STOCK UP ON CANNED FOODS—Now is the time for all thrifty homemakers to stock up on family-favored canned foods which are being specialed. Singly or in combination, as salad with salad dressings, as dessert with sauces, canned fruits make mighty good eating any time.

Feeding the Family

By ZOLA VINCENT
Food Editor

Canned Food Labels Offer Good Information

Smart shoppers are scanning the advertisements, watching the displays of canned fruits, vegetables, meats, fish and other good things at this season of the year. It happens every year about this time as wholesalers and retailers begin to think about next season's crops and storage facilities and stock turnover. The consumer profits and stocks her pantry with as many dozens of the family favorites as storage room (and her market money) make possible.

How to Buy Canned Foods

The selection and purchase of canned foods depends on numerous factors. The use to be made of the food is important. For example, when fruit is to be served alone as a dessert the large fruit may be preferable, while for use in cobblers or puddings smaller fruit would be equally desirable.

Some knowledge of nutrition and food preparation methods is essential and family preference is still another factor to be considered in purchasing foods for well-planned menus. The canned food label is your best buying guide. The canner thinks of it as the window of the can. He endeavors to give sufficient information on the modern descriptive label so the canned food shopper can "see" what is inside. The importance of label information is increased when shopping in self-service markets.

First, you will note the illustration, which helps you quickly find the product wanted.

Second, all labels carry a brand name, which the shopper learns from experience is an excellent guide for the selection of a product of uniform quality.

Third, look for the following information required by law:

1. The legal name of the product. Do you want yellow or white corn? Do you want pineapple chunks or slices? That information is on the label.

2. The net contents in weight or fluid measure, depending on the nature of the product. If you are cooking for two people you may want an 8 ounce can of vegetables, for four you may want a pound can or jar.

3. The name and address of the manufacturer or distributor. If your family has particularly liked fruit packed by the O. H. Goode Co., look for this information.

Fourth, read the additional helpful information such as variety, maturity, the amount of food in the container in cupfuls or number of pieces, consistency, special seasoning, recipes, and serving suggestions.

Quantity Buying

To buy or not to buy in quantity depends on storage facilities, needs and money savings. It will frequently be found that a market has a special sale on two or more cans of food. If this food is used frequently in your home it is wise to take advantage of the saving. A home supply of canned foods will be found a convenience, but the extent of the purchase will depend upon storage space.

Preparing Canned Vegetables

In preparing canned vegetables don't pour the liquid down the sink. Drain the liquid from the vegetable into a saucepan. Boil down until you have a half or even a third of a cup remaining. Now add vegetable, butter and seasonings. Heat, but do not overcook.

For creamed vegetable or baked dishes use the reduced liquid with rich milk for the cream sauce.

Infant and Junior Foods

Many kinds of specially prepared foods are available for babies. Strained or homogenized for infants and chopped for junior age children.

Dietetic Foods

An increasing number of dietetic foods are reaching the market. These foods have been carefully prepared to meet the needs of special diets, in addition to providing the nutritive values expected from regular canned foods. They are convenient to use in reducing diets, diets for the management of diabetes or for the control of sodium intake.

Refrigerate Unused Portion in the Can

We are frequently asked, "Is it safe to leave unused portions of canned foods in the can after it is opened?" It is perfectly safe to do so. The Department of Agriculture in a news release entitled, "Oh Sure! You Can Keep It in a Can," said: "It is just as safe to keep canned food in the can it comes in—if the can is cool and covered—as it is to empty the food into another container."

Jellied Peaches Fine Salad Dessert

Gelatin salads and desserts are satisfactory for so many reasons; one being that they can be made during your unhurried hours. Cottage cheese filled peaches are a very popular salad-dessert. Ever 'jell" them like this?

1 cup boiling water
1 package lime gelatin
1 cup syrup from peaches
6 canned peach halves
1 cup cottage cheese
Lettuce or other greens

Add water to lime flavored gelatin and stir until dissolved. Stir in peach syrup and let stand until it begins to "jel." Place peach halves with cut side up in a shallow pan. Pile cottage cheese in centers of peaches. Pour thickened gelatin around peaches; chill until firm. Cut in six portions. Serve on greens. Top with salad dressing or whipped cream.

