

Back Stairs: President's Midday Meal

By WARREN DUFFEE
United Press Correspondent
Denver—(U.P.)—Backstairs at the temporary White House: It was President Eisenhower's own idea to start having his heaviest meal at midday during his recovery at Fitzsimons Army Hospital.

And it's not because of his long years in the Army, where the noon meal is the sturdiest, or his upbringing in small towns, where the same custom often holds true.

He just gets hungry.

The doctors don't mind. In fact, they approved and the President appears to be thriving on it. However, the medics keep a firm thumb on the calorie counter and hold the President's daily intake down to 1,600 calories. So what sounds like a big

meal for the bed-ridden chief executive isn't so huge when you see the size of the portions.

The beef industry was caught flat-footed—but sprang back with delight—when the President plunged beef bacon and beef sausage into overnight popularity, by eating them daily instead of the usual pork products.

Jay Taylor of Amarillo, Tex., president of the American National Cattleman's association, exuberantly termed Mr. Eisenhower "the greatest beef salesman the world has ever known."

Beef bacon has been available for years but was getting nowhere against pork bacon. Last year, the beef industry began trying to popularize it as "breakfast beef." But the going was slow until Mr. Eisenhower made

it a household word. Taylor admits that "unfortunately the flood of requests for the bacon-like beef caught the meat industry unprepared" and that "many thousands are still waiting to have their first serving of this taste treat."

He said butchers across the nation have been flooded with requests for beef bacon since Mr. Eisenhower popularized it.

The President's favorite of all the music specially recorded for soft playing in his room is Brahms' Third Symphony.

Brahms and Bach are presidential favorites, and he spends hours listening to selections from both. Although the Third Symphony from Brahms is his first choice, he also has on hand the First, Second and Fourth symphonies.

Feeding the Family

By ZOLA VINCENT
Food Editor

Palm Desert Orange Bread

You'll like this as we do because it can be made in advance. When covered tightly, you can freeze or refrigerate until serving time. A spicy bread of excellent flavor and texture for accompanying coffee or tea at any time.

1 medium California orange
1/2 cup dates, finely cut
1/2 cup walnuts, coarsely chopped
2 tablespoons melted butter
1 cup fresh orange juice
1 cup brown sugar
1 egg, slightly beaten
2 cups sifted all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt

Cut whole, unpeeled orange into six to eight sections and put through food chopper. Add to dates, walnuts, butter, orange juice, sugar and beaten egg. Sift dry ingredients; add to fruit mixture; stir lightly just until ingredients are blended. Pour into greased loaf pan, 9x5 inches, and bake at 350 degrees for 60 to 70 minutes. Cool thoroughly before slicing.

Orange Syrup

Very fine on waffles, french toast and pancakes. Mix one cup sugar, one teaspoon lemon juice, one cup fresh orange juice and a dash of salt. Bring to a boil; add one-third cup butter and boil eight to 10 minutes. Thickens quicker in wide saucepan. Add one teaspoon grated orange peel. Makes 1 1/2 cups syrup.

Veal with Fufu, African Delight

As promised, here is the African veal with fufu (little dumplings) recipe as adopted for American eating (the Africans grind flour from tuberous yams and other plants) and as served foods editors at the McIlhenny Tabasco party where tabasco added flavor to many a fine dish. Six servings.

2 pounds veal shoulder cut in 1 1/2 inch pieces
1/4 cup salad oil
3 small onions, sliced
1 teaspoon salt
2 cups water
1 can (8-ounces) tomato sauce
1 package (10 ounces) frozen okra OR 3/4 pound fresh okra
1/4 teaspoon tabasco
2 cups sifted all-purpose flour
4 teaspoons baking powder
1 teaspoon salt
1 cup milk

Brown veal in oil in deep kettle. Add onion, salt, water and tomato sauce. Cover; simmer 45 minutes. Add okra and tabasco. Cover; simmer 10 minutes longer. For Americanized version of Fufu, sift together flour, baking powder and salt. Add milk, mix only enough to moisten ingredients. Drop by spoonful (about 12) on top of a piece of meat in gently boiling stew. Cook uncovered 10 minutes; cover tightly and cook 10 minutes longer.

Chicken and Egusi

Another African dish adapted for our enjoyment but following this simplified recipe will achieve something that any true and traveled gourmet would say matched it very well.

