

Feeding the Family

By ZOLA VINCENT
Food Editor

Look at Lettuce Crop: See What Keeps Bees Busy

Lettuce and honey. Now there's a combination, you'll agree. But we read in another good newspaper on Sunday that sauerkraut made "conversation piece" ice cream. We haven't tried that yet, but one thing we do know is that lettuce and honey are both mighty important crops on the Pacific Coast, both worthy of a lot of conversation. We also know that honey goes into many a good fruit salad dressing and what's under the fruit? Lettuce.

Lettuce growers of the Imperial Valley, California, recently celebrated the harvesting of a \$29 million crop with a three-day festival, and the American Beekeeping Federation chose Southern California for its annual convention last week end; both rejoicing in nature's bounty. Now don't get the notion that bees pollinate lettuce; almost everything but not lettuce.

Honey bees are almost entirely responsible for the continuance of 50 or more crops important in the economy of the Pacific Coast. Honey bees of Southern California are partial to orange trees and sage while northern honey bees pay a great deal of attention to cotton and alfalfa, along with all the other flower-bearers. In fact, if it has a flower, there are likely to be bees about. More on this subject elsewhere, in our columns.

California Lettuce

The Salinas-Watsonville-Hollister area of Central California is the most important lettuce producing and shipping district in the United States. Each year this district ships approximately 50 per cent of the commercial lettuce. From May through October, Salinas accounts for more than 80 per cent of the total United States carrot shipments. Imperial Valley is the most important district in the country shipping about 70 per cent of all lettuce during January and February. The Blythe area is stepping up production right along.

Western iceberg lettuce is distinguished by firmness of head and crisp texture, is far and away the leader in popularity. Next popular favorite is Cos or romaine which is distinguished by its elongated head, stiff leaves and upright habit of growth. Iceberg and romaine often are combined in the making of the west's famed Caesar and all other tossed salads.

Toss Lightly with Zesty French Dressing

Use a light hand in tossing a salad. Never stir or mix with a heavy hand. Have salad greens fresh, clean, chilled and crisp; no moisture clinging to the leaves. Pat dry before using.

We belong to the tear-lettuce-with-hands into bite-size pieces rather than the cut-up or shredding-with-a-knife. We make salad dressing well in advance so that seasonings can blend well; an exception being the Caesar salad where dressing is done at the table.

1 cup salad oil
1/4 cup vinegar
1 1/2 teaspoons salt
Pepper and paprika
Dash of celery salt
1 teaspoon sugar
2 tablespoons catsup
1 tablespoon lemon juice
1 1/2 teaspoons worcestershire
2 cloves garlic, split

Measure all ingredients into a bottle or jar. Cover tightly and shake well. Chill several hours; remove garlic. Shake well before serving. Makes 1 1/2 cups.

Roquefort Dressing. Add one-third cup crumbled cheese to zesty French dressing.

Curried Dressing. Add one-half teaspoon curry powder to zesty French dressing.

Olive Dressing. Add one-fourth cup sliced stuffed green or chopped ripe olives to zesty French dressing.

Herb Dressing. Add one teaspoon chopped parsley, 1 1/2 teaspoons chopped chives and one-half teaspoon crushed dried marjoram to zesty French dressing.

Honey-Fruit Cake Topping

Whether you follow a favorite recipe or use one of the tremendously popular and quite satisfying chocolate cake or devil's food mixes, you'll find this honey and fruit topping, as pictured, a special treat. It requires no cooking; goes on the fresh, cooled cake. Topping must be used day it is prepared.

1 egg white
1/4 teaspoon salt
1/4 cup honey
2 tablespoons thick apricot puree or applesauce
1/2 teaspoon lemon rind
Spices, if desired

If you're applesauce or cooked apricots around, use them; otherwise a can of baby food apricot puree or applesauce is ideal. Beat egg white and salt until it stands in a peak. Continue beating and slowly add honey. When mixture stands in stiff peaks, fold in fruit puree and lemon rind. Makes enough to cover top and sides of two nine-inch layers of cake. A dash

of nutmeg, allspice, cloves or cinnamon is favored by many.

Honey-ed Salad Dressings
Remember that honey loves to be warm; will flow with ease into an oiled measuring cup without sticking to you or the container. Here are two honey salad dressings considered ideal for any combination of fresh or canned fruit salad arrangements.

Mix one teaspoon paprika, one-half teaspoon powdered dry mustard, one-half teaspoon salt, one-half teaspoon celery salt. Add one-half cup liquid honey, three tablespoons lemon juice, one-quarter cup vinegar. Slowly add one cup salad oil, beating until well blended. Makes about two cups.

For a tart honey salad dressing, combine one-half cup liquid honey, one-half teaspoon salt, one-third cup chili sauce, one-third cup wine vinegar, one tablespoon onion and one tablespoon worcestershire sauce. Slowly add one cup salad oil, beating until well blended.

Orange Waffles. Start your day off right with a tasty hearty breakfast of fruit, orange waffles, bacon and lots of ice cold milk and/or steaming coffee.

