

Feeding the Family

By ZOLA VINCENT
Food Editor

Cantaloupe Chiffon Cups

Cantaloupe chiffon cups are a handsome fresh fruit dessert as delicious as they are colorful. Hearty, satisfying but low in calories. Six servings.

Soften one envelope unflavored gelatin in one-fourth cup cold water. Separate four eggs (at room temperature) and beat yolks until thick and lemon colored. Add one-half cup fresh lemon juice (strained), one-fourth teaspoon salt and one-third cup sugar. Cook over hot water until thickened, stirring constantly. Add gelatin and stir until dissolved.

Chill in refrigerator until beginning to set (consistency of unbeaten egg white). While custard is chilling, halve three cantaloupes and remove seeds. With spoon, scoop out some of the pulp, leaving three-fourth inch rim of pulp in the shell. Notch edges if desired.

Crush pulp with potato masher and measure two cups. Beat egg whites until stiff. Gradually beat in one-third cup sugar. Fold in gelatin mixture, one teaspoon grated lemon rind and cantaloupe shells and chill until firm. Mint garnish, if you like.

Melon Salad Ring

Cut chilled cantaloupes into crosswise slices about two inches thick. Peel the rings and place on shredded iceberg lettuce. Fill with spoonful of cream cheese softened with cream and seasoned with salt. Sprinkle with toasted almonds. Wedges of peeled honeydew or Persians may be used instead of the cantaloupe rings. Pass tart French dressing.

Best Buy Combo

Crisp and plentiful for sweet eating, treat the family to this combination of best vegetable buys. Four servings. Better double it for adequate "seconds." Combine two cups coarsely shredded cabbage, one cup chopped celery, one cup sliced carrots, one-half cup finely cut onion, one teaspoon salt, one-half tablespoon sugar, two tablespoons butter. Add one cup boiling water. Cover and cook until just crispy-tender, not more than 12-15 minutes.

Hawaiian Barbecued Spareribs Special

It's been quite a while since we fixed up plentiful spareribs in this Luau barbecue sauce such as the Hawaiian Islanders enjoy. Sauce will take care of three pounds pork spareribs and four pineapple slices for four generous servings.

Cut spareribs into serving-size pieces and place in large saucpan with water to cover. Cover saucpan and simmer 45 to 60 minutes. Arrange cooked spareribs on cold broiler grid. Brush with Luau sauce*. Place pan in broiler so that ribs are three to four inches from tip of broiler flame. Broil until well browned—five to 10 minutes.

Turn ribs and add four pineapple slices to broiler grill. Brush ribs and pineapple slices generously with sauce. Reduce heat and continue broiling five to eight minutes longer or until ribs and pineapple are browned and glazed as desired.

*Luau Barbecue Sauce. Saute one-half small grated onion and one-half green pepper, grated, in one tablespoon butter for a minute or two. Remove from fire. Mix in one tablespoon cornstarch; and three tablespoons vinegar, one tablespoon soy sauce, one-eighth teaspoon pepper, one-half teaspoon celery salt, two third cup syrup drained from pineapple slices. Cook over high heat, stirring constantly until sauce is transparent, three to five minutes.

Cold Cuts Weather

No need to dial for a weather report. Just look at the market displays and special offerings of delicious ready-to-eat meats that are the makings of fine summer meals without so much as a hint of heat from the stove. Cold cuts have the same nutrition as cooked meats.

The family will enjoy cooked specialties like veal loaf, liver loaf, Braunschweiger, liver sausage and meat loaves. Then there are smoked sausages which include frankfurters, bologna, cooked Thuringer and Mettwurst. Drier summer sausages include Genoa salami, several cervelat varieties, Pepperoni Thuringer.

Just offer family and friends an assortment of cold cuts on a platter along with other sandwich makings like an assortment of bread, pickles, relish, mustard, catsup, mayonnaise and butter. Let everyone put together any combination they like.

Streusel Topped Gravenstein Pie

Gravenstein apples are said to be the apples that made apple pie famous. At peak of their short harvest season (about six weeks), give family a rare dessert treat by topping these sprightly, aromatic apples with a streusel topping.

Recipe for 1-crust pie
6 cups pared and sliced apples
1/2 cup sugar
1/2 teaspoon cinnamon
Fit crust into nine-inch pie pan and crimp edges. Combine sugar, dash of salt and the cinnamon and mix with apples. Fill pie pan.

