

Feeding the Family

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Food Editor

Eat a Better Breakfast And Get Good Start

Holiday season breakfasts deserve a bit of glamorizing and breakfasts throughout the year deserve more attention. Start the new year early by resolving right now to feed the family better breakfasts. Especially if members of your family grumble "what's good about it?" when you say "good morning." Breakfast, coming after a 12-hour fast has a big job to do. The body needs new fuel and energy. Often the days greatest physical and mental activity comes with the mornings work.

Doctors are on our side. So are nutritionists and school teachers and a lot of bosses if they only knew it. Happier days are ahead of the breakfast eater; the boys and girls with some fuel to run on. Father and mother might well set a good example. Thus endeth our lecture on this subject.

Give Them Variety

Fruits. Grapefruit with salt, honey or powdered sugar and sherry; orange segments, maybe sprinkled with coconut. Any of the many fruit or vegetable juices singly or in combination. Try apple sauce, warm or cold with dash of cinnamon or nutmeg; cooked dried apricots, prunes or figs.

Breads. Cinnamon toast for a change, toasted English muffins, corn muffins, biscuits, cinnamon buns or coffee cake whether home-made or from the local bakery. Ways with waffles and pancakes elsewhere in our columns today.

Meat and Fish. Consider bacon, kidneys, chipped beef either creamed or fried, Philadelphia-style apple which comes canned and should be refrigerated before-hand for easy thin-slicing and pan frying. Then there's codfish, creamed or in golden codfish balls, finnan haddie, broiled or creamed, salt whitefish or mackerel, kippers. And little pig sausages are superlative with scrambled eggs and warm apple sauce or cranberry sauce.

Eggs may be fried, boiled, omelet, poached or scrambled. Omelet varieties are beyond numbering. You can fold practically anything edible and finely diced into an omelet or into scrambled eggs.

Coffee, Tea, Cocoa and Milk. Ah, now there's a major item. Coffee must be perfect... and plenty of it! One of the many well-known brands, either of the standard variety for coffee makers or instant coffee which is best made in quantity in a pot or carafe. Tea for those who prefer it and plenty of milk and/or cocoa for the children. Milk on the table in a pitcher encourages milk drinkers, saves re-fill trips to kitchen.

Waffles with Sauce

Now that's different, you'll agree. Use any favored waffle and pancake mix or follow this simple recipe and ladle orange and-prune sauce from chafing dish or bowl as pictured.

Sift two cups cake flour once, measure to get two cups sifted; add two teaspoons double-acting baking powder and three-fourth teaspoon salt and sift again. Combine two well beaten eggs and one cup milk. Add to flour mixture; add five tablespoons melted shortening, then mix only until smooth. Do not beat. Bake in hot waffle baker. Serve hot with butter and sauce.

Orange and Prune Sauce

Combine one-half cup maple-blended syrup with one-half cup diced orange sections, one-fourth cup cooked sifted and quartered prunes (eight medium) and bring to a boil.

Bread'n Butter Waffles

An increasingly popular family filler-upper as more folks try this on their waffle bakers. Spread eight or 10-slices of bread lightly with butter on both sides. To one slightly beaten egg, add three-fourth cup milk and dash of salt; blend well. Dip slices of bread in egg-milk mixture quickly; drain. Bake in moderately hot waffle baker five minutes or until golden brown. Serve hot with maple-blended syrup along with any other favored jams or jellies. But the syrup is a "must" in most families.

French Pancakes Deluxe

These are quite wonderful for breakfast or supper. Mix two slightly beaten eggs with one cup sifted flour, 1 1/2 cups milk and one-half teaspoon salt; beat until very smooth. Bake on hot griddle. Spread pancakes with mixture of apple sauce, sugar, lemon rind and lemon juice or with jelly. Roll as far jelly roll or stack several and cut in quarters. Or fill with whole cranberry sauce, roll and top with soft cream.

Oyster Loaf for Week End Or New Year's Eve Supper

With New Year's day on Tuesday, we're happily confronted with three ideal nights for offering the family and guests an oyster supper treat that will rival the most gala of dinners, yet be entirely different. Plenty of those good Pacific oysters are available fresh, frozen or canned. The loaf is baked in what the

French call a "croustade". Cut off top of loaf of bread and scoop out inside, leaving one-half inch shell.

1 pound loaf enriched bread
3 tablespoons melted butter or margarine
3 dozen small oysters, drained
1/4 cup butter or margarine
1/2 teaspoon celery salt
1/2 teaspoon paprika
1/4 teaspoon pepper
1/2 teaspoon salt
3 drops tabasco
1/2 cup light cream
Parsley
Extra paprika for garnish
Make shell or "croustade" as indicated above. Mix lightly about one-third of the scooped-out crumbs with the three tablespoons melted butter or margarine and brown lightly in skillet. Sauté oysters in one-fourth cup butter or margarine about five minutes or until plump and edges curl. Add seasoning and cream; stir carefully to combine. Fold in toasted crumbs, leaving some for sprinkling on top. Turn into loaf shell. Sprinkle with remaining crumbs. Brush edges of loaf with melted butter or margarine. Bake in moderate oven, 350 degrees, 20 to 25 minutes or until heated through and golden brown on top. Sprinkle generously with paprika and garnish with minced parsley, if desired. Slice with sharp knife. Six to eight servings.



HAPPIER MORNINGS—Better breakfasts for happier holiday mornings and better days! Let your waffle baker or pancake griddle give variety to simple, satisfying meals. Make it festive with an orange and prune sauce like the one 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.

Lloyd G.—My brother should never marry the girl.

Clyde G.—I never deceived her.

