

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Cantaloupe Is Seasonal Delight

Our long growing season brings us ambrosial melons from May to December for pure pleasure any time from morning "eye-opener" to midnight snack. Cantaloupes, then honeydews and honeyballs; later the Persians, Cranshaws and Casabas. All equally versatile.

**Easy to Fix.** Simplest and most popular of all is to cut chilled melons into halves or half moons, remove seeds, serve with lemon or lime wedges and/or sprinkling of salt.

**Melon Cup.** For each serving fill a cantaloupe half with fresh seasonal fruits; peaches, berries, sliced bananas, pitted fresh sweet cherries or any combination thereof. Garnish with sprigs of mint. For super occasion, top with your favorite sherbet.

**Sierra Snow.** Cut thick round slices from chilled cantaloupe, remove rind from rings and arrange on serving plate. Full rings with melon balls or cubes from another melon or portion of sliced melon. Top with peaks of sherbet. Or fill center with seasoned cottage cheese.

**Rainbow Bowl.** Fill chilled, peeled cantaloupe halves with balls or cubes of cantaloupe, honeydew and watermelon. Place on bed of shredded lettuce. Serve with French dressing or a fresh fruit salad dressing.

**Sundae Deluxe.** Fill cantaloupe halves with vanilla ice cream and top with coconut.

## Picnic Pointers

**Borrow Grills.** When serving a large crowd, borrow three or four portable grills from your good neighbors to speed up the cooking and keeping food hot.

**Bring-Your-Own Steak.** Each guest brings his own steak, chop or broiler-chicken half; cooks it to individual taste over glowing coals. Hostess supplies other food and soft drinks.

**Butter rolls at home to save bother at picnic.** Wrap green onions, raw carrot strips, celery sticks first in dampened paper towel, then in waxed paper or foil to keep them crisp.

**Plenty of Newspaper.** Use shopping bags for easy carrying of picnic supplies. Plenty of newspaper in packing will also come in handy for campfire making and for cleaning up.

**Table Cover.** Cover picnic table with substantial wrapping paper thumb-tacked at corners. For decoration, use ready-pasted wallpaper trim in any fancied pattern, or local fern or other greenery.

## Popular Cola Drinks

### Please the Children

The children, we're often reminded, consider "colas" a special treat. So we've rounded up a half dozen ways with them; ways that add good nutrition along with sparkling zest. Colas now come in three sizes including a new economy size being introduced in some markets. These suggestions use 12 ounces as the basis so figure accordingly.

Fill two large glasses one-third full of fresh orange juice. Add a scoop of vanilla ice cream. Fill up the glass with chilled bottled cola. One 12-ounce bottle makes two sodas.

Crush one-half cup red raspberries, add one-fourth cup sugar and let stand for 10 minutes. Strain to remove seeds. Place two generous tablespoons raspberries in each of four tall glasses.

Add several tablespoons of vanilla ice cream. Fill glass with chilled cola soft drink. Two 12-ounce bottles will make four sodas.

Fill glass about three-quarters full of cola. Add scoop of lime sherbet; fill with cola and garnish with lime slice and mint sprig.

## Picnic Check-List

Simple fare is best. By selecting foods that can be prepared in advance, last minute fuss is eliminated. Just be certain it will pack well, carry well, be easy to eat.

For easy handling, pack salads, deviled eggs, pickles or other moist foods in empty ice cream containers which can be disposed of.

Vegetables for salads can be cleaned day before; kept in refrigerator. Desserts and rolls can be baked well in advance.

For dessert, serve loaf cake that can be carried right in the pan. Or make or buy doughnuts which are so easily eaten.

Remember salt, pepper, paper napkins, plates and cups, mustard, matches, eating "hardware."

Aluminum foil covers and protects foods that have to be carried to patio, back yard or that have to be packed in a basket and taken to far places. Foods can stand on picnic table until you're ready to serve them if tucked tightly with foil which won't blow away.

## Plentiful Fill Markets With New Season Edibles

Summer-time and our western way of life truly makes for easy living as we take to the woods,

the beach, the mountains, the picnic park... and the back yard. Even inside eating takes on a new look as gardens, orchards, dairy lands and Pacific waters pour forth their bounty of good things at reasonable cost.

We're economically among the favored few because our prices are lower due to short hauls. Also we get the good things quicker being closer to the supply.

Current blessings: Here come California peaches, strawberries, small Valencia oranges, watermelons, cantaloupes, Long White

potatoes, sweet corn, lettuce, snap beans, carrots, green peppers, cucumbers, celery, tomatoes, onions. Oregon-Washington crops feature potatoes, sweet corn, lettuce, snap beans, carrots with all berries increasing right along. Idaho boasts of fresh peas, red potatoes, lettuce, carrots, sweet corn, snap beans.

