

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## STEW USES LAMB

The best perk-up for the budget and for the appetite after the holiday eating binge is a good old-fashioned lamb stew with fragrant, flavorful green and yellow vegetables, followed by the family's favorite baked apples.

Lamb is a bargain beyond compare, especially the shoulder and breast of lamb cuts. We can hardly believe our eyes, so you'd best take a look too. If you've a freezer, put in a few extra meals.

- 2 pounds lamb shoulder or breast of lamb cut in 1-inch squares for stewing
- 2 tablespoons oil or shortening
- 2 teaspoons salt
- Pepper
- 4 tablespoons flour
- 4 medium potatoes
- 8 small onions
- 4-8 carrots
- 1 cup celery
- 1 cup green beans
- Garlic, if desired
- Chopped parsley

Heat oil or shortening, add lamb and carefully brown on all sides using moderate heat. Don't crowd. Sprinkle with salt, pepper and flour, coating lamb well. Brown for a few minutes longer, then add boiling water to not quite cover meat. Cover tightly. Simmer gently for 45 minutes. Add the potatoes, pared and cubed, whole small onions, carrots, scraped and sliced thick, celery cut in 1/2 inch lengths. Add a generous dash of salt and handful of chopped or dried parsley. Cover and simmer 40 minutes longer, adding green beans during last 10 minutes. Eight servings. Many like to top this with dumplings toward cooking end.

Our family likes to add a bay leaf, a clove of garlic finely chopped, a dash of thyme or oregano and a teaspoon of caraway seed early in the making.

### Quick Chocolate Sponge

Children like this. To 1 package chocolate pudding add 2 cups milk. Cook over low heat stirring constantly until it thickens and boils up once. Remove from heat, cool to lukewarm. Add 1/2 teaspoon vanilla extract and 6 cut-up marshmallows stirring only to mix in but not melting them. Pour into mold and chill until firm. Six servings.

### Pork Chops with Jelly Glass

Plenty of pork puts this American favorite on the tables often for January enjoyment. Pork chops or pork steaks should not be broiled or fried as this tends to dry out the meat, spoils the fine flavor. Thing to do is to braise them.

Braising consists of browning the floured or un-floured pork chops in a little hot fat, then adding a small amount of liquid, turning heat down low and cooking until chops or steaks are tender; about an hour. We fix them like this:

Brown pork chops or steaks, sprinkle generously with salt and pepper; add 1/4 cup water, 1/2 cup currant, apple or grape jelly and just enough allspice to season slightly. Arrange chops on shallow baking pan, spread jelly over and slip under a pre-heated broiler just long enough to melt jelly and glaze chops. Make gravy from drippings in skillet and serve with noodles, rice, white or sweet potatoes.

### HOT TURKEY

If you've holiday poultry leftovers either in refrigerator or freezer, here's a fine idea for week-end lunch or supper menu. Six servings.

Combine 2 cups cooked turkey or chicken cut into cubes, 2 cups thinly sliced celery and 1/2 cup chopped walnuts with 1 cup mayonnaise Season with salt, freshly ground pepper, 2 teaspoons grated onion and 2 tablespoons fresh lemon juice. Heat thoroughly. Pile lightly into 6 individual casseroles or one big one, for that matter. Sprinkle with grated American or Parmesan cheese and finely crushed potato or corn chips. Bake in hot oven, 450 degrees, about 10 minutes or until lightly browned.

### Baked Bananas

This very good "buy" is excellent served hot as a vegetable or as a dessert with cream, syrup or a hot fruit sauce. For each four servings, peel 4 firm bananas; place in well-greased baking dish. Brush well with butter or margarine and sprinkle lightly with salt. Bake in 375 degree oven 15 to 18 minutes or until bananas are tender.

### Vintage Pie

There are few food combinations under the sun and here is one that is especially newsworthy. Vintage pie combines rich purple grape juice with seeded raisins to make not only a most attractive looking dessert but one that will get recalls.

