

Feeding the Family

By ZOLA VINCENT
Food Editor

Make the Most of Flavorful Bacon

With bacon at the lowest prices in a long time make the most of it by buying carefully and limiting the length of time you store it. Bacon should not be frozen, since within a week the flavor of the fat may begin to show first stages of rancidity. To get the utmost goodness out of good bacon, store it in the refrigerator and use it within a week. Top-quality bacon owes its prestige to careful selection of the side of pork, superior curing, controlled smoking, and use of the center slices only for the first quality packages.

Proper cooking as with all foods is particularly important with bacon. Some people like it crisp . . . some like it not quite so well done, whichever way you like it be sure you fry it over a low heat for best results.

A good trick is to start cooking bacon without separating the slices. Just remove the number of slices in one piece and place in cold skillet. Heat slowly, turning and separating the pieces as the heat loosens them. In this way, the slices are not torn by trying to strip off the chilled slices. Fry and turn and keep the heat low. Do not pour off the drippings during the cooking. This fat helps float the slices and makes possible complete browning of the entire slice without raw or burned spots. Remove each slice as it is cooked. Drain on soft paper and do keep it hot until service time.

Bacon Bean Bake

Pork and beans using bacon for the pork is an ideal hearty winter dish that takes on a party look when the bacon slices form a lattice top design.

8 slices bacon
2 cups (No. 2 can) baked beans
1/3 cup catsup
1/2 cup chopped onion
Mix beans, onion and catsup in 1-quart casserole. Top with bacon slices. Bake in a hot (400 degree) oven about 50 minutes or until beans are hot and bacon is crisp. The wonderful bacon flavor will find its way down to the very last bean. Four servings.

Baked Apple Doughnuts

A new kind of doughnut! Baked rather than deep fried. These tender on the inside, crispy on the outside doughnuts are made extra nutritious with the addition of wheat germ. Wonderful after-school snack for hungry children.
3/4 cup sifted all-purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon ground nutmeg
1/2 cup sugar
3/4 cup wheat germ
1/3 cup shortening
1 egg, beaten
1/2 cup milk
1/2 cup grated raw apple
1/3 cup sugar
1 teaspoon ground cinnamon
2 tablespoons wheat germ
1/2 cup melted butter or margarine

Sift together flour, baking powder, salt, nutmeg and sugar. Stir in 3/4 cup wheat germ. Cut in shortening until mixture is fine. Mix together egg, milk, and grated apple and add all at once to dry mixture. Mix quickly until blended. Fill greased 2 1/2 x 1 1/4 inch muffin tins two-thirds full. Bake in moderate oven (350 degrees) 25 to 30 minutes or until lightly browned. Remove from pans. Meanwhile, combine 1/3 cup sugar, cinnamon and 2 tablespoons wheat germ. Roll doughnuts in melted butter and then in wheat germ mixture. Serve warm. Makes 12 doughnuts.

Piquant Cauliflower

Cauliflower is available practically all year-round so give it a diversified role in your meal planning. Fixed like this it easily takes the place of a salad.

Separate 1 medium-sized cauliflower into flowerets and cook in boiling salted water about 10 minutes . . . just until tender and still a little crisp. While cauliflower is cooking heat together 3 tablespoons wine vinegar, 2 tablespoons butter or margarine, 1/4 teaspoon salt, 2 tablespoons chopped pimiento and 2 table-

spoons chopped green pepper. Drain cooked cauliflower and pour on the sauce. Serve immediately. Makes 4 to 6 servings.

Add Curry to Sauce. For a flavor change with practically anything, add a bit of curry powder to your next white sauce. Really does things for tuna and other creamed fish and seafood.

Cinderella Bread Pudding Uses Semi-Sweet Chocolate

Cinderella bread pudding becomes the belle of the ball when the pudding is made with semi-sweet chocolate morsels and a polka dot meringue. Day old bread never before has had such glamorous treatment.

1 1/4 cups soft bread crumbs
1 package semi-sweet chocolate morsels
1/2 cup sugar
2 cups milk
2 eggs, separated
2 tablespoons butter
1/4 teaspoon salt
1/4 teaspoon vanilla

Combine bread crumbs, 2/3 cup semi-sweet chocolate morsels, over hot water until mixture is smooth. Beat egg yolks slightly, add remaining 1/2 cup milk, butter and salt. Add to chocolate mixture and continue cooking about three minutes longer, stirring constantly. Turn into shallow baking dish. Bake in moderate (350 degree) oven 10 minutes. While pudding is baking, beat egg whites until stiff; gradually add remaining 1/4 cup sugar and vanilla. Continue beating until very stiff. Fold in half the remaining chocolate. Drop by tablespoons on top of pudding. Sprinkle meringue with remaining chocolate. Return to oven and bake 10 minutes longer. Makes 6 servings.

Salmon Orientale

Salmon steaks and filets are among the most popular of our many seafoods. Fresh or frozen seafood can be used interchangeably. If you use frozen they may be cooked without thawing or not as you wish. Naturally, if frozen, they'll take a bit more cooking.

2 pounds salmon steaks, cut 1 inch thick
2 teaspoons salt
Dash pepper
1/2 cup flour
1/4 cup butter or other fat
2 cups celery, chopped
1 cup onion rings
3 tablespoons green pepper, chopped
2 cups whole-kernel corn
2 tablespoons soy sauce
Sprinkle salmon on both sides with salt and dash of pepper. Roll in flour and brown quickly in fat. Place in large, well-greased casserole. Cook celery, onion and green pepper in remaining fat until almost tender. Add corn and soy sauce; pour over salmon. Bake in moderate oven (350 degrees) 25 to 30 minutes. Serve from casserole. Six servings.

