

Feeding the Family

By ZOLA VINCENT
Food Editor

Ham-Cabbage Scallop

Ever-popular and right now inexpensive ham has a way of reaching the leftover stage. You'll like this comeback when served like this. Makes six servings.

1 pound cooked ham
1/4 cup butter or margarine
1/4 cup flour
2 cups milk
shredded cabbage
3/4 cup grated American cheese
1/4 cup chopped green pepper
1 tablespoon butter or margarine
1/2 cup dry bread crumbs

Dice ham. Melt the one-fourth cup butter in saucepan, add flour and stir until smooth. Gradually add milk, stirring constantly. Cook until thick then add cheese, green pepper and diced ham. In the meantime, steam or cook cabbage in small amount of boiling water for five minutes. Place a layer of drained partially cooked cabbage in greased baking dish, now a layer of ham-cheese sauce. Repeat. Melt the tablespoon butter and mix with crumbs. Sprinkle over ham and cabbage mixture. Bake in moderate oven, 350 degrees, for 30 minutes.

Enjoy Artichokes Now

Fewer and fewer of these wonderful thistles are being grown. So we suggest you try them while they are still around.

How to cook. Allow one artichoke per serving. With sharp knife, cut off one inch of top and cut the stem leaving about one inch. Pull off any loose leaves. With scissors clip off thorny ends or tips of leaves. Rinse thoroughly then drop into boiling salted water to cover. For extra seasoning you might like to add a few pickling spices or one tablespoon salad or olive oil, a small clove of garlic and a thick slice of lemon for each artichoke. Cover and cook until stem can be pierced easily with a fork, 20 to 45 minutes. Remove from water; drain; cut off remaining stem. Serve hot or cold, either whole or cut in half. If you cut in half remove the tiny thorns by cutting a shallow half moon into the heart.

How to eat. These instructions are for the novice and surprisingly enough there are many. This is one time when fingers are the rule. Tear off the leaves and dip in melted butter, lemon butter or mayonnaise. Eat as far up the leaves as you can. When the leaves are gone you have reached the heart, and we're among those who think this is the tenderest, best eating of all. However, it is time to reach for your fork.

Bean and Beef Casserole

For Famished Families

Pork and beans are standard equipment in almost all kitchens; are heartily enjoyed by all just as they come from the can. But we think you'll approve of them even more heartily when served like this:

Plan one-fourth pound hamburger per person. We'll give you the proportions for eight servings. Season two pounds hamburger with salt and pepper to your liking; one teaspoon chili powder, one teaspoon crumbled oregano leaves and one tablespoon dry or chopped fresh parsley. Shape into patties and brown quickly in hot skillet. When brown arrange in lightly greased baking dish. Open two large cans pork and beans and spread over patties. If beans seem quite moist drain off part of the liquid. Sprinkle top with 1 1/2 to two cups grated cheddar cheese. Bake in moderate oven, 350 degrees, 40 minutes. And now the secret... Serve with lots of chopped onion to be administered by the individual.

Suggestion: If you're in the mood to go a bit Mexican, line bottoms and up sides of baking dish with tortillas and proceed as above. Serve with bottled Taco sauce and onions, of course.

Weight-Watcher Here's Low-Cal Duo Dressing

The ingredients are the same... it's the method of preparing that makes this duo dressing unique. One way for fruit salads; one for green salads. Weight-watchers will approve of their low calorie ingredients. Inexpensive, too.

1/2 teaspoon salt
1/4 teaspoon mustard
1/16 teaspoon paprika
2 tablespoons sugar
1 tablespoon cider vinegar
1/2 cup fresh lemon juice
1 small can evaporated milk
3 tablespoons mayonnaise

Fruit Dressing. Chill milk in bowl or ice tray until crystals form. Mix salt and spices with sugar; add vinegar and lemon juice. With electric beater beat chilled milk until very stiff; turn beater to low and slowly add spice mixture. Fold in mayonnaise. Makes one pint.

Green Dressing. Mix salt, spices and sugar; add to mayonnaise. Stir in vinegar and lemon juice; then milk.

