

Feeding the Family

By ZOLA VINCENT
Food Editor

Round Steak Cookery Gets Special Treatment

Round steak, one of the most popular of beef cuts, requires different treatment than its broilable cousins, the club, sirloin and tenderloin. No, it cannot be "fried" unless it is the more tender top round. Round steak is best known when served as Swiss steak which means long, slow cooking after being browned, seasoned and covered with liquid which often is canned tomatoes. Here we suggest new ways:

Swiss Steak Variations. For the liquid, you can use beef bouillon, canned soups, tomato sauce or commercial sour cream thinned with milk. Seasonings might be herbs, spices, bottled meat sauces, diced seasoning vegetables such as carrots, celery, onions, peppers.

Spanish Round Steak. Pound one-fourth cup flour into both sides of one round steak cut one inch thick using meat pounder or edge of heavy saucer. Brown in two tablespoons hot fat, sprinkle with one teaspoon seasoning salt. Place in oven-proof pan, Dutch oven, large casserole or whatever you usually use. Top with one-fourth cup chopped green pepper, two sliced onions, two tablespoons sliced olives. Combine two tablespoons juice from olive jar, 1 can tomato soup and two teaspoons sugar and pour over meat. Cover with lid or aluminum foil and bake at 350 degrees for two hours or until meat is tender.

Paprika-Sour Cream Steak. Rub one-half inch thick round steak with salt, pepper and a little garlic powder. Brown meat well in a little hot fat and add three-fourths cup water and two tablespoons worcestershire sauce. Cover and cook slowly 1 1/2 hours. Add one cup commercial sour cream mixed with one teaspoon paprika. Pour over meat and continue cooking for 15 minutes or until tender.

Carrots and Onions. You can quickly pan this excellent vegetable combination that is certain to please the fam-

ily. For each four servings, wash, scrape and shred enough fresh, plentiful, golden carrots to make three cups. Add one cup very finely chopped or coarsely grated onion. Heat one-fourth cup bacon fat in a heavy skillet. Add the carrots and onions. Season lightly with salt and pepper. Cover and cook slowly just until vegetables are tender; about 10 minutes. Stir frequently.

Peanut Butter Most Popular Boy and Girl Filler-Upper

Any galloping pool of growing boys and girls would reveal that peanut butter goes into more sandwiches for filling them up than does any other single product. Almost every American home considers it a staple item. Not only is it delicious all by itself but it combines well with dozens of other things.

Rich in protein, peanut butter can be used lavishly by the slim Jims and Joans who need to add a few pounds, sparingly by the weight watchers who while watching calories still want taste treats and some high nutrition foods. Some like crunch-style; others prefer it creamy.

Sandwich Suggestions. Many children settle for just lots of peanut butter between bread slices; others like change and variety. Some combinations may be mixed ahead, stored in separate containers in refrigerator and used in rotation. These include finely chopped celery and green pepper and peanut butter... deviled ham and peanut butter... chopped dates or raisins and peanut butter. Grated carrot mixes well, too. Sweet tooths like marmalade or jam combinations.

For a soft, fast spreading filling, thin peanut butter with catsup or chili sauce or milk. For straight-from-the-jar variations, spread one slice of bread with either style of peanut butter and add a thick slice of tomato or a thin one of sweet onion before topping with second bread slice.

Real mayonnaise as well as butter or margarine are favorite bread spreaders along with the peanut butter.

For no-bread sandwiches, peel and core two large apples; slice in one-fourth inch slices. Blend one-half cup peanut butter and two tablespoons real mayonnaise. Spread on half the apple slices; top with remaining slices. Eight fruity, nutty, no starch delicacies!

Or take good long sticks of crisp celery and stuff with peanut butter. These, cut shorter, by the way, are very good on waldorf or other sandwich lunch-plate.

Tuna, Peanut Butter Join Rice, Cheese on Shopping Lists. High on the list of food favorites of growing (back-to-school) boys and girls are tuna and peanut butter which will go satisfactorily into sandwiches beyond numbering. Both are bargains in good eating, packed with good nutrition and flavor interest. Prices are low.

Poultry Abundance continues with broilers and fryers for quick cooking during the week, turkeys for weekends and company meals. Pick up some low-

priced cranberry jelly and some ditto canned apple sauce to go with the poultry.

