

Feeding the Family

By ZOLA VINCENT
Food Editor

Plenty of Beef Promises Family Favorites at Low Cost

There's plenty of top quality beef in our markets today; beef for economical every day eating—and beef for special occasions. Beef is America's favorite meat. We eat more than 80 pounds of beef per person per year. Much of the beef in our markets today is from cattle "on feed" which means beef of high quality. So let's make the most of it.

If you've a home freezer, we suggest that you buy several of these economical cuts at once; four or five luscious pot roasts, some steaks, a couple of rib roasts, several packages of fresh ground beef. Beef "cuts" put in freezer today can be used anytime within the next six to eight months; ground beef should be used within three or four months. Have meat man wrap "for freezing" or follow freezer directions for wrapping. Freeze immediately and keep it stored at zero or lower.

For broiling now or later, there are reasonably priced sirloin, porterhouse, T-bone, club steaks . . . minute steaks and ground beef of various kinds.

For roasting, there are standing rib and rolled roasts and high quality rump roast.

For plenty of other good eating, there are pot roasts, stew meat, ground beef for loafs, meat balls, flank steaks, short ribs, corned beef, boiling beef, soup bones; and there's beef, liver, brains heart, sweetbreads, kidneys and tongue at very reasonable cost.

Spanish Short Ribs

Figure two pounds of short ribs to feed four hungry people generously. Sliced stuffed green olives and canned tomatoes add flavor interest and "color." Serve with cooked noodles or rice.

Cut ribs into serving pieces. Dip in flour and brown slowly in two tablespoons shortening. Add one small onion sliced, one cup canned tomatoes, one eight-ounce can tomato sauce, one teaspoon salt, one-fourth teaspoon pepper. Cover and simmer slowly about 1 1/2 hours or until ribs are tender. Dip off any excess fat that cooks out. Serve ribs and sauce on noodles or rice.

Beef Stroganoff Gets Fast or Slow Treatment

Beef Stroganoff is a specialty favored in many important restaurants; is so easy to fix at home. Sour cream and mushrooms give it distinction. You can use sirloin steak in one-half inch strips for fast cooking (about 20 minutes) or equally good chuck cut in one-inch cubes for long, slow cooking (about two hours). You can use one-half pound of fresh mushrooms cut in pieces or a four-ounce can of sliced mushrooms. Serve on hot parsleyed rice, noodles or toast points.

Sirloin Stroganoff. This is the "fast" recipe. Starting with 1 1/2 pounds of sirloin steak, cut in one-half inch strips, roll strips in one-fourth cup seasoned flour. In three tablespoons fat, pan-fry two onions chopped fine, one-half pound mushrooms cut in pieces (or four-ounce can mushroom slices) and one clove garlic chopped fine, for five minutes. Add steak strips and brown evenly, cooking to desired doneness. Remove meat, onions and mushrooms from pan. Combine two tablespoons flour with pan drippings; add one cup beef bouillon (canned or made from bouillon cube) and one tablespoon Worcestershire. Cook slowly until thickened. Add one cup sour cream and heat slowly until gravy simmers. Add beef and vegetables and heat for a few minutes.

Chuck Stroganoff. This is the "slow" version. Much less expensive, too. Use 1 1/2 pounds beef chuck cut in one-inch cubes. Coat meat with seasoned flour. Brown slowly in three tablespoons fat in heavy pot or pan, turning meat to brown on all sides. Add one cup sliced or diced onion, one clove garlic, minced, one cup beef bouillon (and mushroom broth if canned mushrooms are used) cover and cook over low heat until meat is tender, approximately two hours. Stir in one-half pound sauteed fresh mushrooms (or four ounces sliced canned); add one-half cup buttermilk or one cup sour cream and continue cooking until mixture is heated through.

Quick Sauerbraten Is Family Favorite
Old world cooks knew the importance of long, slow cooking, the secret of careful seasoning. No wonder some of their dishes like this sauerbraten have come down through the centuries as world-wide favorites. Here we make enough for 10 generous servings—for a family party or for two fine family meals; hot one day, cold another.

Let's Go Fishing
This is "Let's Go Fishing" Week. A good time to brush up on trout cookery. Whether your favorite man catches them in his favorite spot or you catch them at the fish store, trout makes superb eating.

