

Feeding the Family

By ZOLA VINCENT
Food Editor

New Season Apples Arrive: Give Zest to Meals

From the acknowledged apple bowl of the world, deep in the heart of our neighboring state to the north and from our own far-famed Oregon apple orchards come new season apples to delight apple lovers wherever they are. Apples are grown in commercial volume in 39 of the 48 states but in general production volume centers in the Pacific Northwest with our northern neighbor growing an estimated 40 per cent of the total apples distributed in the fresh state and accounting for around 90 per cent of their entire crop. Oregon apples also are distinguished for their "fancy" quality, grown in the valleys and benchlands of the east slopes of our snow-capped Cascade mountains.

Delicious Apples. It is estimated that two-thirds of all the delicious variety grown are northwesterners. Said to be America's favorite eating and salad apple, this is the apple with the bright red fruit with the broad shoulder, long body and five distinctive "knobs" on its blossom end. Now being harvested, these apples will be around for the next seven months but they will never taste better than they do right now.

The Jonathan apples, named for Johnny Appleseed, is the bright red over yellow apple that is juicy, medium tart, fine for dessert, extra good for salads, pies and sauce besides being a good baker. Other famous northwest varieties, the Golden Delicious, Rome Beauty, Newtown and Winesap will be along presently.

Apples and Cheese

In our picture, we've centered that all-time favorite, Continental dessert of bright red and golden Delicious apples and cheese in an attractive fruit or flower bowl arrangement which doubles as a colorful centerpiece for the table. As a dessert to top off a family meal you can serve the apples with a single cheese. Any of the sharp cheddars, roquefort or camembert are good. When there are guests, you may wish to offer an assortment of perhaps a sharp cheddar, bleu cheese, brick or sweet. Perhaps you'd like to add some plain or stuffed dates to the ensemble?

Saucy Pink Apples

Saucy pink apples are a more glamorous version of spiced apple slices. A bit of red food coloring lends rosy tint to apple halves as they simmer in a spicy sirup. Serve these plain or with small wedges of any handy cake. Four generous servings.

Combine three-fourths cup sugar, 1 1/2 cups water, dash of salt, two or three strips lemon peel, one-inch stick of cinnamon and a few drops of red food coloring to tint desired pink. Boil about three minutes. Add one tablespoon lemon juice. Peel and core four golden Delicious or other all-purpose apple and cut into halves crosswise. Stick with a few whole cloves. Simmer gently in sirup until tender, but still holding their shape, 15 to 20 minutes. Spoon sirup over apples as they cook. Remove from heat and cool in sirup. Serve cold.

Apple Ribbon Salad

Extra special flavor of this apple ribbon salad lies in the gourmet touch of sour cream, orange juice and grated orange rind added to the mayonnaise you blend into the cheese. You might arrange this prettily on a large platter to be passed.

Soften an eight-ounce package of cream cheese. Add one-fourth cup sour cream, two tablespoons orange juice and one tablespoon grated orange rind to two tablespoons mayonnaise; blend into cream cheese, mixing well. Cut three red Delicious unpeeled apples into halves, lengthwise. Remove cores. Lay each half, cut side down, on board and cut crosswise into five or six even slices. Spread slices with cream cheese mixture and press lightly back together. Place on crisp salad greens. Decorate with stuffed green olives if you like.

Apple Sparkle Salad

This apple salad may be prepared in a ring or other fancy mold for an ideal luncheon entree or to offer the "cards" crowd. Add a ruffle of plain or tinted whipped cream and you can transform this salad into a dessert certain of an enthusiastic welcome. Eight servings.

Dissolve two packages of lime or lemon-flavored gelatin in two cups hot water. Add two tablespoons lemon juice and let cool in refrigerator while preparing fruits. Cut two unpeeled Delicious apples in half and set aside one apple half for garnish. Cube apples and mix with 1 1/2 cups grapefruit sections and one-half cup diced banana or one-half cup canned pineapple chunks. Stir 1 1/2 cups ginger ale into cooled gelatin and chill until about as thick as unbeaten egg white. Fold in fruits and pour into a two quart mold or ring. Chill in refrigerator until firm. Unmold and garnish with salad greens, apple slices and grapefruit sections. Serve with any favored salad dressing or with sour cream dressing topped with

snipped mint. To serve as dessert, top with whipped cream.

Apple Pan Pasty

For a cooked dessert, this apple pan pasty is a favorite of the home economist for the Washington State apple growers. Tho it outwardly resembles an old-fashioned apple pie, it is made with a biscuit mix and is quite different in texture besides tasting "divine."

Slice enough Golden Delicious apples to make six cups. Place in saucepan and pour over them two tablespoons melted butter or margarine and two tablespoons water. Mix well. Cover and simmer gently five to eight minutes. Make up two cups of packaged biscuit mix according to package directions. Knead one-half minute on floured board; roll thin into 12-inch square. Fit into eight-inch round glass baking dish two inches deep, allowing corners to hang over edge. Fill with apples. Blend three-fourth cup sugar, two teaspoons cornstarch, one-half teaspoon nutmeg, dash of salt; combine with one cup hot water and boil two or three minutes. Pour over apples. Sprinkle with one tablespoon lemon juice. Fold corners of dough toward center, leaving apples in middle uncovered. Sprinkle with a little sugar for a pretty sugary glaze. Bake in hot oven, 425 degrees, 15 minutes. Reduce heat to 350 degrees and bake 25 minutes longer. Serve warm with cream. Six servings.

