

Feeding the Family

By ZOLA VINCENT
Food Editor

Fruit and Cheese Ideal Fall Dessert Course

Heavier, heartier meals just seem natural as the fall weather gets underway. This calls for lighter or more distinctively flavored desserts. Since October is Cheese Festival Month, which means cheese will be in the lime-light, price-wise as well as nutrition-wise, why not serve an arrangement of a number of kinds with a variety of crackers plus a bowlful of colorful grapes (washed and ready to be clipped off as desired), crisp red apples cut in wedges and/or juicy sweet peas.

When preparing a dessert tray of cheese include some "high" cheese, some sharp and at least one mild such as cream cheese or jack. American cheddar is still the most popular cheese in the United States so a wedge of this is always safe.

For those who like spicy cheese include some Gorgonzola, Stilton, Blue or Roquefort. The mild nutlike flavor of Edam and Gouda is preferred by many. Among the more, shall we say, aromatic cheese we find Camembert, Limburger, Brie and Munster. Provolone and Apple cheese are smoked cheese with a sharp flavor.

We've named only a few of the better known cheeses. Be experimental and try others. Each has a flavor distinctly its own. Texture, too, varies from hard to very soft.

Sweet Cream Corn Bread

This wonderful fluffy, sweet cream topped corn bread was greatly enjoyed by foods editors in Chicago recently at a breakfast meeting.

- 1 cup yellow corn meal
- 1 cup sifted flour
- 1/4 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk
- 1/2 cube margarine, melted
- 2 eggs, beaten
- 1/2 cup sweet cream

Sift dry ingredients together. Stir in milk, melted margarine and beaten eggs. Mix well. Pour into an 8x8x2-inch greased baking pan. Bake in hot oven, 400 degrees, 20 minutes. Pour cream over top and bake about five minutes longer or until corn bread is done. If desired, batter may be baked in individual two-inch square salad molds using one-third cup batter for each. Spoon cream equally over each mold in last step. Makes sixteen two-inch squares.

Elegant Mushroom Soup Will Delight Gourmets

The exciting flavor and creamy smooth texture (except for the mushrooms, that is) of this elegant soup will delight all who enjoy the delicate distinct flavors of wine-cookery. For extra glamour, garnish with a tiny spoonful of whipped or sour cream topped with finely minced parsley, chives or pimiento.

- 1 4-ounce can mushrooms
 - 1 tablespoon butter
 - 1 (10 1/2-ounce) can condensed cream of mushroom soup
 - 1/4 cup California sherry
 - 1 cup cream
 - 1/16 teaspoon nutmeg
 - 1 1/2 teaspoons instant minced onion or 1 tablespoon finely chopped raw onion
- Drain mushrooms and reserve liquor. Sauté mushrooms lightly in butter. Blend in remaining ingredients one at a time stirring after each addition until creamy smooth. This includes the reserved mushroom broth. Heat slowly just to boiling point. Serve in small heated soup bowls. Makes four to five servings. We double this because guests invariably say, "Just a little more, please."

Hearty Chef's Salad

A hearty salad such as this can play a dual role. Serve in small portions with dinner or serve as luncheon main course along with hot rolls and coffee.

- 2/3 quart ripe olives
- 1 quart broken salad greens
- 1/2 cup diced sharp cheese
- 1/2 cup bologna or luncheon meat

- 2 diced hardcooked eggs
- 1 sliced cucumber
- 1/4 cup salad oil
- 1 1/2 tablespoons wine vinegar
- 1 teaspoon prepared mustard
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 2 tomatoes

Cut olives from pits into large pieces into salad bowl. Add greens, cheese, meat, eggs, and half the cucumber. Combine oil, vinegar, mustard, salt and pepper; stir together. Pour over salad and toss lightly to blend. Decorate with tomato wedges and remaining cucumbers.

Cheese, Rice Grape Industries Celebrate October Abundance

October is the month chosen to celebrate the Fall abundance of cheese, rice and grapes. The Cheese Festival is under full steam, so be kind to your budget and use more of this versatile, healthful dairy food. Homemakers will find a wide variety of cheese to choose from; however seven out of every 10 pounds sold will be cheddar or a variety thereof. Try different cheeses for new and varied taste experiences.

