

Feeding the Family

By ZOLA VINCENT
Food Editor

Nutritionally Important Lemons Add Beauty, Zest to Meals

Lemons and other citrus fruits are nutritionally important because of their high vitamin C content in natural combination with bioflavonoids, sometimes known as vitamin P. Working together vitamins C and P help keep our circulatory system in good condition and aid in preventing other nutritional deficiencies.

Since vitamin C, that well-known cold deterrent, cannot be stored in the body it is necessary to replenish it each day. An oh-so-pleasant way of doing this is to include good California grown lemons or other citrus fruit in your daily menus. Eat your share fresh in its natural form, drink it as a beverage, use as a recipe ingredient or as an attractive garnish for practically any type of food.

Lemon Garnishes for Added Vim, Vigor and Vitamins

Now that we have discussed the health-giving qualities of lemons and other citrus fruits, let's talk about some ideas we have garnered for using lemons as a garnishment to help give your family an extra plus in the vim, vigor and vitamin department.

Lemon wedges sprinkled for added attractiveness with paprika or chopped parsley are a must for seafood or other dishes requiring "lots of lemon flavor." Of course, we're the type who like fish on lemon rather than the other way round.

Lemon boats, made by removing, and we hasten to add using, the juice and pulp from half a lemon sliced lengthwise. Ideal for serving hollandaise sauce for artichokes, a spicy cock sauce for shrimp, tartar sauce for fish, or fill with lemon-butter for dipping lobster or other shellfish.

Lemon slices lend themselves well to many fancy shapes and decorations. For instance: Cut into cartwheel slices, crosses or curls . . . notch with knife for that extra touch. Crosses are made by cutting four wedges equidistant around the lemon slice. Lemon curls are made by cutting half the pulp from thin lemon slice, retaining all the peel; curl loose peel in circular motion toward center cut side of slice. Decorate any of these by studding with whole cloves, by sprinkling with chopped red or green maraschino cherries, parsley or paprika, or perhaps arranging slices or bits of pimento-stuffed green olives.

Serve with barbecued meats, pork chops, baked apples, fish, in hot or cold soups, with vegetables or beverages. The choices are many.

New And Old Lemon Uses

Here are some new and some old suggestions for adding extra interest to everyday foods: Lemon juice acts as a tenderizer, so use plain or in marinades for less tender meats and chickens.

Serve a juicy lemon wedge with broccoli, asparagus, green beans and Brussels sprouts.

For eye-appeal tie bundles of asparagus together with strips of lemon peel, using peel left from making lemon butter or other favored lemon sauce.

Lemon butter on spinach has converted many a spinach-hater.

Sprinkle lemon juice over salads for seasoning in place of dressing when you are being calorie-conscious-strict.

Fresh lemon pie is at its best when lemon juice is added after filling is removed from heat. This way all the good fresh lemon flavor is retained.

Add a few lemon slices when stewing prunes or making applesauce for a truly wonderful flavor pick-up.

Sprinkle lemon juice over fresh cut fruits such as apples, bananas and peaches to keep them light in color . . . oddly enough it also adds a tangy lemon flavor.

For low-sodium diets, remember that a squeeze of lemon replaces salt as a seasoning on meats, vegetables and salads. To frost rims of glasses: dip rims in lemon juice and then into powdered sugar. Chill.

Float lemon slice on top of hot tomato, lentil, or, best of all, black bean soup.

Shrove Tuesday Calls For Festive Pancakes

The tradition of serving pancakes on Shrove Tuesday (March 5 this year), originated in France during medieval times. The custom has extended down to our day and has become a day of gay celebration that calls for festive and imaginative pancake variations. Here are two such recipes that really fill the bill.

Vanilla-Banana Pancakes

These wonderful pure-vanilla flavored pancakes are served with a fruited sauce. They may be served for breakfast, lunch or as a dessert.