For streusel topping, cut six tablespoons butter into three-fourth cup (packed) brown sugar mixed with one-half cup flour and sprinkle over apples. Bake in 425 degree oven for 30 minutes or until apples are tender and topping is browned.

Blueberry Skillet Pudding

The blueberry or its mountain cousin, the huckleberry, will prove a rare delight when fixed up like this with tender, rich dumplings. Serve warm with cream or soft ice cream.

Melt two tablespoons butter or margarine in a heavy skillet or Dutch oven. Combine one-half cup sugar, one teaspoon cornstarch, one-eighth teaspoon salt and one-half teaspoon cinnamon and stir into butter. Add two cups hot water and cook until clear and slightly thickened, stirring constantly. Add two teaspoons lemon juice and two cups fresh or frozen blueberries. Bring to boiling point and top with these dessert dumplings.

Dessert Dumplings. Sift together one cup sifted enriched flour, 1 1/2 teaspoons baking powder, one-half teaspoon salt and one-fourth cup sugar. Cut or rub in three tablespoons shortening until mixture is crumbly. Add one-third cup milk to one beaten egg and stir into flour mixture until flour is well moistened. Drop by spoonfuls on top of boiling berry mixture. Cook 10 minutes uncovered, then 10 minutes tightly covered on top of stove. Serve warm. Six servings.

Spicy Plum Jam

You'll never find a finer accompaniment for a pot roast than this spicy plum jam which you might want to fix right now while plums are plentiful. Enjoy one batch now, rest later. Calls for six pounds of plums; makes twelve eight-ounce glasses.

Wash six pounds of plums; halve and pit them. Combine with nine cups sugar, one-half teaspoon cinnamon, one-fourth teaspoon cloves, one-fourth all-

spice, one-eighth teaspoon ginger, one-fourth teaspoon dry mustard and one-fourth cup vinegar. Let stand 15 minutes. Then turn into large preserving kettle and bring slowly to a boil, stirring constantly. Be sure to boil until thick—about 45 minutes and stir frequently to prevent burning.

Fruited Lamb Leftover

Now that lamb is more plentiful, lower in cost, we're likely to have lamb leftovers from a roast. Here is a prize recipe for a mint fruit sauce in which slices of cooked leftover lamb are heated. Sweet and spicy, blends well with meat flavor.

Mix one tablespoon cornstarch with one cup water. If you have some lamb gravy, substitute it for one-third cup of the water. Stir in one-half cup currant jelly, one-half cup orange juice and one-half cup minced fresh mint leaves. A teaspoon dried mint may be used if no fresh mint handy. Cook until thickened, stirring to prevent lumping; add about eight slices cold cooked lamb and continue cooking until thoroughly heated. Serve additional sauce with slices. Four servings.

Fresh Fish Fillets Fine Friday Fare

Plenty of coast-caught fish fillets displayed in local markets. Three popular ways with them!

Pan Fried. Roll fillets in seasoned flour. Fry in cooking oil

in heavy skillet until done; eight to 10 minutes. Serve with Tartar Sauce and plenty of lemon wedges.

Baked. Dip fillets in milk seasoned with salt, then in fine bread crumbs. Place in greased baking dish, sprinkle with oil or melted butter. Brown quickly in hot oven. Serve with parsley butter.

Broiled. Season with salt, pepper, paprika and lemon juice. Brush with melted fat. Broil five to eight minutes on preheated broiler. Turn carefully, brush other side and cook five to eight minutes longer or until slightly browned.

Smart Shoppers Economize by Checking Food Buys

Each family "home" economist sets her own high, medium or low cost of living index dependent almost entirely on whether or not she takes advantage of fresh foods that are seasonally abundant and of "specials" advertised and displayed in her favorite markets.

Fresh fruit and vegetable men must merchandise harvest peaks by moving out exceptional quantities of fresh produce to make way for tomorrow's arriving truck loads. The old law of supply and demand creates the "best buys." There's August abundance of practically everything that grows so smart shoppers will feed the family these and skip the luxuries.

Plenty of corn-on-the-cob for quick-cooking (not more than 5 minutes if it is really fresh), for foil wrapping and roasting, for cooking and cutting from the cob for wide variety of dishes. Bell peppers for stuffing with ground meat and bread crumbs, macaroni and cheese and many other combinations as well as for salads and pepper rings for relish. Lettuce of good quality for the daily salad with romaine variable in quality. Potatoes and onions for potato salad, chowders and a thousand other items. Summer squash, unpeeled, makes good eating. Tomatoes are cheaper. Cucumbers are lower. Cabbage, carrots and celery are abundant for enjoyment raw or cooked.