Rice. We're hearing more and more about rice today as the gigantic combines harvest another crop of this top quality, economical American-grown grain. Rice is one of the world's oldest staple foods. Reference to it was recorded in China over 5,000 years ago. Economical to begin with, there is no waste after purchase because every ounce is used as it comes from the package. You can easily put "rice appeal into every meal." Start with rice as a cereal or in pancakes for breakfast. Hot rice, like "grits," goes wonderfully with fried eggs. For lunch and dinner try a spicy rice pudding, serve it as a vegetable, as an extender of cheese, meat, fish or protein food, or in soups. It's low in calories, too.

Grapes. The bouquet of grapes fills the air and market bins are piling high. First come the grapes... wonderful for eating out of hand... then come wines, raisins, superb juices and jellies. Right now there are plenty of Thompson seedless, flame colored Tokays, Muscates and Ribiers. Other fruits in plentiful supply are apples, cantaloups, oranges, a variety of melons, Bartlett pears and bananas. A few luscious peaches still around.

Vegetable Buys. Potatoes, both white and sweet, are to be found at good prices. Take your choice of Italian, Summer, Yellow, Butternut or Banana squash. Plenty of green peppers for stuffing or serving as garnish or ingredient. October is one of the peak months for tomato production. Other food buys include beans, cabbage, carrots, celery, cucumbers, eggplant, cauliflower and corn. Lettuce is in fair supply at reasonable prices.

Protein Buys. Chicken and turkeys continue their run as best buys. Supplies of fresh pork are gaining. Smoked meats, bacon and ham, are down in price, but still don't qualify as best buys. Enough lamb and veal available to fill the bill, but beef is a comparatively better buy. Eggs are in good supply.

FREE PARTY FOR FANS

New York — Producer Mike Todd says he will invite 1,000 movie fans to his mammoth "Around The World" party in Madison Square Garden. Todd said one couple will be picked in local drawings in each of the 87 American and Canadian theaters where "Around The World In 80 Days" is playing. They will be given all-expense trips to New York for the Oct. 17 party. The rest of the 1,000 will be chosen in a drawing in New York.

Oakland — William Reed Hoyt, Lafayette, Calif., has been named public relations manager for the Henry J. Kaiser Company and Kaiser Services.



REVOLUTIONARY — At MGM's premiere of "Rain-tree County" in Hollywood, several starlets attending attempted to grab the spotlight with unusual dresses. Actress Jeanne Carmen's was among the more outstanding because of its revolutionary engineering of a plunging neckline.

Salem — The Oregon Association of Secondary School principals will hold its 23rd annual conference here Oct. 14-15.

1,077,000 Cases of Flu Estimated Through Last Week

Washington — The Public Health Service estimated Thursday that 1,077,000 Americans were hit by flu through last Friday.

It said the figure was based on school absenteeism and reports from physicians and health officers and is only a "very rough estimate" of cases since the first outbreak of Asian flu this summer.

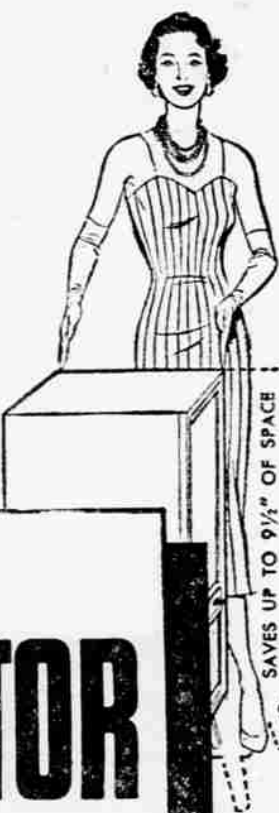
The service said 350,000 new cases of influenza and influenza-like diseases were reported last week. It was the fourth straight week in which the number of cases has increased.

"Most of the influenza-like illnesses," it said, "continue to be reported in schools, colleges, institutions, and other closed groups..."

"Up to the present time, only a few states have reported epidemics in their general populations."

The health agency said a few deaths "directly attributable" to the flu have occurred, mostly in California and Louisiana. Most of them occurred in the 15 to 35 age group and almost all of them were complicated by pneumonia.

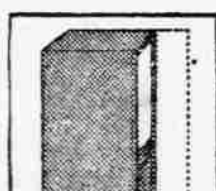
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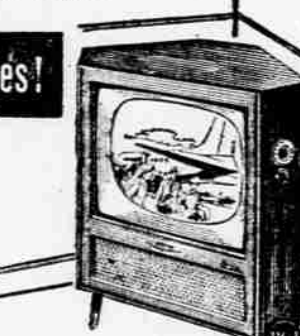
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