

Feeding the Family

By ZOLA VINCENT
Food Editor

Lean Beef Now Plentiful In Market

This is the season of year that brings lots of lean range fed beef into our markets for braising and simmering in such old-fashioned favorites as beef stew, pot roasts, New England boiled dinners and meat pies. This year something new has been added to our consideration of plentiful budget-priced lean beef.

Weight watchers welcome the fat-scent meat which, according to nutritionists, provides ample needed protein, vitamins and minerals while counting up to fewer calories. Food editors meeting in Chicago will discuss this timely topic and you'll be hearing about it.

Plump Dumplings Add Interest to Beef Stew

Dumplings are at least as old as nursery rhymes. Yet despite their venerable age, dumplings are up to new tricks. A fluffy dumpling, delightful in itself, becomes a food of distinction when herbs are added. What's more, herb-flavored dumplings lend additional aroma to the whole stew. However, first things first; we start with this savory stew:

1½ pounds beef stew meat, cut in 1½-inch pieces
1½ teaspoons salt
1½ teaspoon pepper
3 tablespoons flour
3 tablespoons lard
1 quart water
½ teaspoon Tabasco
12 small white onions, peeled
6 medium carrots, scraped and quartered

Blend one-half teaspoon of the salt with the pepper and flour; roll pieces of meat in blended mixture. Put lard in heavy kettle; add beef and brown on all sides. Add water, one-half teaspoon salt and Tabasco. Cover; simmer 2 to 2½ hours until meat is almost tender. Add remaining one-half teaspoon salt, the onions and carrots; cover and cook until vegetables are tender, about 15 minutes. Add dumplings and cook according to dumpling instructions.

Herbed Dumplings

Sift together two cups pre-sifted all-purpose flour, four teaspoons baking powder, one teaspoon salt and one-quarter of thyme, marjoram or savory, if you like, use a combination of these. Stir in two tablespoons finely chopped parsley. Add one cup milk; mix only enough to moisten ingredients. Drop by spoonfuls (about 12) on top of meat or vegetable pieces in the gently boiling stew. Cook uncovered (yes, we mean it) 10 minutes; cover tightly and cook 10 minutes longer. Makes four generous servings.

Tips for Fluffy Dumplings.

When you have mixed your dumplings, drop the batter carefully by spoonfuls on top of the stew so that dumplings can steam without getting their feet wet. A new look in dumplings is achieved by starting cooking without a lid on the pot, then, steaming, covered, for the last half of the cooking. This permits them to emerge from the pot with a maximum of lightness and a firm covering.

Dumpling Variation. A change in the texture of old favorites is often inviting. For cornmeal dumplings, substitute one-third cup cornmeal for one-third cup flour. Use two tablespoons less of the milk and add herbs or not as desired.

Fruited Short Ribs

For a new taste delight, braise inexpensive, flavorful short ribs with fruits and spices. Have 2½ to 3 pounds short ribs cut into individual servings. Dredge in flour and brown on all sides in hot lard or other fat; takes about 20 minutes. Season with salt and pepper. Add one cup water and one-eighth teaspoon each of cloves, nutmeg and allspice. Cover and simmer two hours. Add one-half pound dried prunes and one-quarter dried apricots which have been soaked about two

have been soaked about two longer, adding more water if necessary.

Our Foods Editor Reports On Annual Food Conferences

Newspaper foods editors from throughout the United States with a sprinkling from Canada and Hawaii have gathered at the Drake Hotel in Chicago for the 15th annual Food Editors Conference. They are here for the purpose of being brought up to date on what's new in production and distribution of foodstuffs. While listening, watching and learning they are also busily eating their way through samplings of the many new products and dishes featuring new ways with the old. All very delicious and fattening.

This annual event has become increasingly impressive over the years. It is an exciting and inspirational experience to see and hear about the most recent advances in the food field. Advances made possible by constant research and the inventive genius of men and women of this vast industry. An industry which works in friendly competition to give the American people the most diversified, healthful, easiest to prepare foods in the world at the most economical prices.

Monday morning, Sept. 30, the conference was in full swing as food editors met for a "Beat the Clock" breakfast hosted by Armour and Company. A hearty breakfast of grilled Canadian Style bacon and deviled eggs topped with sharp cheddar cheese and chopped chives was served in the Gold Coast Room of the Drake Hotel. A color slide presentation of Armour's "Beat the Clock" convenience foods was the highlight of the occasion. A few of the products shown were tasty ham pot pies, veal drumsticks, a new frozen chicken dinner featuring a Pepperidge Farm bread; large and small turkeys, stuffed and ready for the oven; and we think this is practically the ultimate in convenience foods) shredded and cubed cheese for easy recipe integration. Really, how simple can cooking get!

