



**APPLES VERSATILE FRUIT**—Those plentiful, flavorful, nutritious and delicious red and golden apples are among the most versatile of fruits. Superb for eating out-of-hand, the red are also tops for salads, the golden for making dumplings and other luscious desserts. Recipes are included in today's food columns.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Dishes from Flavorful Fresh Apples Add Interest to Meals

The glowing red and the golden glow of the Northwest's Delicious apples fills our fruit bins. There are also plenty of California's Newtowns. Apples lead all fruits in popularity, perhaps because of their extraordinary versatility. For eating out of hand, the Delicious is thought by many to be unsurpassed and certainly it's an ideal salad maker. The Golden Delicious is crisp, tender, fragrant for fresh eating, for salads and for general cooking. The Yellow Newtowns make good eating "as is" and are also good cookers. The Crimson Winesap is an extra good eating apple and will be around increasingly for many months.

**Apple Storing.** Apples retain their crispness and flavor best when stored in the refrigerator at cool, but not freezing temperatures.

**Apple Nutrition.** Apples are rated a good source of vitamin C which is so vital in keeping teeth and bones healthy and to help build the body's resistance to disease. Apples are also a good source of vitamin A and of calcium, the bone-builder. Rich in pectin, apples help the digestive system. Low in calories, they are good in reducing diets. Convinced that you should feed the family more apples? Well, how about trying these...

### Apple Dumplings with Red Cinnamon Sauce

Winesap or Golden Delicious apples are our choice for use in this dumpling recipe which is well calculated to give you a maximum amount of eating pleasure.

1 1/4 cups sugar  
1/4 cup red cinnamon candies  
1 1/2 cups hot water  
Red food coloring  
3 tablespoons butter  
2 cups (1 recipe) rich shortcake biscuit dough  
6 Winesap or Golden Delicious apples

### Cinnamon-sugar

Combine sugar, cinnamon candies and water in saucepan and bring to a boil. Stir until candies are dissolved. Add enough red food coloring to make sauce a bright red then stir in butter. Set aside.

Roll dough until quite thin and cut into six-inch squares. Peel and core apples then place one on each square. Sprinkle with cinnamon-sugar and dot with butter. Fold corners of dough to center over apple and pinch edges together until dough fits snugly around the apple. Remove any excess dough in order to give dumplings a round look. Place in shallow pan one-inch apart with overlapping corners on the bottom. Bake in hot (425 degree) oven for 15 minutes. Reduce heat to 350 degrees (moderate). Spoon sauce over dumplings and cook until tender. About 25 to 30 minutes. Serve warm. Makes six dumplings.

### Country Apple Salad

Town folks will like this apple salad... a favorite of country folks.

8 slices bacon  
3 red apples, unpared  
1/2 to 1 cup diced celery  
1/4 to 1/2 cup seedless raisins  
1/4 cup mayonnaise  
lettuce

Cut bacon into one-inch pieces and fry until crisp. Drain on absorbent paper and cool. Wash, core and dice apples. Combine bacon, apples, celery, raisins and mayonnaise. Combine two or three crisp lettuce leaves to form a cup and arrange on each salad plate. Fill lettuce cups with apple mixture. Garnish with additional greens if you wish. Four servings. When soft raisins are desired, pour one cup boiling water over raisins and let stand about one minute. Drain and cool.

### Apple Spice Tips

You'll be serving apples in so many ways: apple pie, apple betty, apple turnovers and, of course, baked apples. Even a simple baked apple can be more delicious than ever when given a

### sprinkling of mace.

For especially good baked apples, make your own spice blend of sugar and spice and place in a shaker. Really convenient for serving and maybe passing with different kinds of puddings and pies as well as baked apples. For a tasty blend use one tablespoon of cinnamon with a teaspoon each of mace, cloves and nutmeg and the amount of sugar that suits your taste. Another excellent combination is a mixture of two teaspoons mace with two teaspoons nutmeg. A small dash of powdered mace will add interest to your next apple salad.

