 5.8 per cent.
5. SP gets 70.5 miles per day from each car, while the national average is 46.2 miles. This has the effect of increasing the car supply.
6. SP's tremendous \$700 million capital expenditure program since 1946 shows the railroad's continuing efforts to provide the very best service within its capabilities. This expenditure is \$170,000,000 more than our total net railway operating income for the 10-year period. An expanded fleet of diesel locomotives, modernized switching yards and generally improved operating services and facilities are major factors in increasing freight car utilization and supply.
7. For the past 20 months, in addition to many thousands of other box and flat cars, we have put an average of \$1,142,500 worth of brand new box and flat cars onto the Portland Division each month. Currently this schedule has been stepped up so that we are now moving 60 new box cars, costing \$459,000, from our Sacramento shops for loading in Oregon EACH WEEK.

We hope that the facts presented here will show you that we are doing our best to combat the car shortage by every means at our disposal.

W. G. PEOPLES
Vice President, System Freight Traffic

Southern Pacific