Fill Easter Market Baskets With Good Ham. Poultry, Buys "Special" buys on ham in its various forms for Easter feasting has become the expected thing, and this year will be no exception. Canned hams, so convenient to store and easy to prepare, come in sizes ranging from 1 1/2 pounds for the very small family to 13 pounds for

large gatherings. Smoked hams are ready-to-cook hams. Ready-to-eat hams need no cooking, but are usually glazed and heated through before serving. Smoked or ready-to-eat hams may be purchased whole, cut in half, as a butt or shank end, or as a juicy center slice. Center slices are by far the most expensive cut. Just be sure you know which kind of ham you are buying and cook accordingly.

Poultry will vie with ham for Easter honors. Fryers lead the parade as "wise values... both dollar-wise and nutrition-wise. Turkeys are in excellent supply and are well priced. Best buys are in larger birds.

Eggs. Fortunately eggs are on the plentiful list. With Easter practically here stock up on lots of extra ones for the children to enjoy coloring, hunting for, and, last but not least, eating. Don't worry about having too many hard-cooked eggs on hand, there are many good ways for using them up.

Vegetables Department. Abundant supplies of peak-of-perfection asparagus. Prices vary from day to day as new supplies come in... some terrific buys to be had. Crisp, sweet carrots, snowy cauliflower, tasty cabbage, crunchy celery, solid heads of lettuce, excellent quality spring onions and radishes are all good buys. Reasonable prices mark cucumbers, zucchini squash, peppers, spinach, bunched vegetables. Plenty of old crop potatoes still in the market. New potatoes becoming more plentiful.

Plentiful fruit items are limited to raisins, dried prunes, fresh and processed oranges, fresh and canned grapefruit, and lemons. Bananas remain the same but are more popular because of the small selection of other fruits. Strawberries are in evidence, but do not qualify as a bargain item.

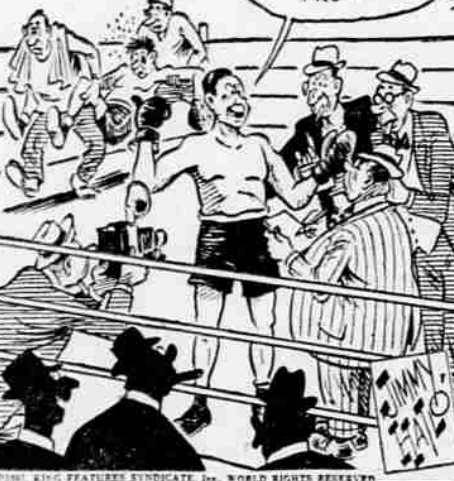
Fish and Shellfish. Look for fresh and frozen fish from coastal waters along with frozen fillets, fishsticks, canned salmon, tuna, crab, oysters, sardines.

They'll Do It Every Time

By Jimmy Hatlo

LAST MONTH KID PELVIS BEAT A THIRD-RATE HAM-AND-EGGER... SO HE HAD THUS TO SAY...

"TOUGHEST FIGHT I EVER HAD, BAR NONE. HARDEST HITTER I EVER BEEN UP AGAINST... LIKE A SLEDGE HAMMER WITH EITHER HAND... GREAT BOXER! FAST! NEVER STOPPED FROM BELL TO BELL... A REAL PRO..."



LAST NIGHT HE GOT LICKED, BUT GOOD—SO WHAT HAS HE TO SAY CONQUERORWISE? ...LISSEN...

I WUZ ROBBED! THE BUM NEVER LAID A GLOVE ON ME! DIDN'T EVEN MUSS MY HAIR! HE COULDN'T BOX ORANGES!! HE CAN'T HIT ENOUGH TO BREAK AN EGG! THE XXX!!! FOULED ME!!



CAB Unable To Place Blame for Grand Canyon Crash

Washington—(U.P.)—The Civil Aeronautics Board reported it has been unable to determine exactly why two airliners collided over the Grand Canyon last June 30, killing 128 persons.

The board said "the probable cause" was that the pilots of the United and Trans World Airlines involved "did not see each other in time to avoid collision." But it said "it is not possible to determine why..."

