



WAYS WITH FRUITS, BERRIES—New ways with fresh fruits and seasonal berries are offered in today's food columns. Offer assortment, perhaps blueberries, raspberries, sliced peaches and fresh grapefruit sections with creamy lemon sauce made with lemon instant pudding. Another time, try the new banana cream instant pudding as topping.

Feeding the Family

By ZOLA VINCENT
Food Editor

Make Most of Fresh Fruits and Berries

Almost every market report throughout the entire country today starts with "principal producing states are California, Washington and Oregon." With Idaho, Arizona and other western areas in the vanguard. Let's run down the list of plentiful in peak production. Alphabetically, seems a good way.

Apricot Abundance

The principal producing states are California, Washington and Utah with Oregon, Idaho and Colorado as secondary areas of production. Many more apricots than last year crop coming to market this month. Very few in August, so make the most of them now.

Apricot Ways. Fine for eating out-of-hand, in fresh fruit salads, fruit cocktails. Serve them with cream, with lemon or banana instant pudding as a sauce. Put them in shortcakes, up-side-down cakes, pies, dumplings, soufflé or whip. Make apricot butter, preserves, conserve, jams. Stew, spice or pickle them with or without pits. Puree apricots for a beverage or a sauce for ice cream.

Apricot Fritters. For an unusual dessert, served with sauce or tart jelly, use fresh apricot halves. Beat two eggs until very light. Add one cup sifted flour, one-eighth teaspoon salt, one tablespoon salad oil. Beat in two teaspoons lemon juice and enough cold water to make a batter like heavy cream. Dust apricot halves with flour and dip in batter. Fry in deep fat, drain and dust with powdered sugar. Do a few at a time in order to keep fat at an even temperature. Very good as meat accompaniment, too.

Blackberries-Dewberries

To the blackberry and dewberry families belong the west's famed Loganberry, the Youngberry and the Boysenberry. These do not stand long shipment; are used mostly for canning and freezing and enjoyment in local areas where grown. Lucky us! About a third of the annual total is marketed in July, but quantity is never large.

Unsurpassed when served whole with cream. Crush them

and add sugar. Use them in pies, cakes, tarts, muffins and puddings. Good with other fruits raw or cooked; also in ice creams and sherbets. Many like them for wines and cordials.

Blueberry Bounty

At peak in July when around half of annual total comes to market. The cultivated member of the huckleberry family, blueberry acreage is increasing right along as bigger and better berries are developed. In case you're interested, our Department of Agriculture refers to huckleberries as "wild" and blueberries as "tame."

Blueberry Ways. Wild or tame, huckleberries or blueberries, serve them raw with sugar and cream. Put them in jam. Stew them or make a pie, pudding, shortcake, tarts or add them to breakfast rolls. They're fine combined with other fruits in a fruit cup; are superb in ice cream or when used as a sundae sauce. As pictured, they're very good with lemon or banana cream instant pudding made according to package directions.

Sweet Cherries

The easterners grow the sour cherries. We grow the sweet cherries in California, Washington, Oregon, Idaho, Utah, Colorado and Montana. On the market May through August, more than a third of the crop comes to market in July. Enjoy them now.

Cherry Ways. Enjoy them out-of-hand, in salads, cooked in pies, tarts, cakes. Put up jellies, jams, preserves, sauces, pickles. Use them in ice cream, puddings and other desserts as well as in fruit cups. Most popular sweet varieties are Bing, Tartarian, Lambert, Republican and Chapman. Royal Annes are mainly a canning and processing variety; most of them wind up as "maraschinos."

Nectarines Smooth

The nectarine is a smooth-skinned peach; one of the most interesting phenomena in horticulture. The nectarine is smaller than the peach, has firmer flesh, greater aroma and a distinct and richer flavor. Like peaches they are clingstone or freestone and the flesh may be red, yellow or white. They peak in July and August and are more

plentiful than last year.

