

Feeding the Family

By ZOLA VINCENT
Food Editor

Popular Ways to Fix Plentiful New Potatoes

New potatoes, Spring-time delight, are plentiful and reasonably priced. Small sizes are the best buy. Always characterized by a thin feathery skin which may be either red or white, they are ideally suited for boiling and creaming. Scrub well, leaving whatever skin clings; add color and flavor interest as well as good nutrition. Besides did you ever try to peel a new potato?

Cream new potatoes with asparagus tips, adding cooked tips at the last minute, of course.

Cream and add fresh or frozen (cooked) peas at the last minute. Sprinkle creamed new potatoes generously with browned butter crumbs.

Parsley-butter new potatoes to serving cooked potatoes into hot turning dish and pouring melted butter over, then turning each potato until well coated. Now sprinkle with finely chopped parsley.

Or make sauce of one cup sour cream, one teaspoon salt, one-half teaspoon caraway seeds and two tablespoons chopped parsley and pour over cooked potatoes; heat for two minutes.

Pimientos chopped or sliced in various shapes and sizes, or chopped or sliced pimiento stuffed olives can be added to any of the above for added flavor, texture and color.

Cauliflower Polonaise

Cauliflower once was a luxury enjoyed only by the very

wealthy. Today it is available all year and at very good prices. Here is one of many good ways to serve it.

Remove outside leaves from a medium-size head of cauliflower. Wash thoroughly under cold water. Place in pan with one-inch boiling water and one-half teaspoon salt. Leave uncovered and bring to boiling point and boil 10 minutes. Add more water if necessary. Cover and continue cooking until tender, about another 10 minutes. Place in warm serving dish. In the meantime, saute two-thirds cup soft bread crumbs in one-fourth cup melted butter or margarine. Add one teaspoon fresh lemon juice, one-sixteenth teaspoon each of salt and ground black pepper. Sprinkle over cauliflower. Garnish with paprika.

Deviled Swiss Steak Will Excite Taste Buds

A Swiss steak to excite even the most jaded taste buds can be achieved by pounding dry mustard into the meat along with the flour. The resultant "deviled" flavor blends so well with the combined tomato, onion and garlic flavors. Mix six servings.

1 1/2 pounds beef round steak
1/4 cup flour
1 teaspoon dry mustard
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 medium onion
2 tablespoons shortening
1 clove garlic
1 No. 303 can tomatoes (2 cups)

Mix flour, mustard, salt and pepper; pound into steak with meat pounder or edge of heavy saucer. Slice onion and cook in hot shortening until yellow; push to one side of pan or remove to plate. Brown meat thoroughly on both sides. Mince garlic and add to meat along with onions and tomatoes. Cover pan and cook over low heat two hours or until meat is tender. Add a small amount of water during cooking, if necessary.

Green Bean-Mushroom Cheese Casserole

Blue Lake green beans are a special type of bean, not a brand name and they're grown only in the Pacific Northwest. They are especially good in this casserole. Makes four servings.

1 No. 303 can Blue Lake green beans, drained
4 tablespoons butter
4 tablespoons flour
1/2 teaspoon salt
1/4 teaspoon pepper
2 cups milk
1 cup grated or cubed cheese
2 4-ounce cans sliced mushrooms, drained
Paprika

Arrange green beans in greased nine-inch square pan or one-quart casserole. Melt butter over low heat; blend in flour and seasonings. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat and stir in milk. Bring to a boil and, stirring constantly, boil for one minute. Add three-quarter cup of the cheese and all the mushrooms; pour over beans. Sprinkle with remaining cheese and some paprika. Bake

until golden brown, about 20 minutes, in 350 degree, moderate, oven.

Potatoes Belong On Shoppers' List

Potatoes, tender, sweet new ones for boiling and creaming whole, or regular size old crop for baking, mashing or casseroling, are very much in the food news. They belong on every shopper's list because they have more energy-giving food value than any other vegetable; they are packed with a wealth of vitamins and minerals; and they fit into any meal. Incidentally, the potato itself is not fattening. It is the butter, sour cream or other topping you put on it that adds the calories. One medium potato has about 100 calories, no more than an apple or a banana.

Strawberries and rhubarb are increasing in supply right along. Now is a good time to go into a huddle with your produce man and decide approximately when to do your "putting up." When buying rhubarb plan on four to six servings from each pound.