Orange-Honey Dressing

This Orange-Honey Dressing will really dress-up your next fruit salad, be it gelatin or an attractive array of canned and/or fresh fruits.

Soften one package (three-ounce) cream cheese. Blend in one tablespoon honey, one teaspoon orange rind and a dash of salt. Add one-fourth cup orange juice and one tablespoon lemon juice and stir until smooth. Makes about three-fourths cup.

Glamourize canned sweet potatoes by glazing them in brown sugar and butter. Use the proportions of one-half cup brown sugar to one-fourth cup butter for each four servings. Now sprinkle with diced butter—roasted almonds, about one-fourth cup.

Tropic Barbecued Ribs Have Sweet-Sour Sauce

Pork is once again basking in the best buy lime-light, so how about having some spareribs with this oriental-style sweet-sour barbecue sauce.

1 cup pineapple juice
1 cup finely sliced green onions and tops
¾ cup catsup
1 tablespoon lemon juice
1 tablespoon oil
1 tablespoon Worcestershire sauce
1 tablespoon honey or corn syrup
Soy sauce or salt to taste
4 pounds spareribs

Mix the first eight ingredients in order given. Have ribs cut in easy-to-handle pieces. Place in sauce and let stand for at least one hour. If you are going to do the entire cooking over coals or in the broiler, plan about one-half hour, brushing occasionally with the sauce. Or, if desired, pre-roast ribs in moderate (350 degree) oven one hour, basting occasionally, then quickly finish browning under the broiler or over coals. Garnish with heated pineapple slices. Serve with rice.

Chicken Cornetti One Dish Meal

This should be a real favorite for the economy minded homemaker because it makes use of inexpensive stewing chicken, spaghetti and canned corn. Makes 10 to 12 flavorsome servings.

1 (4 pound) stewing chicken, cut up
4 cups (1 pound) broken spaghetti
2 cups finely sliced celery
¼ cup chopped green pepper
½ cup chopped onions
2 teaspoons paprika
2 to 3 cans (12-ounce) golden whole kernel corn
½ to 1 cup stuffed or ripe olives
½ pound pimiento cheese, cubed

Simmer chicken, covered in boiling salted water (about six cups) for two to three hours or until tender.

Cool. Remove meat from bones; cut in large pieces. Measure to make six cups liquid. Bring to boil and add spaghetti, chicken, broth and add enough hot water celery, green pepper, onion and paprika. Cook 15 to 20 minutes. Add one can corn, the olives and the cheese; cook five minutes longer. Salt to taste. Arrange on hot platter and wreath with remaining corn which has been heated and seasoned with butter and salt. Or serve in the same utensil in which the dish was cooked.

Just add milk and butter . . . heat and serve. Takes five minutes to prepare a main-dish meal for 10c or less per serving.

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A Nichol's Worth of . . .

Comment On This and That

By HARMAN W. NICHOLS
United Press Feature Writer

Washington — (U.P.) — The department in charge of mail is telling its own folks how to write letters.

Harmon Nichols

The Post Office Department has issued to its employees a new set of instructions which borrow a leaf from the textbook of radio script writers. "Say it simply." In other words, write like you talk, but copyread it a little.

It's a new chapter in the government's drive against "gobbledygook," or the science of saying nothing in ponderous language. This science thrives among federal employees.

The Postal Service lets the word out that it would be happy if the help uses one word instead of two, if one will do.

The service has a long list of for instances. Here are a couple with alternatives:

"Above-mentioned" — "This" or "Those" is better.

"Always," instead of "At all times."

Things like that.

It goes on and on. Postmaster General Arthur E. Summerfield's writing boys suggest:

"After careful consideration." Why not just say, "After considering?"

"At the present time." Why not say "Now."

"Enclosed herewith for your information." Better is "The enclosure gives."

"Hereinbefore," according to the postal clan should be eliminated.

