

Feeding the Family

By ZOLA VINCENT
Food Editor

High Varch Omelets Pre-packaging Good Nutrition for Young and Old

Now we working overtime pre-packaging good nutrition in all those neat little containers for the eating pleasure of young and old. Eggs, one of the most easily digested of all foods, are among the first solids introduced into baby's diet and are a boon to our senior citizens whose digestive systems need extra tenderizing care.

Long considered among the most efficient of all our suppliers of food, today's hen is a better producer than her ancestors. Thanks to the efforts of breeders to develop sturdier, more disease-resistant birds, egg production this year will smash all previous records. Lower prices make it easy to have egg appeal for any meal.

At Brunch
When Sunday church services are over, a leisurely brunch is a happy occasion for family get-togethers. A time for satisfying appetites with an egg casserole accompanied by hot hot cross buns, lots steaming coffee... and an abundance of good conversation to stimulate your mental appetite as well.

Hot cross buns are at their best when heated in such a way as to prevent the icing from melting. It can be done like this: Place a round trivet or wire rack in large skillet, add two tablespoons water, and put buns on trivet but do not cover. Now, over medium heat for five minutes, or until rolls are hot. Serve immediately with plenty of softened butter.

Egg-Olive Casserole
For speedy brunch service prepare everything ahead of time ready for the final assembling in the casserole.

5 cups soft 1/2-inch bread cubes
1 can condensed cream of mushroom soup
2/3 cup milk
2 tablespoons prepared mustard
1 cup cooked peas
1/2 cup coarsely chopped ripe olives
3 hard-cooked eggs, sliced
2 strips green pepper

Place half of the bread cubes in a greased 1 1/2 quart casserole. Combine the soup, milk, mustard, peas and olives. Pour half the cream sauce mixture over bread. Arrange all but two egg slices over cream sauce and repeat with another layer of bread cubes and cream sauce. Bake in moderate oven, 350 degrees, for 30 minutes. Garnish with remaining two egg slices and green pepper strips. Makes six servings.

Cheese Baked Eggs
Another good egg casserole combines those two Lenten plentiful... eggs and cheese. 'Twill really satisfy those brunch or supper-time hunger pangs.

1/4 cup butter or margarine
1/4 cup flour
1 teaspoon salt
1/8 teaspoon pepper
1 teaspoon dry mustard
1 1/2 cups milk
1 cup grated American cheese
6 eggs
2 cups corn flakes
2 tablespoons melted butter or margarine

Melt one-fourth cup butter in medium sized saucepan over low heat; stir in flour and seasonings. Add milk gradually, stirring constantly; cook until thickened. Add cheese and stir until melted. Pour half the sauce in greased 10 by 6 inch pan; make six indentations in sauce and carefully slip an egg into each. Cover with remaining sauce. Crush corn flakes into fine crumbs and mix with the two tablespoons melted butter. Sprinkle over sauce. Bake in slow oven, 300 degrees, about 30 minutes. Remove from oven and let stand a few minutes before serving. Makes six servings.

**Custard Success Assured
With Long-Slow Cooking**
Treat a good egg right which means low, slow cooking and your custards will receive raves from all fortunate enough to partake of same. Like all protein foods, eggs cooked at too high a heat get tough and leathery.

To prevent curdling when making custards or other dishes that call for hot milk to be added to the egg, mix sugar with the egg and not with the milk. Add hot liquids or mixtures to the beaten egg a little at a time. And remember... don't over-cook!

Basic Baked Custard
Serve hot or cold with perhaps one of the toppings suggested here.

Heat three cups milk over boiling water. Add one-fourth teaspoon salt and six tablespoons sugar to four beaten eggs. Gradually add the hot milk to the egg mixture. Add one teaspoon vanilla and pour into custard cups or casserole. Sprinkle lightly with nutmeg. Place custard cups in pan of hot water and bake in moderate, 350 degree, oven for 25 to 35 minutes or until custard sets. This can easily be determined by inserting the tip of a silver knife. When the knife comes out clean... the custard is done.

Custard Variations
Caramel Custard. Omit sugar and nutmeg and add one-third cup caramelized sugar syrup with the vanilla. To make caramelized sugar: melt two-third cup granulated sugar in frying pan over low heat, stirring constantly until melted and a rich brown. Add two-third cup hot water and continue to stir over heat until smooth and slightly thickened.

Honey Custard. Increase eggs to five. Use one cup honey and omit sugar and vanilla.

Coconut Custard. Sprinkle two tablespoons of coconut into each custard cup. Pour in custard mixture. Cook as usual.

Soft Custard. Mix as directed above except the flavoring. Cook, stirring constantly, in double boiler or over low heat until mixture coats spoon. Remove from heat promptly. Cool. Add flavoring. Serve chilled.

Custard Toppings. A spoonful of whipped cream sprinkled with nutmeg, chopped or whole maraschino cherries and some of the maraschino syrup... softened ice cream... crushed pineapple... spoonful of jam, jelly or preserves... browned coconut... butterscotch or chocolate syrup.

"C" That Your Family Gets Enough Citrus
"C" stands for the common cold these days, but it also stands for citrus and vitamin C which helps build resistance to such infections, and which must be replaced each day because it cannot be stored in our bodies.

Citrus Concentrates. There's no excuse for not getting your glassful of citrus juice every morning... they've even taken the "squeeze" out so that this one-time daily chore has literally become child's play.

Housewives have long been acquainted with the goodness and convenience of frozen orange juice and lemonade juice concentrates and now they are making friends with a sister product, frozen grapefruit juice concentrate. To these products you simply add water and mix well. Nothing could be easier for health and enjoyment. Best of all is the assurance of the high vitamin content of the concentrate. With modern processing methods, practically all of the precious vitamin C is retained.