Luncheon, hosted by the Quaker Oats Company, gave us a preview of "New Fashions in Food". We were projected into the distant future with the help of a fashion show featuring styles of the 21st century. It just could be that in the year 2000 we may be taking our nourishment in capsule form. . . . Main dish pills, salad pills, dessert pills. . . . hmmm. In the meantime we will continue to cook. How to do this in the easiest most pleasant manner is the approach of the Quaker Oats folks. You'll be hearing about a new recipe called Satellite Fantasy which they served. It is a dessert that is literally out-of-this-world.

Monday evening found us dining in the Crystal Ballroom of the Sheraton-Blackstone Hotel as guests of the Borden Company. "Flights of Fancy in Foods" was the theme. Harold W. Comfort, president of The Borden Company appeared before us on film. He told us that a "Second Revolution" is changing the face of America and forcing food companies to alter their ways of doing business in order to keep up with consumers. According to Comfort, five factors have made the problem of supplying the consumer with her wants "extraordinarily complex."

These factors are: higher income, greater leisure, a rush to the suburbs, changing family relationships, and increased knowledge and education. As a result of these changes, Comfort said, the consumer is now controlling the company's courses of action "more than at any other time in our entire century in business."

An address by Colonel Charles A. Piddock, Commander, Memphis Air Force Depot, Memphis, Tenn., titled "Jet Age Foods" stressed the importance of proper knowledge of nutrition in



SHOPPERS ENCOURAGED—Braising beef is at its best right now as super markets shade prices encouraging budget-minded shoppers to enjoy savory stews, peerless pot roasts. Shown above is a beef stew topped with herb dumplings for an extra bit of enticing flavor.

making possible our ventures in to space.

It is of interest to note that this is the 50th anniversary of the Air Force and the 100th anniversary of the Borden Company.

Satellite Fantasy Is an Out-of-This-World Dessert

One of the new ideas for dining tables presented by the Quaker Oats people at the Food Editors Conference was this out-of-this-world fluffy cake roll with its surprise filling of chocolatey whipped cream and crushed peppermint candy.

1½ teaspoon salt
3 eggs
¾ cup sugar
1 teaspoon vanilla
¾ cup buttermilk pancake mix
1 cup whipping cream
2 tablespoons cocoa
1 teaspoon vanilla
2 tablespoons crushed peppermint candy
Confectioners' sugar
Additional crushed peppermint candy

Heat oven to hot, 400 degrees. Grease sides and bottom of 10½ x15-inch shallow pan; line with waxed paper and grease again, dust with flour.

Add salt to eggs; beat until thick and lemon colored. Add sugar a little at a time, beating well after each addition. Add vanilla and pancake mix; stir lightly until batter is smooth. Spread evenly in pan. Bake in preheated oven seven to eight minutes or until brown. Sprinkle a towel well with confectioners' sugar. Immediately on taking cake from oven loosen edges from pan and turn out on towel. Peel waxed paper carefully from cake. Roll cake in towel and let stand 10 minutes.

In the meantime whip cream until stiff; fold in cocoa, vanilla and crushed peppermint candy. Unroll cake; spread whipped cream evenly over cake. Roll up cake; sprinkle with confectioners' sugar and finely crushed peppermint candy. Refrigerate cake roll several hours before serving. Makes eight delectable servings.

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. R. M.—I should apply to get into a home for the aged.

Ina T.—I couldn't leave my mother there.

Mrs. R. M.—I am 70 years old, old enough to start thinking about my old age. I have been living with my widowed daughter and unmarried granddaughter for the past ten years. We make a pretty happy household right now, but I am concerned about the future.

For some reason my health doesn't seem to get any better as the years go on and many days I can't go out or it's hard for me to shift for myself in the house. My daughter and granddaughter both go to work and I don't like to have a maid fussing around, so I'm often lonely. Things aren't going to get better as the years go on, and I realize there is often a long waiting period to get into a home for the aged. I would like to apply now, while there is no urgent need. My daughter is horrified at the idea.

Ina T.—I have visited people at these homes and it is the most awful, depressing sight in the world. I couldn't think of leaving my mother there.

