

# Feeding the Family

By XOLA VINCENT  
Food Editor

## Molded Salmon Salad

**Favored Party Fare**  
This elegant looking, wonderful tasting molded salmon salad is a perfect luncheon party main dish. Of course, small servings are the order of the day if served with dinner.

- 1 one-pound can salmon
- 2 hardcooked eggs, chopped
- 1/2 cup olives, chopped
- 1/2 cup toasted almonds, sliced
- 1 tablespoon gelatine
- 1 cup cold water
- 1 cup mayonnaise
- 1 cup thick sour cream (commercial)
- 1 tablespoon grated onion
- 3/4 teaspoon salt
- 2 tablespoons lemon juice
- 1/2 cup chopped parsley

**Lettuce**  
3 fresh tomatoes, quartered  
1/3 cup chopped green pepper  
2 tablespoons chopped onion  
Drain and flake salmon; combine with eggs, olives and almonds. Soak gelatine in cold water for five minutes, then dissolve over hot water. Stir into mayonnaise. Add sour cream, onion, salt, lemon juice, and parsley. Combine with fish mixture; pour into a ring mold and chill until firm. Unmold on bed of lettuce; fill center with tomatoes sprinkled with green pepper and onion. Serve with additional mayonnaise.

## Cabbage Rolls

Ever eat a salad with your fingers? The children will really go for this. Of course, you can use a fork, if you choose.  
Cut one head cabbage in half lengthwise. Shred one half, reserving other half for making rolls. Combine shredded cabbage with four shredded carrots, 1/2 sliced green pepper, and one teaspoon salt. Separate leaves from remaining half of cabbage head. Spread two or three tablespoons slaw on each leaf. Roll up like a jelly roll. Place close together on waxed paper. Wrap in a damp cloth and chill thoroughly. When chilled, dunk them in this sauce: Combine two tablespoons ketchup with one-fourth cup real mayonnaise and two teaspoons mustard with horseradish. Serve in bowl for easy dunking. Just before serving, stick toothpicks in cabbage rolls for easy handling.

## Waffle Variations for All Through the Day

Waffles are wonderful any time of the day... breakfast, brunch, lunch, dinner, supper or as an after-bridge snack. A unique thing about this recipe is its adaptability to innumerable flavors, without sacrificing fluffy texture.

## Method

Start with your favorite pancake and waffle mix. Now for one-half of the liquid called for use double rich evaporated milk. As it comes from the can, for the remaining one-half of the liquid substitute one of the following:

- Chicken Waffles**  
A perfect underpinning for Chicken à la King. Substitute chicken broth or bouillon cube dissolved in hot water for remaining one-half of the liquid. Serve piping hot topped with Chicken à la King.
- Devised Ham Waffles**  
Substitute water for remaining one-half of the liquid; then add one can 4 1/2-ounce, deviled ham. Serve with poached eggs and a cheese sauce for an easy version of "Egg Benedict."
- Tomato Waffles**  
Substitute tomato juice for remaining one-half of the liquid. Serve with a cheese sauce. Bits of crisp bacon or chopped ham may be added to the batter.
- Chocolate Waffles**  
These make a delightful dessert. Add one-half cup quick cocoa powder to dry ingredients. Substitute water for remaining one-half of the liquid. Serve hot topped with vanilla ice cream and this peanut butter sauce:  
**Peanut Butter Sauce**  
Add two-thirds cup evaporated milk to one-cup peanut butter a little at a time, blending

until smooth. Stir in one-fourth cup light corn syrup. Makes 1 1/4 cups.

## Peppermint Pudding Sauce

Try this on home-baked or store-bought angel food cake for a real treat.  
Make an instant vanilla pudding from one package of pudding mix, but use only one and one-fourth cups milk. Fold in one cup of whipped cream, and crushed peppermint candy. Spoon over generous slices of angel food cake, and be ready with seconds.

## Fish and Shellfish, Macaroni Among Lenten Best Buys

Many families will be observing Lenten food customs during the next few weeks. With this in mind markets will be giving special attention to high quality protein foods besides meats... with resultant good buys for everybody.

## Fish and Shellfish

Whether fresh, fresh-frozen, or canned, seafood comes into its own during Lent. It is the first thing most shoppers think of when looking for meat substitutes. Luckily there is an abundance of fine west coast fish and shellfish available at very reasonable prices. Just a few of these are: halibut, sole, salmon, cod, haddock, spiny lobster, shrimp, Dungeness crabs, canned tuna.

Macaroni products are among our most economical and nutritious foods. Their versatility is well-known and there are enough shapes and sizes to offer something different every time you serve for months on end.

## Rice

National Rice Week will be celebrated from March 10 through March 16, which means this always economical product will be even more "special."

## Eggs and Poultry

Prices on both are seasonably low. Large eggs and large turkeys are in heavy supply. Watch for ads and store displays.  
Dried beans and peas including limas, black-eyed peas, split green peas, lentils, and Navy beans, to name a few, are all too often overlooked as economy buys. Wonderful nutrition at very low prices.

## Dairy Products

Cheese will be in the headlines. Money-saving instant non-fat dry milk, which is so very inexpensive, is increasingly popular as an ingredient as well as for drinking. Seasoned vegetables in the best buy class continue to include potatoes, onions, cauliflower, broccoli, celery, topped carrots and squash. Cabbage is of excellent quality for seven-minute cooking, for fixing corned beef and cabbage, and for many slaws, both hot and "cold."

Fresh asparagus never tastes so good as now when the season is new and the price is high.

Grapefruit heads the list of fruit plentiful with good supplies of apples, winter pears, Naval oranges and avocados on hand.

## Portland Policeman's Hearing Continues

Portland—(UP)—A police disciplinary board hearing into charges that a local officer tried to "buy" confiscated gambling equipment from the La Grande chief of police continued here today.

The five-man board heard testimony for eight hours yesterday on the charges against Patrolman Clinton B. Parker.

Principal witness is Oliver Reeve, police chief at La Grande, who said he testified that Parker offered \$200 to him for return of the gambling paraphernalia which was seized when five men were arrested in La Grande in January. Reeve said the gambling equipment, consisting of dice, was confiscated from Robert Pierre Fetonti, 42, Portland, one of the five men arrested.

Fetonti was also called as a witness yesterday.

Parker has denied the charges.

**SPANIEL SPOOLS SEARCH**  
Atlanta—(UP)—Police called off a search of a suspected site of an illegal whiskey cache because of a black cocker spaniel. Detective W. K. Perry said he was trying to reach a second-floor apartment when the dog, a mother guarding her puppies, sank her teeth in his leg. Perry went to a hospital for treatment and police gave up the search.

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