

Feeding the Family

By IOLA VINCENT
Food Editor

Meat in cans are table-ready as they are and mighty good without fussing. They also lend themselves to favorite and personalized recipes. The basic meat selection and cooking has been done by the canner, so with trimmings, as it were, the dish is ready in practically no time.

Canned read-to-eat meats are important emergency shelf items, too.

Beef Stroganoff

The full flavor of canned beef combines with the delicacy of mushrooms and the richness of sour cream to make this internationally favored beef Stroganoff. Serve over rice or noodles with perhaps a tart tossed green salad on the side. Makes six servings.

1 can (4-ounces) mushrooms
1/4 cup chopped onion
1 can condensed tomato soup
2 cans (12-ounce each) roast beef
1 cup commercial sour cream
1/2 teaspoon tabasco
Drain mushroom liquid into skillet; add onion. Cook until onion is tender and liquid has evaporated. Stir in tomato soup. Break roast beef into pieces with fork. Add to skillet with mushrooms; heat to serving temperature. Stir in sour cream and tabasco. You may like more tabasco. Turn into serving dish; surround with hot cooked rice or noodles.

Party Sandwich Loaf

One of the most beautiful of party sandwiches is the ribbon loaf. Here, the cream cheese covered loaf has canned ham, liver and tongue spreads as the fillings for its three-tiered deliciousness. Makes 10 servings.

Trim crust from day-old loaf unsliced bread. Cut lengthwise into four even slices. Spread first slice with ham filling, second slice with liver filling and third slice with tongue filling. Top with remaining slice of bread. Cream four three-ounce packages cream cheese. Add one-third to one-half cup light cream, blending until spreading consistency. Frost top and sides of loaf. Decorate in flower or other design with green pepper, radish slices, pimiento, ripe and/or green olive slices.

Ham Filling: Blend together thoroughly one small can ham spread, two tablespoons chopped pimiento stuffed olives, one-half teaspoon prepared mustard and one tablespoon mayonnaise.

Liver Filling: Combine one small can liver paste with one-half teaspoon minced onion, one tablespoon mayonnaise and one chopped hard cooked egg.

Tongue Filling: To one small can tongue spread add two tablespoons chopped pickle or pickle relish and one tablespoon mayonnaise. Blend thoroughly.

Cherry Sautéed Luncheon Meat
Luncheon meat acquires fruit-glazed splendor and a company air with orange slices tucked between cuts of meat and a cherry sauce topping.

Place two cans (12-ounce each) of luncheon meat in shallow pan. Cut each loaf into six slices, stopping within one-half inch of bottom. Grate rind from one orange; reserve same. Cut off remaining peel in circular motion removing white membrane also. Cut orange into five

slices, then cut each circular slice in half. Insert orange between meat slices. Place one (one-pound two ounces) canned sweet potatoes around meat. Combine one-fourth cup sugar, one-fourth teaspoon cinnamon, one-half teaspoon dry mustard and one tablespoon cornstarch in a saucepan. Drain one can (8-ounces) dark sweet cherries, add liquid to saucepan along with one-half cup orange juice, the reserved orange rind and one-fourth cup unsulphured molasses. Cook, stirring constantly, until mixture comes to a boil. Stir in cherries; spoon over meat and sweet potatoes. Bake in moderate, 350 degree, oven for 45 minutes. Makes six delicious servings.

Ice Cream Is Everybody's Dish

Increasing in popularity right along, ice cream production figures indicate that we ate 651 million gallons of ice cream last year; are eating even more this year. And that doesn't take into account home-made ice creams.

Most of the commercial ice cream is sold in bulk to be dipped into ice cream cones, for fountain and restaurant serving or is pre-packaged in take-home cartons. The pre-packaged half gallon is tremendously popular; accounts for nearly half the pre-packaged sales with pints next and other sizes dropping way down.

Most people still take vanilla (51.42 per cent of sales) though last count revealed 174 other kinds. Sherbets and milk ice cream volume is about one-sixth that of ice cream.