My mother is a lovely woman, but no one is so difficult and cranky as she is when she doesn't feel just right. That's why we have such a problem keeping a maid who'll care for her. I can't see how things would be better at a home for the aged. They just won't treat her right.

My daughter says Granny is just trying to threaten us and bully us into staying home with her with all this talk about a home for the aged. But we can't afford to stay home and take care of her. We live on our salaries and have nobody to support us. My mother should try

to adjust herself to a maid or toward being alone part of the day. She can always watch TV.

The Council: Mrs. R. M. is in a mood to take a practical approach toward her future problems and Ina should take advantage of this opportunity to clarify her own mind on the subject.

She should recognize that not all homes for the aged are alike and that a good one does offer certain advantages, such as ready medical aid, companionship and activities planned to meet the needs of the aged.

Ina should not blind herself to the fact that "adjusting" will not get easier for her mother as time goes on and the chances are she'll need more and more care.

Mrs. R. M. is wise to have the foresight to want to consider a home "while there is no urgent need." It is possible to be more selective when one is not pressed by necessity. She and Ina ought to visit some homes together and get an idea of what they are like.

Here are a few key points to check when looking for a home for the aged:

1. Rooms. Are they clean, comfortable, well lit, well ventilated? Can a resident have a few of his own belongings?
2. Meals. Look over a week's menus and sample a meal, if possible. Are they nutritious and attractively served?
3. Medical care. Is there a well-equipped infirmary for minor ills and competent nurses always in attendance?
4. Program. Are there too many rules or can residents come and go as they please and have visitors? What facilities are there for entertainment and hobbies?

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In the Day's News

By FRANK JENKINS

Foreign affairs stuff:

Red Chinese Premier Chou En-Lai (old China hands insist it should be pronounced Joe En-LIE) boasted today that his regime will be seated in the United Nations in spite of opposition by the United States.

In a speech broadcast by radio Peiping, Chou told 2,000 guests at a reception that China will eventually play a big role in world affairs.

IS THAT A THREAT?

Or a promise?

IN AN effort to find an answer, let's try looking at the doughnut instead of the hole. There is an ancient saying to the effect that if one more inch could be added to the length of each Chinaman's shirt, and if the average Chinaman's income could be increased to the point where he would be able to PAY for the added inch, it would create a NEW MARKET for all the added cotton the United States could raise.

(That, of course, was back in the days before we quit trying to sell our cotton in world markets and started buying it up at high subsidized prices and shipping it away in government warehouses.)

BUT let's get back to the China-

man and his shirt. The only way he can get the money to pay for a longer shirt—or, better still, an undershirt to keep him warmer in the cold winters of northern China—is BY TRADE.

That is to say, by finding somebody who will buy more of what HE produces so that he in turn can buy more of what the other fellow produces. Trade is a two-way street. It just won't work as a one-way street.

I SUPPOSE I'm old-fashioned, but I can't help feeling that it will be better for us in the long run to TRADE with China than to FIGHT her at every turn of the road.

Let's put it this way: Suppose you are running a store in any average community. You can't GET CUSTOMERS by telling them you'll shoot 'em if they don't do exactly as you say. You can't get customers by spitting in their faces. The way to get customers is to DO BUSINESS with them on a fair and reasonable business.

And— In the process of doing business with people on a fair and reasonable basis you'll make a lot of friends, whereas if you reach for a gun every time they fail to toe your line you'll make a lot of enemies.

LET'S take a look at the Pacific Coast.

For a century, our dream has been TRADE WITH THE ORIENT. That is still our dream. The teeming millions of the Orient offer vast markets for our products.

We can't get customers in the Orient by going to war with China.

SPIRITUAL DIRECTOR DIES

Poughkeepsie, N.Y. —The Rev. Joseph A. Farrell, 81, former treasurer and spiritual director of Georgetown University, Washington, D.C., and one-time reporter and publisher of the Albany N. Y. Times Union, died Tuesday.

BUTTE FALLS

Two Restaurants Are Open

By MARY JO HARRIS

Butte Falls—Both restaurants in Butte Falls are now in full operation. Scottie's cafe has been purchased by Mr. and Mrs. Donald Spellman from Mrs. Glenn Cathey. The Spellmans are from Prospect and have two pre-school daughters, Carmey and Lenita. The Glenn Catheys are now living in one of their own cabins.

Mrs. Joe Dyer has purchased the Butte Falls cafe from Mr. and Mrs. Bill Norling. The Dyers are local people and have one daughter, Sally, in school.

