

Feeding the Family

By ZOLA VINCENT
Food Editor

Skewer Cookery Gains in Popularity

Smoke tendril and smoky flavor waft from backyard and picnic grills as the West Coast cooks meat and vegetables on skewers, green sticks or other handy spearing implements. Those who haven't an outdoor campfire, barbecue, fireplace, portable grill or other place for fire-building are happily grilling indoors in kitchen range broiler or rotisserie and rushing food-

tomatoes . . . squares of green pepper . . . tiny par-boiled onions . . . squares of eggplant . . . thick slices of zucchini . . . thick slices of orange . . . thick slices of apple are good with pork . . . whole large grapes are good with lamb . . . dried prunes, apricots or other dried fruit plumped in wine add distinction.

Place a mushroom at each end of skewer as a beginning and end. Grill to your satisfaction over hot coals or in your kitchen



PRIZE WINNERS—Barbecue beauties like these are prize winners when grilled outdoors or indoors. Call them kebabs, shish kebabs or shashlik; make them in traditional manner with marinated meat or start with canned luncheon meat cubes for fast relief of hunger.

on-a-stick outdoors for summer informality and fun.

Shish kebab or shashlik, traditionally famed throughout the Middle East for centuries, was and is made of lamb or mutton usually marinated in seasoned oil and other liquids, then speared on skewers and broiled. Americans have shortened the name to "kebabs" and now spear and broil almost anything edible.

A while back we discovered that beef and veal made marvellous eating when exposed to direct heat. Then, venturesome spirits Helen Brown and James Beard (The Complete Book of Outdoor Cookery) tried cubes of white fish and of salmon, scallops, shrimp, lobster and oysters and found them good. Chicken, duck, ham, calves liver and bacon, pork cubes, turkey and sweetbreads were successfully skewered. All in combination of course with vegetables and/or fruit.

We borrow from Brown (Pasadena) and Beard (formerly Portland) whose outdoor cookery prowess has been personally enjoyed by us.

Boneless Meat Kebabs
"A basic Near Eastern shish kebab is made with boneless meat, cut in 1 1/2 or two inch cubes.

With lamb, mutton or veal, use the shoulder or leg; with beef, the round, chuck or rump. Allow one-half to three-fourths pound per person. String the cubes on your skewers, having them pushed close together if you want your meat rare and juicy, farther apart if all-around crispness is the system for you. The classic way was to tip each skewer with a cube of bread to keep the meat from falling into the flames.

"The meat may be simply brushed with lemon juice and with olive oil, or marinated for from two hours to two days in this mixture: Combine one part of lemon juice with three parts of olive oil and season with one clove of garlic, crushed, salt and pepper to taste and, if you wish, some thyme, oregano, bay, cumin or what you will. The meat may be strung before or after marinating. The broiling which is done as for steaks and chops, will take 10 to 15 minutes depending on how well done you want them.

"Shish kebab is usually served with pilaff or with kasha or rice. But suit yourself," say Brown and Beard, book makers.

Kebab Combinations
Vegetables and fruit alternate with meat in kebab cookery in flavorful combinations. Make up your own from these suggestions.

For the meat part, use sirloin, round or rump beef cut in two inch squares, lamb shoulder, loin or leg cut in 1 1/2 inch squares or pork shoulder or loin cut in 1 1/2 inch squares. Small tomatoes or wedges of larger

broiler or rotisserie.

Remember that pork and veal should be well done. Grill these meats more slowly than beef or lamb. Turn the meat often as it grills so it will be evenly cooked and browned. For a high glaze on the meat cubes, brush with marinade during grilling.

Luncheon Meat Kebabs
Canny cooks (that's a pun) figured out that cubes of canned luncheon meat plus onion, green pepper and canned button mushrooms should make a good combination for grilling on sticks, skewers or whatever. And they were quite right. Already well seasoned, the canned luncheon meat is handy, convenient, easily stored and transported.

For each 18 cubes for fixing three or four skewers, use a can of luncheon meat. Cut meat in half and then in thirds to make 18 cubes. Cut onions into wedges and green peppers into one-inch squares. Drain four-ounce can button mushrooms. Alternate ingredients as desired on skewers; grill over medium heat or under medium broiler, turning occasionally until meat is browned and heated through. Some like barbecue sauce with these.

Barbecue Franks
A fast luncheon or supper treat is quickly put together when you keep a few cans of frankfurters handy. Cut six bacon slices in half. Wrap one-half slice bacon around franks from a 12 ounce can; secure with toothpicks. Place in cold skillet or on grill and cook over medium heat, turning occasionally until bacon is cooked. Pass a hot barbecue sauce.

Barbecue Sauce
Here is a quick and very good sauce for grilled kebabs or frankfurters that have not been marinated. In a saucepan, combine two medium onions, chopped, one green pepper, chopped, two-thirds cup sweet pickle relish, two-thirds cup vinegar, two cups chili sauce, one-fourth cup firmly packed brown sugar, one tablespoon prepared mustard, one-half teaspoon tabasco. Bring to boiling point, reduce heat and simmer 20 minutes. Goodly supply. Store in refrigerator for using another day.

Leftover Lima
Cooks need never worry about what to do with versatile leftover cooked large dry lima beans. We like to combine them with some green beans and serve as a hot vegetable. Heat the two kinds of beans in a little table cream, seasoning as you like with salt and freshly ground pepper. Attractive as well as flavorful.