Saucy Sundaes

Vanilla ice cream is the underpinning for majority of sundaes. Use fresh or canned cranberry sauce on vanilla ice cream.

Add raisins, nuts and a dash of lemon juice to slightly thickened sugar syrup.

Cook crushed pineapple with sugar until slightly thickened using about twice as much pineapple as sugar; add a bit of mint extract to taste.

Mix equal parts of chocolate sauce and marshmallow creme. Pour honey over vanilla or chocolate ice cream and sprinkle with nuts.

Many think molasses unsurpassed for vanilla ice cream topping. Unsulphured molasses that is. We've not mentioned chocolate, caramel or butterscotch because everybody has them handy.

A la Modes

Pineapple, pumpkin, apple, cherry, peach and berry pies topped with ice cream are favorites beginning a long list of a la modes.

Fruit tarts, shortcakes and cobbles are often ice cream topped.

Top a dish of dry cereal with ice cream and fresh fruit as luncheon specialty. Other a la mode successes are ginger pears or baked apples, chocolate or spiced cupcakes, fruit cake or date-nut cake, sponge or angel food cake, chocolate brownies or devil's food cake, cantaloupe or honey-dew wedges.

Brook Trout Supreme Features Butter Sauce; Toast Cornucopias

Fresh or fresh frozen brook trout will create a sensation when sautéed until golden



LOW COST MEALS—Canned meats plus gourmet touches make festive low cost meals. Shown above is a party sandwich loaf, beef Stroganoff with rice, luncheon meat glazed with orange slices and cherry jubilee sauce. The recipe is included in today's food columns.

brown and served with a mushroom-butter sauce and garnished with toast cornucopias filled with parsley sprigs. Plan two trout per serving.

To Cook Trout: Sprinkle

cleaned and dressed brook trout inside and out with lemon juice, salt and pepper. Dip in egg beaten with two tablespoons milk, then in fine dry bread crumbs. Melt enough butter in skillet to just cover bottom. Add fish and sauté until golden brown on both sides. Turn only once. Takes five to eight minutes, or until fish flakes easily when tested with fork. Remove to hot platter and serve with mushroom butter sauce.

Mushroom-Butter Sauce. Melt

one-fourth cup (one-half stick) butter in saucepan. Drain one two-ounce can sliced mushrooms; add mushrooms to butter. Add one tablespoon lemon juice and one-half teaspoon salt. Heat until simmering. Makes enough for four trout.

Toast Cornucopias. Remove crusts from thin-sliced bread. Spread each slice on both sides with softened butter, sprinkle with garlic salt. Roll to form cornucopias and fasten each with toothpick. Stuff centers with crusts so cornucopias will retain rounded shape. Toast in moderate, 350 degree, oven 20 to 25 minutes or until golden. Remove crusts from cornucopias and fill centers with parsley sprigs. Arrange around trout.

Corned Beef-Kraut Salad

Men love kraut, corned beef and also hearty salads. This recipe takes all three into account. An excellent way to use up the last of your next piece of corned beef.

Drain one large can sauerkraut. Cut into smaller pieces, if desired. Combine with one cup diced cooked corned beef and four cups torn lettuce. Toss lightly and refrigerate until thoroughly chilled. Add one-third cup French dressing, and salt and pepper to taste. Toss lightly, but thoroughly. Garnish

with additional corned beef, as desired.

Appetizer. Serve this spread with potato chips or small crisp crackers. Soften one three-ounce package cream cheese and mix with one tablespoon cream, one teaspoon each caraway seeds and minced onion, and one-fourth cup chopped ripe olives. Mix well; salt and pepper to taste.

Second Asian Flu Wave May Strike

Cambridge, Mass. — (U. S. A.)

Harvard Medical school professor urged the public today not to be fooled by a leveling off or decline in Asian flu because a second and more severe wave may strike this winter.

"Don't let up on vaccination," warned Dr. David D. Rutstein, professor of preventive medicine. "And be sure to get at least two shots."

Those who are allergic to eggs, which is present in all flu vaccine, should not be vaccinated, since the reaction might be fatal, he said.

