

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Store Lime Goodness

Big shiny green Persian limes are in season now and will be shipped from Florida through September. Here's a trick for making the most of their short season. Squeeze the big juicy seedless limes and freeze the juice in ice cube trays. Once frozen, remove from trays and store in plastic bags in freezer or freezer compartment of refrigerator.

You'll have ice cubes with built-in flavor for iced tea, colas and other fruit juices and tall cool beverages. Extra flavor too when used to cool limeade made from frozen concentrated products.

The distinctive lime flavor, fresh or ice cubed, enhances fruit cups and melon ball cocktails. Try melting a lime ice cube in a melon half or wedge.

## Strawberry Ice Cream

How about that? Make some fresh strawberry ice cream while there still are fresh strawberries around. You'll have repeat orders.

Scald one cup milk in top of double boiler on low heat. Beat two egg yolks slightly with one-half cup sugar and one-quarter teaspoon salt. Stir into milk and cook until mixture coats the spoon or custard is slightly thickened. Remove from heat and chill in refrigerator.

## Orange Carrots

We make carrots even more golden by adding orange juice. Both are plentiful and very low in cost. For each four servings cut eight carrots into rings or strips. Blend one-quarter cup sugar, two tablespoons flour, one-half teaspoon salt, one-half cup fresh orange juice and one tablespoon grated orange rind. Cook, stirring constantly for five minutes. Serve over cooked carrots. This is very good on beets, too.

## Dress-Up Leafy Greens

Fresh tangy greens, piled high on produce counters, make a pretty sight; make pretty good eating, too. Consider collards, beet tops, mustard, dandelion greens along with the popular spinach. Combine them for something new in the menu.

Young tender greens should be cooked only in the water that clings to their leaves. They're delicious when sprinkled with fresh lemon juice, with melted butter or crumbled crisp bacon. The Chinese pan greens by cooking briefly in heavy frying pan with small amount of boiling water and butter.

Southerners are likely to cook greens with ham, salt pork or bacon and then crumble corn bread into the resulting broth. Raw spinach, kale or mustard greens are very good in tossed salad combination; add texture and color as well as flavor interest.

A little vinegar and sugar heated together is a popular dressing for greens as well as for lettuce, snap beans or cabbage.

## Cucumber Bowl

A reminder to make up a bowl of cucumbers in sour cream. No one peels cucumbers any more. Just score the cucumbers lengthwise with fork tines to fancy them up before slicing them thinly. Pour over a dressing made by blending one cup sour cream, one teaspoon salt, 1/4 tablespoons vinegar and one small onion grated (or two green onions, tops and all cut very fine). Chill and serve with any meat or fish.

## Chuck Steak Bargain

Beef bargains are to be found in chuck steaks which are being cut from high quality beef. They need only a meat tenderizer to guarantee fine flavor, fine texture and tenderness. A jar of meat tenderizer is standard cooking equipment nowadays.

Figure on one to 1 1/2 teaspoons meat tenderizer for each two to three pounds chuck steak cut 1 1/4 inches thick. Slash fat edges, sprinkle steak evenly on both sides with tenderizer. Do not salt. Pierce all over with sharp fork to allow penetration. Let stand at room temperature one hour or cover loosely and refrigerate overnight. Broil as usual, taking care not to overwork since tenderizing speeds up cooking time. Slice cross-grain when serving.

## Don't Pinch Our Fruit It Hurts Their Peelings

Our sympathies are entirely with fruit men who must remind customers not to pinch the fruit. We like the Italian way of putting it, too: "If you must pincha da fruit, pincha da cocunut." Fresh fruits and vegetables, being perishable require constant attention, both on the produce stands and after you get them home in order to keep fresh appearance. The less handling all along the line, the longer their life, so treat them gently.

When it comes to specials, have in mind the use to which you plan to put them. Surplus crops or an exceptionally good purchase on a rising market enable retailers to feature specials that are genuine bargains. It is usually important that these products be used immediately since they're being harvested in quantity at peak of production. If it is "looks" you want, you'll usually pay higher prices. For ingredient and other cooking purposes, there are many good buys.

