

Feeding the Family

By ZOLA VINCENT
Food Editor

Sauerkraut Complements Frankfurters, Pork, Beef

Give a man a dish with zest! Men like sauerkraut and have been enjoying it since the first German pickled cabbage long ago. Methods of preparation remain practically the same. However, American manufacturers and cabbage growers have combined their talents to meet the demand for a milder more delicate product.

Hot sauerkraut now goes into cans in several convenient sizes to be purchased according to family needs. Most popular size is the No. 2 1/2 can which contains six or seven servings. Next is the No. 303 can which is ideal for three generous servings. As a matter of fact we just keep a supply of the big cans on the pantry shelf and enjoy leftover reheated or cold as a salad the next day. The sauerkraut canners tell us there's a tremendous supply available and we know it is very economically priced.

Quickly prepared, one-dish or casserole meals made with nutritious sauerkraut are a perfect solution to feeding the family on busy days. Try these flavorful recipes now and see how quickly they become your family's year-round favorites.

Frankfurters and Sauerkraut

We've been serving this for years... add only enough because it is so good. Add a batch of cornbread and you've got a mighty fine meal.

Melt three tablespoons butter or margarine in large, heavy skillet; add one medium-size, finely chopped onion, and one cup of California Sauterne or other white table wine, one-half cup water, two tablespoons brown sugar and a sprinkle of pepper. Mix well with a fork. Cover and simmer gently for one hour, stirring occasionally. Arrange one pound frankfurters on top of sauerkraut; add one-third cup more of the wine. Cover and simmer 15 minutes longer. Makes four generous servings... six not so generous.

Sauerkraut and Lean Pork Casserole

Here is a sauerkraut casserole that is really something very special, certain to be repeated often, because men and growing boys like hearty, zesty food particularly at this season.

In a heavy kettle, cook one pound diced lean pork shoulder until browned on all sides; add one No. 2 1/2 can sauerkraut, one cup chopped onions and one large sliced, unpeeled apple. Cover and cook one hour or until pork is tender. Just before sauerkraut is done, prepare one package corn muffin mix according to package directions or according to your favorite recipe.

Turn sauerkraut mixture into two-quart casserole; drop corn muffin mix in tablespoonfuls around outer edge of casserole. Bake in hot oven, 425 degrees, for 30 minutes or until muffin mixture is done. Perhaps a glass of sauterne poured over the sauerkraut mixture for those who like wine in their food.

Sauerkraut, Beef and Dumplings

A wonderful one-dish meal for sauerkraut lovers.

Cut (or have your butcher do it) two pounds brisket of beef into one-half pound pieces. In a heavy pan, placed over medium heat, brown beef on both sides in a little hot fat. Add one-half cup onion slices and brown slightly. Add 1 1/2 cups water, one bay leaf, one sliced large carrot, one-fourth teaspoon freshly ground black pepper, one-half teaspoon paprika and two teaspoons salt. Cover and cook over low heat one hour, or until beef is almost tender. Stir in sauerkraut; cover and cook 20 minutes. Remove bay leaf.

In a bowl combine two cups biscuit mix with three-fourths cup milk; stir well. Drop by spoonfuls onto meat or sauerkraut in boiling mixture (not into liquid). Cook 10 minutes with lid off and 10 minutes with lid on. Slice beef and serve with sauerkraut and dumplings.

Quick Homemade Cornbread Has Scent, Eye, Taste Appeal

The scent - appeal of freshly baked bread adds as much to its popularity as does its eye and taste-appeal. Haven't you found everyone seemingly twice as hungry when there's baking going on? This quick-cornbread



PRIZED FOR FLAVOR—Sauerkraut, which is really pickled cabbage, is prized for its distinctive flavor and health-giving qualities. It lends itself ideally to innumerable casseroles and one-dish meals like the one shown above. Recipes are included in today's food columns.

is the perfect accompaniment for sauerkraut dishes.

2 cups corn meal
1 1/2 teaspoons baking powder
1 teaspoon salt
1 teaspoon sugar
3 tablespoons shortening
1 egg
1 1/2 cups milk

Sift together the corn meal, baking powder, salt and sugar. Melt the fat in the pan in which corn bread is to be baked. Beat the egg and add the milk; pour into the sifted ingredients. Stir only until well mixed. Add the melted shortening and stir it in. Pour batter into hot baking pan. Bake in hot oven, 400 degrees, about 30 minutes. Makes six to eight servings.

Cook Shrimp Quickly

Too many cooks over-cook shrimp. Like eggs, shrimp should never be boiled. Cook them at a gentle simmer and you'll have tender, delicate morsels for dunking in a spicy sauce or for use in other good shrimp dishes. We highly recommend cooking whole fresh or fresh-frozen shrimp like this:

For each pound of raw unshelled shrimp use the following seasonings: one bay leaf, one-half teaspoonful garlic salt or powder, one-fourth teaspoon salt and 2 whole cloves (optional). Cover shrimp with cold water; add seasonings. Bring just to a boil and simmer about five minutes or until shells turn pink. Drain and shell.

