

Feeding the Family

By ZOLA VINCENT
Food Editor

Swiss Steak

Use part of your share of that super abundance of beef like this. Ask your meat man to cut you a chuck steak from the beef shoulder instead of the more expensive round steak. Same fine flavor and satisfying nourishment at surprisingly low cost.

Pound seasoned flour into the meat as usual. To flavor steak interestingly add some dry mustard and paprika to the salt and pepper in the flour. Or a bit of poultry seasoning, oregano, or marjoram. Brown steak thoroughly in hot fat for good appearance. Lightly browned meat becomes pale during cooking process. Make it dark brown and rich-looking.

For the liquid in which to cook a Swiss steak, use canned tomatoes or tomato juice. Helps tenderize shortens cooking time. Adds to flavor and color interest. Add a dash or two of Worcestershire. Some like to add sliced or diced onions, sliced celery and/or grated carrots.

Festive Spare Ribs
In Sweet-Sour Sauce
Easy making, marvelous eating. Plentiful, bargain-priced pork spareribs become dish to be remembered and to be repeated often for home folks and for company when baked in cherry sauce.

2 sides spareribs (about 3 pounds)
1 1/2 teaspoons salt
1/4 cup brown sugar
3 tablespoons flour
1/4 teaspoon dry mustard
1/4 teaspoon ground cloves
2 tablespoons vinegar
1 tablespoon lemon juice
1 cup water
1 No. 303 can tart, pitted cherries

Place ribs on a rack in a large shallow pan. Broil until brown, turning once to brown on both sides. Remove rack and pour off drippings. Mix salt, sugar, flour, mustard and cloves in saucepan. Add remaining ingredients and cook, stirring constantly, until slightly thickened. Pour over spare-ribs, cover and bake in a 350 degree oven for one hour. Remove cover and bake one-half hour longer. Four servings.

Cod Gets Nod

For May-time seafood variety, the family will thoroughly enjoy fresh cod. Flavorful, plentiful, economical, our good north Pacific cod (the same kind that used to get only split, salted and dried) is marketed as fresh and fresh frozen filets and is very popular. Fresh cod may be broiled, baked, boiled, steamed or used in chowder. Flake it for an excellent cream dish for serving on toast, potatoes or rice.

Broiled Cod Filets. Flour the filets and oil them well with butter, oil or other fat. Place about two inches from flame and bake once or twice. Do not turn them. Filets take only five to eight minutes dependent on thickness. Season after cooking. Serve with lemon wedges, lemon butter, parsley butter or Hollandaise sauce.

Sautéed Cod. You can use whole fish, filets or steaks for this, though whole fish are not so readily available. Dip the cleaned fish in milk and roll in flour. Melt plenty of butter in skillet. When it is hot but not burned, add fish and saute until nicely browned on one side. Turn and brown on other side. Remove to hot plate, salt and pepper to taste, sprinkle with chopped parsley. Perfection! No sauces, please.

Ways With Cucumbers
With us the year round, cucumbers are most often sliced or slivered, leaving the peeling on. With green onions and radishes

they go into many a salad; are popular in relish dishes.

Cooked cucumbers are liked by many. Slice cucumbers and cook them covered in a small amount of boiling salted water until tender, 10 minutes or so. Season with melted butter or margarine, a shake of pepper. Serve hot.

Many like cucumbers sliced, covered with vinegar and seasoned with salt, pepper and finely chopped onion. Sliced cucumbers folded into seasoned sour cream make fine eating.

Popular Dunk. Easy appetizers are achieved by offering this mixture along with two-inch celery pieces and cauliflowerets: Blend two three-ounce packages cream cheese, one-fourth cup rich milk or cream and one-third teaspoon salt, freshly ground pepper, one-fourth cup finely cut chives or green onion, tops and all.

