Feeding the Family

By ZOLA VINCENT
Food Editor

SALADS — Hearty main-dish salads feature abundant salad greens and other fresh vegetables in combination with canned meats and cold cuts. Here are salads that men like; hot potato salad, meat stuffed tomatoes, chef's salad and cole slaw with corned beef.

Vitamin Factory Abundant Fresh Foods

With the children headed for here, it's time to give serious consideration to foods vital to their health, vim, vigor and happiness; the foods that are going to help put "A"s on those cards.

The good earth produces good food from which we can get plenty of vitamins in their natural from. A farm's vitamin assembly line runs from the ground up to the finished products that reach our tables. Seeds are rich in certain vitamins. Green growing plants produce and hold vitamins or vitamin materials that we get when we eat fruits, vegetables and grains.

Very small amounst of vitamins handle big jobs. Each vitamin has its own value and we need them all to help our bodies grow and to keep in good condition.

Vitamin A Food

Bright colors, yellow, green, orange, sometimes red, are often signals of Vitamin A value which you can get by eating ripe yellow and green vegetables and also red ones such as tomatoes. You also get it from liver, butter and eggs. Vitamin A is needed for growth and for healthy bones, nerves and teeth; helps protect against infections: Important for good skin and good linings to nose, mouth and other body organs.

Vitamin B Foods

Some foods contain only one or two of the B group; others have more. Among those having thiamin, niacin and riboflavin are: whole eggs, milk, lean beef and mutton, liver, cabbage, collards, cowpeas, kale, mustard greens, peanuts, dried or green pears, spinach, soy beans, tomatoes and turnip greens. These vitamins of the B family are "morale" vitamins because they make for steady nerves, help keep you cheerful, and digestion and healthy skin; are needed for health and normal growth.

Vitamin C Foods

Vitamin C is found in citrus fruits and several other fruits, tomatoes, kidney, liver and many vegetables. Canned tomatoes and citrus fruits have about as much Vitamin C as fresh ones. Important thing about Vitamin C is that you cannot store large amounts in your body so you have to get a supply every day. This vitamin makes healthier tissues, particularly bones, teeth and gums.

Vitamin D Foods

Vitamin D is a two-way vitamin. You can get it from sunshine as well as from foods. You get this from several foods such as butter, cream, whole eggs and egg yolks, whole milk, some fish and fish liver oils. This vitamin helps bones and teeth grow strong and straight. That is why it is necessary for children to get a regular supply.

Talk these important things over with your children (maybe the other grown-ups, too) so they realize the importance of eating plenty of vitamin-packed foods.

Frozen Peach Jam

Folks with home freezers are using this quick, satisfying method for putting up plentiful peaches into jam.

Wash, slice and finely grind enough fresh peaches to get four cupfuls. While grinding, add ¼ cup lemon juice to prevent browning of fruit. Place in 4 quart kettle. Slowly add while stirring, 1 package of powdered pectin. Let stand 20 minutes, stirring every 5 minutes to dissolve pectin and blend with fruit. Add 1 cup light corn syrup. Mix well to prevent formation of sugar crystals. Add 5½ cups sugar to jam. Stir until well blended. Heat fruit, pectin, corn syrup and sugar mixture until warm. Mixture should be about 100 degrees if you've a thermometer. Watch to prevent becoming too hot Pour into glasses or jars leaving room at top for expansion. Cover and let stand until jelled. Makes 4 pints of jam. Store in freezer.

Canned Meats

In salads, canned meats being already cooked are as easy to add as one would the spices. A crisp, well-dressed salad is hearty and satisfying when a generous amount of meat is added as more and more families are discovering.

Most popular canned meats include luncheon meat, cured pork loaf, cured pork and beef loaf, veal loaf, beet loaf, chopped ham, corned beef in various styles, luncheon tongue, ham, frankfurters, Vienna style sausages. There are also canned hams, chicken and turkey. Then there are canned meat spreads like deviled ham, tongus, liver and other specialties.

Canned meats slice easily if chilled in refrigerator for 1 to 2 hours. To remove from can, open both ends completely and push out the meat using end piece as pusher.