### Danish Meat Balls

Ground beef is a real bargain right now, but even if it weren't, we think you would still buy it in order to have this flavorful meat dish. Serve with mashed potatoes, rice, spaghetti, or noodles. Six generous servings.

2 inch thick slices bread  
1 1/2 pounds ground beef  
1 onion, finely minced  
4 tablespoons drippings or butter  
1/2 cup hot water  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon powdered mace or nutmeg  
1 bay leaf

Soak bread in cold water. Press dry. Crumble; add remaining ingredients and mix well. Shape into balls; roll in flour. Brown in melted fat in heavy frying pan or Dutch oven. Add hot water with bay leaf. Cover and cook slowly 1/2 hour.

Here's a thrifty trick that lets you get not only a fine party dinner from the tenderest part of a handsome beef rib roast, but also another fresh-cooked meal of braised short ribs. Have your meat-man saw through the rib end of the roast, then cut between the ribs to make individual servings of short ribs. Braise short ribs slowly with vegetables to stretch their good meat flavor further.

Now for your handsome roast. To make it juicier and to get more servings from it, too, keep oven heat at 325 degrees. This cuts shrinkage to a minimum. One hour before done, put peeled potatoes in the pan to brown in the drippings. Or perhaps whip up a Yorkshire pudding.

### Winterime Upside-Down Cake

Flavor and nutrition packed dried fruits come into their own during the winter months. Here we combine prunes and dried apricots for an outstanding upside-down cake.

16 cooked prunes (pitted)  
16 cooked sweetened dried apricots  
1/4 cup melted butter or margarine  
1/4 cup brown sugar (packed)  
1/4 cup water  
1/3 cup shortening  
2/3 cup granulated sugar  
1 egg  
1 1/2 cups sifted cake flour  
1/2 teaspoon salt  
1/2 cup milk  
3/4 teaspoon vanilla extract

## SHADY COVE-TRAIL Pink, Blue Shower Held

By EVALYN P. WATSON

Shady Cove-Trail — Mrs. Delbert Spain of Shady Cove was hostess at her home last week for a pink and blue shower honoring Mrs. Arleigh Anderson of Trail. Assisting Mrs. Spain were Mrs. Anderson's mother, Mrs. Gilbert Elder, and her aunt, Mrs. E. N. Vanderlip, both of Shady Cove.

Guests present were Mesdames Dean Elder, Doyle Hodges, Ray Mullen, James Vanderlip, Walter Blair, E. N. Vanderlip, Carl Proctor and son, Dennis, Russel Elder and son, Stephen, Gilbert Elder and son, David, all of Shady Cove, and Virgil Wilson, Roy Anderson, Joe Oliver, Irwin Howe, J. C. Poitevint, Lewis Dusenberry, Carl Robbins and children, Michael and Karyle Ann, Larry Wilson and daughter, Barbara, Charles Fry and daughter, Penny, Bert Ragsdale and son, Ronald, Eugene Anderson and children, Terry and Linda Sue, all of Trail, and Mrs. Donald Heekert of Jacksonville, the honored guest, Mrs. Arleigh Anderson and daughter, Connie. Mrs. Anderson received many gifts. Games were played and refreshments served.

The special attention of the people in the Shady Cove-Trail communities is called to a dance being given by the Shady Cove-Trail Volunteer firemen on Saturday, Jan. 21, at the VFW hall starting a 9 p.m. Proceeds from this event will go towards buying equipment for the volunteer firemen. Modern dancing will be featured with some square dancing if requested. Refreshments will be served.