- 2 1/2 cups seeded raisins
- 1 cup purple grape juice
- 1 3/4 cups water
- 1/2 cup sugar
- 1/2 teaspoon salt
- 4 tablespoons quick-cooking tapioca
- 2 tablespoons butter
- 2 teaspoons cider vinegar

Pastry for double 10-inch crust

Rinse raisins to plump slightly. Combine all filling ingredients in saucepan and cook 12 to 15

minutes, stirring frequently. Pour into pastry-lined deep pie pan, cover with top pastry crust and brush with milk. Bake in hot oven, 400 degrees, 10 minutes. Reduce heat to 350 degrees and continue baking 15 to 20 minutes longer. Eight servings.

### Zesty Tabasco

No question about it, west-coasters like food with a little more zest than those in other parts of the country. Talking with Tabasco folks recently, they deplored tendency of many to "use a dash of Tabasco"; asked why "take chances on not enough or too much seasoning when it's so simple to be right?"

Here are some "right" ideas from their culinary experts.

Eggs take on new zest if "a few drops" of Tabasco are added to either boiled or poached eggs after they are cooked, to scrambled eggs and omelets after eggs have been beaten and before they are cooked. Good, too, added to your favorite stuffing for deviled eggs.

Gelatin salads take well to Tabasco's tang. Add 1/4 teaspoon with other seasonings to any basic recipe calling for one envelope of gelatin. Vary good in molded seafood salads.

Give a little zing to gravies and white sauces with 1/4 teaspoon Tabasco to 2 cups of gravy or white sauce adding it along with other seasonings. Creamed eggs, chipped beef or chicken a la king will appreciate the extra piquancy of Tabasco.

Soups and stews take well to Tabasco. How about Tabasco-flavored melted butter for vegetables?

### Important in Diet

A fine spread for bread is old fashioned unspiced molasses which contributes iron so important to our diet. Iron as you probably know helps prevent fatigue due to anemia and helps put roses into children's cheeks. One slice of enriched bread spread with 1 tablespoon of molasses is enough to provide about 1/4 of a normal child's minimum daily iron needs.

Many mothers, aware of the importance of iron in the children's diet, give them a daily molasses milk shake made simply by stirring one tablespoon molasses into one cup of cold milk.

Try one part butter or margarine to two parts molasses and simply heat in saucepan for pouring hot over french toast, waffles or pancakes.

A delicious sandwich blends molasses into softened processed cheese, into cream cheese or into peanut butter. Add chopped dates, nuts or raisins for a change.

### Mayonnaise Variation

Mayonnaise with its many variations is ideal for stuffed tomatoes, lettuce wedges or shredded lettuce; perfect for cold salmon or salmon salad. For extra zip, try adding 1 teaspoon dry mustard or a tablespoon of horseradish or mustard-horseradish to half a pint of mayonnaise. A completely different and delicious salad dressing results.

Leftover cauliflower, pureed, makes a delicious cream soup. Add a little grated onion for zest and garnish with a few tiny whole flowerettes. Paprika for color and you've a new kind of soup for serving either hot or cold.

When you're frying ham and it is almost done, scatter some drained pineapple chunks around it in the skillet and stir so they will brown quickly all over. Serve with scrambled eggs for a very good breakfast or brunch.

Frozen or canned green lima beans get gourmet touch when cooked with a slice or two of onion and several canned pimientos, chopped up. Add the pimientos about 5 minutes before the end of the cooking time.

### Bianconi to Begin Duties on Jan. 14

Jerry V. Bianconi, 32, of 145 North Third st., Central Point, who was appointed Jackson county veterans' service officer yesterday, will officially start his duties Jan. 14, the county court announced today.

Bianconi was in the Army combat medical corps for three years during World War II and was wounded during combat. He is commander of the Myers-Holland American Legion post at Central Point. He is also a former commander for the Veterans of Foreign Wars at Weed, Calif.

