

Feeding the Family

By ZOLA VINCENT
Food Editor

Plentiful Onions Give Zest to Many a Menu Specialty

For seasoning, no other vegetable can be used in such infinite variety of ways as onions. Onions are unusually plentiful due to rains that fell on the many onion-growing areas, mostly the big, mild or "sweet and juicy" Bermuda-type so popular with hamburgers and for the making of sandwiches and salads; big enough for baking and stuffing, too. There is also plenty of the smaller yellow ones that are especially good for seasoning because of their strong pungent flavor.

Cooked Onion Ideas

Popular creamed and au gratin, onions also are delicious simply stewed with tomatoes or combined with either fresh or leftover cabbage, carrots or celery. In fact, medley of the foregoing vegetables is both delicious and attractive.

Baked Onions. Peel medium size sweet onions. Cut in half crosswise. Arrange in buttered baking dish. Sprinkle with salt and pepper and dot with butter or margarine. Add enough water to cover bottom of dish. Cover and bake in moderate oven, 375 degrees, about 30 minutes. Top with bread or cracker crumbs. Sprinkle with finely grated cheese for added distinction. Return to oven for 15 minutes to brown crumbs, melt cheese.

French Fried Onions. Parboil one pound of small onions for 10 minutes; drain and dry thoroughly. Make a batter by beating one egg together with two tablespoons of milk and four to five tablespoons sifted flour to make a thin batter. Add salt. Dip onions in batter and fry in hot deep fat until golden brown. Drain on paper. Sprinkle with salt and serve. For gourmet touch, sprinkle while very hot with grated hard cheese.

Raw Onions Mighty Good. Slices of big, mild sweet onions add zest to hot and cold sandwiches. Onion rings are attractive and add texture and interest to any vegetable or meat salad. For a change, try grapefruit sections, onion rings and crisp lettuce with tart salad dressing.

Cottage Cheese Salad. Allowing one-half cup cottage cheese per serving, combine with chopped green onions, finely sliced celery, chopped tomatoes, grated raw carrots, or apple cubes.

Fruited Pot Roast
Enjoy plentiful, economical pot roast in a new way. This will rate high praise from the family; is wonderfully good hot and also top-flight when sliced cold the next day. A rolled, boned rump roast is one of the finest cuts for pot roasting; snug, shapely and easy to carve.

Brown a three to five pound beef pot roast in two tablespoons hot fat in a heavy kettle. Add two cups water and three tablespoons mixed pickling spice; cover tightly and simmer three to 3½ hours or until fork tender. During last hour of cooking, add one cup dried apricots or prunes or a combination of the two for distinctive flavor interest. Six to eight servings.

Columbia River Smelts
Famed and currently plentiful Columbia river smelts make marvelous eating like this:

Pan Fried Smelts. Sprinkle both sides of dressed smelts with salt and pepper. Roll in a mixture of flour and corn meal. Place fish in a heavy frying pan containing about one-eighth inch of melted fat, hot but not smoking. Fry at moderate heat. Brown fish on one side, turn carefully and brown other side. Cooking time about five to 10 minutes. Drain on absorbent paper. Garnish with lemon or lime slices and parsley. Serve plain or with any favored sauce.

Baked Smelts. Dip 1½ pounds pan-ready smelts in beaten egg and then in cracker crumbs, season with salt and pepper. Lay in buttered pan, putting a piece of butter on top of each fish. Bake in hot oven, 400 degrees, 10 to 15 minutes until nicely browned. Serve on hot plate garnish with lemon and parsley. Careful not to over cook.

Curry Sauced Vegetables
Fresh or frozen Brussels sprouts, cauliflower or broccoli will take on drama, color and nutritive values with this zippy curry-mayonnaise sauce: For each four servings, melt two tablespoons butter over very low heat; stir in one-fourth teaspoon finely minced garlic, one-half teaspoon curry powder. Add one-half cup mayonnaise. Stir frequently. Just before pouring over

hot vegetables, stir in one tablespoon lemon juice.

Check-List on Best Buys Found in Local Markets

Budgeteers will find much cause for rejoicing as they scan this column and also scan the food and grocery advertisements in this newspaper. We can tell you about the agricultural plentiful which are reflected in the advertisements along with the specially merchandised items of the individual advertiser.