All year round, regardless of season or geography, frozen concentrated citrus products are at your fingertips.

Mushrooms Parmesan
Mushrooms are popping out of the ground. Whether you pick them, buy them fresh or turn them out of a can, they make marvellous low calorie eating. You'll like them like this.

1 1/2 pounds fresh mushrooms
2 tablespoons chopped parsley
2 cloves garlic, minced
1/2 teaspoon oregano
1/4 cup bread crumbs
4 tablespoons grated Parmesan cheese
Salt and pepper to taste
1/4 cup olive oil

Clean mushrooms and place in a greased baking dish. Sprinkle with parsley, garlic, oregano, half of the bread crumbs and grated cheese. Sprinkle with salt and pepper. Pour olive oil over and sprinkle with remainder of crumbs. Bake at 350 degrees, moderate oven, for 25 minutes or until mushrooms are tender. If mushrooms become dry, add a little water. Makes six servings.

STARTS 'EM INSTEAD
Lons, Mich. —(U.P.)— George McQuillan, 20, couldn't become a fireman so he became a fire bug. McQuillan told police he became angry when turned down by the volunteer fire department so he set fire to two barns.

A PENNY SAVED
New Smyrna Beach, Fla. —(U.P.)—A difference of one cent cost two insurance companies an important contract Wednesday. The two firms submitted identical bids of \$6,286.43—one cent less than the successful bid.



SPRINGTIME LOOK—Sunday brunch, a wonderfully informal way to entertain, gets a springtime look when you serve plentiful eggs in a creamy casserole, a big tray of spicy, fragrant Hot Cross buns and plenty of good coffee. Naturally, plain or chocolate milk for the children.

World Sugar Prices Of Minor Importance
Chicago —(U.P.)— Assurance of adequate sugar supplies in the domestic market makes the relative level of world sugar prices of minor importance to U. S. consumers, a sugar dealer and economist said.

Manpower Shortage Rising in Chicago
Chicago —(U.P.)— The population of Chicago may continue to increase, but the manpower shortage is rising with it.

Approximately 51,000 workers will have to be "imported" from other areas to work in Chicago between now and 1960, according to Thomas H. Coulter, an officer of the city's Association of Commerce and Industry.

Coulter quoted facts and figures that demonstrate the ever-increasing number of jobs to be had here. During the past year unemployment rose to four per cent throughout the nation—but only two per cent in Chicago.

Because of the small number of local youths who will enter labor's ranks, an estimated 404,000 of the needed workers will have to be attracted from other areas.

"All that you can see ahead for the Chicago area is progress and success," Coulter concluded.

World sugar prices fluctuated since then, but have again climbed to the U. S. price level. Byer & Co. said Cuba has given assurances, however, that it will fill its present U. S. quota and hold 506,000 short tons in reserve in order to meet all foreseeable U. S. needs.

Scientists Plan To Probe Northern Lights

Seattle, Wash. —(U.P.)— Scientists will probe deeper into the mystery of the Northern Lights this summer as part of the International Geophysical Year.

Dr. Kenneth C. Clark, University of Washington physics professor, said the study would be made from Fairbanks, Alaska. He said this was an ideal latitude to observe the auroral disturbances, which usually occur close to the magnetic North Pole.

Dr. Clark said the Arctic auroras provide the highest source of information available on the nature of the upper atmosphere. The light sometimes comes from as high as 1,000 miles.

"By analyzing the light of the auroras, we hope to obtain further information on the temperature and composition of the upper atmosphere and learn more about how particles radiated from the sun cause these lights to be produced," the physicist explained.

Portland —(U.P.)— Members of local 1092 of the Food and Drug Clerks Union have ratified a two-year contract with the drug division of Food Employees, Inc.

Thursday, March 28, 1957

MEDFORD (OREGON) MAIL TRIBUNE—THREE



ACTING AS MOTHER, FATHER to six children since wife died three years ago, Joseph Zions, Chicago, is named "Mr. Homemaker of the Year" at Modern Living Exposition. Congratulating him are daughters Adrienne, 15 (left) and Leona, 17. Other children are Gail, 3; Sharon, 7; Lowell, 16 and Wayne, 12. (International Soundphoto)

CAUGHT IN OWN TRAP

Sibley, Iowa —(U.P.)— For Lester L. Scott, it was a case of double embarrassment when he was tripped up by an electronic speed detector on the side. Grinnell, Iowa. Scott is Sibley police chief and sells electronic speed detectors on the side.

Condensation from \$3.95 book:

"A Man Against Insanity"

Six years ago Jack Ferguson, a doctor, was himself locked in a mental hospital. When he returned to the world, he set out to fight the insanity of others armed with two weapons: drugs and tender, loving care.

In April Reader's Digest Paul de Kruif tells the inspiring story of Ferguson's crusade, and the hope it offers the mentally ill.

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Look! Isn't this water goblet a beauty! Exclusive "Early American" design in large dinner size.

Imagine! You get this beautiful crystal-clear glassware every time you buy Big Top peanut butter. Never before offered by any other product—these lovely matching water goblets and dessert dishes are so gracefully shaped, so sparkling clear—you'll want to build a whole set to dress up your table!

And once you try Big Top, you'll find it brings you something new in peanut butter, too! At last here's peanut butter with all the flavor of fresh-roasted peanuts! Remember those delicious hot-roasted peanuts you loved as a kid at the circus? Well, all that flavor's captured in easy-spreading Big Top. The secret's in its careful Roto-roasting process—it brings out all the golden goodness of the peanuts. Then they're whip-blended to a smooth creaminess for perfect spreading. Treat your family to Big Top soon.

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