

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Beef Is a Best Buy; Best Ways of Fixing

Pot roast is high on the popularity lists for good eating along with seasonal root vegetables. There are four principal kinds or cuts of pot roasts: all bargain-priced right now. Choose rump or rolled rump, heel of round, blade bone, round bone or boneless chuck or the brisket which calls for extra long, slow cooking.

A three to five pound pot roast is a good family size. By purchasing a size sufficiently large to allow for leftovers, you save both fuel and time in later meal preparation. Judge quality in these ways: A good grade of beef is firm and velvety in texture. The lean is red and well marbled with creamy white fat.

## Herb Pot Roast

A delicious variation on this favorite family dish. Remember that a proper pot roast requires 2½ to three hours of long, low-heat cooking to make it tender and tasty.

4 to 5 pounds chuck pot roast  
Flour, salt, pepper, fat  
1½ teaspoon each basil, marjoram and rosemary  
2 medium onions  
2 celery stalks with leaves  
Water or bouillon

Dredge pot roast with flour and brown slowly in a little hot lard in a Dutch oven or other large heavy utensil. Sprinkle with salt and pepper. Place meat on a rack and top with sliced celery and onions. Add herbs to one-half cup water or bouillon, add seasonings and pour over and around meat. Cover and cook over low heat until tender, 2½ to three hours, adding more liquid as needed. Make gravy from drippings.

## Highland Pot Roast

Looking for a really new and deliciously different pot roast? Consider this recipe which relies on dried apricots and tomato ketchup for distinction.

3 pounds rump beef in 1 piece  
2 tablespoons shortening  
8 small potatoes, peeled  
Salt and pepper  
15 dried apricots, washed  
2 stalks celery, cut-up  
4 carrots, quartered  
1 cup tomato ketchup

Brown beef in shortening in small roaster. Place potatoes around meat. Sprinkle with salt and pepper. Arrange apricots, celery and carrots over and around meat. Sprinkle with salt and pepper. Pour ketchup over all. Cover and place in slow (325 degree) oven. Bake 2 hours or until meat and vegetables are tender. Baste occasionally.

**Eight servings.**  
**Sweet-Sour Pot Roast**  
Here are six to eight generous servings. Very good served with buttered cooked peas and turnips.

3 to 5 pound beef pot roast  
2 tablespoons fat  
¼ cup sliced onion  
1 cup vinegar

¾ cup brown sugar, firmly packed  
¼ teaspoon nutmeg  
Brown roast in hot fat in kettle. Add onions and cook until transparent. Add vinegar, sugar and nutmeg. Cover tightly and simmer three to 3½ hours or until fork-tender. Thicken liquid for gravy if desired.

## Indienne Beef Stew

Here we give good old economical beef stew an oriental flavor of curry and sour cream. Takes a couple of hours of slow cooking. Perfect with hot rice.

Cut one pound lean beef stew meat into 1½ inch cubes. Combine one-fourth cup flour, one teaspoon salt, one-eighth teaspoon black pepper and roll the beef in this until well covered. Heat one-fourth cup fat in heavy skillet. Add the beef. Stir and heat until lightly browned. Add one cup water; cover tightly and simmer (do not boil) one hour. Add four small peeled onions and one green pepper, sliced. Continue cooking 30 minutes or until beef is tender. Combine one cup sour cream, one-fourth teaspoon curry powder and one-fourth teaspoon cayenne pepper and stir this slowly into the bubbling stew. Cook, stirring constantly, just one minute. Taste. Add salt, if necessary.

## A Delicious Torte Flavored with Lemonade

Here's a "goody" torte which is a taste-treat, with almonds and a wonderful lemon flavor that comes from a little can of frozen concentrate for lemonade.