Peaches putting in an appearance include the very popular Red Haven, yellow-fleshed free stone; an excellent freezer and canner so talk it over with your fruit man. No better peach for slicing or eating out of hand. Early prices are high.

Royal apricots are a delight but do not expect bargains. Santa Rosa plums were never better and there will be enough to go around for a month or so

due to the fact that they come from many different localities.

Strawberries seem to appear in all qualities, all sizes, at a wide range of prices. Confer with your fruit man on supplies for "putting up." Season is short. Gooseberries, young berries and boysenberries make superb eating, are increasing in supply.

Melons. Watermelon quality is generally good. Many bee stings are said to be sign of sweetness. Plentiful cantaloupes give eating pleasure morning, noon and night.

Cherries are to be enjoyed at any cost. Tartarians, Lamberts, Bings, a few Queen Annes.

Salad makers are abundant; lettuce, romaine, cabbage, cucumbers and tomatoes (increasing but not exactly bargains) make crisp cool eating. Commercial salad dressing makers are

## GOOSE BITES POSTMAN

Oklahoma City — (U.P.) — Postman John Derschon said he followed the advice of the Post Office Department to be wary of dogs, but the advice was short of adequate. Derschon had to be given time off to allow healing of a wound he received when a goose bit his leg.

reminding us of variety, goodness and convenience of mayonnaise and other glassed "dressings."

**Best Buys.** Fryers and broilers, stewing chickens along with plenty of canned cranberry sauce. Beef bargains in ground beef and long-cooking cuts. Watch for pork bargains, both fresh and smoked. Eggs, cream, peanut butter, canned tuna are big nutrition-packed values.

## Airmen Locked Up 14 Hours After Robbery Attempt

Berkeley, Calif. — (U.P.) — Two Air Force enlisted men, who staged a comic opera robbery to get money so they would feel "a little more secure," were securely behind bars at the Berkeley jail today.

They were charged with robbery and face possible charges of kidnaping.

Airman 1C Edward J. Curran, 28, Saratoga, N.Y., and Airman 2C Kenneth Riley, 20, Winslow, Ariz., who has studied how to commit the "perfect crime," were in custody less than 14 hours after they raided the home of Charles Russell Rose in Oakland.

**Captured at Roadblock**  
Curran was captured at a roadblock Thursday morning while

forcing Rose to drive his car around residential Orinda less than hour after the crime. Rose was unharmed.

Riley was apprehended Thursday night when he returned to Rose's Tunnel Road home to pick up the auto he left behind in the abortive robbery-kidnap attempt.

Both men, stationed at Parks Air Force Base near Oakland, surrendered meekly and gave police unloaded guns as proof they meant Rose no harm.

The two airmen gained entrance to Rose's home early Thursday posing as sanitation inspectors, but then demanded cash, stocks and bonds.

**Used Neckties**  
They used the victim's neck-

ties to tie Rose's wife, Amy, 46, and his daughter, Susanne, 16, Helen Kung, who lives with the Roses, slipped out the back door and phoned the police.

However, when Miss Kung returned with a neighbor, Duke Hannaford, the airmen tied them both up, as well as a maid, Bertha Mae Owens, who had just arrived at work.

Patrolman Robert Fry arrived at the house and got the drop on Riley, but Curran threatened to shoot the Roses if Fry didn't go away. As Fry withdrew, Riley bolted for the rear of the house and Curran forced Rose into the stockbroker's car and ordered him to drive. The drive ended at the police roadblock.