Hot Potato Salad

Two four-ounce cans of Vienna sausage flavor-heightens this salad. For six servings, cook 5 or 6 medium potatoes (2 pounds) in skins until tender. Peal and dice. Put in 1½ quart casserole; add ½ cup diced celery, ¼ cup finely shopped onion. Sprinkle with 1 teaspoon salt. Melt 4 tablespoons butter; add 2 tablespoons flour, ¼ teaspoon dry mustard, 3 tablespoons sugar, 1 teaspoon salt and stir to smooth paste. Add ¼ cup vinegar, ¼ teaspoon tabasco. Cook, stirring constantly until mixture thickens and comes to a boil.

Pour over potatoes; sprinkle with 1 tablespoon finely chopped parsley. Mix lightly with fork being careful not to break potatoes. Let stand one hour. Arrange contents of 2 cans Vienna sausages or top of salad in wheel-spokes fashion. Cover and reheat in moderate oven, 375 degrees, 20 minutes.

Meat Stuffed Tomatoes

Choice stuffing salad tomatoes might be deviled ham, tongue, liver pate or one of the new spreads such as corned beef or bacon. For each four servings: Mix together 2 small cans meat spread, ¼ cup mayonnaise, 1 teaspoon prepared mustard. Stir in 2 tablespoons drained pickle relish, ½ cup finely diced celery, 1 teaspoon minced onion. Chill for several hours. Cut 4 tomatoes into sixths petal fashion. Fill centers.

Jackstraw Salad

Jackstraw salad is a version of a chef's salad; calls for luncheon meat cut in strips, juliene style, to mound in center for looks first, tossing later.

Cut one 12-ounce can luncheon meat into strips ¼ inch wide. In salad bowl, put mixed salad greens, romaine, lettuce, endive and or chicory, broken into pieces, ½ cup sliced raw cauliflower, 1 cup sliced radishes. Pile luncheon meat cut into strips on top. Add this dressing and toss lightly at table.

Tart French dressing combines ½ cup salad oil, 2 tablespoons vinegar, ¾ teaspoon salt, dash of pepper, ½ teaspoon dry mustard, ¼ teaspoon paprika. Shake or beat well.

Delicious Home Dish

The famed Japanese specialty, sukiyaki, is easy to make at home; just as delicious, many think as the restaurant variety. For each four servings, plan like this: Heat 3 tablespoons oil in frying pan. Add ½ pound lean pork, thinly sliced across the grain of the meat. Cook until lightly browned, about 5 minutes. Add 1 clove garlic, minced and one medium size onion which has been halved, then cut in slivers. Continue cooking about 5 minutes. Stir in 1 teaspoon kitchen bouquet, 1½ teaspoons salt, ½ teaspoon ginger. Then add small can sliced broiled mushrooms, 1 cup diagonally sliced celery and 1½ cups thinly sliced radishes or turnips. Cover and bring to a simmer; cook for 10 minutes. Serve with hot cooked rice.

Dead line Sunday Classified is at noon Saturday; 10 a.m Monday for Monday; other days 5:30 previous day.

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EXAMPLE:
Clue — A galaxy of splendor | | | R | S | | | | T | | | | | | T |

Solution — (Our Skies Tonight) | O | U | R | S | K | I | E | S | T | O | N | I | G | H | T |

Clip Here For Mailing

1. The Celluloid circuit. | | | | U | | D | | | | | | | | D |
2. Soothsayings. | | | | | | | | R | | | | | |
3. Heavenly daze. | | | | | G | | | | |
4. Watch your calories. | | | | | | | | T | H | E | | | | | |
5. From the brain waves of Reddy Kilowatt | | | | | | | | | | S | | | | | |
6. A regular M. T. Correspondent. | A | | | | | | | | | | | H |
7. Dealings in the market place. | P | | | | | | | | P | | | | | | |
8. An old timer or a young old timer. | | V | | | R | | | | |
9. Events recorded by early scribe | | | | | | | A | N | D | | | | | | | |
10. Worth 10,000 words. | | | | | T | | | | | | | | | |

MAIL TO — Contest Judges, Mail Tribune, Medford, Oregon. Date.....1956

Please find my answers to the Mail Tribune Word Puzzle Quiz.

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Street or Route.....

Thursday, Sept. 6th Town.....