

Feeding the Family

By ZOLA VINCENT
Food Editor

Refrigerator-Ready Meals In a Minute

Meals in a minute? Actually it does take a little longer than a minute to produce a cool, satisfying meal even though it comes straight from the refrigerator. Cold cuts and chilled soups do make for easy living, however. There's vast variety of flavorful, well-seasoned meats ready for attractive arranging on your prettiest platter; meats from elaborate delicatessen displays and from cans on the pantry shelf. Quick cold soups include jellied consommé and beef broth "on the rocks".

Cold Meat Buying and Storage.

Figure on a pound of assorted meats for five people. Delicatessen meats are perishable, require constant refrigeration. Select them only from refrigerated cases. For quality assurance look for Federal inspection stamp, the label and the brand name on which you can rely. Fresh sausage should be eaten within two or three days. Smoked and cooked sausage may be safely stored in refrigerator for a week; dry and semi-dry sausage longer. All properly and individually wrapped to preserve distinctive flavors.

Cold Meat Platters

Variety is important here so buy three or more types. Consider the textures. Have, for example, a solid meat like cold boiled ham, a coarsely chopped variety like headcheese and a finely chopped meat like Thüringer. Choose from soft meats such as minced ham or Braunschweiger and others of firm quality such as cervelat or tongue.

Contrast flavors too and add different types of cheese. Arrange in attractive circles or ribbons. Garnish with colorful radish roses, olives, pickles and parsley. Plenty of assorted breads with rye predominating; butter, mayonnaise, mustard and relishes.

Jellied Consommé Cool Eating Any Time

Cool, cool eating before dinner, as a luncheon opener or for any-hour refreshment. Canned consommé will "jell" in about four hours in the refrigerator. It will solidify faster in the freezer but watch it! To serve, just open can as usual and fork or spoon the jellied contents into individual cups or bowls as suggested below. If the day is really hot, chill the bowls or surround them with cracked ice at serving time. One can make two servings.

Serve jellied consommé in rice bowls, soup cups or coffee cups, sherbet, champagne or parfait glasses, melon halves, crystal punch cups or finger bowl or thin clear plastic bowl.

Garnish with sour cream dashed with chives or parsley; with lime or lemon wedges; with cottage cheese rind; with grated cheese mixed with cucumber or chives; shredded carrot or

sieved hard-cooked egg; chopped almonds or peanuts; pimiento strips, thinly sliced onion or celery; diced cucumber or tomato; chopped mint leaves, watercress, parsley or green pepper; sliced stuffed olives.

For a cool jellied consommé salad, combine consommé, before chilling, with any of the following items: julienne beets, carrots or pimiento; chopped parsley, onion, celery or green pepper; shredded cabbage, carrot or cucumber; caviar or chopped clams, crabmeat or lobster; slivered almonds.

Chilled Beef Broth

We're familiar with beef broth straight from the can "on the rocks." Further suggestions are to serve it over cubed or cracked ice in all glasses, plastic tumblers, mugs or paper cups dependent on convenience. One can of beef broth makes two adequate servings.

For flavor fillip add a dusting of cinnamon, cloves or nutmeg, a slice of lemon or twist of lemon peel; a sprinkling of minced parsley, dash of Worcestershire, Tabasco or Angostura.

Popular Borscht

Most famous of the chilled soups of course is Vichyssoise with Borscht preferred by many. Quick way for six servings: Drain one can beets, reserving liquid. Finley chop beets. In saucepan, heat beets, beet liquid, one-third cup minced onion, one can condensed consommé, one-half teaspoon salt and one cup water just to boiling. Chill. Serve with garnish of dabs of dairy sour cream.

Chocolate Chip Cake

Ideal for baking and taking in the pan is a recently arrived cake mix called chocolate chip; a rich cocoa brown cake with a generous quantity of dark brown chocolate chips which somehow stay suspended during the baking. Follow simple package directions. We suggest a brown sugar pecan topping like this: Cream one-half cup soft butter and 1 cup firmly packed light brown sugar. Fold one-half cup chopped pecans or any other handy nutmeats for that matter. Spread this topping over hot cake in pan; place under broiler until topping bubbles.

