

Feeding the Family

By ZOLA VINCENT
Food Editor

Modern Children Less Likely To Have Father's Foibles

Yes, sir, that's my baby! Proud parents in ever increasing numbers are rejoicing in the patter of little feet as baby boom continues. And little feet patter sooner and little minds work faster as these mighty mites take on nutrition in modern manner. Talk about pampered pets! Some baby food purveyors even grow the food they pack for growing children and the acreage increases as the baby crop increases. Soil and sun as well as seed have a lot to do with what goes into can and glass for catering to small fry. Processors are dedicated to high retention of nature's nutrients which happens also to retain flavor and color.

Growing children will not have the food foibles of their fathers because they now eat everything from infancy as a matter of course. . . and because it tastes and looks so good. Why is this so?

Most grandmothers well remember the fear and trepidation when Junior had his first bite of banana at nine months. Today's little income tax deductions start eating avidly when only weeks old, have tried perhaps 70 different foods by the time they are nine months old. Brides of the future should have no problems feeding the big boys because

they learned to eat everything while little boys.

Long accustomed to a choice of menu items including juices, cereals, soups, fruits, vegetables, fish, meat and vegetables, combinations galore and desserts; mother now picks up veritable casseroles for Junior and Junior Miss along with the packaged meals for the rest of the family.

There's even turkey in the toddler's immediate future along with junior vegetables. Other main dish combinations on super market and superette shelves includes Junior macaroni, tomato, beef and bacon; Junior split peas with ham, Junior beef and noodles with vegetables. Then there are chicken noodle dinners and a version of ham and eggs that actually combines egg yolks and ham.

As we celebrate National Baby Week, we salute those fine pioneers who took the drudgery and fuss, sieving and chopping, out of baby food preparation. They opened up a whole new world of good nutrition-packed eating for new generations of better babies, fore-runner to easier-to-cook-for fathers.

For Imaginative Young Cooks Gelatin Desserts Good Starter. Children, with particular emphasis on girls, like to help in the kitchen. It makes them feel grown-up and useful. The wise

mother utilizes this natural instinct to help establish a stronger mother-child relationship, plus taking advantage of the opportunity to teach nutrition in easy steps to her offsprings.

Among the first things a child can "cook" is a packaged gelatin dessert. A sure-fire success which gives the child a sense of accomplishment and makes her or him want to go further into the mysteries of cooking.

Let them use their imaginations when it comes to decorating their efforts. You probably have a host of "trimmings" on your kitchen shelf. Nuts, dates, raisins, marshmallows, chocolate bits, coconut, or whatever appeals to the juvenile creative urge.

Fruit Snow With Easy Custard Sauce

We chose this as a good starter recipe for the young cook who has learned to read and to follow simple instructions. It's variations are numerous; it's results delightful.

1 package fruit flavored gelatin
1 cup hot or boiling water
1 cup cold water
2 egg whites

Dissolve gelatin in hot water. Add cold water. Chill in refrigerator until gelatin just begins to thicken; should be slightly thicker than unbeaten egg whites. Add egg whites to gelatin and beat with a chilled egg beater until mixture becomes thick and frothy. Turn into six to eight well-chilled custard cups and chill in refrigerator until serving time. For quicker beating, set bowl in pan of cracked ice. To serve, unmold gelatin onto individual dessert dishes and garnish with fresh or canned fruits and serve with this custard sauce.

Easy Custard Sauce. In double boiler slightly beat the two egg yolks remaining from making the snow. Add one-fourth cup sugar and one-fourth teaspoon salt and mix thoroughly. Slowly add 1½ cups scalded milk. Stir constantly until mixture thickens enough to coat the spoon. Cool.

Fruit Snow Variations. In these variations the fruit juice or nectar is substituted for the one cup cold water. Otherwise follow fruit snow instructions.

With cherry-flavored gelatin substitute one cup pineapple juice; raspberry-flavored gelatin goes well with peach nectar; pineapple-flavored with one cup cranberry juice; orange-flavored with grapefruit juice; strawberry-flavored with apricot nectar; lemon-flavor with orange juice plus one teaspoon grated lemon peel; lime-flavored with one-fourth cup lemon juice plus three-fourth cup additional hot water and one teaspoon lemon peel.

Golden Cream Orange Juice

A delectable, refreshing, wholesome drink that is easy for children to prepare as an after-school snack or any other time. And Mother knows it is good for them.



BABY FOOD NEWS—Like mother, like child. Open wide and there goes another spoonful of good nutrition that makes America's babies bigger and better as baby boom continues. Baby food news and many other good things are included in today's food columns.

1 cup orange juice
3 tablespoons powdered sugar
1 cup heavy cream, whipped
3 tablespoons powdered sugar
1 teaspoon grated orange peel
Add three tablespoons powdered sugar to orange juice and stir to dissolve. Pour into refrigerator freezing tray. Fold remaining three tablespoons sugar and grated orange peel into whipped cream. Cover orange juice in freezing tray with the whipped cream mixture to form two layers. Freeze until firm. Fill glasses with freshly extracted or reconstituted frozen orange juice and top each one with a large spoonful of the frozen mixture. Such a wonderful creamy taste results.

Eggplant and Tomato Casserole Excellent. Eggplant is available all year round. However it is one of our so-called "lesser" vegetables and is often overlooked because the homemaker doesn't know to prepare it. We think you'll enjoy it when prepared like this. We do.

1 eggplant (1½ pounds)
½ cup shortening
1 large green pepper
1 large onion
1 clove garlic
4 large tomatoes
1 teaspoon salt
¼ teaspoon ground black pepper
½ teaspoon ground or crushed basil
1 cup soft bread crumbs
2 tablespoons butter, melted

Thursday, May 2, 1957

MEDFORD (OREGON) MAIL TRIBUNE—FIVE

Dr. McAbee to Speak At IV Commencement

Cave Junction — Dr. Harold McAbee, assistant superintendent of schools in the Bethel district near Eugene will speak at Illinois Valley High School commencement exercises May 29.

The high school band and chorus will present musical selections as part of the program. Students have selected white and maroon caps and gowns for their graduation.

beef hash into a well greased square baking dish. Make six indentations in top of the loaf with the back of a spoon. Place six peach halves in indentations and fill with catsup. Bake in moderate, 350 degree, oven for 45 minutes. Let stand about 10 minutes before serving.

SURPRISE ATTACK
South Bend, Ind. —(U.P.)— A traffic light crashed through the glass door of a restaurant, hit a man between the shoulder blades and knocked six coffee urns on the floor. The light's standard was snapped off in a two-car collision at an intersection.

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Morning Milk Cream Sauce

1 tablespoon butter 1 cup Morning Milk, undiluted
1 tablespoon flour ½ teaspoon salt

Melt butter in saucepan. Stir in flour and salt. Let bubble one minute. Remove from heat. Add ½ of the milk. Blend carefully until smooth. Add remaining milk, return to heat. Stir constantly until sauce thickens. Makes 1 cup.

Morning Milk Butter Sauce

1 cup Morning Milk, undiluted 2 tablespoons butter Salt and pepper to taste

Heat Morning Milk and butter to scolding point. Stir well, season to taste. Pour over hot peas (or other vegetables) from which excess juice has been drained. Makes 1 cup.

Morning Milk 3-Minute Cheese Sauce

½ cup Morning Milk, undiluted ½ cup cubed or grated process-type American cheese Salt and pepper

Heat Morning Milk in saucepan over low heat until small bubbles appear around edges of pan. Add cheese and seasonings. Heat for about 1 minute, stirring constantly. Makes slightly more than 1 cup.



MORNING MILK

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... for coffee creaming
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