Super Abundant Beef Satisfies Family at Surprisingly Low Cost
Home cooks are being urged to feed the family more beef as beef in super abundance rolls into our markets. All cuts are reasonable in price. Now is ideal time to stock freezer. There are good buys in standing rib roasts, in all cuts of steaks for broiling.

There are bargains in good eating in pot roasts; round bone (chuck), blade bone, boned rump, sirloin tip. There are specials on braising (long slow-cooking cuts) steaks, on short ribs, flank steaks, stew beef (shoulder, round, neck meat, shank meat, brisket, plate and flank) Consider boiling beef (but don't boil it; let it simmer for two to four hours), corned beef brisket.

Freshly ground beef is a super bargain for going into the all-American hamburger, cheeseburger, Salisbury steaks, beef patties, meat balls, grills, home made chili, meat loaves for enjoying hot one day and cold the next—and dozens of other specialties of the house.

Beef raising is a major industry in our state, vital to our economy and welfare. It should be no hardship to help the cattlemen while feeding the family good beef at bargain prices.

Vegetable Variety. Every fresh vegetable we can think of and a few besides, are available right now excepting only Brussels sprouts, rutabaga and pumpkin (and you can get sprouts, frozen and pumpkin, canned). Lettuce is at its very best and most plentiful for making of daily salads. Asparagus season is going fast; prices not likely to go lower because freezers have moved in.

Field grown rhubarb is at its best. Strawberries are increasing. When cantaloupes are good, they're very good, albeit expensive. Watch for mushroom good buys. Enjoy new potatoes, new peas. Plenty of cabbage, celery, carrots.

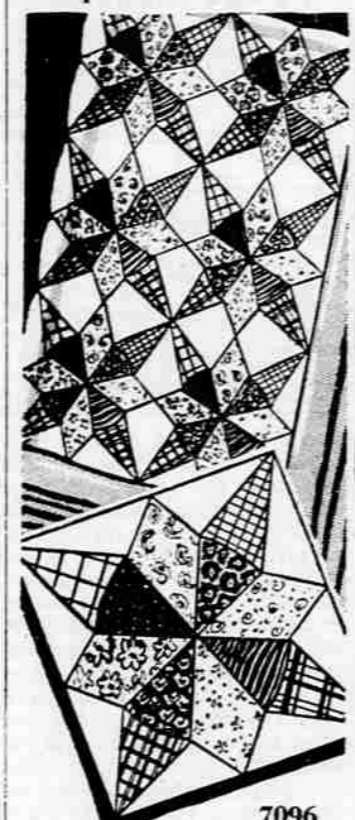
Fruit displays offer good buys in grapefruit, oranges, Delicious and Winesap apples.

Fish eaters find wide choice including fresh cod, ocean perch, haddock, halibut, flounder and sole; fish sticks, packaged shrimps, Dungeness crab for superb eating, and plenty of canned tuna.

Siamese Twin Girls
Born To Cuban Woman
Camaguey, Cuba—(U.P.)—Mrs. Emeliana Barrios, 30, mother of seven normal children, gave birth here Wednesday to Siamese twin girls.

The infants are joined at the thorax, and doctors believe it will be possible to separate them successfully by surgery.

Scraps-Into-Quilt



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by Alice Brooks

Thrifty, pretty way to use up scraps of any fabric—by turning them into this colorful patchwork quilt. It's a smart decoration, as well as a practical cover! Pattern 7096: Scraps-into-quilt! Pattern, charts, directions for patchwork cover 80x104 inches.

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Shattuck Appointed Helzel Assistant

Salem—(U.P.)—F. Gordon Shattuck was appointed assistant to Public Utilities Commissioner Charles H. Helzel yesterday. He replaces Warner H. Nunn who has been named director of the new department of motor vehicles.

Shattuck, 46, has been with the Oregon State Employment Service and the Unemployment Compensation Commission since 1940. In his new post Shattuck will be responsible for administrative accounting, procedures, personnel and general services for the PUC. He attended Washington high school in Portland and received an engineering degree from Oregon State college.