1 3-pound broiler-fryer cut in pieces
1/4 cup salad oil
2 medium onions, coarsely chopped
1 green pepper, finely chopped
1 cup water
1 can (8 ounces) tomato sauce
1/2 teaspoon tabasco
1 teaspoon salt
3 cups hot cooked rice

Brown chicken on all sides in oil in deep skillet. Add onion, pepper, water, tomato sauce, tabasco and salt. Cover; simmer one hour or until chicken is tender. Add additional water if necessary. Serve with hot cooked rice. Four servings.

Lots of Meat News And It's All Good

If we needed any reassurance as to abundance of meat, foods editors in Chicago heard a great deal about it . . . from Swift and Company, Armour and Company, Wilson and Company and the American Meat Institute. Information ran something like this:

Beef. Great quantities of beef are expected to come to market during the remainder of this year and the early months of 1956. In addition to the supplies of lower grade, grassfed cattle which normally reach the market in the fall, the months of October, November and December will find meat markets well stocked with top quality branded beef cuts, selling at attractive prices.

Veal. From now on through December, look for excellent supplies of veal.

Lamb. There will be good supplies of better grades of lamb through October, November and December.

Pork. Large supplies of pork bearing economy price tags are appearing on markets these days. These excellent supplies will continue on through this year and may be expected to continue through the early months of 1956, tapering off in May. A particularly excellent fresh pork value may be found in such cuts as fresh picnic shoulders and fresh skinned

pork shoulders. Fresh skinned hams make wonderful budget roasts. Smoked pork cuts such as hams, bacon and picnics are also tasty economy buys.

Poultry. A good supply of turkeys will continue. Holiday tables this year, however, will find lighter supplies of small-grown Beltsville style turkey. In general the heavy breeds will provide the best value. Look to the 18 to 22 pound weights in Tom turkeys for greatest economy in holiday birds.

Chicken supplies continue to be heavy. Broiler-fryer chickens are one of today's most economical buys.

Best Fruit Buys. Fill your shopping bag with a variety of choice apples. Valencia oranges, grapes, Casaba and honeydew melons and Italian plums are in good supply. Fewer peaches and pears.

Best Vegetable Buys include cabbage, cauliflower, cucumbers, corn, sweet potatoes, tomatoes, onions, winter squash and celery.

Orient Excursion Offered Coast-Favored Tidbits

After theater parties are fun especially when you can chat with scores of food editor friends who have just seen "Teahouse of the August Moon." Accent International was host at a simply superb party which featured Far East tidbits which in turn reflected age-old monosodium glutamate in its role of making foods tastier.

Display of "nibblers" was elaborate with our old west coast friends, Rumaki and also Teriyaki cooked on an hibachi exactly like our Hawaiian picture of recent date. So you know about Teriyaki and here is the recipe for Rumaki which can be done with 20 walnuts halves if water chestnut is not available for slicing.

Cut 12 ounces (20) chicken livers in half and sprinkle with salt, pepper and one-half teaspoon accent. Melt two tablespoons butter; add two tablespoons minced onion and cook until tender but not brown. Add chicken livers; cook until just tender. Fry bacon half done but not crisp; drain. Place a liver in center of bacon slice with a walnut half. Wrap bacon around both; secure with a wooden pick. Place under medium broiler heat until bacon is crisp. Makes 20 "rumakis."

Bon Bon Cookies Are New Inside and Out

These elegant brand new Bon Bon cookies introduced by General Mills at the Newspaper Food Editors Conference are full of surprises inside and out. Inside a rich cookie dough is placed a cherry, a nut or a coconut mixture. Then after the cookies are cooled, they are dipped into icing and sprinkled with colored sugars, coconut or topped with a pecan.

Mix one-half cup soft butter, three-fourths cup sifted confectioner's sugar and one tablespoon vanilla. Stir in one and one-half cups sifted flour and one-eighth teaspoon salt. Mix well with hand. Tint dough, if desired.

Wrap one tablespoon dough around a candied or maraschino cherry or one teaspoon chocolate-coconut mixture (add one square unsweetened chocolate melted to one-half cup shredded coconut). Place together on ungreased baking sheet. Bake 12 to 15 minutes at 350 degrees. Cool. Dip top of candy into icing made by mixing one cup sifted confectioner's sugar, two tablespoons cream, one teaspoon vanilla. Add food coloring. For chocolate icing, add one square unsweetened melted chocolate and use one-fourth cup cream.

For cookie centers: to one-half of cookie dough add one-fourth cup raisins, chopped dates, candied fruit, chocolate chips or nuts. Mold one teaspoon into tiny balls. For easier handling, refrigerate.

Portland — (U.P.) — Mrs. Marjorie Ludy, 44, former head bookkeeper of the Corvallis branch of the First National Bank of Portland, has pleaded guilty to embezzling \$9,456 from the institution.

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