

Feeding the Family

By ZOLA VINCENT
Food Editor

Gaylord Hauser Back-Tracks on Blackstrap

We were there in New York's Ambassador Hotel's handsome, newly decorated ball room the luncheon-time that Gaylord Hauser, world famous food lecturer and author of best-seller diet books, said that "blackstrap molasses is too bitter and acid for American tastes". He told us that he had been impractical in his enthusiasm for blackstrap. "To be of value," said Hauser, "a food must be eaten. Blackstrap proved unpalatable and failed its purpose of adding iron to the diet." We agree, so completely, Mr. Hauser.

Urging use of mild-tasting, old-fashioned unsulphured molasses as a way of getting needed iron into the daily diet, he suggested "Milk Lassi" and gave listeners samples and recipe for this delicious beverage:

Milk Lassi
Add one cup nonfat milk and four tablespoons unsulphured molasses to one quart of fresh milk (whole or skimmed) and shake or beat until light and frothy and until the dry milk has completely dissolved. Serve well chilled.

Broiled Grapefruit
Meal ended at the Hauser-shift-to-that-good - unsulphured molasses luncheon, was this popular Caribbean way of fixing grapefruit. Just as good with our local grapefruit! Cut grapefruit in half, cutting around each section to loosen fruit from membranes, as usual. Top each grapefruit half with one tablespoon unsulphured molasses. Place on broiler rack three inches from heat. Boil slowly 10 to 15 minutes or until grapefruit is slightly browned and heated through.

Trace Element Sea Salt
There's a lot of conversation about a new salt called "Trace Element Sea Salt" and it is likely to become tremendously popular. You'll be hearing about it right along. It brings to the table a balanced element supplement containing all the elements (minerals) known to be essential to life. It is approximately 75 percent sodium chloride or common table salt. The remaining 25 percent contains most of the other elements. It is a whole salt . . . a natural and complete salt from the sea. A uniform, free-flowing product, it is used at the table and in cooking just as the familiar common salt is used.

Many Agree that Women Press Clubbers Can Cook
Before the holidays, members of the Women's National Press Club brought out a book titled "Who Says We Can't Cook?"

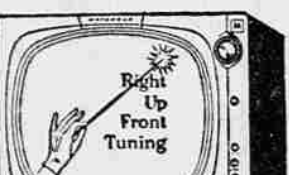
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The cookbook, a club project to raise funds for a women's press building in Washington has been a mail-order sensation with orders pouring into the club office at 1367 National Press Building, Washington 4, at the rate of 5,000 a month and with \$2.15 per copy enclosed. Recipes from Washington VIPs and from many famous by-liners are introduced with good "copy".

Visiting with Elinor Lee of the Washington Post and Times-Herald, who helped "foods edit" the book, we told her that we were going to borrow for our readers a half dozen of the short pieces which we suspected were garnered favorites from her own pet file, and here they are:

A few chopped walnuts, added to Brussels sprouts served in a cheese sauce, complements the flavor of the sprouts. Or sprinkle the chopped nut meats on top when serving. This dish has taste appeal and the slight crunch of the nuts is a pleasant surprise.

Drop a small cheesecloth bag filled with pickling spices into beef stew when it's cooking—a new flavor treat.

Seedless grapes, chopped almonds and drained crushed pineapple added to chicken salad make it a partyish dish.

Thin rolled up pancakes filled with cream cheese and chopped nuts are something special to serve with ham or bacon and eggs, for Sunday breakfast.

Add strips of Swiss cheese to scrambled eggs just before they are done. Serve on toasted English muffins.

Shredded sharp cheese, folded into mayonnaise or french dressing adds interest to a fruit salad.

When cooking spinach, kale, string beans or peas, put a lettuce leaf in with the vegetables. It will help the vegetables to retain their color.

When cauliflower is ready to serve, add a little finely chopped pimiento to the melted butter. Looks wonderful—tastes even better.

March Markets Offer Food Abundance, Variety
Plenty of fresh foods, frozen foods, canned foods. Seasonal abundance of fresh meat, of poultry and of fish and shellfish. Milk production at a record level with all its fine by-products of butter, cream, cottage cheese, buttermilk and cheese in many varieties but mainly good old Cheddar.

Plenty of staples, too. Those flavorful dried beans in surprising variety for the making of good nutrition-packed soups, for serving as a vegetable and occasionally as a salad. Lots of peanut butter for the children to enjoy. Rice as a vegetable, in soups; a good flavorful rice pudding for serving warm or cold with cream or with vanilla ice cream melting over it. Chop up some of those good plentiful dates and fold them into the rice pudding, or a bread pudding made rich with eggs and butter.

Canned tuna, that good old stand-by for Lenten meals is bargain-priced, really. Try a casserole specialty using two or three cans for good and also economical eating. A fine lunch-plan: casserole layers of crumbled potato or corn chips, canned tuna and cream of mushroom soup winding up with topping of potato or corn chips. A green salad, canned or fresh fruit, cookies or cake from last night.

A time for making up-side-down cakes simply by arranging pineapple slices or peach halves over brown sugar and butter in a baking dish. Stir up a cake mix according to package directions; pour over fruit and bake allowing just a little more time than indicated for the cake; test for doneness.

Fish, fresh or frozen several times a week now. A good time to try new and different varieties on the family. Most plentiful are sole, halibut, salmon and swordfish.

Frozen fish filets are tremendously popular with cooks in a hurry. Just follow package directions, but plan on twice as many as usual because they disappear fast. Always have plenty of lemons at hand. Offer generous lemon wedges; no slices or slivers. Sprinkle all fish generously with parsley to make it pretty for serving.