Until recently, Bianconi was a logger. He has been a resident of Jackson county for 5 1/2 years. He and Mrs. Bianconi have three children.

### RESCUES UNGRATEFUL DOG

New York — (U.P.) — Police-man John H. Loughlin, 48, who has won five citations for bravery in action, went out on the ice of Central Park Lake Thursday to rescue a stranded dog. The dog bit him and scampered away. Loughlin fell through the ice. He also is taking painful anti-rabies treatment. Four of his citations were for subduing men with guns. In these actions he never received a scratch.

## They'll Do It Every Time By Jimmy Hatlo



THANKS AND A TIP OF THE HAT TO THE ARTISTS OF THE WORLD FOR THEIR COOPERATION IN MAKING THIS COMIC POSSIBLE.

## Engineers Call For Survey Parties

Portland — The Portland district, Corps of Engineers, has invited bids for furnishing two five-man survey parties for approximately 60 working days for surveys on the Rogue, Coquille and Umpqua rivers.

Col. Jackson Graham, Portland district engineer, said the work would include traverse, profile, cross-section and sounding surveys in connection with general investigation studies of bank protection and similar local project surveys on these three rivers and at other locations throughout the Portland district.

The bids will be opened in Col. Graham's office, 628 Pittcock Block, Portland, at 2 p.m. on Jan. 14.

Each survey party will consist of a party chief, one instrumentman, two rodmen-chainmen and one axeman.

Buenos Aires — (U.P.) — The possessions and treasures of ex-Dictator Juan D. Peron will be put on public auction soon, informed sources said today.

The sources said the decision to sell the treasures Peron collected during his regime was made at a high-level meeting Thursday night. Peron currently is living in Venezuela.

Waukesha, Wis. — Elliot A. Johnson, president of the Weber Brewing Co., announcing production of "beer" in three flavors—cola, punch and collins.

"Confirmed beer drinkers do not care for a beverage of this type, so it won't bother the beer industry one bit."

## 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 T. — I've learned my lesson... but I can't live like this. Mrs. M. T. — She has proved she can't handle freedom.

Hilda T. — Three years ago, when I was 18, I had an affair with a married man and gave birth to an illegitimate child. My mother was very good to me at that time, and I went home with my baby.

Since then my mother has been very mean and bossy. She treats me like a 12-year-old. She wants to pick my friends. She opens my mail. She threatens to send out a police alarm if I'm not home at a certain hour.

I've learned my lesson, and I won't get into trouble again, but I can't live this way. I want to move away from home and put my baby in a day nursery.

Mrs. M. T. — This whole tragedy came about because I was too careless and gave Hilda too much freedom in the past. She has proved she can't handle freedom.

Hilda admits I was good to her when this thing happened. I know she has suffered and I don't want to make it hard for her. Everything I do is for her

own good. I want her to marry, but the friends she has chosen will not help her.

I won't let Hilda leave home with the baby. I'll see that she doesn't get custody of the child. If she leaves home, it will prove she is not a fit mother.

The Council: This mother is overstepping her bounds in an attempt to make up for her past failure with Hilda.

Hilda is now 21 and a mother. She has undoubtedly suffered much. She cannot be treated like a schoolgirl.

Mrs. M. T. may be right that Hilda's friends are not the best ones for her. In that case, she can only discuss the question seriously with Hilda and point out what she finds objectionable in these friends. She cannot dictate. She has no right to open Hilda's mail.

Even if Hilda yielded to her mother's terms, the situation would not be a good one. Hilda is an adult who must manage her own life. If she simply accepted her mother's authority, she would never learn to do this.

Mrs. M. T.'s threat to take away Hilda's child is cruel and has no sound basis unless she can positively prove Hilda is mentally or morally incompetent.

It would certainly be better for this girl to live at home, but Mrs. M. T. should realize that the home conditions must be reasonable, adapted to the needs of an adult.

