

Feeding the Family

By ZOLA VINCENT
Food Editor

Frozen, Ready-to-Cook Poultry for Convenience

Not so long ago Americans were restricted in their choice of poultry by the seasons. Today, thanks to the frozen foods industry and to homemakers' demands for convenient, easy-to-handle food products, poultry freezing has expanded to the point where it is possible to serve any form of poultry... any day of the week... any month of the year.

Almost one-third of all poultry slaughtered in the United States is brought to the consumer in frozen, ready-to-cook form. Frozen chickens and turkeys are available whole, in halves, in quarters; or you can pick up a package of your favorite part such as thighs, breasts, livers or even necks and wings.

Frozen poultry may be cooked with or without thawing dependent upon manner of usage. Once thawed it should be cooked immediately. Never refreeze.

Fried Chicken with Corn Gravy

Ideal Recipe for Novice Cooks
Next to just browning cut-up pieces of butter, salt and pepper, covering and cooking until tender this recipe is just about the easiest way there is to fry chicken. Ideal for the novice cook or new wife... foolproof and the results are gratifying.



FROZEN CHICKEN THIGHS—Americans love fried chicken. They also love convenience and economy. So we combined easy-to-use, waste-free frozen chicken thighs with abundant canned corn to make this tasty, good looking fried chicken with corn gravy. More about poultry is included in today's food columns.

Sniders

Ice Cream
THE FUN FOOD
THE WHOLE FAMILY LOVES!



Everybody's "refresher course!"
Ice Cream is one food that's sure to please! Kids grow up loving it... big folks never outgrow it. And no wonder! Ice Cream is so satisfying... so much fun! Better check your supply!

ICE CREAM IS PURE PLEASURE
SNIDER'S DAIRY

gravy boat on mashed potatoes or biscuits.

Seasoning Suggestion: We like to add poultry seasoning or oregano and thyme to the flour for additional flavor. Also chopped parsley and/or pimiento add color and flavor when added to the corn gravy.

French-Fried Chicken Wings with Special Dipping Sauce

Many people feel that chicken wings are too bony to bother with. However, flavor-wise and economy-wise they are tops. Have you noted the low, low prices marking chicken wings? In this recipe they are fried to a crispy brown... just right for picking up with the fingers and dipping into their own special sauce. Makes four servings.

1 egg
1/2 cup milk
1 cup soft, fine bread crumbs
1/2 cup flour
2 teaspoons salt
1/2 teaspoon paprika
1/2 teaspoon cayenne
2 pounds fryer-chicken wings
Fat for deep fat frying

Blend egg and milk, combine bread crumbs, flour, and seasonings. Dip wings in egg mixture then in crumbs. Lay on rack for a few minutes to dry before frying. Fry in deep hot fat (350 degrees) until brown and tender, 10 to 15 minutes. Drain on absorbent paper. Keep warm in slow oven (300 degrees) until ready to serve with this sauce:

Special Chicken Sauce: Combine one-half cup cream, one-half cup tomato catsup or cocktail sauce, one tablespoon horseradish, one tablespoon Worcestershire sauce and dash of cayenne. Simmer 20 minutes. Add more seasoning to taste. Have plenty of paper napkins handy and start dipping.

Broccoli, Brussels Sprouts, and Cauliflower are Considered by Many to be the more aristocratic members of the cabbage family. Because of their similarity of flavor they lend themselves well to the same sauces. Frequently served with real mayonnaise, plain butter or lemon butter, here are some further saucy suggestions.

Easy Hollandaise: Because of its ease and certain success this continues to be one of our most favorite sauces. In top of double boiler place one-fourth butter which has been broken into pieces. Add three egg yolks, gently breaking with a fork, and three tablespoons lemon juice. Let stand at room temperature for half an hour. Just before serving, place pan over boiling water or directly over low flame for 1 1/2 minutes, stirring briskly and constantly. Serve at one and listen to the raves.

Simple Cheese Sauce: Heat a can of cream of mushroom or cream of celery soup over very low flame or in top of double boiler. Add one cup grated cheese; stir until melted and well heated. For a more definite cheese flavor add another cup of cheese.

Hot Lemon Sauce: Practically nothing to this one. To one-half cup mayonnaise add three tablespoons lemon juice. Heat over very low flame or in top of double boiler.