Eggs are an especially good buy right now. Put in an extra dozen each week for bigger breakfasts, fried, soft-cooked, scrambled or in omelet with meat, fish or marmalade. Hard-cooked eggs for egg salad sandwiches, deviled eggs and adding to salads. Bake an egg-rich cake.

Beef Buys. Bargains in good eating are hamburger, cuts for Swiss steaks, chuck and rump roasts, hearty pot roasts and beef stews. Moderate prices mark the fancy cuts. We remind you too of thrifty, nutrition-packed beef hearts, liver, kidneys, sweetbreads, brains, tongue.

Pork and Lamb. Pork supplies are improving and we note that current supplies of pork are likely to be lean-trimmed which makes them good buys even though prices are actually higher. For a change, have lamburgers, a fine stew or curry. Breast of lamb is genuine bargain.

Rice. one of the world's oldest staples is a versatile food; goes equally well with poultry, meat, fish. Enjoy it as breakfast cereal. Make a rice pudding for dessert. There's a tremendous surplus of rice and we can help growers by using it more often.

Cheese. Cheese is sure to please. Cottage cheese is served plain as vegetable in many homes. Makes fine luncheon with fresh fruit or mixed vegetables. Keep cheddar cheese on hand for sandwich making, for cheese souffles, fondues, rarebits and for offering with fruit as dessert.

Fish Supplies. For steak and baking, there's northern ling cod, sablefish and other local specialties. Pan-readies include sandabs, catfish, rex sole, brook trout. Good assortment of fish fillets. Try fish sticks for a change. Fresh Pacific oysters are delicious, nutritious.

Fruit bins feature new season apples, grapes, melons, pears, small oranges.

Vegetable displays offer cabbage, carrots, cauliflower, celery, corn, cucumbers, lettuce, onions, squash varieties, tomatoes, green beans, peppers, eggplant for interesting meal planning.

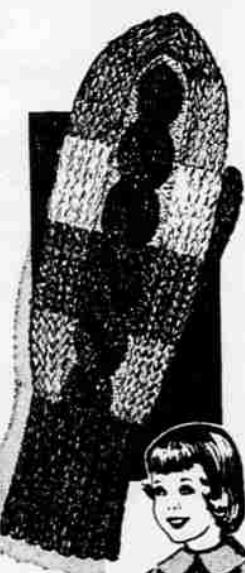
School Lunch Program Offers Many Advantages. Whether your children walk two blocks or travel 20 miles by bus to school, they can profit by the school lunch program which means much more than feeding children from low-income families. It means better nutrition, health education and social experience for all and promotes community spirit.

Parents should be informed on all phases of local participation in both the School Lunch Program and the Special School Milk Program.

In 1946, administration of the National School Lunch Program became part of the state's educational system. The Department of Education felt that the program should be more than a feeding program and should function so as to take advantage of its training opportunities in nutrition, proper eating habits, cleanliness and manners. As a grant-in-aid program, it is administered in the States by State departments of education in accordance with agreements between those departments and the United States Department of Agriculture.

The program importantly en-

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larges the market for farm products and improves the diet of the nation's school children by helping participating schools to serve nutritionally balanced lunches. Last year approximately 1.8 billion meals were served to 10,600,000 children in 56,000 participating schools. A total appropriation of \$100 million has been provided by Congress for this year's program. Of this sum, \$4,275,722 has been apportioned to the state of California.

A special school milk program has now been developed as authorized by the Agricultural Act of 1954, providing \$50,000,000 annually for the school year. Its purpose is to increase the consumption of fluid milk by children in schools of high-school grade and under by making milk more readily available to more students at lower cost in schools which do not participate in the National School Lunch Program, as well as those who do. Local participation in the program depends on volunteers, paid workers and students as manpower in school food preparation and serving.

Oregon Dentists Due At National Meeting

Portland — (U.P.) — Eleven Oregon dentists plan to attend the 97th annual convention of the American Dental Association Oct. 1-4 in Atlantic City, N.M. The six regular delegates will serve in the house of delegates, the policy making body of the dental group.

The delegates are Drs. Paul W. Kunkel, Thomas D. Holder and Harold M. Kramer of Portland; J. Warner Henderson of Hood River; John D. Crump of Ontario and William B. Prophet of John Day.

Alternate delegates are Drs. George W. Redpath, William L. Barnum, Harold J. Noyes, Ernest A. Hurley and Alan Y. Clarke, all of Portland.

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