



**BAKED APPLES**—Baked apples may be prepared in advance of a meal, and at dinner all that needs to be done is to reheat them and serve. There are several ways which apples may be baked. Zola Vincent discusses ways of baking apples today.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### ECONOMY-WISE FOOD HINTS

Right now as we face a new year confronted by all those bills hanging over from the old year, seems a fine time to check up on some of our thrift habits, if not any. A good diet depends not so much on the amount of money it costs as on the nutritive value of the different foods selected for it.

If we're going to balance our budgets, we're going to find it necessary to wage a little war on waste in our kitchens, far from the gay abandon of December. Smart, economy-minded homemakers take into consideration the season of the year, the plentiful, the fresh foods covered in this newspaper's weekly market report, the newspaper-advertised specials in all departments, the market displays of best buys.

### Avoid Wasteful Ways

Waste begins with selection of food and carries right on through improper storage and use of leftovers. Consider the prodigious amount of fat wasted through improper storage.

Leftover fats and drippings are good food and can be used again but they must be stored in a dry, cold, dark place. Left on stove to grow rancid, they'll spoil flavor of other foods in which they are used.

There's waste in products that are carelessly prepared and so turn out to be failures. Careful measuring according to recipe or package directions can make the difference between a cake or dish that is thoroughly enjoyed or only half eaten.

When meat is improperly cooked, allowed to brown overmuch or cooked at too high a temperature, it shrinks more than necessary; gives fewer servings per pound.

### Leftovers Heated

To preserve best flavor of leftovers, heat them thoroughly but do not cook the food again.

Leaf vegetables such as tops of beets or turnips, escarole, kale, spinach, collards are all approximately equal in food value. Use whichever is available at lowest price.

Sweet potatoes and white potatoes may be used interchangeably. White potatoes usually are the better buy but sweet potatoes are a treat once in a while.

Odd bits of tomatoes, green onions, green peppers, celery and parsley can be depended upon to add new flavor and interest as well as bulk and nourishment to leftovers.

### May Be Amazed

Check the refrigerator and bread box each morning; otherwise you may be amazed at what you find lurking there a few days hence.

Fruits and vegetables, being perishable, should be bought only in reasonable quantities and with appreciation of refrigeration and storage space. They should be examined carefully for spots and bruises of any kind, tending toward early decay. Almost any part of a vegetable can be salvaged and will add nutritive value as well as flavor to your soup stock.

Waste of milk can be avoided by utilizing sour milk in many delicious ways such as biscuits, pancakes, shortcakes, muffins among dozens in your cookbooks.

Dried fruit and dried beans and peas which have been soaked for several hours or overnight require less cooking. They should be cooked in the water in which they are soaked, retaining all those good health values.

### Macaroni Products

Macaroni products are perhaps the most versatile and economical of all foods; make a fine meal when simply buttered, added to cream or cheese sauce; combine well with practically any other food.

Fish and poultry are plentiful in our area; comparatively inexpensive and may well be used in menus more often.

Planned-evers save time, money and energy. One day's good eating often makes an even better meal when new seasonings are added for peppering-up purposes.

Brown and white eggs have the same food value. Use whichever costs less.

Cook potatoes, both white and

sweet in their jackets; eat skin and all.

Eat all edible garnishes such as lettuce and parsley.

Don't peel tomatoes or pare cucumbers or apples; important health values are in the skins.

### Apples in Baking

Boon to the busy homemaker is baked apples which may be prepared in advance, even a whole day ahead. Then when dinner time comes around, reheat them and serve. No one needs to be reminded that apples are at peak of their eating goodness, plentiful in our markets.

### Apple Buying

It's wise to buy apples with an eye to how they are to be used. There are broad-shouldered red Delicious apples which hail from Washington State's famous apple valleys. Ideal for eating out of hand and salad making. There are crisp, juicy, all-purpose apples like the rosy Jonathans and golden Delicious and the red yellow striped Rome Beauties which are unsurpassed for baking.

### Macaroni Apples

Using 6 Jonathan, golden Delicious or Rome Beauty apples, core and pare the top third of each apple. Fill with 6 crumbled coconut macaroons. Combine and cream together 1 cup sugar, dash of salt, 2 tablespoons shredded orange rind and ¼ cup softened butter or margarine. Add ½ cup orange juice combined with ½ cup water. Add a little red food coloring if you like.

Pour sauce over filled apples in deep baking dish. Bake uncovered in moderate oven, 350 degrees, about 45 minutes or until tender. Baste frequently

## Around Hollywood

By ALINE MOSBY  
United Press Correspondent

Hollywood — U.P. — The most controversial Hollywood film in years, "Baby Doll," has been called obscene by some critics but one of its stars, Karl Malden, defends it as "honest" and "setting a new trend."



Aline Mosby

The story of the young bride who has a kissless marriage has stirred up lively battles. The movie was condemned by the U.S. Catholic Legion of Decency. In England a representative of the Catholic Film Institute described the film as "degrading" but said he saw no reason why adult Roman Catholics should not see it.