Lemon Flake Cake

Another new cake mix has a fine texture actually flaked with flavorful bits of lemon peel. Follow package directions and top with this superlative coconut cream cheese frosting: Melt one tablespoon butter in saucepan. Add 1 1/2 cups tender-thin flaked coconut and saute until golden brown, stirring constantly. Remove from heat. Cream one-third cup butter, add two packages (three ounce size) cream cheese; blend. Add one pound (4 four cups) sifted confectioners' sugar and about one tablespoon milk alternately in small amounts, beating after each addition. Add one-half teaspoon vanilla and spread on cake. Decorate sides of cake with sauted coconut.

Saute Cucumbers

Nowadays when some one says "go cook a cucumber", it can be literally and is a very good idea because they make very good eating. Select firm, bright green cucumbers that are not too plump or seedy. Do not peel them. Score edges with fork times if you like.

3 large cucumbers
3 tablespoons flour
1 1/2 teaspoon salt
Pepper
3 tablespoons butter
2 tablespoons horse-radish
1/4 cup melted butter

Cut cucumbers in one-half inch slices and place them in ice water for 20 minutes. Drain, pat dry on paper towelling and roll in the flour, salt and pepper mixed together. Saute slowly in butter or margarine until golden brown. Drain. Arrange on platter and serve with sauce made by combining the horse-radish and melted butter or margarine.

No Strings Attached To Today's Green Beans

Today's green bean is stringless, green, fresh and crisp; have lots of snap. They're tops in quality and low in price right now. Plan to use within a day or two after purchase. Snap in half-inch lengths or "french" by slicing lengthwise. Cook in very little salted water until tender. Fix in ways like these:

To buttered green beans, try adding a sprinkle of chopped tarragon leaves for flavor change. A beaver of garlic cooked with the beans lends an intangible but desirable flavor. Cook the beans with sliced or diced onion and serve with sour cream topping. Serve a sharp, smoky-flavored cheese sauce over the cooked beans.

Add mushrooms or slivered almonds at end of cooking time. Sliced cooked beans, refrigerated then served with mayonnaise or french dressing makes an excellent salad. For color and flavor contrast, add bits of chopped canned pimiento.

Peach Preserves

Capture nature's full fresh peach flavor in glass. We suggest putting some of your peach preserves in jelly glasses; then every last bite will be eaten when served with no storage holdovers. From each two pounds of ripe peaches you'll get about four cups sliced peach-



CAKE ON PICNIC—Take it easy. Bake a cake and take it along right in the pan in which it is baked. Treat your picnickers to the new instant chocolate chip cake or the instant lemon flake cake; both made with "mixes." Or bake one of each and top with frostings suggested in today's food columns.

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.

Jack N. — We can't make it to the altar.
Gloria F. — I can't hurt my parents.

Jack N. — I am 28 and have been going with a girl a year younger, on and off for the past six years. We are in love, yet we can't seem to make it to the altar.

For one thing, we are of different faiths. When we first met, Gloria said this didn't matter to her at all. We were both away at college then. When the time came for us to go home on vacations and for me to meet her parents, she said the shock would be too much for them. Since then, I've gotten to know them and I think they like me, yet Gloria says they don't accept me as a prospective son-in-law.

We broke up entirely about four different times, but we keep coming together again because we really love one another. I feel Gloria is now old enough to make a decision without regard to her parents' feelings.

Gloria F. — I could never disregard my parents' feelings. We just don't have that kind of relationship. I have always been very close to them. I wouldn't hurt them for anything in the world.

My parents say they will be very disappointed and unhappy if I marry outside of our faith. Yet they think Jack is a very fine young man and tell me I should go ahead if I really feel he is the one man for me. They say they don't want to stand in the way of my happiness.

When I realize how wonderful they are about the whole thing, I can't stand to disappoint them. I miss Jack terribly when I'm not with him, but when my parents give me the go-ahead I almost wish I had never known

him. Yet when I go out with other men I realize nobody but Jack could ever be the man for me.

The Council: The stalemate will be broken when either Gloria or Jack realizes that Gloria's parents and their feelings are not really the issue here.

The parents have stated their case a little ambiguously because they sense Gloria's own hesitation. They say they'll be "unhappy" if she marries outside her faith, yet they don't want to stand in the way of her happiness. In other words, they would prefer her to find a young man of her own faith to love, but if she can't they're willing to accept Jack. We'll bet that if Gloria really made up her mind in favor of Jack, they'd withdraw the first part of the statement. As long as she is unsure, they feel she ought to look around for somebody else.

Six years is an awfully long time for this kind of cat and mouse game. Gloria is foolish to blame her hesitation on her parents who evidently consider her old enough to make a decision. As long as she does this, she is obscuring her real feelings from herself.