Spiced Iced Coffee
Some folks like their coffee hot and some like it cold. Here's a nifty idea for those who like it cold—coffee, spiced and iced! Trick is to make a concentrate using pure instant coffee. It requires one cup of instant coffee

(one two-ounce jar) and takes a minute to make concentrate for about 20 servings. Fix. Store. Use whenever you feel like it. Empty cup of instant coffee into suitable container or jar. Add one-fourth teaspoon cloves and one teaspoon ground cinnamon. Slowly add one quart warm water. Stir or shake to dissolve coffee and spices. Cover and store in refrigerator.

For each serving, pour three tablespoons concentrate over ice cubes into an eight-ounce glass. Add cold water. Pass sugar along with coffee cream or whipped cream. Enjoy exotic flavor.

Green Pepper Ways
Available the year around, the big Bell or sweet pepper is very popular, may be bought either green or red according to stage of maturity desired. Best quality peppers are well shaped, thick walled and firm with uniform glossy color. Good source of vitamins C and A.

Serve thin strips or rings on relish plate. You'll be surprised how many the children will eat. Dice and add to mixed salads.

For cooking, allow one whole pepper per serving unless they are unusually large. Wash, remove stem and seeds, cut in thin slices or rings and fry in small amount of butter or margarine until crispy tender and lightly browned. Season and serve. Very good with beef.

Halved, seeded green peppers are attractive containers for well seasoned cottage cheese salads, for diced tomato aspic topped with sour cream. Good also for holding dunking sauce for appetizers and for sauces offered with fish and shellfish.

Curried Olives
Put a bowl of curried ripe olives on your next appetizer tray and answer inquiries about them like this: Drain the ripe olives thoroughly and then marinate an hour or longer in a curried French dressing adding as little or as much (we like much) curry powder to the dressing as suits your personal taste.

They'll Do It Every Time

By Jimmy Hatlo



Oregon Caves Marks 47th Anniversary as Monument

Today marks the 47th anniversary of Oregon Caves National monument, which was set aside by Presidential proclamation July 12, 1909.

The history of the caves, however, dates back about 150 million years when a shallow arm of the sea covered the area of the present Siskiyou mountains.

In contemporary history, Oregon caves have been known since 1874 when Elizabeth Davidson, then living in Williams alley, went hunting.

Wounds Bear
The story goes that after having wounded a bear, he followed it to an opening in the rocks. Davidson gathered a few splinters of pitch for a torch, and with an old muzzle-loading rifle followed the bear. It was then he discovered the caves.

Soon after this, the caves became an attraction for the adventurous and portions of them were explored and opened. Frank M. Nickerson of Kerby reported finding four different levels in 1877 and opened a number of galleries which had been blocked by formations.

In 1884 two brothers attempted to acquire title to the caves by "squatting" at the lower en-

trance. They expended funds and labor in enlarging passages and expected eventually to gain title and reap a harvest. The region, however, was then too remote, the nearest railroad some 200 miles away, and the "squatter's claim" was abandoned.

Another Attempt
Later another attempt was made to open up and develop the caves by a party of California promoters who dropped the plan after learning that the caves were in Oregon and not in California.

In April, 1903, a large region in that part of Oregon and California was withdrawn from entry and named the Siskiyou National forest.

In 1907, the caves were visited by a party which included Joaquin Miller "the poet of the Sierra." Miller did much to attract public attention to the area by references to the caves as "The Marble Halls of Oregon."

Proclaims Caves
On July 12, 1909, President Taft proclaimed Oregon caves, including a tract of 480 acres, as a national monument.

Since there was no national park service at the time, the monument was administered by the forest service. The administration continued until 1934, when it was turned over to the national park service and administration delegated to the superintendent of Crater Lake National park.

In 1923, the forest service granted a concession to Oregon caves resort, which built the old chalet and took over the guide

REAL EYE OPENER

Hollywood —(U.P.)—Most of the film colony seems to agree with actress Mona Freeman about rock 'n roll and its best known interpreter, Elvis Presley. Miss Freeman said, "The first time I saw him on TV, I thought something was wrong with my self." But a minority disagrees. For example, Cathy Crosby says, "I like rock 'n roll for getting up in the morning."

service that same year. In 1934 the Chateau was opened to the public.

Following 1934, the park service made several physical improvements to facilities in and around the caves.

Surplus Grain in Auto Gas Tanks Urged

Washington—(U.P.)—Two farm state congressmen have proposed that motorists be required to burn up surplus grain in their gas tanks.

Sen. Karl Mundt (R-S.D.) and Rep. Ben F. Jensen (R-Iowa) said in introducing their bill it would eliminate the government's 1.7 billion bushel surplus of corn and wheat within 14 months and add no more than three cents a gallon to the cost of gasoline.

They said in a joint statement that motorists would benefit because low grade gasolines would be converted into "smoother acting, powerful, high grade extra mileage motor fuels."

The Jensen-Mundt bill would prohibit sale of gasoline or motor fuel unless it contained at least 5 per cent by volume of alcohol manufactured from grain.

To enforce compliance, it would levy an additional tax of five cents a gallon on production or importation of present types of fuel.

Smoking and Cancer Link Said Unfounded

London—(U.P.)—A group of British scientists said yesterday they have been unable to find any connection between smoking and lung cancer.

But they warned that air pollution and smog over industrial areas may be a possible source of lung cancer.

Independent sources warned, however, that the British doctors' report was not conclusive. They pointed out that the doctors had conducted all their tests on animals, and not on humans.



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Damascus, Syria —(U.P.)—Civil Defense Chief Soliman Nagi announced Wednesday night that the Syrian government will begin air drills next Monday, including defense against "high-explosive atomic bacteriological warfare."

Mandslay —(U.P.)—Ma Mya May, a 41-year old housewife, has given birth to her 22nd child, it was reported here today. Mya May was one of a family of 15 children. Her husband—a sailor—had 15 brothers and sisters.



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