Spring vegetables are coming into market in sufficient abundance to do away with any menu monotony. Asparagus still tops the popularity poll. We suggest you enjoy it often right now because the season is all too short. Fresh peas in the pod, another Springtime delight, are available at fair prices. Choose those with bright green, fresh looking velvety pods. Small artichokes are reasonable. Pearly white cauliflower, to be cooked or served raw, is in good supply. Wise choices for budget meals include crisp, golden carrots, summer and Italian squash, cabbage, onions, celery, and of course potatoes which were mentioned earlier.

Poultry. Frying, broiling and stewing chickens, as well as turkeys are bargain priced. In fact some specials on poultry are so good the real budget watcher is likely to feel guilty if she doesn't take advantage of them.

Fruit buys other than those already mentioned are primarily the citrus fruits; tangerine grapefruit, navel oranges and lemons. A few more melons are available. Bananas remain steady.

Other Good Buys. Look for good buys in sliced bacon, smoked sausages, ham, ground beef, frankfurters; also shortening and oils, raisins and peanut butter, packaged cereals, macaroni products, cake mixes, frozen and canned citrus fruit juices.

SOC Gets Approval For Housing Program

Ashland — Southern Oregon college tentatively won city council approval Tuesday night for a housing development program between Highway 66 and Webster st. in the college area.

The region would encompass seven units, covering 28 apartments, for full occupancy. The existing Vet's Village will be vacated and renters there will be given priority in the new area.

This is part of a wide area planned for development by the college. It will include two new streets, North and South College court. They will extend from an entrance to be built at Wightman st., and will extend into Stadium st.

Around Hollywood

Editor's note: Aline Mosby is on vacation. In today's guest column, television casting director Ruth Burch gives tips to hopeful actors on how to get jobs in TV.

By RUTH BURCH Written for the United Press

Hollywood — (U.P.)—During a single year I cast approximately 9000 acting roles in some 16 TV programs—shows like Wyatt Earp, the Burns and Allen and Danny Thomas series, the Life of Riley and December Bride. The ratio is about 10 men to every woman.

Television favors men. It also favors experienced performers over new talent, although we're always on the lookout for promising new faces. Many producers and directors make a point of going to little theaters because they love to discover talent for themselves. Therefore, new players who can get into show-cases like little theaters are doing themselves a favor.

Every Tuesday from 10 a.m. to 2 p.m., my assistant and I interview new people. Formerly we interviewed everybody, but the lines stretched so far, we couldn't see them all in a day. Now we require appointments.

What do we look for in applicants? Character, primarily. This includes ambition as well as background, and if they have no experience, what preparation they have made to back up their ambition. My first impression of a person is usually right, although I do not bind myself by that. A three-minute interview or a two-minute reading usually indicates whether a person has or doesn't have the material we want. How do we judge a reading? By the quality.

Ambition Alone Insufficient
In advising young people who want to try their luck in television, motion pictures or on

By ALINE MOSBY
United Press Correspondent

Broadway, I cannot overemphasize one point; Ambition alone is not enough. Don't come to Hollywood or go to New York unless you have sufficient confidence in yourself and a bankroll to tide you over for at least six months. But first, get as much experience as possible with a local group in your home town or your radio or TV station.

Girls sometimes break into pictures with little more than a pretty face, a voluptuous figure or an offbeat personality. But TV is far more demanding. And with fewer motion pictures being made these days, the competition is overwhelming for any but trained performers.

HE'S REAL NOBLE

London — (U.P.)—George Ian Murray, a \$56 a week assistant plant manager, took the day off today to celebrate his inheritance of 18 noble titles. Murray, a distant cousin and closest living relative of the late Duke of Atholl, inherited the duke's title plus four earldoms, three viscountcies, two marquises and eight baronies.

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MEDFORD (OREGON) MAIL TRIBUNE—THREE

RC Representatives Attend KF Workshop

Four Jackson county Red Cross representatives traveled to Klamath Falls Wednesday to attend an all-day workshop on disaster.

Attending from here were Mrs. E. O. Eden, co-chairman for disaster; Mrs. John S. Day, member of the Pacific council of the Red Cross; Mrs. Grace Fiero, chairman of the canteen; and Mrs. Helen Wilson, executive secretary of the Jackson county Red Cross chapter.