Mold Cranberry Salad
This tart cranberry salad is ideal when served with poultry or fish. The crispness of the cabbage and celery and the chewiness of the nuts are a wonderful texture combination. Makes four servings. We usually double the recipe.

1 can jellied cranberry sauce (2 cups)
1 envelope unflavored gelatine
1/4 cup cold water
1 cup finely shredded cabbage
1/2 cup diced celery
1/2 cup chopped walnuts

Crush cranberry sauce with a fork. Soak gelatine in cold water two minutes. Place cup with gelatine in pan of boiling water and heat until gelatine is dissolved. Add to crushed cranberry sauce. Chill until mixture begins to jell. Fold in cabbage, celery and nuts. Pour into a one-quart mold; chill until firm. Serve on bed of crisp iceberg lettuce with desired dressing.

Better Breakfasts For Better Days
Even for those on stringent diets breakfast is always included and recommended in order to give us that necessary early day "push-off" for work, study or play. True, it takes a bit of thinking on the part of the homemaker to keep up the interest of a sleepy-eyed family. Here are a few suggestions you might like to keep for easy reference when you ask yourself "Now, what on earth shall we have for breakfast?"

Fruit, of course. Broiled grapefruit, stewed apricots or prunes, sliced oranges or bananas, apple sauce with cinnamon, baked apples stuffed with raisins, fried apple rings, tomato juice with lemon juice and/or Worcestershire sauce, grape juice, pineapple juice, apple juice, cranberry juice. Any of the myriad of canned fruits. Don't overlook canned plums and figs.

Breakfast Breads. Homemade or store-bought coffee cake and sweet roll varieties are too numerous to mention. Most of them freeze well, so if you have a freezer, keep a supply on hand. Try new kinds of bread for toast making. English muffins are nice for a change. Waffles, pancakes, buckwheat cakes, biscuits or muffins served with syrup, jam, jelly or honey... or perhaps tomato preserves.

Pickin' Pears

News and Notes
From Camp White

BY A. W. RIBERDY

An annual incentive award program was held recently at Camp White to recognize employees whose efforts during the past year were outstanding.

The following employees of the station's supply division received certificates and cash awards for sustained superior performance: Walter Lee, chief, Arthur Berg, Mrs. Merle S. Dotson, John S. Goodwin, Eldon Humphries, Theodore Nicholson, Medford C. Pittman, Wilmer Wallace, Walter L. Willis, Mrs. Doris Oakes, Mrs. Eula Hall and Mrs. Caroline Vincent.

James Scalberg, agent cashier, received a cash award for his suggestion for improved efficiency in his department.

Robert Kelly, chief of social service, who recently transferred from the Veterans Administration Hospital, Muskogee, Okla., was presented a certificate and check for superior performance during 1936 while on the staff at Muskogee.

Walter Hughes, member-employee was awarded a certificate for superior performance.

Twenty-year service pins were presented Burton R. Sims, chief

engineer, and Melvin Jenkins of the engineering division, and thirty-year certificates to Ralph H. Ruffin, domiciliary officer, and Hobart M. Moors of the engineering division. A certificate for completion of 39 years of service went to E. K. Ricker, VAD manager.

Music for the program was provided by the Eagle Point High school band, conducted by Charles Martin.

Leonard B. Mayfield, superintendent of Medford public schools, was guest speaker.

Medford Dugout 220 of the Military Order of Trench Rats sponsored a dance at Camp White Friday, Feb. 8. The Alley Cats auxiliary provided dancing partners and served refreshments. Pat Graham, secretary-treasurer of the local Dugout, was master of ceremonies.

On Monday, Feb. 11, the regular monthly meeting of the Volunteer Organizations' Advisory committee was held at the Medford Elks club. Robert Kelly, chief of social service at Camp White, spoke on the functions of social service in Domiciliary life.

Fruited Franks

Use one can pork and beans, 1 pound franks or wieners, 2

tablespoons brown sugar, 1 can (8 ounces) pineapple tidbits

drained and 1 can (8 ounces) apricot halves drained. Spread pork and beans in a greased one and one-half quart casserole. Lay franks or wieners on top, after scoring diagonally. Tuck pineapple tidbits into scored sections of wieners. Decorate with apricot halves and sprinkle with brown sugar. Bake at 350 degrees for 30 minutes. Serves four.

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