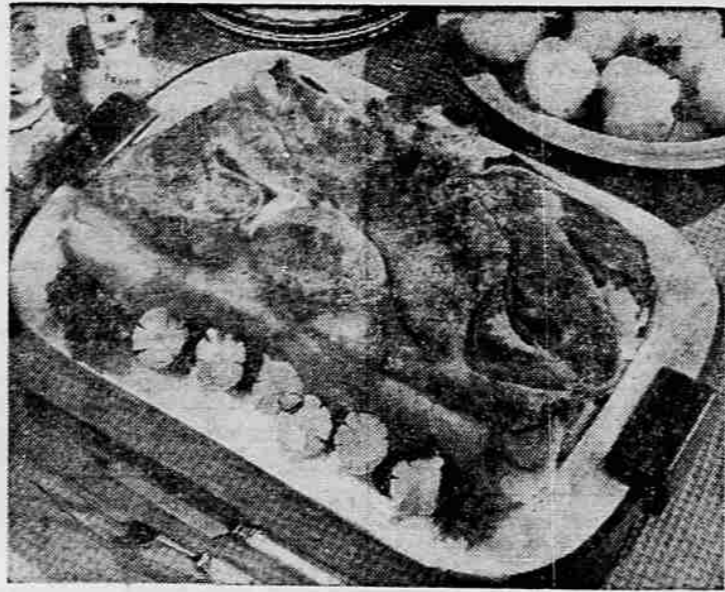
Good cooks who use frozen lemonade regularly for beverages are delighted to learn how delicious it is in frozen desserts, fillings, and cake toppings, too. Frozen lemonade is pure California lemon juice frozen with sugar.

In this recipe, there are two teaspoons of frozen lemonade in the torte—and, when the cake is baked, you pour over the top more concentrate for lemonade (which has been heated), until the whole heavenly dessert is oozing with lemony goodness.

1½ cups dry bread crumbs  
1 teaspoon cinnamon  
1 teaspoon cream of tartar  
1 cup chopped blanched almonds

2 teaspoons frozen concentrate for lemonade  
6 eggs, separated  
1½ cups sugar  
½ teaspoon salt

Combine crumbs, cinnamon, and cream of tartar and sift together. Add almonds and concentrate for lemonade. Beat egg whites until frothy, add salt, and continue whipping until whites are stiff but not dry. Gradually beat in sugar, sprinkling about 2 tablespoons at a time. Beat egg yolks until thick and lemon-colored, then gently fold in beaten whites. Fold in crumb and nut mixture, sprinkling about one-



**WESTERN FAVORITE**—All ready and waiting for family exclamations of delight. This popular pot roast is a western favorite when fixed with herbs. Several ways to prepare pot roasts and other economy meat cuts are included in today's food columns.

fourth cup at a time over the surface. Pour into ungreased springform pan eight inches in diameter, or a tube pan nine inches in diameter. Bake in moderate oven (325 degrees) about one hour.

**Lemonade Topping.** Heat one-half cup undiluted concentrate for lemonade. When cake is removed from oven, pour over the cake. Let cake stand in the pan until cooled. Sprinkle with powdered sugar, or top with whipped cream.

**Bananas for Baby.** Bananas are excellent protective food for baby. They have a well-rounded supply of vitamins and minerals and are loaded with quick food energy. Because of their well-liked flavor, soft texture and their easy digestibility and assimilation, fully ripe bananas are one of the first solid foods introduced into baby's diet.

At six to eight weeks mashed fully-ripe bananas are given. At three to six months, mashed banana goes well with other foods in baby's diet. And by the time baby is nine to 10 months old he can have bananas baked or broiled as well as out of hand.

## Base for Nutritious Thrifty Bean Soup

Boon to the busy cook and budgeteer is a smooth, concentrated base for bean soup. Use today or tomorrow and store some in the home freezer. Dry beans are plentiful, offer variety in navy beans, baby limas and pintos. Takes up little freezer space. Needs only thawing, thinning with added liquid and maybe additional seasoning for serving.

**Make the Puree.** Sort and wash two cups of beans. Boil beans two minutes in five cups of water. Remove from heat and let stand for an hour. Add two teaspoons salt, cover the pan and boil beans gently in the same water until tender, about one hour for limas; 1½ to two hours for other kinds. Then put through food mill or colander or press to remove skins using all the cooking liquid.

For freezing, cool quickly by setting the bowl of puree in a saucpan of ice water. Pack in rigid moisture-vapor-resistant

freezer containers of glass, metal or plastic. Leave one-half inch headspace for pint containers with wide top openings.

When ready to make up into soup, remove puree from container, thaw in saucpan over low direct heat, stirring constantly or thaw in double boiler. Season as desired.

**Variations.** A cream bean soup may be made by adding milk and a little fat and flour. Or add meat stock or tomato juice as the liquid instead of milk. Chopped onion may be added for extra flavor and bits of cooked bacon may be crumbled over the top. Some people like steaming bean soup with grated cheese on top, while still others prefer a generous slice of lemon.

## Care and Use Of Swiss Cheese

Swiss cheese when eaten "as is" tastes best when almost at room temperature. Its flavor is then cleanest and its texture at its softest. Therefore, remove the cheese from the refrigerator some time before the meal, but do not unwrap until shortly before you start eating. You get more enjoyment from thick, chunky slices than from thin ones.

