

Feeding the Family

By ZOLA VINCENT
Food Editor

A Dozen Variations on Fried Chicken Theme

The plump, tenderest frying size chickens (broilers too) are in the market at ridiculously low prices due to cooler weather being the demand. Fresh-killers are at their best, being raised from processing plants to your store for good economical eating. If you'd like new ways of fixing up this favorite, consider these ways of "wakening" appetite.

New Seasonings. Try adding different seasonings to the flour mixture in which you "shake" the frying pieces. Half a cup of Parmesan cheese... some dry mustard... curry powder... poultry seasoning. Crush corn flakes and add to flour for crunchiness and new flavor.

New Flavors. Or saute chicken in usual way, adding any of these colorful, flavorful fruits or vegetables: two or three chopped peeled tomatoes... strips of canned pimiento... sliced canned peaches or pears with a little of the syrup from the can. Consider pineapple slices or chunks, or chopped ripe or stuffed olives. Many favor stirring a cup of sour cream into pan juices for

pouring over chicken when served.

Enjoy Share of Honey Harvest

Honey bees are in our every day eating and in our state's economy. Their great contribution to our agriculture is the pollination of at least 50 important crops that are almost entirely dependent on them for seed production. If honey bees are to continue to perform this valuable service, beekeepers must have a ready market for their honey crop. Here are ways in which your family will enjoy honey more often.

Drizzle top of next tapioca, rice pudding or custard with light covering of Oregon honey.

Honey butter is delicious on hot breads, toast and crackers. Cream one-half cup butter thoroughly and gradually beat in one-half cup strained honey until mixture is light and fluffy.

Fine salad dressing for fruit, lettuce wedges or crisp salad greens is achieved by shaking equal parts of honey and fresh lemon juice in a jar, adding seasonings.

Honey biscuits are quickly made by sinking a dab of honey

in top of each biscuit before baking.

For extra flavor and nourishment add two tablespoons honey to a glass of milk.

Peanut Butter Skiparoons

You'll find it hard to believe that you can make such delicious, tempting little treats with only three ingredients and the simplest of mixing and baking procedures, but you can. Crunchy little tidbits that seem to be "filled" because peanut butter winds up in center surrounded by macaroon-like outside. No cookie jar for these. Store loosely covered. Gradually add two-third cup confectioners sugar to one-half cup peanut butter using either chunk or creamy style, mixing thoroughly. Fold in two egg whites, stiffly beaten. Drop by teaspoon onto brown paper. Bake in moderate, 375 degree oven 10 minutes. Remove from paper when cool. You'll get around 24 candy-like cookies.

Oyster Pan Roast

Pacific Favorite

Oysters "B" in season, at their best and Pacific oysters are readily available both fresh and canned. Treat the family to this nutrition-packed, low calorie west coast specialty.

Simmer one quart or three cans Pacific oysters in own liquor until well done. Drain and cut in pieces. (Scissors are good for this). Melt one-fourth pound butter; add drained oysters and shake pan over low

flame until oysters are hot and butter absorbed. Meanwhile combine one cup catsup and 1 1/2 teaspoons Worcestershire sauce and heat to simmer.

Make toast points using five or six slices of enriched white bread. Arrange oysters on toast points and pour sauce over.

Pimiento Potatoes

Plenty of long white potatoes still around. Here's a new, tasty, colorful way with them. Bake six large baking potatoes as usual. Split open and remove po-

Four County Men Attend Grants Pass Meeting

Four Jackson county men attended a district meeting of Dairy Herd Improvement supervisors and extension agents Wednesday in Grants Pass.

Attending the meeting from here were Ed Parsons, Foothills Creek, chairman of the board of directors; Glen Inlow of Ashland and Marvin Wick of Medford; supervisors; and Earl Jossy, county agriculture agent.

WOODS FARE

Reno, Nev.—UP—Air Force combat crews sent into nearby national forests for a week of survival training subsisted on this strange variety of food: 2,100 trout, 200 frogs, 30 ground squirrels, 80 porcupines, three rattlesnakes, two badgers, two rabbits, and numerous quantities of crawfish and fresh water

clams. Mash potatoes, add one-fourth cup hot but not scalded milk. 4 tablespoons butter, two beaten eggs. Season with salt, pepper and add liquid from can of pimientos. Add two whole pimientos, chopped fine and re-fill potato skins. Back into oven for browning over lightly.

