

Hotel Schools Staff on How To Help Blind Guests

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TOAST ALARM

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Feeding the Family

By POLA VINCENT

There are no better times than now to feed the family. The weather is just what you need for a picnic. The children are out of school and the family is together.

Have ready, delicious sized portions and a big bowl of potato salad. Many small portions also offer a variety of soups, washroom and other hot current soup sauce favorites.

Call all that'll you have? Chicken or beef dinner? Name your own vegetables. Then, when ready, let each place his own assortment of food in center of large squares of heavy duty aluminum foil, season to taste, and seal into a tight little package.



DOUBLE RATIONS—Fourth of July! Stephen and Vincent get a head-start: are likely to eat everything in sight. Prepare double rations if you're feeding teen-age boys. Teen-agers eat easily twice as much as their parents. Many good ideas are included in today's food columns for outdoors "do-it-yourselfers."

Actor's Schooner Sought by Group

Portland — A group of 11 men from Portland and Camas, Wash., are hunting remains of John Jacob Astor's trading schooner Blonquin off Vancouver Island.

The schooner was blown up in 1811 after a fight with Indians. Dr. George W. Cottrell, Portland physician, is heading the trip. He is an amateur skin diver.

The Blonquin was believed to have been wrecked near Tofino, B.C.

The 48-foot cruiser Cimba and the 44-foot cruiser Cheryl Lee are making the trip. Several other craft from Portland and St. Helens are expected to be at Tofino in the next two weeks.

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LOCAL NECTARBERRIES NOW AT THE PEAK OF THE CROP — DON'T WAIT TO LONG!

Let each figure out a way of marking his own and instruct him or her to keep an eye on his own production. Place on grill over medium hot fire. Cook about an hour, turning packages with tongs once or twice.

The chicken or meat will brown lightly right through the foil and the dinners will be delicious since the flavor is tightly held in and the juices mingle for a wonderful sauce. When done, packages may be placed on paper plates and eaten right out of the foil. Zip off the top, fold and spread back foil.

If it's a hearty party, roast a few potatoes and some ears of foil wrapped corn like this:

Corn and Potatoes. For outdoor cooking, or oven-cooking for that matter, husk corn, place on squares of foil, spread with softened butter and season. Wrap, twisting ends to secure. Cook on grill about 20 minutes, turning several times. Scrub potatoes, place on squares of foil and wrap. Cook on grill about one hour or in 350 degree oven same length of time. Test for doneness by piercing with fork through foil.

Hot Breads. Prepare garlic or other seasoned bread, wrap in aluminum foil and heat at one side of the grill for about 15 minutes. Buns, rolls, muffins—just brush with seasoned butter or margarine and wrap in foil. Heat by letting them stand on the grill where heat is not too intense. Serve right from the foil, reclosing each time they are passed, to keep remainder hot.

Garden Vegetables Cooked Over Coals. Outdoors cooking needn't be limited to broiled steaks, chicken and hamburgers. The wonderful vegetables so abundant right now are delicious cooked over the coals. This way of cooking vegetables for an outdoor meal is the essence of convenience. Prepare them ahead and there's no last minute work. They travel to a beach or park neatly. They can even be eaten from the foil with nothing left to carry home. But the main thing is that you'll love the flavor!

Whole Onions. Select medium to large white or yellow onions. Rinse, leave skins on and place each on a square of heavy duty aluminum foil. Bring foil up over onions and twist together at top. Place on grate over medium hot fire and cook 40 to 50 minutes, turning occasionally. Onions are done when soft to the touch. Open foil. Onion skins will push back easily; add butter, salt and pepper and eat right from the foil.

Whole Beets. Large young beets, stems removed, may be cooked similarly to onions. If they are small, trim off stem ends and scrub. Place beets, six or eight at a time, on a large square of heavy duty aluminum foil. Add 3 tablespoons water and a sprinkling of salt. Bring foil up over beets and seal edges to make a tight package. Place on grate over medium hot fire and cook 50 to 60 minutes, turning once or twice. Test for doneness after beets have cooked about 40 minutes. By piercing through foil with steel tined fork. Don't turn package after piercing. When done, serve each person whole beets. Skins slip off easily. Color will be a rich red.

Corn Bundle. Very popular. Very good. Use a sharp knife

right from package. Apple Strussel Cake Has Spice—Will Travel

Cakes-to-carry are a summertime must. This spicy little number will travel well. Topping is baked on, so just leave in pan, wrap in aluminum foil, and away you go.

1/2 cup butter or margarine
1 cup sugar
1 egg
1/2 cup bran flakes
1 cup applesauce
1 1/2 cups sifted all-purpose flour
1/4 teaspoon soda
2 teaspoons baking powder
1/2 teaspoon ground cloves
1/2 teaspoon cinnamon
1 teaspoon salt
1 teaspoon vanilla
*Strussel topping

Cream butter and sugar together, thoroughly. Add egg and beat well. Stir in bran flakes and applesauce. Sift dry ingredients together and add to creamed mixture. Add vanilla and mix. Pour into oiled eight-inch square pan. Bake in moderate oven, 350 degrees, 30 to 40 minutes or until it tests done. About five minutes before baking time is over, spread strussel topping lightly over cake. Return to oven and finish baking. Makes nine good-sized servings.

*Strussel Topping. Blend together until crumbly two tablespoons butter, 2/3 cup confectioners' sugar, and one teaspoon cinnamon.

Low-Calorie Summer Sippers

During the summer it is a good idea to encourage children to concoct healthful, thirst-quenching drinks. Inexpensive low-calorie non-fat dried milk can be a big boon both to health and pocketbook when made into delicious drinks like these. In all cases liquid milk according to package instructions and then proceed.

Taffy-Mint Shake. To one cup chilled liquefied instant non-fat dry milk add two tablespoons unsulphured molasses, a few drops peppermint extract and ice cubes, if desired.

Orange Cooler. Combine one cup chilled milk with one medium-size scoop of orange sherbet in electric blender. Blend until smooth and creamy, about one-half minute.

Coffee Cooler. Children should use the instant decaffeinated coffee. Combine one tablespoon instant coffee with two tablespoons sugar. Add to two cups chilled milk and stir until well blended. Chill thoroughly and serve.

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