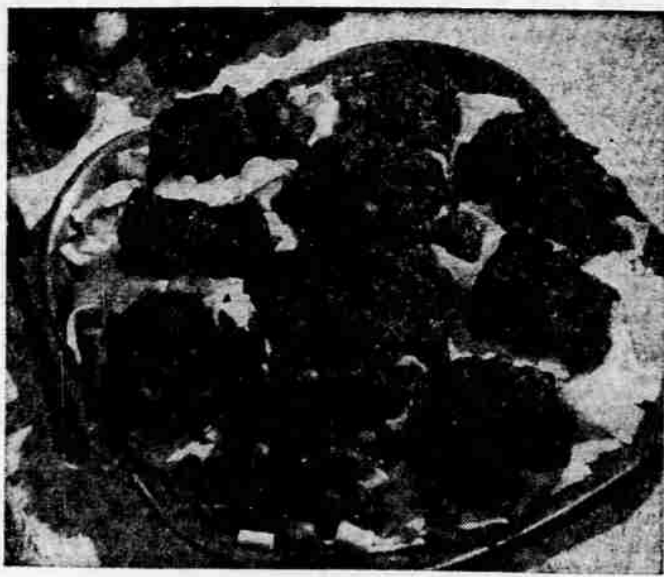
Pan Fried Trout. Favorite way with trout, whether over campfire, at charcoal grill or in the kitchen is pan-fried giving it rich crispy skin for superb eating. Whipe cleaned trout with dampened paper towel. Roll fish in flour or corn meal and cook quickly in butter or bacon fat until brown on both sides. Eat with deep sigh of satisfaction.

Nutmeg Angelfood Cake. Ummm! Just make a regulation angelfood recipe using a cake mix or your own recipe using 1 1/4 cups of egg whites and mix one teaspoon of ground nutmeg in with the flour before folding it into the egg whites. This is especially delicious when served with crushed strawberry sauce now; raspberry sauce later.

Milwaukee — (U.P.) — Dave Sherman received a dollar bill in the mail. With it was an unsigned note saying: "This is the money for the things I took from your store."

Potato Pancakes. We give this recipe also because Sauerbraten and Potato Pancakes are practically inseparable. Break two eggs into large bowl and beat slightly. Grate six medium-size potatoes and one medium-size onion into bowl; add two tablespoons flour, one tablespoon milk, one teaspoon salt, dash of pepper and one tablespoon bacon drippings, mixing to form batter. Drop batter into skillet containing hot bacon drippings and pan-fry until golden brown, turning once.

Secrets of Good Meat Ball Revealed
With freshly ground beef a bargain beyond compare, we interviewed expert meat ball makers and find that meat ball secrets are few, but important. Points from and for the expert:
Have the meat twice-ground; some like to include a little fresh pork for extra juiciness.
Use a binder in the mixture to give the balls tenderness and lightness. This can be oats, cracker crumbs, bread crumbs (either dry or soft), dry cereal or rice.
Season mixture interestingly. Use any of the following seasonings: sage, onion salt, celery salt, garlic salt, nutmeg, horseradish, prepared mustard, allspice, paprika, Worcestershire sauce or mace.
Variety in meat ball cookery is achieved by varying the liquid used to moisten the meat



BEEF GOOD BUY—Beef is a bargain for fixing in innumerable thrifty ways like these Spanish short ribs which are given zest with canned tomatoes and stuffed green olives. Beef cuts for broiling and roasting are also good buys.

mixture or the liquid used for simmering the balls. Moistening agent for the balls might be lemon juice, tomato sauce, canned soup, catsup, milk or chili sauce. The cooking liquid might be consommé, bouillon, sour cream, barbecue sauce, mushroom sauce, tomato sauce or canned soup.

Boise Little Theater Fire Fatal To Two
Boise, Ida. — (U.P.) — Two persons were burned to death Wednesday night when fire burst out in the Boise Little Theater during a first night performance.