Both restaurants will retain present cafe titles but have made plans for a change at a later date.

Mr. and Mrs. Bill Norling and sons have moved to Oakridge where Norling is employed by Fred Lemery logging. The Virgil Conley family have purchased the Norling home in Butte Falls and are getting settled this week.

Sons and families of Jim Rodgers here for his funeral services were Mr. and Mrs. Kenneth Rodgers of Eugene, Mr. and Mrs. Cecil Rodgers of Brookings, Mr. and Mrs. Jack Rodgers of Toketee Falls and Mr. and Mrs. Ron Rodgers of Medford. Mrs. Millie Glass of Medford was also here. Mrs. Glass and Mrs. Jim Rodgers are sisters. Mrs. Rodgers is now in Brookings for a short visit with the Cecil Rodgers. Jim was employed by Medford Corporation and was retired last August.

Recent overnight guests in the Gene Irwin home were Mr. and Mrs. Gene Irwin and daughters, Patty and Cindy of Medford. Mrs. Miller and Mrs. Irwin are sisters. Also visiting with the Gene Irwins were the Lee Forrest family of Medford.

Mr. and Mrs. Bud Irwin and daughter, Joyce, have moved to Klamath Falls where Irwin is working with the Weyerhaeuser construction crew near Beatty. The Ted Reddell family has purchased the Irwin home in Butte Falls.

Bruce McDonald is working with the Weyerhaeuser construction crew near Beatty. He commutes between camp and his home in Butte Falls on week ends.

Mr. and Mrs. Page Stauffer returned recently from Lebanon where they attended funeral services for Ralph Hodge. He was woods superintendent for the Fred Lemery logging operations at Oakridge. They are former residents of Butte Falls.

Guests in the Page Stauffer home this past week were Mr. and Mrs. Bert Meeks of Redmond and Mr. and Mrs. A. R. Hoygaard of Portland. Mrs. Meeks is a sister of Page and Mrs. Hoygaard is a sister of Mrs. Stauffer.

Mr. and Mrs. John Zimmerlee are parents of a girl born at Sacred Heart hospital recently. The baby has been named Teresa Fay. The Zimmerlees are former residents of Butte Falls and now live in Eagle Point.

F. E. Poole and family recently spent a day at Crater Lake. The Poole family consisted of Mr. and Mrs. Roy Lambest and family of Chiloquin, Mr. and

Mrs. Glenn Alberts and girls of Trail, Mr. and Mrs. J. E. McConochie and family of Eagle Point, Mr. and Mrs. F. E. Poole Jr., and son of Phoenix and Mr. and Mrs. F. E. Poole and girls of Butte Falls. Also accompanying the family were Mr. and Mrs. Wayne Whaley and family of Eagle Point and Miss Judy Grubb of Eagle Point.

Pfc. Dale Smith, U.S. Army, left Butte Falls last Friday for Pittsburgh, Pa., following a two-week furlough at his home, is the son of Mr. and Mrs. Don C. Smith. Smith is currently with the guided missile department and plans to make a change within the Pittsburgh district within a short period of time.

Deer Runs Into Parked Car on Footh Creek Road

A car owned by Medford City Patrolman Bob Allen came off second best in a deer parked car accident this week.

Allen said he parked his car on the side of Footh creek road, about five miles from Highway 99 when a four-point buck ran into the side of his car.

The car received a dented fender, but the buck got up, shook his head and ran off into the woods, Allen said.

Oldsmobile Offers Improved Economy

Detroit —An Air suspension and a new carburetor designed to improve fuel economy up to 20 per cent will be offered on the new 1958 Oldsmobile cars, according to General Manager Jack F. Wolfram.

Wolfram said at a national press preview that the company's new fuel-saving "econ-o-way" carburetor will be standard equipment on the 1958 Dynamic "8" series.

He said the air suspension apparatus, billed as the "new-matic ride," will be offered as extra-cost optional equipment on all models.

Oldsmobile's chief engineer, Harold N. Metzel, explained the one-fifth reduction of fuel consumption on the Dynamic "8" series is made possible by a new two-barrel carburetor.

Metzel said this is done by "reducing the seldom-used performance factor at the top of the horsepower curve and diverting this seldom-used high speed performance to low and medium speed fuel economy."

Although the engine will have less horsepower, Metzel said, it "has plenty of reserve and pep throughout the normal driving range."

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