A group of friends and sisters from the Medford and Ashland VFW ladies auxiliaries, Ladybugs, and their husbands made a surprise visit at the home of Mr. and Mrs. Scottie Parrick of Trail on Sunday. Mrs. Parrick has been sick since returning at Christmas from California. Those taking part were Mrs. Amy Randle, Mr. and Mrs. Robert Walker, Mr. and Mrs. Kenneth Passmore, all of Medford, Mr. and Mrs. Con Rost of Ashland, and Mr. and Mrs. Ivan Lusk of Central Point. Mr. and Mrs. Clyde Stafford of Trail also called on the Parricks for a short time Sunday. There was a lot of high water around the Parrick home again over the week end but it did not get into the house.

Mrs. Lulu Metts of Portland is visiting with her brother and family, Mr. and Mrs. Athel Dudley of the Shady Cove Cleaners and with her niece and family, Mr. and Mrs. Tom Quail.

Mrs. Leona Brown of San Francisco is visiting with her sisters and families, Mr. and Mrs. Frank Allen and Mrs. and Mrs. Ben Nork of Shady Cove. Little Verna Hemingway of

Drain prunes and apricots. Combine butter, brown sugar and water in bottom of an 8-inch square cake pan. Arrange fruit in checkerboard pattern on top of sugar mixture. Set aside. Cream shortening and sugar together thoroughly. Add egg and beat thoroughly. Sift together flour, baking powder and salt, and add to creamed mixture alternately with milk. Blend in flavoring. Pour batter over fruit. Bake in moderate oven (350 degrees) about one hour. Let stand 5 to 10 minutes, then invert onto serving plate. Serve warm, plain or with whipped cream.

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## Grange

### Hornbrook Grange

Hornbrook Grange's newly elected officers were installed in a ceremony which was performed by the drill team of Greenhorn Grange with Wayne Ralston as installing official. Assisting were Francis Hittson, marshal; Josephine James, emblem bearer; Shirley Hooper, regalia bearer; Pauline Mallow, installing master; Edna Nibecker, chaplain; Marjorie Lovelace, steward; Mayme Rugg, flag bearer, and Ruth Zoller, musician.

New officers are John Shinar, master; Margaret Phillips, overseer; Virginia Crawford, lecturer; Frank Lowe, assistant steward; Mickey Mouse, chaplain; Alice Burns, treasurer; Mollie Cole, secretary; Frank Bear, gate keeper; Mary Bear, ceras; Dorothy James, Pomona; Bertha Bradley, flora; Agnes Sylvia, lady assistant steward; Harry Jones, new member of executive committee.

where she will visit her son and family and see her new grandson.

A report indicates that a foot bridge has been erected across Big Butte creek where the Netherland's bridge was washed out during the heavy floods.

mittee; Deanna Shinar, flag bearer; Ted Gessler, business agent; Harold Shook, insurance agent.

The chaplain offered a prayer. Refreshments followed.

Guests accompanying the drill team were Haldis Ralston, Neal Nibecker, Laura Costello, Gordon Lovelace, David Mallow, N. McNames, Alice McNames, Mabel Marx, George Allison, Dorothy Rugg, Mr. and Mrs. Bob Rugg, Grace Kouts, Viola Wale of Happy Camp.

Central Point Grange met Friday, Jan. 6 for the first meeting of the year.

Master Harold Gebhard appointed his committee chairman. They are, agriculture, Arnold Bohnert; relief, Margaret Wilson; legislature, John Niedermeyer; building, Fred Kuest; reception, Dorothea Straus; public relations, Delmar Smith; music, Freda Smith; publicity, Lulu Floux; youth, Shirley Bohnert; recreation, Maxine Hammond; finance and budget, Marshall Weidman; ways and means, Walter Jensen, and tableaux, Velda Mang.

The charter was draped in memory of James Walters, and a donation was made to the March of Dimes through the chaplain's fund.

The lecture hour consisted of a piano solo by Judy Frink, and group discussion of aims and projects for the year ahead.

Xavier Widmer will show his pictures of Switzerland at the next meeting to be held Jan. 20. The lecturer, Delmar Smith, states the pictures will be shown at the beginning of the meeting at 8 p.m., so that any one interested may attend.

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