Fruit buys include cantaloupes, Thompson seedless grapes, lemons, oranges, peaches, pears, plums, melons. If you're canning freezing or otherwise preserving fruits, keep in constant touch with your fruit man for his good advise as to when to buy best.

Poultry and Meat. Broiling, frying and stewing chickens continue plentiful. Turkeys are very good buys. In beef, chuck is a big bargain and so is freshly ground hamburger. Good values in lamb with breast of lamb practically a gift, shoulder chops and roasts reasonable. Buy pork spareribs, boneless butt ham,

Friday, August 17, 1958

MEDFORD (OREGON) MAIL TRIBUNE—SEVEN

Grange Notes

Roxy Ann Grange

Roxy Ann Grange held its annual picnic at McKee bridge Aug. 12 with a big crowd attending. Mr. and Mrs. Grey from Mary's River Grange in Benton county were guests.

The last Home Economics club meeting was held at the home of Mrs. Carl Quackenbush with Mrs. J. G. Cameron co-hostess. There were 33 members present.

Next regular Grange meeting will be August 17 with a social hour following. Mr. and Mrs. Roy Rushton, Mr. and Mrs. P. L. Rushton and Mr. and Mrs. Gene Foresee are on the serving committee.

picnic hams, sausage and table-ready meats.

Other Items. Good fresh fish buys. Plenty of dairy products with ice cream often featured. Canned tuna specials encourage one to buy a dozen cans. Versatile canned apple sauce and canned cranberry sauce are good buys and there's plenty of peanut butter at small cost. Scan this newspaper's grocery advertisements. Note special store displays.

COLORFUL PARTY

Liberal, Kan.—(U.P.)—The guest list included Mrs. Barr Brown, Mrs. Charles Black and Miss Patsy Brown. They attended a pink and blue shower in the Green Room of the Blue Bonnet Courts' Community hall.

AIR FORCE TOOLS

Houston, Tex.—(U.P.)—The U.S. Air Force now owns 145,000 machine tools with an acquired value of approximately \$1,250,000,000, according to Dudley C. Sharp, Assistant Secretary of Air Force Materiel.

Grand Opening

GARDNER'S

Shoe Service

612 East Main — Medford

Today and Saturday

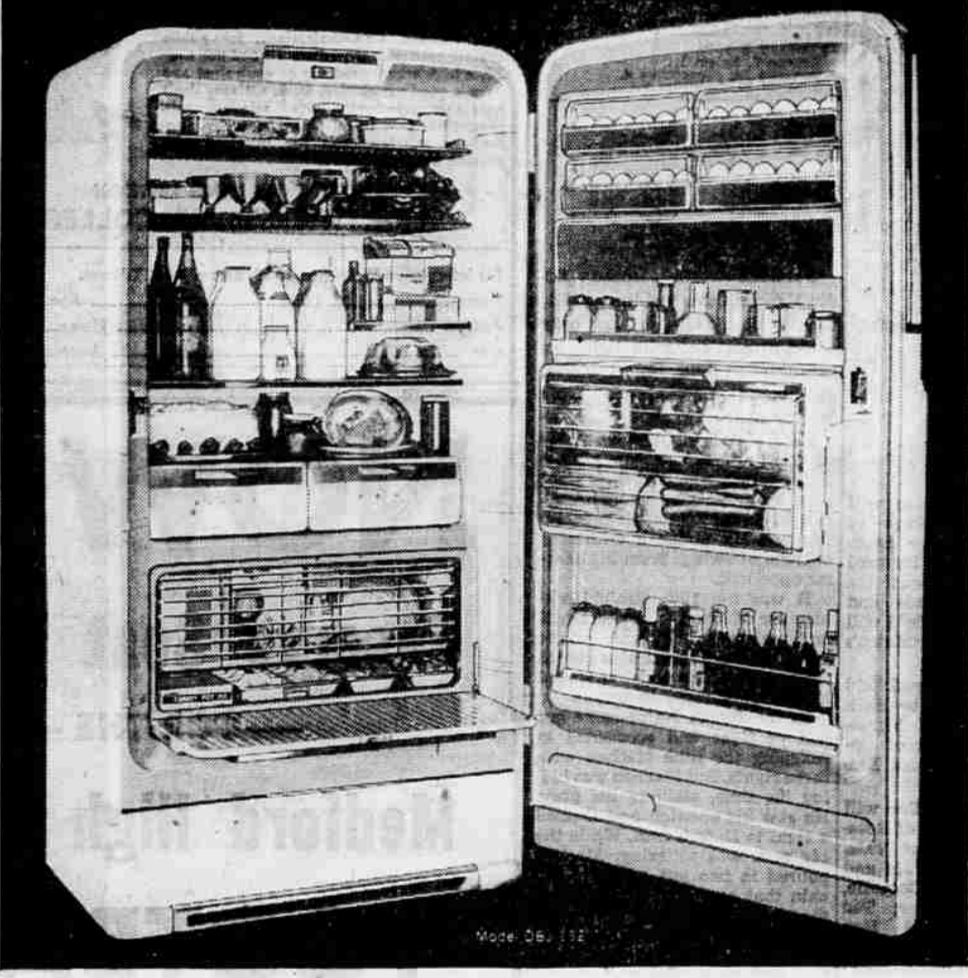
Open Mondays Through Saturday
In Beautiful New Building Next to the
East Side Market.