For orange waffles simply add one tablespoon grated orange peel to your favorite waffle batter. Bake as usual and serve topped with orange slices and plenty of honey, orange flavored, of course.

Crabmeat Cakes

Truly a Treat
Pacific Coast Dungeness crab and Alaska King crab are increasingly available the year round. Dungeness can be bought fresh, frozen or canned while Alaskan King crab is shipped frozen from far northern waters. A favorite western method of serving is to crack the cooked crab claws and pile on a platter with the body meat. Serve with lots of mayonnaise, a green salad and French bread covered with butter and parmesan cheese, then toasted under the broiler.

These crabmeat cakes are equally delicious, though quite different.

1/3 cup butter
1 clove garlic
1/4 cup flour
1 cup milk
1/2 teaspoon salt
Pepper to taste
1 teaspoon worcestershire sauce
1/4 cup dry fine breadcrumbs
1 2/3 cups flaked crabmeat
1 egg beaten, diluted with 1 tablespoon water
1 hardcooked egg, chopped

Melt half the butter with sliced clove of garlic in saucepan; remove garlic when butter is melted. Blend in flour, add milk, stirring constantly. When sauce boils and thickens remove from heat; add salt, pepper and worcestershire sauce. Add one-fourth cup of the bread crumbs to half the sauce, then add crabmeat. Mix thoroughly, cover tightly and chill in refrigerator. This mixture will shape into about 10 small patties. Dip the patties into the remaining bread crumbs, beaten egg and again in the crumbs. Pan fry in remaining butter in moderately hot skillet about five minutes. Thin the remaining white sauce with remaining one-quarter cup milk and reheat with the chopped hard cooked egg. Pour over hot crab cakes and serve. Makes five servings.

Dried Beef Rarebit. A fine luncheon specialty for family or unexpected guests. Many keep a jar of dried beef on the emergency shelf for just such a use. Simmer three cups cooked fresh or canned tomatoes with one

cup shredded dried beef and one cup grated cheddar cheese together for five minutes, stirring until cheese is melted; add two tablespoons butter and dash of pepper. Stir in two slightly beaten eggs and cook gently over low heat a minute or two. Pour over buttered toast points. Makes six servings.



HONEY PLENTIFUL—Honey, nature's oldest sweet, is in plentiful supply and it will pay us to keep honey bees busy by using their product often. Here, a heavenly honey fruit frosting tops a devil's food cake. Recipe along with the prize collection of honeyed salad dressings are included in today's food columns.

Holmes Addresses Council of Churches

Portland—(U.P.)—Gov. Robert D. Holmes told the Portland Council of Churches Tuesday night that he believes "a politician who talks publicly about moral issues" runs into danger. The governor said he believes this type of politician frequently is classified as "a pious fraud on a permanent basis, or a pious pirate on a temporary basis."

Holmes told church leaders he would not "give lip service to an idea which I reject morally."

Forrester Named To Education Board

Salem—(U.P.)—J. W. (Bud) Forrester Jr., 43-year-old editor and publisher of the Pendleton East Oregonian, has been named by Gov. Robert D. Holmes to succeed the late Bernard Mainwaring on the State Board of Higher Education. Forrester becomes the Oregon State College representative on the 10-man board, which controls all of the state institutions of higher learning. Both he and Mainwaring, Salem editor and publisher who died two weeks ago, received their higher education at OSC. Forrester was named to Mainwaring's unexpired term which ends March 2, but Gov. Holmes said he intends to reappoint him to a full six-year term at that time. The appointment must meet the approval of the Oregon Senate.

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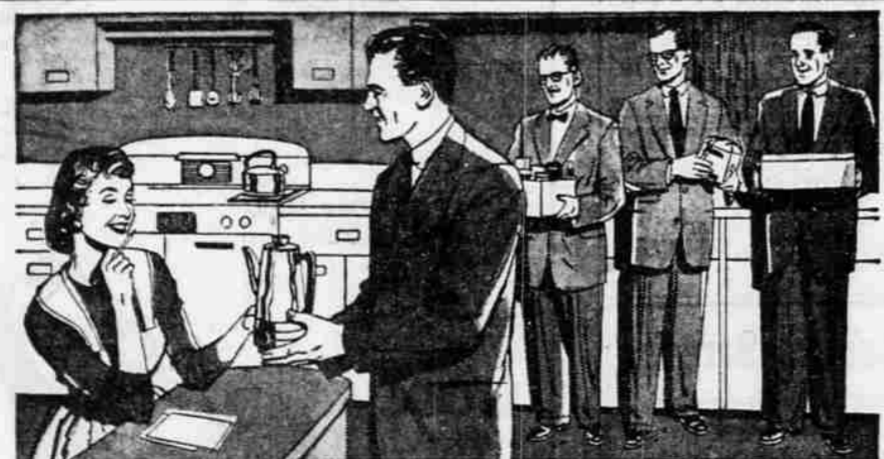
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