There could be many reasons for Gloria's indecision. Possibly the idea of marriage really frightens her, or perhaps there are things about Jack she can't quite accept, in spite of her fondness for him. It is just possible the religious difference and the accompanying differences in values and background mean more to her than she likes to acknowledge.

She should try to understand her own attitudes so she can give Jack a firm yes or no and go on to make a more satisfactory relationship with him or somebody else.



CALLING AT White House, Neil H. McElroy, Procter & Gamble Co. president, is mentioned as possible successor to Defense Secretary Charles E. Wilson, who plans an early retirement. (International)

es, nine medium glasses of preserves. Make each batch separately. Do not try to double recipe.

4 cups sliced peaches
8 cups (2 pounds 10 ounces) sugar
1/4 cup lemon juice (2 lemons)
1/2 bottle liquid fruit pectin

Peel and pit about two pounds fully ripe peaches. Slice thin and measure four cups. Place alternate layers of peaches and sugar in a very large saucepan. Let stand at room temperature four to six hours. Squeeze the juice from two medium-size lemons.

Measure one-quarter cup lemon juice into saucepan with fruit. Place over high heat; bring to full rolling boil and boil hard three minutes, stirring carefully. Remove from heat and at once stir in liquid fruit pectin. Skim off foam with metal spoon. Stir and skim by turns for eight to 10 minutes to cool slightly and prevent floating fruit. Ladle quickly into glasses. Cover preserves at once with one-eighth inch hot paraffin, rolling glass gently to seal sides.

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American, Russian Engineers Pit Steel Knowledge on Indian Plains

Oakland, Calif. — American and Russian engineers are pitting their industrial know-how against one another on the plains of India this summer in a unique battle whose key is the making of steel.

Survey Planned To Determine Needs Of Polio Patients

A countywide survey to discover the current rehabilitation needs of all post-polio patients will be conducted this month by the Jackson county chapter of the National Foundation for Infantile Paralysis, Gerry Gastineau, chapter chairman, has announced.

The local survey is part of a nationwide project by the National Foundation to compile a roster of polio cases of all ages and degree of disability, regardless of date of onset.

"Modern medicine has made impressive strides in developing new rehabilitation techniques," Gastineau said.

The chairman pointed out that the March of Dimes organization, having scored a victory in its war against polio with the Salk vaccine, is now spending more money toward rehabilitation of post-polio patients.

"We want to know what their specific problems may be, so that they may be helped to regain useful lives, if humanly possible, even though it may take a considerable period of time," he declared. The roster is being prepared with cooperation of the Jackson County Medical Society and member physicians, department of Public Welfare, office of Vocational Rehabilitation, State Crippled Children's Service and county school systems.

Information Sought

Information sought from each patient, whether a paralytic or non-paralytic case, includes whether he is employed or attends school, if he can climb stairs and dress himself, whether he receives regular treatment and if he uses a respiratory aid.

Gastineau asked that all persons who have ever had polio, whether disabled or not, send their names and addresses to his office at 212 Fluhrer bldg., Medford.

Application for a Medford Public Library borrower's card requires only a few minutes.

American workmen, and private rather than socialized ownership can step up faster the yearly steel output of "neutralist" India. Its 400 million population will watch the outcome closely.

Russians Also Building

The Russians meanwhile are working to complete a 1,000,000-ton integrated plant at Bhilai in central India. Observers say the Soviets are going all out to build an ultra-modern \$234 million plant in record time — 1959 the deadline.

Meanwhile some 100 Kaiser engineers are about halfway through expanding the Tata plant, with next May 31 the target date for completion.

The Tata mills, some 125 miles northeast of Calcutta,

were founded early in the century with American assistance and the industrial city that sprang up has become known as the "Pittsburgh" of India.

India has also signed agreements with Britain and Germany for steel mills and subsidiary contracts with some two dozen nations on both sides of the Iron Curtain.

Kaiser Has Free Hand

Tata has given Kaiser virtually a free hand in expanding its plant. The California firm has placed orders totaling more than \$78 million for rolling mills from Germany, cranes from Japan, electrical gear from the United States and Switzerland and boiler equipment and coke from England.

More than 100 ships have been used to date to bring the equipment to Calcutta. An indication of the confidence of both Tata and Kaiser that the 30-month construction schedule will be met is the absence of penalty or bonus clauses in the agreement. Most of the Kaiser techni-

cians brought their families with them. They live in a \$2 million dollar community known as "Kaiser Colony," its 100 air-conditioned bungalows designed by an Indian student of Frank Lloyd Wright.