Nectarine Ways. Nectarines are used in all the ways peaches are; fresh as a table fruit, stewed, baked in pies and other baked dishes, made into preserves, jams and ice cream. They are canned and also dried.

Peaches Plentiful

Biggest crop of peaches in 10 years; 11 per cent above average. About half of all commercial peaches are marketed fresh with majority of balance going into cans for year-round enjoyment. Peak in July and August. Confer with fruit man on supplies for canning and freezing and he will be happy to "special order" them for day wanted. Elberta is the outstanding variety of freestone with J. H. Hales second in importance. Most of the clingstones go into cans.

Peach Ways. Most of the peaches are eaten fresh out-of-hand, in salads and as peaches and cream. They're also good in pies, cakes, shortcakes and tarts; are widely used for jellies, preserves, nectar and as pickled peaches.

Peachering. The easiest up-side down cake we ever heard of. Butter 8x8x2 inch baking pan. Cover bottom with sliced fresh peaches, slightly sweetened. Over peaches, place canned oven-ready, cinnamon or pecan rolls. Bake in hot oven, 425 degrees, 12 to 15 minutes or until rolls are done. Turn upside down on serving plate. Serve with honey sweetened whipped cream.

Pears Appear

No question about it, lots of good things come in pears. California Bartletts are the first to appear and the crop is "way above average; then come pear from Oregon and Washington; the three states producing approximately 90 per cent of all pears sold commercially. Bartlett is the principal canning pear and the major fresh pear for many months to come.

Pear Pleasures. Eat them out-of-hand, stew, bake, fry, pickle or glaze them. Use them in jellies, jams, marmalades, in fresh fruit salads with peaches, prunes, melons, grapes or berries in season. Core them and top with mint sherbet. Top them with ice cream to make sundaes. Many think fresh pears with these slices on the side a superb dessert. Add a bit of candied ginger to cottage cheese and with pear halves. Brush Bartlett halves with butter, sprinkle with brown sugar and broil until glazed for serving with meat.

Plum Wonderfulness

Perhaps we should spell that "plumb" w-o-n-d-e-r-f-u-l because that's what plums are. Almost all of the fresh plums grown commercially in the U.S. are from California with the Pacific northwest distinguished for its prune varieties. Practically all plums are marketed fresh with supplies increasing right along. Of all the stone fruits, plums have the greatest number and greatest diversity of kinds and species.

Plum Ways. Plums and fresh prunes are excellent eaten out-of-hand. They have a refreshing tart sweetness that makes them good in pies, stewed fruit, preserves, jellies and jams. They're tasty in ice cream, in puddings and Bavarian creams, in cakes, tarts and pastries. They are canned and frozen and made into juice. They also give a delightful color note when cut in sections and used in fresh fruit salads.

Rah for Raspberries

About three-fifths of the annual total of raspberries is

The Family Council

Editor's note: The Family Council consists of a judge, a psychiatrist, three clergymen, a newspaper editor, a women's editor and two writers. Each article is a summary of an actual report. The Family Council does not give advice; it merely reports on problems that have been dealt with by responsible agencies and counselors.

Mrs. K. G.—Jane should go back and settle things.
Jane G.—I can't throw myself at a man.

Mrs. K. G.—My 26-year-old daughter is very unhappy because of a summer romance that never got off the ground.

Jane met Stan while on vacation in another state, quite far from us. She was staying with friends and ran into Stan during the last few days of her visit, so they could not get to know one another too well. They hit it off wonderfully, however, and even talked of love and marriage and said they would see one another again very soon.

They have been corresponding all winter and Jane continually moons over Stan and says she can't find anyone else she really enjoys being with. She has had quite a lonely year. I told her to invite him to our home for the holidays, but he wasn't able to come.

I say she should go back this year and settle things, but these friends have not invited her. I see no objection to her going and stopping at a hotel, but she says it wouldn't look right.