Swiss cheese keeps best in the piece. Wrap it in waxed paper, then roll tightly in kitchen towel. Tightness makes the paper seal the cheese surfaces and helps prevent dehydration and mold. Keep refrigerated, away from odoriferous food.

In grated or shredded form, Swiss cheese gives zest to soup, gravy, sauce, salad dressing, au gratin and macaroni dishes. Mixed with butter, it is a perfect base for canape mixtures. A half cup grated Swiss added to one cup white sauce is wonderful over vegetables.

## FALL FOR HIM

Albion, N. Y. — (U.P.) — Few hunters can claim to have bagged a pheasant as easily as did Douglas Strickland. As Strickland raised his shotgun to fire at the bird it flew against a telephone wire and dropped to the ground. The hunter dashed over and captured the stunned pheasant before it could fly off.

# ROGUE RIVER EAT Hobby Club Meets

By MRS. MYRTLE WHIPPLE

Rogue River — The EAT Hobby club met Jan. 5 at the home of Mrs. Lloyd Smith. A dinner was served at 1 p.m. to the following members, Mrs. Art Smith of Griffin Creek, Mrs. Clloyd Dick, Mrs. Richard Shontz, Mrs. Bob Gail, Mrs. Dana McBaron, Mrs. Ralph Frantz and the hostess, Mrs. Smith. After lunch an exchange of hobby gifts was enjoyed. Five members were unable to attend.

Bob Badley has purchased the lot on Cedar street from Mrs. Mildred Zohrt and has moved his trailer house there. The Badleys were living near the river at Gold Hill and were in the flood. They have two children.

Mrs. Mae Shults returned last week from Keno, Ore., where she spent the holidays with her daughter, Mrs. R. C. Cummings and family.

Mrs. A. E. Miller returned recently from an extended visit in the middle states. When she arrived home she found her home at the Rogue River junction had been in the flood and was in a bad mess.

Mrs. Elton Langworthy was taken to the Osteopathic hospital Dec. 27 with a badly torn ligament in her leg.

Born Dec. 23 to Mr. and Mrs. Dan Evensizer was a girl weighing 8 pounds 6½ ounces. She has been named Terry Jo.

Mr. and Mrs. Joe Golding enjoyed a visit last week from their son, Chief Gunner B. A. Golding, wife and two daughters, of Vallejo, Calif. Chief Gunner Golding is being transferred to Japan with the Navy.

Mrs. Golding and children will remain in Vallejo until school is out, then will join him in Japan. Francis Kolkow, wife and children, Malin, Ore., and Mr. and Mrs. Roy Plank and two sons of Klamath Falls were visitors at the home of their parents, Mr. and Mrs. Jim Plank over the Christmas holidays.

The Tiny Spot cafe on Highway 99 at Rogue River junction has reopened for business. It was flooded out. At present Mrs. Cassie Golding is in charge as the owners were called to California.

Ed Lilly's service station at Rogue River Junction, closed by the flood, was opened for business last week.

The Rev. and Mrs. D. F. Barnett of the Presbyterian church were dinner guests at the home of Mr. and Mrs. Robert Worrall New Years day, and on Jan. 2 they dined at the Earl Green home where they watched the Rose Bowl game on TV.

Recent visitors at the Garfield Laws home were their daughter, Mrs. Andrew Johnson, and husband of Portland, two nephews and families, Mr. and Mrs. Lloyd Williams of Fall Creek, Ore., and Mr. and Mrs. Harold Laws and Lana of Eugene.

Mr. and Mrs. Walter Carrol of Highway 99 south had as New Years guests Mr. and Mrs. John Kuhney and Mr. and Mrs. Loft-

us Grey of Arcata, Calif., Mrs. Lois Stackhouse and Mrs. Lillie Shoemaker of Selma, who stopped by on their way back from Phoenix, Ariz.

Rogue River city council Tuesday night approved the use of the city grader to help clean up properties on the south side of the river, which is not in city limits. Rolland Stiehl will operate the grader and Willis Stiehl is lending a truck and a man to haul off the muck.

The Rev. and Mrs. D. F. Barnett returned Dec. 30 from Santa Rosa, Calif., where they spent four days visiting their son and his family, the Rev. D. F. Barnett, Jr. Mr. Barnett had joined Mrs. Barnett in San Francisco upon her return from Los Angeles where she spent Christmas with her mother and other relatives.