Chairman of the workshop was Mrs. Catherine Chambers, director of disaster work for the seven western states and Alaska. Exams were given on actual disaster cases. Delegates also discussed setting up a practical outline to meet any form of emergency.

Washington — (U.P.)—Roger Charles Ernst of Phoenix, Ariz., was nominated by President Eisenhower today to be an assistant secretary of interior.

IN RIGHT PLACE

Rosiclare, Ill. — (U.P.)—Eugene Cubley was at the right place when he yawned and dislocated his jaw. Cubley, a male attendant at Rosiclare General hospital, simply stepped into another room and had the jaw wired back in place.

FOR THE BIRDS

Carlsbad, Calif. — (U.P.)—Mr. and Mrs. Gordon A. Hardwick say their home is literally for the birds. They have hired an exterminator to rid the house of some 300 swallows who have built scores of nests under the eaves of the house.

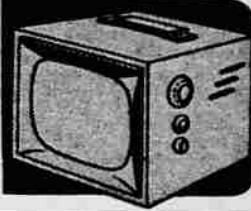


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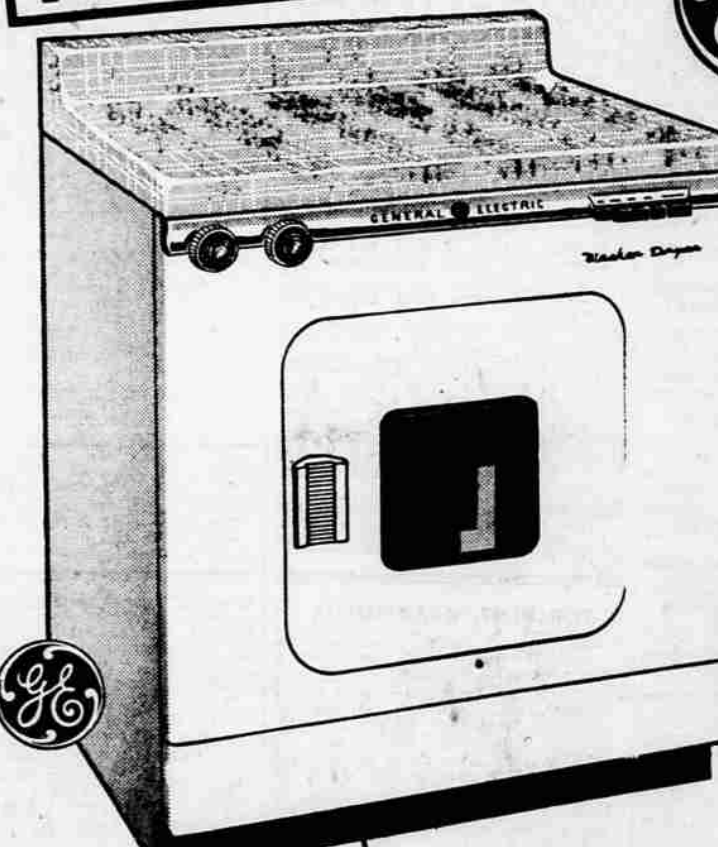
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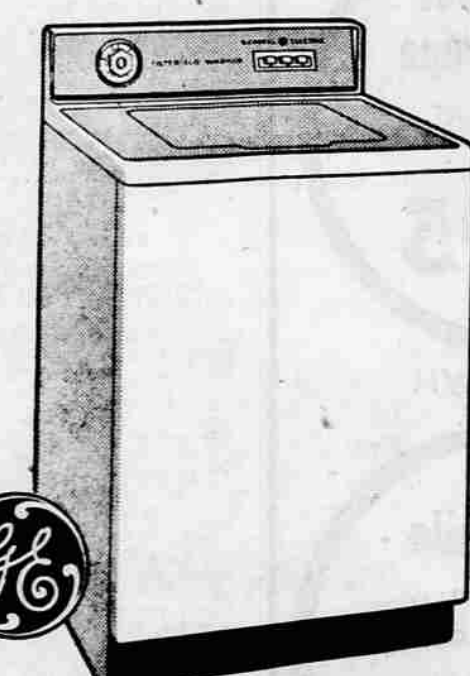
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