Each market takes special pride in the good buys of various departments, the car-load lots, introductory or special offers, clearance of seasonal packs of canned goods and other "specials." Watch for special displays in the stores, too.

Meat Story. Beef, pork, lamb, broilers and fryers are plentiful,

reasonable to bargain priced depending on the part of the critter the cuts come from.

Fish Story. Good fishing, thanks to good weather, results in abundance of fish for steaks and for baking; eastern whitefish, northern ling cod, sablefish, Mississippi catfish among others. Fresh fillets of ling cod, rockfish, true cod, Dover and Petrale sole. Pan readings include rex sole, trout, sandabs, Columbia River smelt. Great excitement about whole Dungeness crab which is soooo good. You'll also find fresh eastern and Pacific oysters in the bigger markets along with frozen shellfish varieties.

Vegetable Story. Asparagus now reasonable. A super abundance of dry onions and plenty of potatoes; both in daily use in most menus. Lots of cabbage for use as hot vegetable and for cole slaw making. Carrots for cooking and for salad making. Good quality lettuce for the daily salad. Among vegetables, also canned green bean special buys and plenty of small red and

white dry bean bargains.

Fruit Story. Staged apples in good variety but remember to use soon because they're no longer good home keepers. A super abundance of California dates, plenty of grapefruit, oranges, canned Kadota figs, canned and frozen cherries. Strawberries increasing.

Other Good Buys. Milk and dairy products abundance reminds us to use more cottage and cheddar cheese. Use plentiful as vegetable tonight. Peanut butter is packed with good nutrition at low cost right now.

WHAT DID SHE SAY?

Costa Mesa, Calif. — (U.P.) — A woman complained to the Humane Society that mocking birds dived at her every time she left the house. The society told her, "It's mating season and we can't do much about it."

SUPPORT FOR RUSSIANS?

Washington — (U.P.) — Among the non-strategic goods which the United States freed Thursday for trade with Russia were brassieres and bust supporters.

Union Organizer Missed by Bullets

Miami — (U.P.) — Two shots fired Wednesday night by an unseen gunman narrowly missed Bert Ross, prominent Miami and New York union organizer. Bullets shattered a window about a foot above the labor leader's head, showering him and his wife with broken glass as they sat in their living room. Both were unhurt.

Ross, international vice-president of the Hotel, Bartenders and Restaurant Employees Union, AFL-CIO, said he has no idea who might have attempted to murder him.

But he hinted that the shooting might stem from his attempt to organize the workers at Miami Beach hotels.

Ross' union has been conducting a vigorous drive to unionize the hotels and his union has been on a strike against a majority of those which have refused to sign contracts.

Friday, April 27, 1956

MEDFORD (OREGON) MAIL TRIBUNE—THREE

Laughs of the Day . . .

Stockholm — (U.P.) — "Wake up, dear, there's a tanker in the garden." Anders Lagerkuist shouted to his wife.

They called police who found a drunken Norwegian mechanic had taken the 150-ton tanker Sydtank for a joy ride and ploughed it into the Lagerkuist waterfront property.

Metamora, Ill. — (U.P.) — Parishioners of St. Mary's Catholic Church had planned an outdoor procession Wednesday to pray for rain but had to call it off. It was raining too hard.

New York — (U.P.) — Detectives raiding George De Prad's apartment Wednesday found ten ounces of liquid cocaine, worth \$4,000, in a baby bottle.

De Prad, 48, had told them the bottle contained a special formula for his three-month-old

baby. He was booked on a narcotics charge.

San Jose, Calif. — (U.P.) — Frank J. Donohue, 55, of Palo Alto, drew a \$100 fine Wednesday for drawing state unemployment pay at the same time he held a job as a bill collector. Donohue protested that he applied for unemployment compensation be-

cause he didn't earn enough at bill collecting to pay his own bills.

Des Moines, Ia. — (U.P.) — Gregory Sandage, 5, stuck his finger in the hole of a manhole cover to find out what was underneath.

It took a Fire Department squad to pry him loose.

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

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(Are you keeping up with the Joneses?)



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