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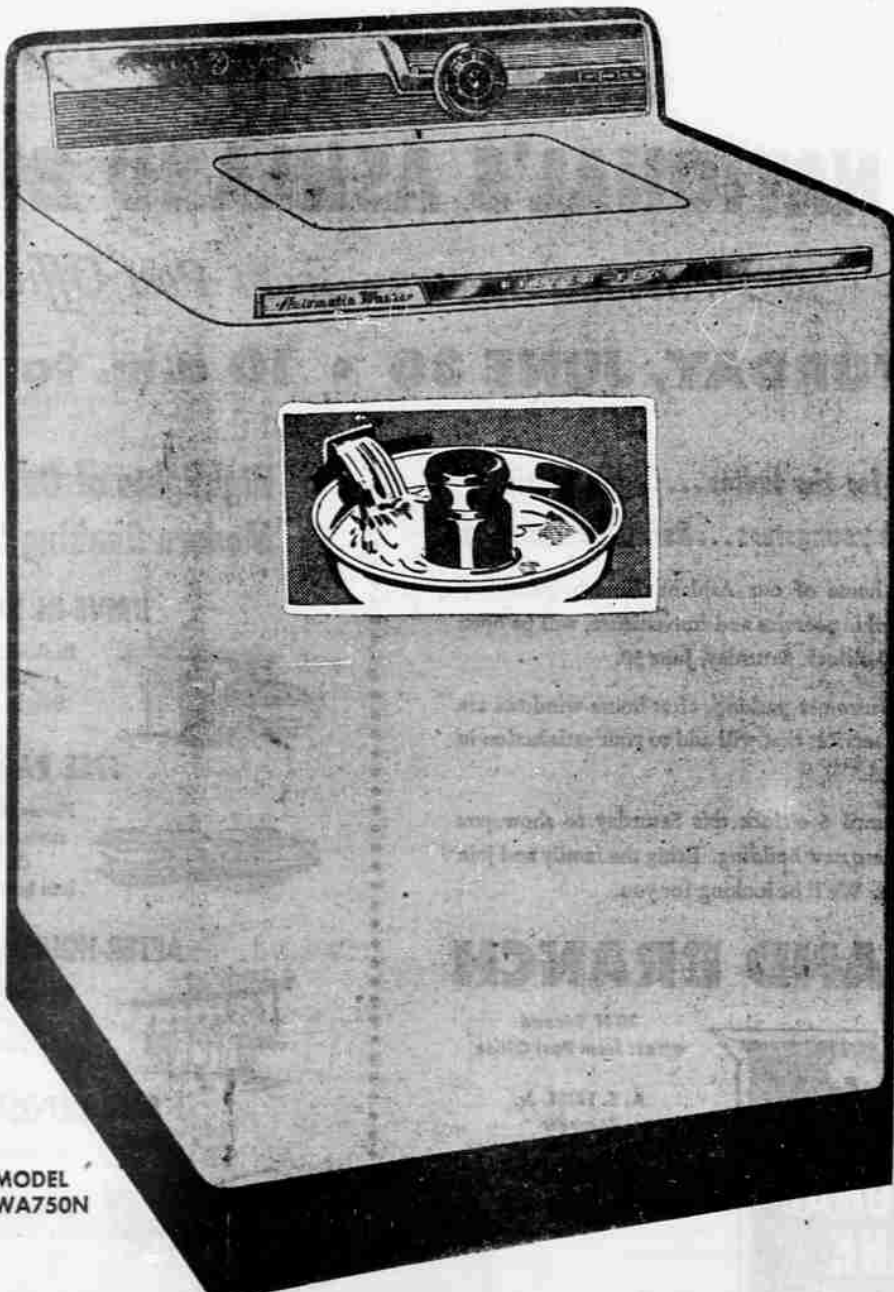


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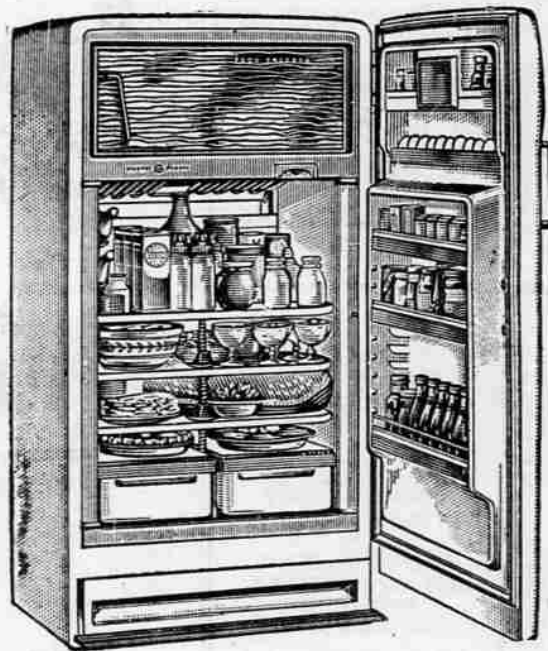


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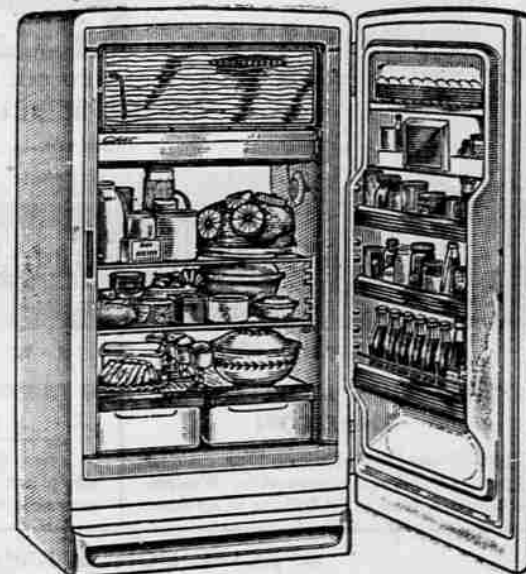
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