Tea for Two
Or Two Hundred
For some time we've been challenged to "take tea and see." On Friday at Tea Time, foods editors look tea at the Waldorf and the things we saw were truly spectacular.

The Tea Council treated foods editors to a Tea-Orama that began with a "Christening Tea" of much charm and high-lighted 16 special events in appropriate settings between baby-hood and a 50th wedding anniversary party done in gleaming splendor of gold, brown and bronze tones complete with appropriate foods.

Modern trend of entertaining with tea was documented by such well-known authorities as Amy Vanderbilt, author of *Everyday Etiquette* and America's leading authority on the subject. Florence Brobeck, author of many American and foreign cookbooks, Burns W. Roper, partner in the firm of Elmo Roper Associates and Dr. Hans Zeisel, Director of Research for the Tea Council.

Conclusions were that tea is "just right" beverage for almost every occasion including those with men present, that a tea party no longer means tiny tea sandwiches but rather a buffet-type meal, that tea is increasingly offered at cocktail parties, that hot tea represents two-thirds of all the tea drunk in the United States and that a cup of tea is a good agent for the relief of fatigue.

Barbecued Sausage on Buns
Here is one of the promised recipes from the Foods Editors Conference. We garnered this from Miss Mary Jones, granddaughter of the founder of the Jones Dairy Farm dynasty.

1 pound link sausage
6 thin slices of lemon
1 medium-size onion, chopped fine
1 1/2 teaspoon chili powder
1 tablespoon brown sugar
1 tablespoon vinegar
1 1/2 teaspoons Worcestershire sauce
1/4 cup tomato catsup
1 cup water
4 hamburger buns, split and toasted.

Place sausage in shallow roasting pan. Place slices of lemon over sausage and sprinkle chopped onion over all. Combine remaining ingredients, except buns, and bring to a boil. Pour over sausage. Place in oven preheated to 350 degrees (moderate). Bake about 40 minutes, basting frequently with the sauce. Serve sausage with some of the sauce over halves of toasted buns. For servings.

'56 Corn Crop Estimated At 3,369,102,000 Bushels

Washington — (UP) — The Agriculture Department today estimated the 1956 corn crop at 3,369,102,000 bushels. The crop reporting board estimated the 1956 wheat crop at 875,517,000 bushels.



APPLES TO MARKET—Northwest apples are rolling to market. Red Delicious and Jonathans lead the aromatic parade. Here are five delectable apple dishes: Continental dessert of apples and cheese, saucy pink apples, apple ribbon salad, apple sparkle salad and an apple pan pasty. Recipes are included in today's food columns.

The Family Council

Editor's note: The Family Council consists of a judge, a psychiatrist, three clergymen, a newspaper editor, a women's editor and two writers. Each article is a summary of an actual report. The Family Council does not give advice; it merely reports on problems that have been dealt with by responsible agencies and counselors.

Hilda K.—I want to tell my friend her husband is cheating.

Jane M.—The situation is too hot to touch.

Hilda K.—I've never been a gossip and I certainly don't like to be meddling, but a certain situation makes me want to change my policy. The husband of a very nice woman in our set is cheating on her and she has no suspicion of it. The affair has gone on for several months and I know for a fact this woman is blissfully unconscious of it.

She happens to be the kind of woman who is so devoted to her home and children she pays no attention to her appearance and thinks nothing of it if her husband spends several evenings a week away from home. If only she could be put wise to what is going on, she may be able to put a stop to it before the thing gets so serious it's too late. I just want to warn her. My best friend, Jane, thinks I'm all wrong.

Jane M.—This situation is too hot to touch. If we all sit tight, the whole thing might blow over. I know Hilda means well, but she's bound to cause an explosion of some sort. If she tells this woman, it means the whole thing is a scandal. Then we'll all be involved. It's a nasty business for our whole set of friends and will cause everyone to take sides and bring about all kinds of bad feeling.

The Council: This certainly is one of the world's most ticklish situations. If they don't warn the wife, the friends feel as though they are part of the conspiracy to deceive her. But there are many good reasons why the "hands off" policy is usually best.

In the first place, can the friends be 100 per cent sure about the husband? Appearances are sometimes deceiving. Many an innocent man has put himself in a compromising position.

In the second place, can the friends be sure the wife is "blissfully unconscious"? The wife is not likely to announce it to her friends if she is aware of what is going on. She may be putting up a fight the friends know nothing about. Or she may prefer to remain unaware.

Perhaps it would be better in this case if one of the men in the set warns the husband his behavior is compromising and unpleasant stories could get back to his wife. The man who tells may lose the erring husband's friendship, but it could pull the husband up short and make him come to terms with the consequences of his actions. On the other hand, it may simply drive him to more caution. But if he is determined to go ahead with the affair, his friends cannot be held responsible.

Jane is right in feeling this situation might quietly blow over, if let alone. Hilda's action must force the issue to a head. If the wife is told, the situation becomes public and the husband and wife are forced to deal with it in some way. It might be a tragic way for both of them.

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PRESENTS PROGRAM
Ashland—Dr. Loren E. Messenger, Southern Oregon college professor of psychology, gave a demonstration of developmental levels of children of various ages for the Altamont school PTA, Klamath Falls, Tuesday afternoon. Selected children from the district were employed to demonstrate various portions of the presentation.

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