Figures of World Population Higher by 37,000,000 Annually

By H. D. QUIGG
United Press Correspondent

New York — (U.P.) — The just-announced United Nations count of heads in this world puts it at 2,652,000,000 — with 37,000,000 being added each year and the rate of increase going up.

If you think of taking a population roughly the equivalent of that in the whole northeast region of the United States (New England plus New York, New Jersey and Pennsylvania) and slamming it every year onto the globe's livable land in addition to the humanity already there, you've got an idea of what's happening.

A gazetteer will show you that there are around 50,000,000 square miles of land space available for habitation. This is excluding the six million square miles of Antarctica, which may be a nice place to visit but doesn't seem to draw many permanent residents.

With 2,652,000,000 human beings already in that 50,000,000 square miles, and the yearly increase gaining on itself (it was only 20,000,000 per year in the 1920s, 23,700,000 in the 1930s, 25,400,000 in the 1940s, and jumped to 37,000,000 in 1950-54) someday the Earth is going to find the statistics catching up with themselves in a human glut.

At that point we presumably are going to be standing on each other's shoulders—or sitting on each other's laps, which might be more interesting provided there are enough blondes.

Cites Morse's Record
Specifically McKay singled out Morse's record regarding the tightening of mining laws to protect timber lands.

McKay pointed out that five years ago, while he was governor of Oregon, the state Legislature passed a memorial asking Congress to tighten the mining laws to prevent the filing of claims for the purpose of obtaining timber.

"Morse neither spoke for the memorial on the floor of the Senate nor did he introduce a bill to implement the wishes of the people of Oregon as expressed by their legislature," McKay said.

"It wasn't until the Eisenhower administration a law was passed by Congress in 1955 which accomplished in part the objectives of the 1951 legislative memorial from Oregon," McKay added.

tion, as near as the UN can make out, is 562,600,000. In 1948 it had 463,400,000.

The Communist countries, on the basis of census reports and estimates, have more than 900,000,000 population — more than

McKay Takes Bid For Senate Seat To Astoria Area

Astoria — (U.P.) — Douglas McKay carried his campaign to capture the Republican nomination as U. S. Senator to Astoria yesterday where he had a full round of visits to canneries and business establishments planned and a luncheon address before the Kiwanis club.

Wednesday the former Interior secretary visited Newberg, McMinnville and Seaside in his quest for May 18 primary votes. At Seaside McKay followed up his earlier criticism of Sen. Wayne Morse and his actions in Congress.

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Dr. George M. Uhl, city health officer, said the infection threatened an undisclosed number of babies who were quarantined to the nursery. He said no new infants have been admitted to the hospital following the outbreak.

Uhl said the department's research investigators were attempting to determine cause of the infection in the hospital nursery. He said if local authorities were unable to halt the spread of the infection, the California Health department would join in the study.

The death-dealing infection so far only has been reported in the nursery and other parts of the hospital have not been affected.

one-third of the world total. In the production of babies Burma leads all the rest, with 49.2 births per 1,000 population. Sweden was lowest, with 14.6.

But that yearly world population increase is the impressive figure. There are — if a new man's long division can be trusted — 4,223 more of us every hour, 70.39 more every minute. Speaking of suckers, P. T. Barnum once said, "There's one born every minute." According to the UN, every tick of a second adds a person to our midst (plus .17 of the next person).

Hospital Nursery Quarantined in LA

Los Angeles — (U.P.) — Authorities quarantined the nursery at the Los Angeles County General hospital today because of the deaths of three premature babies from a bacterial infection.

The city health department disclosed yesterday the three infants had died since Monday in the nursery. The department said a preliminary study by epidemiologists indicated that the deaths were caused by a staphylococcus infection.

Dr. George M. Uhl, city health officer, said the infection threatened an undisclosed number of babies who were quarantined to the nursery. He said no new infants have been admitted to the hospital following the outbreak.

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