"I believe it's the most honest picture ever made in America," the affable Malden said. "I also think this will start a new trend in honest pictures with adult themes. If you're going to get people away from TV sets, you have to make pictures that are adult."

### Face Reality

"Look at 'Man with the Golden Arm,'" he continued. "It didn't even get a Producers' Association Code seal of approval. ('Baby Doll' did). You can't be an ostrich and put your head in a hole and say certain conditions don't exist."

To those who claim "Baby Doll" is too sexy, Malden replies, "Whether the girl is seduced is left to the individual to decide." The film never makes that point clear.

"If you're going to look for smut you'll find it in the Bible," he said. "The cheesecake in 'Baby Doll' is nothing compared to Mariyon Monroe in 'The Seven Year Itch' when her skirt was blown over her head."

### Unique Film

Although "Baby Doll" is a unique film, Malden is pessimistic about its chances in the

Oscar race. He thinks the controversy "will frighten Academy voters." Others feel Malden, Eli Wallach and Carroll Baker all rate Academy Award nominations for their superb efforts in the unusual movie.

More important, the actor thinks, is that the movie introduces a new format to the screen. The ending is more like that of a short story or one-act play (it was based on a one-act play by Tennessee Williams). The fate of each of the three characters never is revealed.

"The picture hasn't been out long enough for me to get fan reaction in the mail," he said. "But when I played a priest in 'On the Waterfront' I got crank letters threatening me. So, what are you going to do."

### Dogs in County Must Have Licenses March 1

All dogs over eight months old are required to have dog license according to county clerk, Mrs. Bertha P. Hopkins.

Licenses may be purchased in the county clerk's office in the county courthouse for \$1.50 and are good anywhere in the state. March 1 is the deadline for buying the new dog license.

Westerners are sweet on Spreckels new Powdered Sugar



...cause it's 50% finer than ever before! Yep, finer than any other brand—for the smoothest, creamiest, yummiest frostings of all!

with pan sauce to glaze. Serve plain or with whipped cream flavored with a little shredded orange rind. Six servings.

### Sugar and Cinnamon

Fill center of each apple with sugar and cinnamon, place 1 teaspoon butter on each apple. Bake with a little water in pan.

Stuff apples with combination of equal amounts of seedless raisins and chopped apple. Make syrup using equal amounts of light corn sirup and water; add 2 tablespoons red cinnamon candies. Pour cinnamon sirup over apples and bake.

Fill apples with orange marmalade and bake. Just before apples are ready to come out of oven, place a marshmallow on top of each and return to oven just long enough for marshmallow to puff and brown lightly.

## MOTHER NATURE PROVES



THAT DOGS REQUIRE FATS IN THEIR DIET!

### HERE'S THE PROOF:

#### FAT CONTENT IN MILK

MOTHER DOG . . . . .	11.2%
COW . . . . .	4.0%
HUMAN . . . . .	3.5%

A complete, balanced diet ready to serve. No additional meat is required.

**ENERGIZED!**  
with fresh beef fat

Test after test has proven that dogs do require a high percentage of fat in their diet (3 times that of man). Dr. Ross' vita-meal and vita-bits are fortified with fresh beef fat to give your dog his daily requirements.



AVAILABLE IN 2, 5, 10, 25 lb. SIZES

**Dr. Ross' vita-meal and vita-bits**  
THE WEST'S LARGEST SELLING QUALITY PET FOODS!

PAULSEN'S No. 1

# THRIFT MARKET POTATOES

CENTRAL POINT

## ONIONS

SPANISH DRY

# 3 LBS 19c

## POTATOES

# 10 Lbs. Mesh BAG 39c

## CABBAGE

SOLID HEADS

# 5 lb 5c

## LETTUCE

LARGE - FIRM

# 2 Heads 19c

## APPLES

NEWTOWN

# 4 Lb. Cello Bag 29c

## LEMONS

# 35c doz

## Rib Steak or Roasts

Tender Aged Beef

# 69c lb.

## Strauss Choice Meats

ALL MEATS INSPECTED AND GUARANTEED

# FRANKS

BIG, JUICY ONES

# 3 LBS 1.00

## Pot Roast

U.S.D.A. CHOICE

# 49c lb.

## GROUND BEEF

FRESH LEAN BEEF

# 3 LBS 1.00

## STEAKS

T-BONE

# 98c lb

U.S. CHOICE

## GROUND ROUND

# 65c lb.

## STEAKS

Round or Swiss

# 79c lb.

## TUNA

BITS-O-SEA - 1/2 SIZE CAN

# 5 FOR 1.00

Light Meat Grated

## Toilet Tissue

SCOTT

# 10c roll

## CATSUP

DEL MONTE - 14-OZ. BOTTLE

# 19c

## CORN

MISSION CREAM STYLE 303 CAN

# 8 for 1.00

## COTTAGE CHEESE

SHURFRESH

# 32c PINT

# Detergent

Energy Giant Box

# 59c

... PAULSEN'S ...

# THRIFT MARKET

CENTRAL POINT, OREGON

Prices Good Friday, Saturday Only - We Reserve the Right to Limit Quantities

Lots of Free Parking  
2 Big Lots  
AT THE REAR OF THE STORE!