Coroner Russell Relyea identified the dead as George McKean, 40, and Justice O. Craycroft, 29, both of Boise. Witnesses among the audience of 325 theatergoers said the fire broke out at the top of the stage curtain. They said what looked like a puff of dust blew off the curtain. One of the actors jerked the curtain down as flames leapt toward the ceiling. The crowd started to panic. An unidentified young man jumped from his seat and urged it to "settle down." His action stopped the rush toward the exits and the crowd left the theater in an orderly fashion.

S. D. TREES
Brookings, S.D. — (U.P.) — Enough trees were planted in South Dakota in 1955 to make a 13-row shelterbelt that would reach across the state from east to west. However, extension forester Jim Ferrell at South Dakota State college said the state only ranked 20th in the nation in the number of trees planted.

Use Tribune Want Ads

Redding, Eureka Hear Stevenson

Redding, Calif. — (U.P.) — Democratic presidential candidate Adlai Stevenson scheduled another fast trip through California today in his political battle with Sen. Estes Kefauver for the state's 68 delegates to the national convention.

The former Illinois governor was scheduled to leave this Northern California city by plane this morning, stop for a three-hour visit at Modesto, and then fly to Los Angeles to make connection for Florida.

Stevenson made two public appearances here last night and earlier attended a picnic being held by the Humboldt State college faculty and students at Eureka.

He told some 500 students and teachers that the federal government was not doing enough for education. He particularly assailed the Eisenhower administration for doing "almost nothing about the critical shortage of teachers in the United States."

War Ration Board Cut Off Phone List

Waukesha, Wis. — (U.P.) — Waukesha county has decided to save some money this year—and every year from now on.

For the past decade, the county has been spending \$6 a year to keep War Price and Rationing Board No. 6867 listed in the telephone directory.

The board went out of existence at the end of World War II, but the government never gave an official notice to county officials. So the county, as a courtesy, paid 50 cents each month for the agency to connect with the courthouse trunk line.

Now the county feels it can save its monthly 50 cents, and the board is not listed in this year's directory.

EIGHT DIE IN FLOOD
Bogota, Colombia — (U.P.) — A flash flood on La Balsa creek in nearby San Juan De Rioseco swept eight persons to their deaths Tuesday night. Three others were injured. Crops damaged heavily.

Salem — (U.P.) — Salem is one of the safest West Coast cities, from the fire hazard standpoint according to the Oregon Fire Underwriters association.

Thursday, May 17, 1956

MEDFORD (OREGON) MAIL TRIBUNE—NINE

Fluoridation on 11 Oregon Ballots

Portland — (U.P.) — The most popular non-partisan subject that voters will get a chance to exercise their prerogative on tomorrow will be the question of fluoridation of public water supplies. The controversial question will be up before the electorate in 11 Oregon cities on the primary ballot.

The question of fluoridating city water supplies as a means of combating tooth decay has been a subject for debate for a number of years. In Oregon the rush to secure voter action on the subject followed a State Supreme Court ruling upholding the legality of fluoridating the municipal water supply in Bend.

The issue is not dead in Bend yet, however, and that city will vote tomorrow whether it wants fluoride added to the municipal water supply.

Also taking another vote on the question will be Salem. The proposal was defeated there in 1952. At Albany the electorate will decide since the city council adopted the proposal once, then reversed itself later.

Cities in the state taking their first vote on the subject are Seaside, Ashland, Lebanon, Roseburg, Oswego, Hood River, Stayton and La Grande.

CENTENARIAN DIES
Portland — (U.P.) — Katherine Florence Fanno, who observed her 100th birthday January 4, died Tuesday at her home.

there's only one
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Portland City Hall Office Has Fire

Portland — (U.P.) — Fire last night caused heavy damage to the bureau of property control office at the city hall. But the flames were controlled before important city documents were destroyed.

The fire was discovered about 7 p.m. It apparently started from an electric heater which had been stored behind a desk. Vern Rayley, battalion fire chief, said the heater was plugged in and apparently had been turned on accidentally.

Damage to the room and contents was estimated at \$2000.

GOOD OLD DAYS
Blanford, Mass. — (U.P.) — Things weren't so cheap in the old days, either. Frank Cook of Blanford has a Revolutionary war diary kept by Capt. William Sizer in which there is this 1780 notation: "Today I paid Major Starr, a tailor, for facing a coat, 100 Continental dollars. This is my pay for two months."

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