Jane G.—My mother doesn't seem to see anything wrong with throwing herself at a man, but I just can't be that way. If those

friends had invited me, it would be different, but this way it's obvious that I've come back just for Stan. What will he think of me? And then suppose nothing happens. I will have to come home, like something thrown out in the ash can. After all, I have feelings.

Stan keeps talking about how wonderful it was to be with me and how much he wants to see me again, but it just doesn't seem that we can get together. I think my mother's invitation to our home for the holidays may have scared him off. My mother is much too bold.

Stan isn't the type to be hustled into anything. Yet I know he must care for me because when I don't write for a few weeks, he always writes to me asking what's wrong. He's very affectionate in his letters.

The Council: Stan and Jane sound like perfect pen pals and are likely to remain that way for the rest of their lives unless one of them makes some decisive move.

It is doubtful whether these two young people really want this romance to "get off the ground." Through their correspondence they have gotten the illusion of a courtship and potential marriage without any of the threatening entanglements. Distance is their chief attraction for one another.

There is no point in Mrs. K. G.'s pushing the matter any further than her daughter wishes to go, but she should give Jane no sympathy or encouragement in her "mooning." It is obvious that Jane can bring the matter to some sort of conclusion if she really wants to.

If she doesn't, she should be encouraged to find eligible young men nearer home. She and Stan could not possibly have gotten to know one another well enough to form a real friendship in the short period they were together.

Jane should be a little more honest with herself. If she truly cared for Stan, she would be less concerned about her feelings in the face of a possible rejection. It is not "throwing yourself at a man" to show that you like him and would like to get to know him better. If that "scars him off," he's better left to his bachelor state.

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GENERAL FEATURES CORP.

Thursday, July 11, 1957

MEDFORD (OREGON) MAIL TRIBUNE—FIVE

Reynolds Appointed VA Representative

Salem—The Oregon department of veterans' affairs has appointed Joseph W. Reynolds as district representative for Josephine, Jackson, Coos, and Curry counties, effective this week.

Reynolds replaces Carlton F. Steinert, Roseburg, who will continue to serve Douglas and Lane counties.

The recent increase in the volume of state veterans' home and farm loans necessitated splitting the department's southwest Oregon area into two districts, according to H. C. Saalfeld, Salem, state director of veterans' affairs.

FOX HUNT

Dell Rapids, S.D.—John Reed and Mike Anderson had only a knife and a club when they encountered a fox near here. They killed the animal, skinned it and brought the skin in to collect a bounty. The boys are 12 years old.

The nation's oldest horse race track is in Saratoga Springs, N. Y. Its inaugural meeting was in August, 1864.

REST ROOM

Bloomfield, Conn.—The new home office of the Connecticut General Life Insurance Co. includes a drab, soundproofed room, furnished only with plain chairs, for those employees wishing to escape from tensions and anxieties of work.

ON THE JOB

Bridgeport, Conn.—After collecting notes on a wave of parking meter thefts, reporter Pete Mastronardi walked to his car, spotted two boys rifling a meter, captured one, called police and proceeded to his office to write an authoritative account.



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marketed in July. As we keep saying, "enjoy nature's bounty while ye may." Very few raspberries are grown nowadays and they're likely to remain a luxury item. Superlative fresh from the refrigerator and served "as is," with a light sprinkling of powdered sugar and a pitcher of cream nearby. Good, too, with a topping of lemon instant pudding made according to package directions.

Instant Creamy Lemon Sauce. Pour 2½ cups cold milk and one-half cup cold light cream into mixing bowl. Add two tablespoons sugar and one package lemon instant pudding mix and beat slowly with egg beater just until well mixed, about one minute. Do not overbeat or mixture will be thin. Let stand to set; takes about five minutes. Just before serving stir until smooth and creamy. Serve over gelatin desserts, fruit or puddings. If desired sauce may be chilled. Just before serving, stir until creamy.

REAPPOINTED AT 95

Chamberlain, S.D.—At the age of 95, C. D. Tidrick was reappointed to another four-year term as U. S. Commissioner for central South Dakota. He was first appointed to the post May 22, 1917.

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