Come in and Say Hello!
Gardner

BIGGEST ADVANCE IN FOOD REFRIGERATION TODAY...

WESTINGHOUSE

COLD-IN-MOTION!



Automatically keeps foods on every shelf uniformly cold—fresh longer!



New Cold-in-Motion recovers lost cold twice as fast as other refrigerators. It's the scientific answer to cold that spills out and is lost when the refrigerator door is opened. After the door is closed, conventional refrigerators recover this lost cold very slowly. But in this Westinghouse, a small fan instantly and automatically sets Cold-in-Motion throughout the entire refrigerator. Cold drinks, milk, foods on every shelf stay more uniformly cold no matter how many times you open the refrigerator door.

Plus new Stoop-Saver Design!

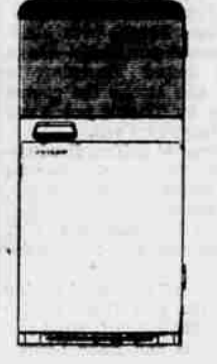
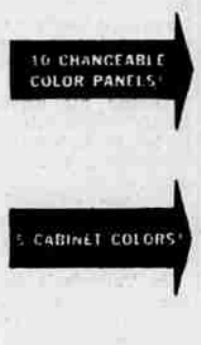
Westinghouse keeps the refrigerated foods used most often up top—at easy reach-in level. Shelves roll out, too. Below is the Zero-Degree 83-lb. Freezer with Roll-Out Basket for easy access.

Automatic Cycle Defrosting! No defrosting in the Refrigerator section ever—even the defrost water is disposed of automatically!

Plus! New Showcase Crisper keeps 34 bu. of vegetables dewy-fresh... always in view. Special Butter and Cheese Keepers, Fruit Bin and Porcelain Meat Tray!

There's a Westinghouse to suit your family and budget. Sizes from 8 to 13.2 cu. ft. . . in 24", 28" or 32" cabinet widths . . . with large Freezer below . . . with Automatic Cycle Defrosting or Frost-Free Completely Automatic Defrosting. Prices start at \$199.95. See your nearby Westinghouse dealer.

50 COLOR COMBINATIONS YOU CAN CHOOSE-N-CHANGE!



TUNE IN
KBES-TV FOR
WESTINGHOUSE
POLITICAL
COVERAGE

WESTINGHOUSE CAMPAIGN SPECIAL

NEW DELUXE

ICE-SLICE TRAY

Gold finished anodized aluminum . . . makes 38 thin ice slices for quick chilling of drinks and salads. No mail or phone orders.

Only **\$1.18**
a \$3.50 value



See Your Medford Westinghouse Dealers:—

TROWBRIDGE & FLYNN

214 West Main Street

ELECTRIC
COMPANY

Phone 2-5211

BIG Y APPLIANCE DEPARTMENT

In Big Y Shopping Center

Phone 3-3052

WATCH WESTINGHOUSE WHERE BIG THINGS ARE HAPPENING FOR YOU!

SAVE MONEY!

MODERN

OIL HEAT still costs less!

You save 20 to 40% and MORE with Modern OIL HEAT over any other automatic heating!

Install a Modern Oil Furnace in your home today.

Preferred by 7 out of 10 homeowners!

Safer, too!



OIL HEAT INSTITUTE OF OREGON
Medford Heating Oil Dealers