Hilda appears to be grateful for her mother's goodness in the past and would, therefore, be open to her mother's influence if Mrs. M. T. were tactful and made suggestions instead of laying down the law.

If Mrs. M. T. has any reason to feel Hilda is again stepping into dangerous territory and she finds she cannot influence her daughter, she should call on the help of a clergyman or social worker attached to a reliable community agency.

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## Quotes From the News

By UNITED PRESS

Hollywood — Actor Michael O'Shea pointing to his target as evidence he did not intend bodily harm when he shot at a neighbor's tractor:

"I can shoot straight—two shots, two tires."

Rome, Italy — Mirko Skofic beaming at the news his actress-wife Gina Lollobrigida is going to have a baby in July:

"If it is a girl I am sure she will be as beautiful as Gina."

Miami — Federal Judge Emmett Choate ruling that Miami and Florida buses must allow riders to travel on a mixed basis:

"I have no hesitation in saying that these segregation laws are unconstitutional and hence are unenforceable."

London — Movie-maker Michael Todd turning aside questions about his rumored plans to marry Elizabeth Taylor when she divorces Michael Wilding:

"Sometimes I just don't hear too good."

Waukesha, Wis. — Elliot A. Johnson, president of the Weber Brewing Co., announcing production of "beer" in three flavors—cola, punch and collins:

"Confirmed beer drinkers do not care for a beverage of this type, so it won't bother the beer industry one bit."

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## Gas Tax Brings \$1 Million a Week

Portland — (U.P.) — When the state of Oregon originated the gasoline tax back in 1919 it knew it had a good thing but it couldn't have known how good it would prove to be.

That first tax was one-cent a gallon in 1919. And in the first three days of 1957, the gasoline tax produced as much revenue for Oregon as the one-cent tax produced in the entire year of 1919.

The figures were disclosed today by Don K. Bagley, Oregon Oil Information committee chairman. He said:

"Gas tax revenues are now being collected from Oregon highway users at the rate of \$1 million every week. The present 6-cent state gasoline tax is expected to produce an estimated \$34 million this year, while the 3-cent federal tax will bring total motor fuel tax collections in this state to an estimated \$52 million.

"It is true, that there are now nine times as many motor vehicles in use in Oregon as there were in 1919, and that many of these vehicles are receiving greater use, but this only partially explains the fact that gas tax revenues are now running 118 times as high. The present combined state and federal tax rate of 9 cents a gallon is equivalent to about a 39 per cent sales tax on gasoline."

## FAULTY FURNACE FIRES FIRM

Atlanta, Ga. — (U.P.) — The Holland Furnace Company explained today that a minor fire which broke out in a faulty furnace at its headquarters was not due to one of the firm's products.

## AF Investigates Helicopter Crash

Edwards Air Force Base, Calif. — (U.P.) — Air Force officials today investigated the crash of a helicopter in the desert near this test center, claiming the lives of three airmen.

The Sikorsky helicopter plunged to earth Thursday and burned three miles west of the base. The craft was on a routine training mission.

The victims were identified as Capt. Wayne W. Eggert, 34, of Sumner, Wash., the pilot; Capt. Newell H. Lynch, 36, of Mulberry Grove, Ill., co-pilot; and Airman 3-C Charles M. Scott, 23, of West Lafayette, Ind.

Registration for the winter quarter will continue through Tuesday, Mrs. Winston said.

## 616 Students Enroll For Winter Quarter

Ashland — A total of 616 students had enrolled by 4 p.m. Wednesday, for Southern Oregon college's winter quarter, according to Mrs. Mabel Winston, registrar.

Last year at this time only 517 students had enrolled, it was pointed out.

Of the total registered to date, 365 are men as compared with 315 men registered last year, and 221 are women as compared with 202 women registered last year. Forty-four of the students are entering SOC for the first time and 166 are war veterans.

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