Cranberry-Topped Custard Pie

Whether you bake your own custard pie or purchase one from the bakery it will take on new and distinctive flavor and eye-appeal when topped like this:

Whip or beat until almost smooth one can of jellied cranberry sauce. Spoon over top of pie, smoothing as you go. Now "frost" with one cup of lightly toasted, shredded coconut. Refrigerate until time to serve.

Spicy Apple Nut Loaf Stores Beautifully

There will be many times you'll give this spicy loaf a warm welcome... it's so easy to make and important, too, you can make it somewhat in advance of serving and still find it moist and delicious. The sprinkling of sugar over the top of the batter before baking gives a gay sparkling touch to the finished loaf.

1/4 cup brown or cane sugar
1/4 cup beet sugar, firmly packed
2/3 cup shortening (use part butter or margarine for flavor)
2 eggs
1 cup coarsely grated cooking apple (you'll need about 3 for this)
1 teaspoon pure vanilla extract
1 1/4 cups sifted all-purpose flour
2 teaspoons baking powder
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
1/4 teaspoon allspice
3/4 cup broken nutmeats

Using a rotary or electric beater combine sugars, shortening, eggs, grated apple and flavorings; beat thoroughly. Remove beaters. Sift dry ingredients. Add flour mixture and nutmeats to apple mixture. Stir to blend well. Spoon batter into well-greased and floured loaf pan (9 by 5 inches); spreading evenly. Sprinkle generously with extra sugar. Bake in moderate, 350 degree, oven 55 minutes or until done. Remove from pan and cool on rack. Makes one two pound loaf cake.

Baked Barracuda

Barracuda is a major Pacific Coast food fish. A flavorsome, lean, white, deep sea game fish, it is in season all year and is abundant right now.

Barracuda is best baked, though many like it fried or steamed. We bake it like this:

Roll fish slices in flour and sprinkle with salt and pepper.



Daily's U-Drive
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Around Hollywood

By ALINE MOSBY
United Press Correspondent

Hollywood—(U.P.)—A lonely nine-year-old boy decided to become a singer so he could meet girls and be happy. After 10 years, success has arrived—but, Tommy Sands says sadly, "I'm still lonely."



"Show business represented girls and happiness to me," the 19-year-old new singing sensation said. "But I've been working in Hollywood eight months and still haven't had a date. I never meet any girls."

He thought a minute and added earnestly: "This sounds sappy—but being in show business is a very lonely life. You're around adult people and sometimes I think of other kids going to college."

Tommy, a bright TV find, is headed for stardom and more girls than he can handle. He was just a little known singer until he won his first acting role as a rock'n' roll star in a drama on Kraft TV Theater, "The Singin' Idol" a few weeks ago. Fame Comes in Few Hours

Television can bring fame overnight, and in Tommy's case it was a matter of hours. His natural acting in the story that had the earmarks of the life of Elvis Presley; brought calls and scripts from every Hollywood movie studio. TV entertainers rushed to sign him for guest spots—he'll be seen on Tennessee Ernie Ford's NBC-TV show soon. And Tommy's recording of his song from "The Singin' Idol" is pushing the million sales mark.

Tommy's life story could be a TV script itself. He was born in Chicago, the product of a broken home.

"Since my parents always were having trouble and separating, I lived a lot on my great uncle's farm near Shreveport, La.," he said. "My only playmates were two children who lived in the woods nearby. I was very lonely so I lived in an imaginary world."

Decides To Learn Guitar
"One morning I was lying in bed and heard some fellow playing his guitar and singing on the radio," Tommy continued. "He sounded so friendly and happy. I thought if I played a guitar I would be happy, too. I learned on a cheap guitar and then I got my mother to buy me a \$70 guitar."

The nine-year-old later marched into a radio station and got a singing job. At 10 he appeared on Chicago television. When he and his mother moved to Houston, Tex., he sang on TV there. Col. Tom Parker, Presley's manager, heard Tommy sing in a Houston nightclub and signed him. Tommy toured with Parker's stage shows for three summers, often playing on the same bill with Elvis.

He and Parker parted company last year "because I was too young and just wasn't ready for big things." But Parker got Tommy the job in "The Singin' Idol" after Presley had turned it down.

CALIFORNIA CARS—(U.P.)—The National Automobile Club reported there were 7,114,098 registered motor vehicles in California on Nov. 30, 1956.

Lilacs Bloom in 40 Below Temperature

Black River, N.Y. — (U.P.)—Lilacs bloomed in this northern New York community in a January week when the temperature dropped to 40 below zero.

Of course the lilacs were inside where it was warm. But Mr. and Mrs. William J. Appell said they picked a few sprigs from a lilac bush behind their home two weeks earlier when the sprigs began showing signs of budding. Brought inside and placed in water, the blossoms came out.

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