Half Dozen Factors

Any one of a half dozen factors could have been the reason, the board said. It listed these factors as:

Intervening clouds, cockpit visual limits, human visual limits, preoccupation with normal cockpit duties, efforts to give passengers a good view of the canyon, or insufficient air traffic advisory information.

The collision of the two planes was the worst disaster in United States commercial aviation history. The board investigated it for 9 1/2 months.

The board did not place responsibility for the crash on either plane. Because of insufficient information, it said, it could not determine whether TWA's Constellation turned into the path of United's DC7 or the DC7 overtook the Constellation. Cleared at 21,000 Feet

The two planes had taken off from Los Angeles on flights east within minutes of each other. The United Plane was cleared to fly on instruments at 21,000. The TWA plane started out on

instruments at 19,000 feet, was denied permission to climb to 21,000 feet because of the UAL plane but was allowed to fly visually at 1,000 feet "on top" of the cloud formations.

When last heard from, both planes were at 21,000 feet due to cross paths over the Painted Desert at the same time. The TWA plane had been advised that the United plane was cleared for 21,000 feet. But the United plane was not advised of the TWA plane's reported 21,000-foot altitude.

Controller Aware

The board said the Civil Aeronautics Administration air traffic controller at Salt Lake City was aware that both planes were at the same altitude and on converging courses. He did not advise either flight "of this situation."

But the report said the planes were not flying on controlled airways and that the controller therefore was not "required" to advise them of the situation.

Veterans Affairs Sells Bonds To Finance Loans

Salem—(U.P.)—The State Department of Veterans Affairs has sold \$10 million in bonds to finance veterans farm and home loans.

Interest rate cost on the bonds was 3.18 per cent. Successful bidder was Smith, Barney and Company of New York and associates.

Toppenish, Wash. — (U.P.) — Charles Brown, a Toppenish drug store owner, has announced plans to build the town of George, Wash., at a site near here.

Worcester, Mass. — (U.P.) — Mrs. Arries Ann Ward, 95, who was born in slavery, is proud of the fact that she can recite the alphabet backward and can touch her toes without bending her knees.

Washington — (U.P.) — The Marine Corps has disclosed atomic age reorganization plans that will enable it to move its combat divisions around the earth entirely by air.

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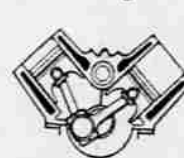
THEY STAY ON THE JOB, SAVE ON THE JOB—Middleweight model 6403 with special platform body; 3204 pickup on the road.

Chevrolet trucks are born and bred to be the biggest savers! They bring you modern, efficient power in lean-muscled V8's and hard-working 6's. And they offer modern features that mean greater comfort and easier handling. These trucks save hours and dollars around the clock and around the calendar!

Take a look at the way these Chevrolet trucks are put together. Frames, axles, suspensions, all chassis components are built to shrug off the relentless beating of a long, tough schedule. You see that stamina and dependability are built right in to hold down-time to a bare minimum.

Look at the safety and convenience features in Chevy's handsomely tailored cabs. They're roomy; the sitting's soft and comfortable. You've got Ball-Gear steering, High-Level ventilation, panoramic visibility, modern features that are important to the morale and efficiency of your drivers.

Look at Chevrolet's line-up of super-efficient V8's and 6's. You get the right power for the job—more usable power for pulling your payload; less power lost moving the engine's own weight!



A short-stroke V8 for every model!
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As the leading truck manufacturers, we have a reputation to live up to. We can't afford to offer anything less than the best. That means you're sure of a truck with the latest in engineering advancements; a truck that will stay and save on any job you've got! Stop by and talk it over with your Chevrolet dealer.

NEW FROM CHEVROLET

New, bigger capacity pickup added to the Task-Force line!

It measures a full 98 inches in length! Like all Task-Force pickups, Chevy's new 1/2-ton model features a low loading height, flat-ledge side panels and a grain-tight tailgate. There are running boards, too, for easier side loading, and no bulging wheelhouses to rob you of valuable load space.



Chevrolet Task-Force 57 Trucks

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