Lloyd G.—Three years ago my younger brother, then 23, left home to take a job in another city.

The last time I visited him, he revealed that he has been living with a girl almost the entire time he has been there. I met the girl and thought she was attractive and intelligent and I couldn't imagine why she had gotten into such a foolish relationship with my brother.

Recently I got a letter from the girl begging for my help in urging my brother to marry her. She said she loves him desperately and is convinced they could make a happy marriage, but that he is now frittering away his time and energy chasing every skirt he encounters. I think he has done this girl a great injury. She is a fine girl and I doubt whether he can do better. He should marry her.

Clyde G.—My brother analyzes the situation from afar and knows nothing whatever about it. In the first place, I have done this girl no harm. I never deceived her, never promised to marry her. She was a lonely girl with no confidence in herself. She has been very happy with me and gained a lot from our relationship. I don't see why my own brother should side with this girl against me. It happens there are many good reasons why I should not marry her. We disagree about all kinds of important things. She is willing to give in to me now because she wants to get married, but it would be a different story later. I have now found a girl I really love. She is beautiful, agrees with me about everything and has the same ideals and ambitions.

The Council: Clyde apparently considers himself a pretty shrewd article, but like most childish, self-seeking individuals, he is easily made a fool of. Fresh from his easy conquest of a girl who was "lonely" and had "no confidence in herself" he has stretched his wings and found a girl he "really" loves, but who is not quite so easy. He is convinced that the new girl agrees with him, has the same ideals and ambitions, without admitting the possibility that she could be just as willing as the first girl to "give in now because she wants to get married." The fact is that any girl can buy such love as Clyde is capable of giving by flattering him and catering to his vanity. Clyde has learned by living with the first girl that he cannot tolerate another individual who might "disagree" with him. Such disagreements get in the way of his seeing himself glo-

riafied in the mirror of another personality. He should realize, however, that no woman will be satisfied to remain a flattering mirror for very long.

A realization and acknowledgment that he has done harm, not good, to the first girl would be one step toward maturity on Clyde's part. Another step might be the realization that he has done himself a great deal of harm by seeking relationships that merely bolster his ego. Legalizing his relationship with the girl with whom he has been living should be just one step of a long and difficult self-confrontation for Clyde. Right now he is unable to see, much less love, another person. He would benefit from personal guidance from a clergyman and/or psychiatrist.

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SF Will Reconsider Request of Airline

San Francisco — (AP) — The San Francisco Public Utilities Commission met today to reconsider a request of Pan American World Airways that San Francisco support Seattle as the "gateway" port to the Orient. The commission had voted 3-2 to support the airline.

However, Commissioner Edward B. Baron asked for an opportunity to change his "yes" vote.

The Civil Aeronautics Board recently granted Pan American permission to fly to the Far East via the Great Circle route from San Francisco. The CAB rejected Pan American's plea that it be allowed to fly from Seattle. In asking to change his vote, Baron said he felt that moving part of Pan American's operations to Seattle would threaten San Francisco's position as dominant gateway to the Orient.

WE WELCOME THE NEW YEAR WITH THESE

<p>TOMATOES Cello Pack 19¢ TUBE</p>	<p>The Winners Of Our Christmas Gifts!</p> <p>14" PORTABLE TV SET Gerald Calhoun, Central Point</p> <p>ELECTRIC FRY PAN Mrs. Willie Germann, Central Point</p> <p>STEAM IRON Orth Miller, Central Point</p> <p>RECORD PLAYER J. A. McCavy, Central Point</p> <p>CARVING SET Mrs. Orville Bales, Central Point</p> <p>CARVING SET Ethel Morris, Central Point</p> <p>CARVING SET Alice Wakeman, Gold Hill</p>	<p>BROCCOLI LARGE GREEN 19¢ BUNCH</p> <p>FRESH GREEN TOP CARROTS 2 Bunches for 15¢</p>
<p>BANANAS FANCY RIPE 2 lbs. 29¢</p>	<p>ARIZONA Grapefruit 8 lb. mesh bag 49¢</p>	
<p>Celery Hearts 19¢ pkg.</p>	<p>Good-ee POTATO CHIPS REG. 39¢ SIZE 29¢</p>	<p>MJB coffee 1 lb. . . \$1 05 2 lb. . . \$2 09</p>
<p>SF Will Reconsider Request of Airline</p>	<p>BORDEN'S 3-OZ. PKG. Cream Cheese 2 for 29¢</p>	<p>CIRCUS KING SIZE SPANISH PEANUTS 14 1/2 Ounces 49¢</p>
<p>MIXED NUTS CIRCUS KING SIZE 13 1/2 OUNCES 79¢</p>	<p>Mary Ellen's 10-ounce JAR STRAWBERRY JAM 3 for 69¢</p>	
<p>Strauss Choice Meats ALL MEATS INSPECTED AND GUARANTEED</p>		
<p>HAMS 55¢ lb. Hormel Dairy Brand Shank 1/2 or Whole!</p>		
<p>FANCY FRYERS 2 1/2 to 3 lbs. Plump Birds 39¢ lb.</p>	<p>Rib Steaks or Roasts Choice Aged Ribs 69¢ lb.</p>	<p>GROUND BEEF 3 lbs \$1 00</p>
<p>We Also Have a Nice Variety of Canned Hams and Picnics</p>		
<p>... PAULSEN'S ...</p>		
<p>THRIFT MARKET CENTRAL POINT, OREGON Prices Good Fri., Sat., Mon. Only! — We Reserve the Right to Limit Quantities</p>		
<p>Lots of Free Parking 2 Big Lots AT THE REAR OF THE STORE!</p>		

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