1 1/2 cups sifted all-purpose flour
3/4 teaspoon salt
2 1/2 teaspoons double-acting baking flour
1 tablespoon sugar
2 eggs, separated
1 1/2 cups milk
1 teaspoon pure vanilla extract
2 tablespoons shortening, melted
1 cup (1 1/2 medium) thinly sliced bananas

Sift dry ingredients together. Thoroughly combine egg yolks, milk and vanilla extract; add to flour mixture. Add melted shortening, stirring only enough to blend. Add sliced bananas. Beat egg whites until they stand in soft stiff peaks. Fold into the batter. Cook on hot, lightly-greased griddle, allowing about one-third cup batter for each pancake. Makes five servings. Serve hot with this fruited vanilla-lemon sauce:

Fruited Vanilla-Lemon Sauce: Combine one half cup sugar, one tablespoon cornstarch and one sixteenth teaspoon salt. Add three fourth cup water and mix well. Cook until mixture is clear and slightly thickened, stirring constantly. Add one tablespoon butter and one fourth cup fresh lemon juice. Heat thoroughly, then add eight coarsely chopped maraschino cherries, two coarsely chopped slices of pineapples, and three fourth teaspoon pure vanilla extract. Serve warm over pancakes. Makes 1 1/2 cups.

Snow Puff Pancakes Done in a jiffy . . . using your favorite pancake mix. This is a pancake dessert to end all such, and we think you'll enjoy celebrating Pancake Day with this unique recipe. When baked pancakes are filled and topped with a luscious whipped cream, date-nutmeat combination.

New-Way Pancakes Place one cup milk, one egg, one tablespoon liquid shortening and one fourth teaspoon lemon extract in shaker or glass jar with tight lid. Add one cup pancake mix; shake vigorously 10 to 15 times or until batter is



IDEAL DRESSER-UPPERS — Lemon garnishes are not only things of beauty, but add zesty tartness to whatever dishes they enhance. Whether cut in fancy shapes or served as wedges, they are ideal dresser-uppers for seafood dishes, many soups, beverages, vegetables and meats. Ways with lemons are discussed in today's food columns.

fairly smooth. Pour onto a hot, lightly greased griddle to make seven or eight pancakes. Bake to a golden brown, turning only once.

Date-Nut Filling and Topping Whip one cup whipping cream until it holds its shape. Fold in one fourth cup sugar, one half cup chopped nutmeats, one half cup chopped dates and one fourth teaspoon pure vanilla extract. When pancakes are ready place whipped cream mixture across center of each pancake. Roll up jelly-roll fashion. Spoon additional fruit mixture on top.

WRONG TRAINING Waterbury, Conn. — (U.P.) — Thomas Murray, 16, trained his pet collie to jump over low obstructions, such as porch railings and hedges. On its first trip into the city, the dog came upon the three-foot railing on the West Main Street Bridge. It immediately hopped over, and fell 20 feet to the river below. The dog waited on a pile of debris in the river until rescued.

Party Ham Loaf With New Notion Sauces So you're on the food committee and want an inexpensive yet elegant meat course that will serve 10 to 12 people? Look no further; here's your answer. Ham loaf with not one but two glamorous sauces made with the easy-to-come-by commercial jellies and jams.

Ham Loaf 1 1/2 quarts (6 cups) bread crumbs
3 eggs
3 pounds ground smoked ham (fat trimmed off)
1 1/2 pounds ground veal
3 tablespoons prepared mustard
1/2 teaspoon pepper
2 teaspoons garlic salt

Make bread crumbs by tearing eight to 10 slices of fresh enriched white bread into small pieces. Measure out bread crumbs into large mixing bowl. Add all other ingredients and mix thoroughly. Pack into a 9x9 x 4 1/2 inch square angel food pan. (This makes for easy serving.) Bake in moderate oven, 350 degrees, approximately two hours. Pour off drippings and turn onto serving platter. Good served hot or cold with either or both of these sauces:

Gourmet Jelly Sauce: Melt one cup pure currant jel-

ly over low heat. Slowly blend in one cup prepared mustard. Chopped raisins and chutney may be added, too, if you like. Serve hot or cold.