Life Extended With Modern Refrigeration

Thanks to modern processing, sanitation and refrigeration practices dairy products which were once considered highly perishable now have relatively longer keeping qualities. Since a sizeable portion of our food dollars goes for dairy products care in buying and handling is of utmost importance.

All dairy products should be refrigerated as quickly as possible after purchase with the exception of pasteurized process cheese, cheese food and cheese spreads which keep well as long as the temperature is 70 degrees or below. Milk, cream, cottage cheese and cultured milk such as buttermilk and yogurt should be used within three to four days for maximum flavor and texture enjoyment. Dairy products have a tendency to "pick up" other flavors, hence they should be kept covered. Cheeses should be tightly wrapped.

Cheese with so many types to choose from is a wonderful base for many an inexpensive yet protein-sufficient meal. For budget watchers there is many a penny to be saved by using inexpensive nonfat dry milk. It is easy to handle and contains all the pro-

KF Man Appears in Answer To Petition

Portland—(U.P.)—U. S. Balentine, Klamath Falls attorney, appeared in Federal Court yesterday to answer to a petition for revocation of his probation. His probation was extended for six months by Federal Judge Chase Clark of Idaho, who is assigned temporarily to Oregon.

Balentine asked for a hearing but no date was set immediately. The one-year probation term Balentine was given by Judge Clark last February would have expired Saturday. Balentine was sentenced on charges of failing to file income tax returns. The probation revocation petition accused him of making false statements on his 1954 return filed last April.

Coastguardsman Buys Ring; Then Finds Girl

Chicago—(U.P.)—Jerry Miene, 21, a Coastguardsman, bought a "beautiful" engagement ring he was in a jewelry store while window shopping Thursday. He took the ring to a nearby USO club and asked if he might leave it there for safekeeping. "I don't have a girl yet," he explained.

tein, minerals and B vitamins of fluid milk.

Meat Department

Pork leads the parade of good meat buys with beef running a close second. Lamb supplies are increasing. Wonderful buys to be found in specialty meats such as bologna and frankfurters as well as beef and pork kidneys, heart, liver and tongue. Corned beef is frequently advertised at excellent prices.

All winter varieties of pears are in good supply. The crop of navel oranges has reached its peak of perfection. Grapefruit of notably good quality are plentiful as are lemons. Apples continue to be a good value. Best vegetable buys continue to be potatoes, onions, cabbage, celery, carrots, winter squash, root vegetables and most bunched vegetables including small green onions.

Eggs continue to increase in supply with seasonally lower prices encouraging two eggs at breakfast and the making of more custards, cakes and other good egg-rich things.

Poultry. Many good buys to be found in stewers and fryers. Good Marketing!

A Nichol's Worth of . . . Comment On This and That

By HARMAN W. NICHOLS
United Press Feature Writer

Washington—(U.P.)—If Gen. George Washington were around today and had to take an Army physical he would come up 4F on account of his teeth.

History tells us that when Gilbert Stuart painted his famous portrait of our first leader in 1796, he used cotton to puff out the general's cheeks. The rigid mouthline reflected the poor fit the President got on his store-bought choppers, one pair of which was made by Paul Revere, the noted silversmiths and horseman.

All of which is to point up the week of Feb. 5-11 which has been proclaimed National Children's Dental Health Week. Dentists claim that 95 per cent of the folks in the United States have some kind of dental trouble. Much of it could be avoided by education of the young. Proper brushing of the teeth, periodic trips to the molar experts, and the like.

Dentists feel as though they are wasting their time if people don't mind what the doctor says. "Shocking" Neglect. It is estimated that the average two-year-old has at least one ailing baby tooth, which could stand repair. The average 16-year-old has at least seven teeth that are decayed, missing or filled.

Tooth neglect is brought into focus by a report from the Army Surgeon General's office. It describes the molar condition of men entering the service as "shocking." In the fiscal year ended June 30, 1955, the Army Dental Corps yanked 1,101,024 teeth. It filled 3,372,321 more. Some 99,000 partial dentures were installed and 14,079 damaged bridges had to be fixed.

The Army Surgeon General's office sums it up like this: "The amount of treatment needed by the average inductee to repair old defects accumulated during years of neglect as a civilian would provide four years of ordinary maintenance care for an individual already in good health."

Brush Teeth Frequently. Theme of this year's Dental Health Week is "It's the brushing that counts." Research has shown that prop-

er and timely use of the toothbrush can substantially prevent decay.

In too many homes, the dentist allow, the toothbrush hangs "undisturbed" except for a token swipe in the morning and at bedtime.

If everybody over age three would scrub his teeth properly

three times a day instead of twice, the nation's dental bill would be reduced, the experts say. And that comes from the grinders and pullers themselves, who stand to profit by negligence. The bill, by the way, runs over \$1,000,000 a year.

The people who put toothpaste into tubes claim that, heaven knows, with advertising and all they have done their level best to educate the public.

A spokesman for the fold-up metal tubes for toothpaste estimates that the packed items, if extended out in a continuous

Woman Receives Call From Spurious Doctor

Portland—(U.P.)—A Portland woman received another in a recent series of telephone calls from a spurious doctor who offered advice on cancers which he claimed to have found on x-rays of the woman.

The "doctor" recently escaped

line would stretch out over 1,053,301 1/2 miles. I added the half mile myself just to let you know I measured it.

a police trap after failing to keep an appointment with a Vancouver, Wash., woman. He had suggested a 21-day cure for her alleged chest cancer.

Police said the man claimed to be a representative of the tuberculosis center, but engaged women to talk about their sex lives when they kept appointments.

The cash register was invented by James Ritty of Ohio in 1879.

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