Herbed Dressing. For subtle new flavor add one-half teaspoon crumbled oregano leaves to French salad dressing an hour or so before serving.

Pot Roasts, Pork, Poultry

Meat, poultry and fish departments vie for consumer dollars and smart shoppers looking for menu variety might well wind up with a pot roast of beef, a pork shoulder roast or spare ribs, some fryers and a fine batch of rockfish.

Meat Situation. Families are relishing pot roasts and stews surrounded by seasonal, flavorful root vegetables as colder weather takes over. Most markets feature specials on these eating with sweet potatoes or yams, turnips or rutabagas, sauerkraut or applesauce. Fresh cranberry relish is pretty wonderful with pork, too. Plenty of fine flavored lamb at moderate cost and veal per pound compares favorably with beef.

Poultry Buys. Chickens, especially fresh-killers fryers are pouring into the markets keeping prices very low. Look up new ways of fixing them with different seasonings or try slow

simmering after browning, with canned sliced peaches, pears, diced pineapple, diced tomatoes or pimientos for a change. Broilers and stewing hens are bargain priced also. Holiday turkeys will cost even less than last year due to tremendous crops.

Eggs have been designated by US Department of Agriculture as being especially plentiful for this season of the year. Feed father and the children eggs more often at breakfast.

Fish for Change. Fresh fish at least once a week is an excellent menu-planning idea. There probably are 50 varieties of rockfish in our Pacific waters; ocean perch, rock cod, rock bass and many others are readily available in fillets for quick cooking, fine eating. Pacific oysters and halibut are plentiful, versatile for meals that are different.

Vegetable Buys. So many seasonal good things! Give parsnips, turnips, rutabagas, celery knobs a whirl for a change along with

plentiful cabbage, carrots, celery, lettuce, broccoli, Brussels sprouts, tomatoes, sweet potatoes, yams, dry onions, potatoes, squash varieties. Dry beans are plentiful, packed with good nutrition. Serve as vegetable one day, soup next.

Fruit Buys. Good supply of northwest-grown cranberries coming in along with apples, pears, grapefruit, small oranges, Tokay grapes, fresh dates and fresh

figs. Melon season nearing end. Persimmons and pomegranates make good eating, provide color and drama.

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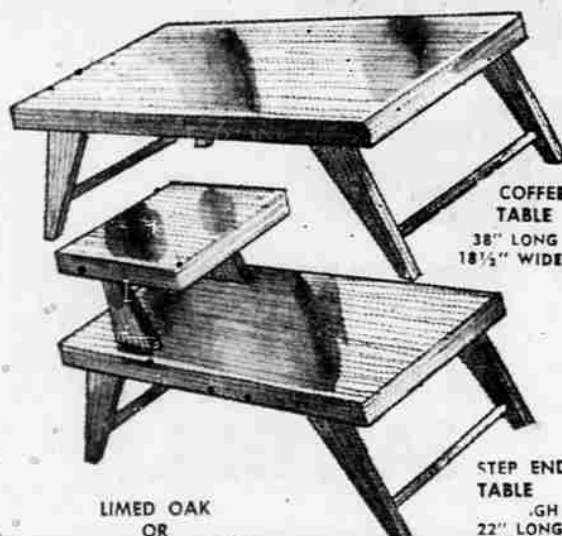
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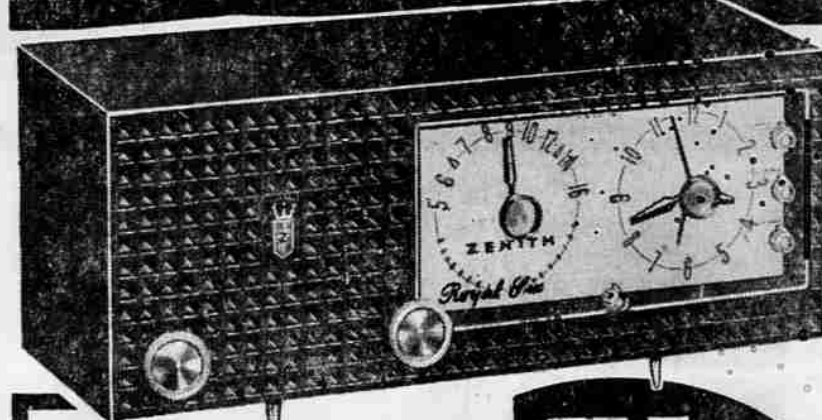
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