

Feeding the Family

By ZOLA VINCENT
Food Editor

No Crabbing About This Deviled Crab

Gourmet fare is the large Pacific Coast Dungeness and giant crab from our western waters. Today's modern fishing, processing and marketing methods bring us crabs alive, cooked in the shell, as crab meat and canned. Right now the freshly cooked Dungeness in the shell ready for eating and cracking is superb eating "as is" with mayonnaise or thousand island dressing, lemon wedges, salt and pepper.

- Deviled crab is perhaps second to cracked crab salad or "Louis" and here's our recipe.
- 1 pound fresh or canned crabmeat
 - 2 hard-cooked eggs
 - 2 tablespoons butter
 - 1 tablespoon minced onion
 - 2 tablespoons flour
 - 1 teaspoon dry mustard
 - 1 teaspoon salt
 - 1 cup rich milk
 - 1 tablespoon Worcestershire
 - 1 tablespoon lemon juice
 - 1/2 cup diced celery
 - 2 pimientos, diced

Flake crabmeat with fork. Peel and chop eggs. Melt butter in skillet; add onion and saute until tender. Remove from heat. Add flour, mustard and salt; stir until smooth. Gradually stir in milk. Return to heat and cook, stirring constantly, until thickened. Mix in remaining ingredients, crabmeat and eggs. Place in individual buttered baking shells or dishes. If desired, cover with buttered soft bread crumbs and grated cheese. Bake at 400 degrees 15 to 20 minutes. Garnish with lemon wedges.

Popular Pepper Steak

Round steak is such good eating when given long slow cooking treatment covered with onions and green pepper; all plentiful. For each four servings: Starting with one pound round steak cut one-half inch thick, melt two tablespoons fat in skillet. Cut steak into four pieces. Dip each piece in mixture of flour and salt. Fry in hot fat until well browned. Cover with one medium onion, sliced and four green peppers seeded and cut in strips lengthwise. Add one-half cup tomato juice and cook slowly on top of range or in moderate oven, 350 degrees, about one hour.

Crispy Liver Steaks

Extra high in nutritional values are the variety meats—heart, liver, sweetbreads, tongue, tripe and brains. Nutritionists urge us to feed the family at least one variety meat each week. Many like crispy liver steaks fixed like this.

- 1 pound sliced beef liver
- 1 egg
- 1 tablespoon water
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 3/4 cup fine cracker crumbs
- 2 tablespoons butter or bacon drippings

Blend beaten egg with water, lemon juice and salt. Dip slices of liver in crumbs, then in egg mixture and again in the crumbs. Brown in the butter or bacon drippings five minutes (no longer) to each side. Serve with hot catsup or chili sauce.

Scalloped Vegetables

Enjoy Popularity The French say "au gratin". We say "scalloped". Materials are the same as for creamed vegetables—or stock may be used instead of sauce. Arrange in a greased baking dish a layer of sliced or diced cooked vegetable (or whole vegetable if very small), a layer of sauce. Repeat until all is used, sauce on top.

Cover with buttered crumbs or cornflakes. Bake in a moderate oven, 350 degrees, 15 to 25 minutes. Or bake in individual dishes or ramekins 10 to 15 minutes. Grated or very thinly sliced cheese on top is a popular addition. Always watch a scalloped dish to see that it doesn't get too dry. Hot water, hot milk, hot sauce or melted fat may be added when necessary.

Some vegetables especially good for this are: Scalloped Potatoes. While hot pour into baking dish creamed potatoes made from freshly boiled potato, add cheese. Ten minutes in the oven is enough.

Scalloped Limas. To creamed limas beans add one-fourth pound cooked and chopped bacon.

Scalloped Eggplant. To two cups of diced eggplant cooked in tomato sauce, add three to six tablespoons minced cooked meat of any kind, though bacon and sausage are favored.

Scalloped corn is casserole in a cream sauce to which green pepper and or pimientos are added.

Scalloped Tomatoes. No sauce needed. To two cups tomato pulp, add two cups buttered crumbs, 1 1/2 teaspoons salt, one tablespoon sugar, dash of pepper. Cover for first 15 minutes. Bake 30 to 40 minutes. Chopped chives and minced green pepper or pimiento are good additions. One to two tablespoons each.

Plenty of Economy Beef

Beef continues plentiful with prices reasonable especially on economy cuts from chuck, brisket and short plate for flavorful, long slow cooking. Ground beef continues to find many takers for hamburgers, cheeseburgers, meat loafs, spaghetti and meat, et cetera.

Now is as good a time as any to comment on the abundance of low price eggs.

Fryers are abundant, reasonable in price; fine hot or cold. Put some in the freezer.

Best pork buys are likely to be end of loin cuts and fresh shoulders with really good buys in bacon encouraging one to give the family adequate breakfasts of bacon and eggs.

Vegetable Combinations

Practically every known vegetable is available. Asparagus, cabbage, carrots, celery, spinach, green onions, radishes, dry onions, potatoes are plentiful; others quite reasonable in price. Corn on the cob is increasing in supply right along, prices lower than usual for time of year. We remind you that fresh corn on the cob requires short cooking time; three minutes to five minutes if really fresh.

For a change, we suggest these combinations of two or more vegetables for color, flavor, interest:

Green beans with mushrooms, onions, tomatoes, celery.

Lima beans with corn, tomatoes, onions.

Cabbage with lima beans, green peppers, tomatoes.

Carrots with peas, onions, celery.

Cauliflower with corn, mushrooms.

STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars

To develop message for Sunday, read words corresponding to numbers of your Zodiac birth sign.

ARIES	22	LIBRA	23
APRIL	20	OCT.	23
20-22-40-51		2-5-22-35	
27-31-45-58		30-52-66	
Taurus	21	SCORPIO	24
MAY	21	OCT.	24
9-17-25-49		NOV.	22
77-78-82-84		23-37-46-55	
GEMINI	22	69-72-80-87	
MAY	22	SAGITTARIUS	23
4-21-30-44		NOV.	23
47-62-74		DEC.	22
CANCER	23	14-16-19-28	
JUNE	23	45-48-56	
10		CAPRICORN	24
11		DEC.	23
12		JAN.	20
13		11-27-29-53	
14		63-71-76	
15		AQUARIUS	25
16		JAN.	21
17		FEB.	19
18		7-8-28-39	
19		64-68-81-86	
20		PISCES	26
21		FEB.	20
22		MAR.	21
23		1-6-13-15	
24		33-36-54	
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Grange

Central Point Grange will meet at 8 p.m. today.

The lecture hour will be under the supervision of Mrs. W. C. Anhorn, and her 4-H Dairy club. Mrs. Morris Frink is assistant. The program will be presented at 8 p.m. instead of the regular lecture hour time.

The serving committee will be the Charles Jantzer, Stanley Lydiards, and Orval Dawsons.

Roxy Ann Grange

At the meeting of Roxy Ann Grange May 18, Mr. and Mrs. Frank Ditsworth and Mr. and Mrs. Burns from Bellview Grange and Mr. and Mrs. Crapo from Midland Grange in Klamath county were guests. Roscoe Roberts was appointed a delegate to State Grange in Pendleton in June.

After the lecturer's program, refreshments were served by the

green peppers, cabbage. Watch Strawberries. Enjoy them fresh while you may. Season is short; prices not likely to be lower. If you haven't yet put up some strawberry jam, consult your fruit man. When it comes to fresh fruit, there's grapefruit, rhubarb (really a vegetable), dates, Cantaloupes and melons are increasing seasonally, but are no price bargain as yet. Good variety in storage apples.

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FURTHER DETAILS—Drop in at City Appliance. Do it today.

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