A robber a week ago broke into the Main Street Builders Supply and stole \$50 from the filing cabinet. Entry was made by breaking in a back door.

Mr. and Mrs. Earl Miller, who have been wintering in San Gabriel, Calif., returned home to find both their river properties had been damaged by the flood.

The Laurel Garden club did not meet this month as everybody was busy helping out the flood victims.

Mr. and Mrs. Carlos Magerle spent Christmas in San Diego with Mr. and Mrs. Bill McGregory and returned home by way of Arizona and Nevada.

## BUDGET ADVICE

Champaign, Ill. — (U.P.) — Balancing the budget can mean profitable operations to a small business, according to Prof. William E. Thomas of the University of Illinois. His book, "Budgeting for Profit," is aimed at teaching small and medium-sized business operators the value of keeping a budget.

Seven times as many people live in New York City today as occupied all North America north of Mexico when Columbus arrived.

## Hot 'N' Hearty January Meals

by FRANCES FIELDS  
Home Economist  
Oregon Wheat League  
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Portland 4, Oregon

In addition to its usual chore of introducing the new year, January always brings a challenge to the meal maker. The blustery weather still ahead means that youngsters and oldsters alike must have nourishing, filling meals as a safeguard against colds and that "mid-winter slump." But menu-planning is even more of a problem after the holiday feasting and, of course, the food budget has probably been sadly overworked. With



these thoughts in mind, let's try this tasty, warming casserole.

Golden crustied topping made with superior Oregon wheat flour makes this tangy casserole a satisfying mid-winter luncheon or supper dish. It's easy to mix, too.

**Tangy Topped Casserole**  
1 cup flaked tuna (7-oz. can), ¼ cup chopped onion, ¼ teaspoon salt, dash pepper, 1 teaspoon lemon juice, 1¼ cups condensed vegetable soup (11-oz. can), ½ cup milk, Parmesan Puffs.

Combine tuna, onion, salt and pepper, mixing lightly. Add lemon juice, soup and milk. Mix until well blended. Pour into buttered 1-quart casserole. Top with Parmesan Puffs.

**Parmesan Puffs**  
1 cup sifted enriched flour, 1½ teaspoon baking powder, ½ teaspoon salt, 1 tablespoon sugar, ½ cup grated Parmesan cheese, 1 egg, beaten, ½ cup milk, 1 tablespoon melted shortening.

Sift together flour, baking powder, salt and sugar. Add Parmesan cheese. Combine egg, milk and shortening. Add liquid to flour mixture, stirring until flour is moistened. Drop by spoonful on top of tuna mixture to make 8 small puffs. Bake in hot oven (425°) about 25 minutes. 4 servings.

After things have simmered down to normal following the holidays, it seems to be a good time to check our scales.

**Did you know** — that wheat foods are ideal in reducing diets. They supply necessary vitamins and minerals as well as energy.

**Remember** — No one food is fattening — it is the total number of "extra" calories that causes overweight.

For easy meal-time or between meal "pick-ups" visit your favorite bakery or grocery. Select enticing coffee cakes and rolls for every occasion.

**Here is a Tip** on how to make best use of canned biscuits, rolls or some of the many packaged biscuit muffins and coffee cakes mixes now on the market. You can make these products glamorous by using simple, tasty toppings. For instance, place two pecan halves, 1 teaspoon brown sugar and dot of butter in each greased muffin tin. With drop biscuits made from a packaged mix. Cover. Bake at 375° for 20 minutes. A delicious treat when served hot with cold milk or hot chocolate!

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# Strawberry Jam Urged As Mousetrap Bait

Minneapolis — (U.P.) — A University of Minnesota expert says householders would be doing better to bait their mousetraps with strawberry jam than with the traditional cheese.

Herbert L. Parten, an extension entomologist, says, in fact, that mice don't particularly like cheese.

Parten has been studying dietary habits of mice for 30 years with a view to learning the best way to exterminate them.

"Among mice in my laboratory, peanut butter is a big favorite," Parten said. "Bacon rind and raisins also are popular." But the mouse expert said the food mice really go for is straw-

berry jam. "People just don't realize that mice have a sweet tooth," Parten said.

## TWIN PARENTS

Milwaukee — (U.P.) — The twins in the family of the county register of deeds, Clyde Haberman, don't believe in getting out of step. Mrs. Donald Hanna, gave birth to a son at 7 a.m. recently. Her twin, James Haberman, 23, became the father of a son 30 minutes later.

About 70 per cent of all the world's passenger automobiles are produced in factories in the United States.

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