Rutstein explained that the second wave of the world-wide epidemic, known to physicians as a pandemic, would be more dangerous than the first. The Asian flu virus is a hitherto unfamiliar flu strain to which the population has no immunity.

"Doctors will be looking for the complicating pneumonia (in the second wave)," Rutstein said. "I understand facilities have been and still are being set up by health departments to give better laboratory diagnosis of the secondary infecting germ."

The secondary infection, pneumonia, can be streptococcus, pneumococcus, influenza bacillus, or Staphylococcus. "We have good antibiotics for all but the last," he said. Doctors must learn quickly which it is in order to treat it with the proper antibiotic, he explained.

Pilot Found Dead In Plane Wreckage

Pendleton, Ore. — (U. S. A.) — Lemuel Kelso, and aerial photographer from Santa Barbara, Calif. was killed Tuesday when his Cessna 172 plane crashed north of Walla Walla, Wash., on a return trip here from Condon, Ore.

Kelso had flown a Catholic priest to Condon and apparently got lost on the return trip.

Washington state patrolmen reached the wreckage and removed the body to Dayton, Wash.

Kelso was with the Marknurd Mapping Service of Santa Barbara and had been in the Pendleton area for three months on mapping flights over central and eastern Oregon for the federal government.

Greatest Demand in History Noted for Teaching Graduates

Corvallis — Greatest demand in history for Oregon State college teaching graduates has been noted in the 1957 annual report compiled by the school of education placement office.

Mrs. Kathryn H. Smith, director of teacher placement, said some 6,000 teacher vacancies were listed last winter, spring and summer with the OSC office. Demand continues to run far ahead of the supply in most fields with the call for elementary and high school teachers about equal.

The lowest salary received this fall by a beginning teacher was \$3,700. Mrs. Smith said, and the highest, \$5,772. The average was \$4,000 to \$4,100, about \$300 more than the year before.

Lead List

Leading the OSC list of requests for high school teachers were science and mathematics, girls physical education, industrial arts, home economics, English and music, commercial subjects, and special work such as speech correction and remedial reading.

In the majority of cases, high school teachers were expected to be able to teach more than one subject.

More calls, 141, were received this year than ever before for teachers qualified to move up into administrative positions, Mrs. Smith said.

Thirty-six OSC graduates of this and past years were placed in college teaching and research positions.

All told this year, Mrs. Smith's office placed 215 graduates in their first teaching position. Another 217 graduates of past years were placed in new and better positions.

Looking ahead, Mrs. Smith said the record demand of 1956-57 seems certain to be topped by 1957-58 requests. More and more teachers will be needed for years to come, she emphasized.

WORST MONTH

Pierre, S.D. — (U. S. A.) — August was the deadliest month in history on South Dakota highways. Twenty-seven persons lost their lives in traffic accidents. The previous record of 25 was set in August, 1950, and September, 1953.

GOOD VACATION

Salt Lake City — (U. S. A.) — Mrs. Glen Brannigan, Big Sandy, Mont., on vacation here took time out from visiting friends to play golf for the second time, promptly spanked her tee shot on the No. 3 hole for a hole in one.

Thursday, November 7, 1957

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Morning Milk Pumpkin Pie (Makes 9-inch single crust pie)

1 cup sugar
1 1/2 teaspoons cinnamon
1/2 teaspoon cloves
1/2 teaspoon allspice
1/2 teaspoon nutmeg
1/2 teaspoon ginger
1/2 teaspoon salt
1 1/2 cups canned pumpkin*
2 eggs
1 1/2 cups (large can) undiluted MORNING MILK
9" single crust unbaked pie shell

Blend sugar, spices and salt together. Add pumpkin. Mix well. Beat eggs with Morning Milk and combine with pumpkin mixture until smooth. Pour filling into unbaked pie shell. Bake in hot oven (425° F.) 15 minutes; reduce to moderate heat (350° F.). Continue baking 35 minutes, or until knife inserted in pie comes out clean. Cool before slicing.

*If desired, cooked mashed sweet potatoes or squash may be used in place of pumpkin.

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