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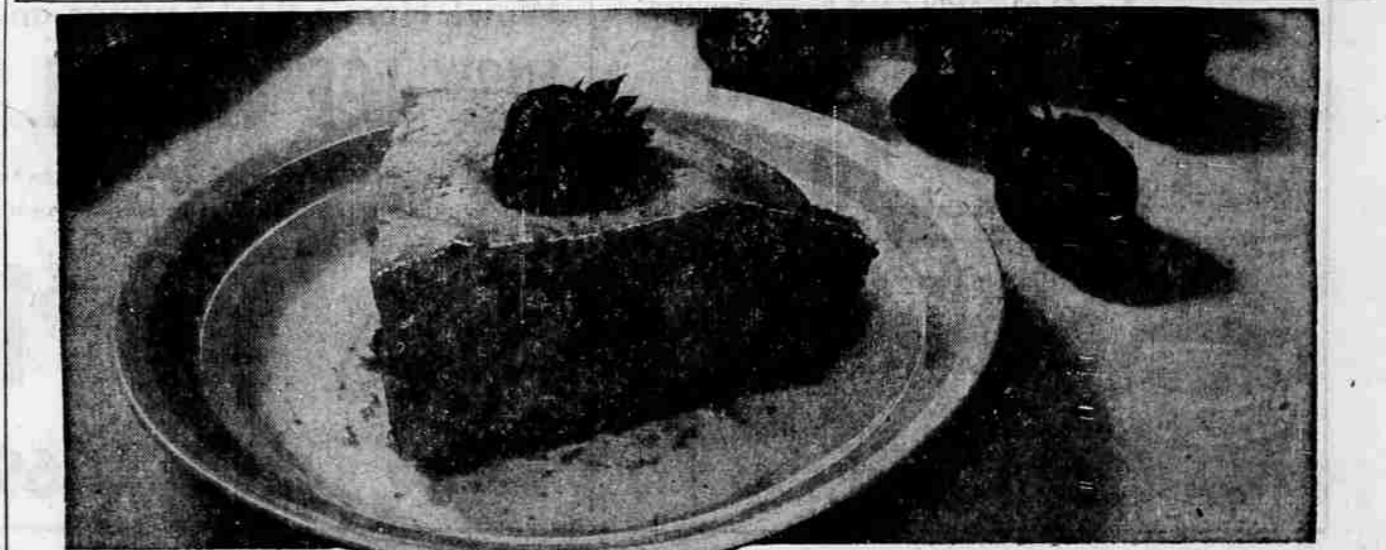
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COOL! QUICK! NO BAKING OR COOKING!

Strawberry Pie

— MADE WITH THE MILK THAT WHIPS — MORNING MILK

Here's a refreshing dessert that's made to order for women who like to "cook on ice"—especially in the summertime. Imagine! No baking or cooking—just whip-mix - and chill.

The secret of the "no bake" crust is graham crackers. You'll love their crispy texture and golden graham flavor.

The secret of the "no cook" filling is Morning Milk—the milk that whips easily and quickly—blends smoothly with the fresh strawberries and fruit gelatin to bring out their most delicate flavors. Yet, Morning Milk costs only 1/6 as much as expensive whipping cream!

Only double-rich Morning Milk and graham crackers can make it so good!

STRAWBERRY PIE

(Makes single crust 9" pie)

1/4 cup sugar	1 cup undiluted MORNING MILK
1 1/2 cups fresh sliced strawberries	1/2 cup lemon juice
1 3-oz. pkg. strawberry gelatin	9-inch crumb pie crust*
1/4 cup hot water	

Combine sugar with sliced strawberries. Dissolve gelatin in hot water. Cool gelatin to thickened and syrupy consistency. Chill Morning Milk in refrigerator tray until soft crystals form around edges of tray (about 15-20 minutes). Whip Morning Milk until stiff (about 1 minute). Add lemon juice and whip very stiff (about 2 minutes longer). Fold cooled gelatin and strawberries into whipped Morning Milk. Spoon into crumb crust. Chill until firm (about 2 hours).

*For crumb crust, mix 1 1/2 cups graham cracker crumbs with 1/4 cup melted butter and 2 tablespoons sugar. Line sides and bottom of 9-inch pie plate.

NOTE: A 10 or 12-ounce package of frozen strawberries may be used in place of fresh berries and sugar.

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