**Fruit Buys.** Peaches remain the outstanding fruit value. Can, freeze, jam, pickle or otherwise preserve them in ways liked best by the family. Let the children help. Apricots, plums and cherries are going fast so enjoy them right now and put up a few jars or packages. Those Astrachan apples are good. There are Thompson seedless grapes, nectarines, berries of all kinds. Big demand on watermelons keep their prices higher than usual at this time of year. Lots of Valencias for juicing. Figs, Bartlett pears and Gravenstein apples are putting in appearance.

**Vegetable Buys.** There's practically anything you can think of but if you want menu-planning ideas, here they are: cabbage, cauliflower, celery, corn, cucumbers, lettuce, romaine, green beans, peas, potatoes, onions, radishes, soft squash, bunched vegetables, peppers.

**Meat and Fish.** Watch newspaper ads and display signs for best buys. Chuck steaks and pot roasts are fine values in round bone, blade bone and T-bone cuts. When tenderized these cuts may be broiled indoors or outdoors very successfully. Breast of lamb is big bargain for braising and barbecuing; so is stew meat. Plenty of poultry, both chickens and turkeys. Halibut is fish of the month and very good, too. If you've a home freezer, store a few halibut meals besides enjoying this fine fish today or tomorrow.

## 4-H CLUB NEWS

**The Desert egasus**  
The public has been invited to attend the Pre-Fair 4-H Club Horse Show at 1 p.m. Sunday, July 21.  
The Desert Pegasus are the sponsoring group.  
Marcia Ackerman Reporter.



UNLIMBERING A MOVIE CAMERA, Valeria Fabrizio (right), Miss Italy of "Miss Universe" contest, gets plenty of action from Lisa Simone, Miss France. In center is Steve Barclay, Miss Simone's fiancé. (International)

## Lights on Mountain Appalachian Mystery

Jonas Ridge, N. C. — A mystery of the Southern Appalachians is the appearance of strange, softly glowing lights on top and across the face of Brown Mountain near Morganton.

The flickering lights can be observed from afar and appear to hover over the mountain. Residents of the area say the best views of the mysterious lights are obtained from spots along Jonas Ridge, and the floating lights are at their brightest, changing from orange to blue, immediately after a rain.

What causes the lights to appear is unexplained.

For 50 years after the Pilgrims landed at Plymouth, the Wampanoag Indians and their allies honored a peace treaty with the white men. When friendly Chief Massasoit died, however, his son launched King Phillip's War in 1675.

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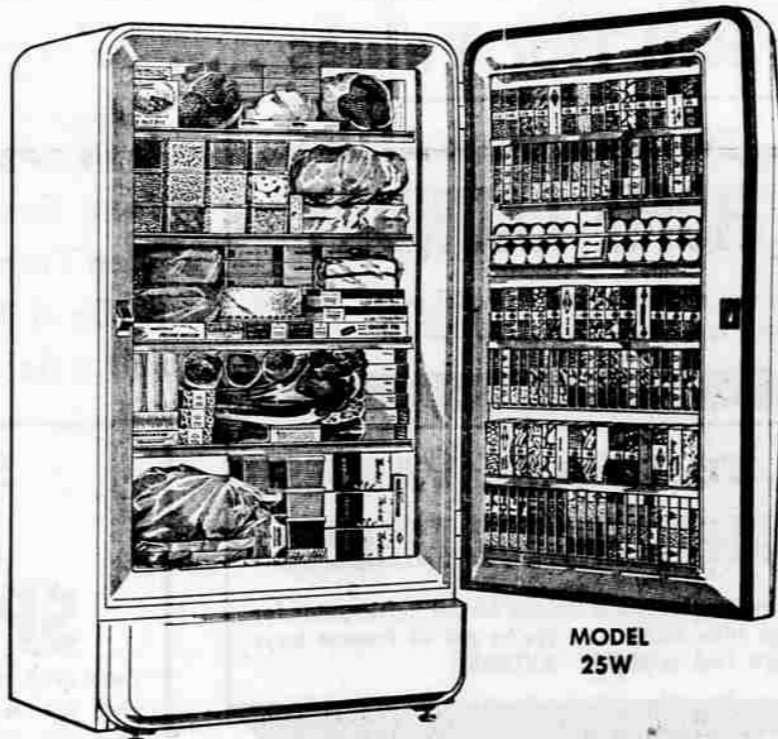
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