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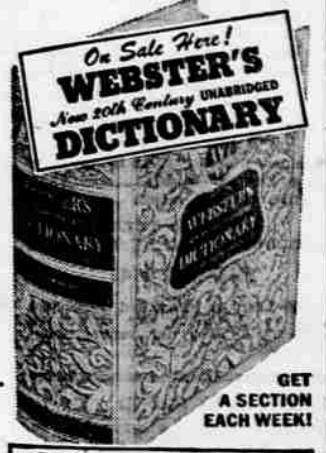
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LEGAL NOTICES

FILE NO. 54-737
SUMMONS FOR PUBLICATION
IN THE CIRCUIT COURT OF THE
STATE OF OREGON FOR JACKSON COUNTY
EUGENE ARIAS Plaintiff

MARJORIE ARIAS Defendant

IN THE NAME OF THE STATE OF OREGON: You are hereby required to appear and answer the complaint filed against you in the above entitled suit within four (4) weeks from the date of the first publication of this summons; and if you fail to answer or otherwise fail to appear in said suit, for want thereof, plaintiff will take a decree against you for the relief prayed for in plaintiff's complaint, succinctly as follows:

For a Decree dissolving the bonds of matrimony heretofore and now existing between plaintiff and defendant.

For a further decree of this Court setting over unto the plaintiff herein the real and personal property described in the Complaint on file, which real property is more particularly described as follows:

Commencing at a point 825 feet East of the Southwest corner of Government Lot Two (2) in Section 17, Township 36 South, of Range 3 West of the Willamette Meridian, in Jackson County, Oregon; thence East 100 feet, thence North to the high-water of Rogue River; thence West along Rogue River, to a point due North of the Point of beginning, thence South 763.8 feet to the point of beginning, known as Lot 18 of the Hollow Tract, unrecorded, in Jackson County, Oregon.

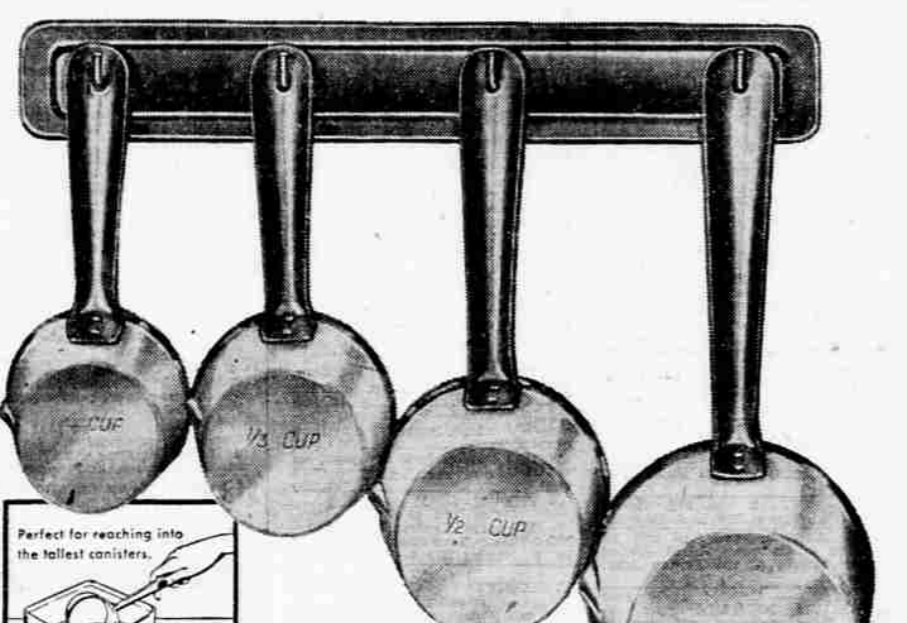
Said personal property being the household furniture and furnishings in the dwelling house on the above described real property, free and clear of any right, title, and interest of the defendant.

For such other and further relief as to the Court may seem meet and equitable in the premises.

This summons is published once each week for four (4) consecutive weeks upon Order made and entered by the Judge of the above entitled Court on the 6 day of February, 1937.

The date of the first publication of this summons is the 14th day of February, 1937.

O. H. Bengtson
Attorney for Plaintiff
230 West Main Street
Medford, Oregon



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