"In the event of." The little old word "if" takes up very little space and says what it means.

"In the near future" also wastes words. What's wrong with "soon?"

The bane to city editors is the phrase, "owing to the fact that." It is much simpler and to the point to say "because of."

Avoid Wordiness

The Post Office Department would like to have its letter writers avoid the threadbare phrase "This is to inform you." If you aren't giving the man you are writing to some information, what's the use to waste his time and yours?

Avoid the phrase "the writer." Who else would be putting pen in hand?

When you say "You are informed" it is a waste of words. If you didn't have anything to say, you could save your time and everybody else's by staying away from your writing machine.

There is the old one, which the P.O. would like to cremate. "We are forwarding herewith." The postal guys suggest "attached is."

"Prompt attention" is another thing the letter and postal people are trying to cut from their letter writing. If the issue is important, prompt action is indicated.

The Post Office is headed in the right direction in its appointed rounds, albeit it took a lot of wasted words to tell the story.

'Navy Sign-Up Month' Proclaimed in February

Salem—Governor Paul Patterson has proclaimed February as "Navy Sign-Up Month" in connection with a special recruiting drive which will be held next month.

Purpose of the drive is to have the greatest number of Oregon men enlist in the Navy as possible. The drive is being held throughout the country by the Navy recruiting service and various Naval commands.

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As We Live

By ELIZABETH HURLOCK, PH.D.

FRIENDSHIPS ARE OFTEN NECESSARILY ONE-SIDED

In a friendship, one cannot expect everything to come out even all the time.

Dr. Hurlock

(Q) "The woman who lives next door to me has been a very good friend ever since we came here as brides nearly 12 years ago. We visit back and forth, our husbands are good friends and our children play together. Last fall, my friend went back to her nursing, as her husband does not earn enough to enable them to pay their bills. Now she asks me to get things at the store for her and to drop in to see if the children have gotten home from school in the afternoons. The other day, her one child was sick and had to stay at home. She asked me to run in from time to time to see how he was and to give him his lunch. My husband thinks she is imposing on me and wants me to tell her so. I hate to do this as we are good friends, I can count on her to help me out whenever we have an emergency in our home, and I know she needs the money or she wouldn't be working. What should I do?—Mrs. L.N.

(A) Keep on doing things for your friend as you have been doing since she started to work. Don't let your husband influence you against her as he is trying to do. Instead, try to make him realize that in a true friendship, one does not act as he wants you to act.

At the moment, it may seem that your friend is asking you to do more for her than she is doing in return. However, knowing that you can count on her in an emergency and that she will do what she can for you with her limited time should certainly balance the scales.

Should Feel Same Way

In a true frinedship, one does not expect a friend whose income is limited to give as generous gifts as one who can readily afford to do so. You should feel the same way about time and other things.

Your friend has certainly done her share for you when she was not working. Furthermore, if she were working merely for selfish interests, you would justifiably feel differently than you do now that you know her working is a family necessity. Show your friendship by helping her in any way you can.

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About one-half of the upper one-fourth of high school graduates in the U. S. do not go on to college, surveys show.

Gasoline yield from crude oil has doubled since 1918.

State Legion Chief To Speak at CW

Jack Larson of Springfield, state commander of the American Legion of Oregon, will make his official visit to Camp White Monday, Feb. 13. He will speak at the Domiciliary theater there.

Eugene Orr, district commander here, said Larson plans to attend the district conference at Grants Pass Sunday Feb. 12. Orr also announced that the state convention of the Legion will be held at Albany July 26, 27, and 28 by the Oregon department executive committee.

Volunteer Red Cross workers outnumber those who are paid by a ratio of more than 100 to one.

About 70 per cent of all the rubber used in the U. S. today is synthetic, made from crude oil or natural gas.

Farmers own about 29 per cent of all the motor trucks in the U. S.

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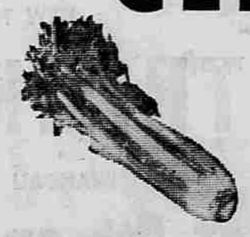

Tender-Crisp Per Pound 7¢