Private Finds Long Boot Wearing Not Profitable
Brampton, England—(U.P.)—Pvt. John Milbourne entered the British Army in 1951 and was issued a pair of shoes. He wore them throughout his service and during four more years of Territorial Army (National) Guard service.

Then he turned them in. Sgt. Maj. C. S. M. Parker sent Milbourne a letter saying, "Your boots were found to be unserviceable. Will you please send the amount of eight shillings (\$1.12)."

Portland—(U.P.)—Herbert L. Bachman, former San Francisco radio executive, has been named general manager of radio station KEX here.

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On The Side

By E. V. Durling

(Distributed by King Features Syndicate, Inc.)

For one man is my world
Of all the men
The world holds.
O love, my world is you!
—Christina Rossetti.

A book many persons with original ideas might find very helpful is one titled, "How to Find a Buyer for Your Invention," by V. D. Angerman. It includes a list of 140 top manufacturers anxious to do business with beginners or expert inventors.

Asides
The smaller your waistline, the longer your life line. That goes for both men and women, according to life insurance company research. So, mister, check your midriff bulge. Keep that "corporation" clipped . . . In Minnesota "The Land of Ten Thousand Lakes," more than 50 per cent of the population have fishing licenses. However, the fishing is better in Wisconsin.

Among the Married
How about the so-called "matrimonial vacation"? Do such separations aid in the prolongation of marriage? Most wives are opposed to the idea. They don't trust their husbands. They think their spouse might succumb to the appeal of some predatory female and start playing around. Perhaps the wives are right. Shakespeare said, "Men are merriest when they are away from home." On the other hand, Byron observed, "Wives in their husband's absences grow subtler." In my view, the matrimonial vacation is an excellent idea and a beneficial change for loving couples.

Asking
Queries from clients. Q.—What was the origin of the saying, "Of course, I remember you. You are Addison Simms of Seattle"? A.—Was a line used in advertisements of David Roth, memory training expert . . . Q.—How about the chances of success of Virgo people? We have two children born under that sign. A.—Born under Virgo (Aug. 24-Sept. 23) were Rex Beach, H. L. Mencken, Robert Benchley, O. Henry, Maurice Materlinck, Bret Harte, William H. Taft, Greta Garbo, Claudette Colbert, Sam H. Day, George Sokolsky, Billy Rose and Arthur Godfrey.

Ever Thus
From an editorial published just about 100 years ago in Harper's Weekly, on Oct. 10, 1857, I quote: "In Europe and Asia the political caldron seethes and bubbles with uncertainty. Russia hangs, as usual, like a cloud dark and silent, upon the horizon of Europe while all the energies, resources and influences of the British empire are sorely tried in coping with the vast and deadly disturbed relations in India and China."

Boy Wonder
As for "boy wonders," consider the career of "Terrible Terry" McGovern, Brooklyn ringman who before he was old enough to vote had won the bantamweight and featherweight championships and knocked out the lightweight champion. Also, before he was 21, Terry was married and the father of two children.

U.S. Polio Specialists Confer in Argentina
Buenos Aires—(U.P.)—Dr. Jessie Wright, American polio specialist, and Marvin Glasser, of the National Foundation for Infantile Paralysis, arrive here from Washington today to confer with health officials about the polio epidemic.

A U.S. Air Force Globemaster transport landed Thursday with 21 iron lungs, the gift of the American people to aid Argentina in its fight against the disease.

Washington—(U.P.)—Sen. Wayne Morse's herd of Devon horses captured top honors in the Louisiana livestock show at Baton Rouge, La.

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President's Duties Said Not Delegated

Washington—(U.P.)—The White House said Thursday that President Eisenhower "certainly has not delegated any of his constitutional duties" to subordinates.

The statement was made in reply to Sen. John J. Sparkman's charge last night that Mr. Eisenhower would be delegating the "presidency itself" if he served another term under conditions he laid down last week.

Assistant White House Press Secretary Murray Snyder, commenting on the Sparkman speech, said: "I think the President very clearly stated last Wednesday and yesterday the distinction between his constitutional duties and his hospitality functions, the latter being the department in which he has reduced his activities."

"He certainly has not delegated his constitutional duties," Snyder said.

Court Records
DISTRICT COURT
Melvin L. Hess, parked on paved portion of highway, \$6.
Orville O. Caster, no signal device, \$10.
Earl D. Ruthstrom, failure to stop at stop sign, \$10.
CIRCUIT COURT
William F. Willoughby vs. Estelle Willoughby, divorce complaint.
MARRIAGE LICENSE APPLICATIONS
Jackie Dean McKinney, San Francisco, and E. Arlene Fitzgerald, Oakland, Calif.
Lauren Durand Hardy, Summit ave., and Norma Jean Huffman, 412 Benson st.

Dead line Sunday Classified is at Monday; other days 5:30 previous day noon Saturday; 10 a.m. Monday for

Friday, March 9, 1958

MEDFORD (OREGON) MAIL TRIBUNE—THREE

Driver Has Trouble With New Automobile

Dayton, O.—(U.P.)—Charles J. Blake, 55, said he had a little trouble getting his new automobile into his garage Thursday and police agreed.

He was charged with leaving the scene of an accident after his car collided with three garages, a house, a convertible, a tree, a rosebush, a fence and ran across three lawns.

NO GUNS OR WHISKEY
Jackson, Miss.—(U.P.)—The Mississippi House of Representatives Thursday adopted State Senate-approved rules forbidding law-makers to carry firearms or whiskey into the Capitol building.

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