

Feeding the Family

By ZOLA VINCENT
Food Editor

Tasty Savory Stew

Choose reasonably priced lamb of veal stew meat for this extraordinarily good one dish meal that is popular in the northwest which grows most of the Blue Lake variety green beans that go into cans. A salad, strawberries and cream and the meal is made. Four generous servings.

Trim excess fat from 1½ pounds lamb or veal stew meat. Fry fat out and use drippings to brown meat. Combine one-half teaspoon paprika, one-half teaspoon salt, one-third teaspoon dried basil and two tablespoons flour, add to meat until well coated. Brown meat well in heated fat. Blend in any remaining seasoned flour.

Drain liquid from a No. 303 can Blue Lake variety (not a brand name) whole or cut green beans and add enough water or broth to make 1½ cups liquid. Add one tablespoon instant minced onion or one-fourth cup finely chopped raw onions, one-eighth teaspoon garlic powder or one small clove garlic, minced. Add to meat; cover and simmer about an hour. Peel one large potato and cut into large dice; add to meat. Continue cooking 15 minutes. Add drained beans and heat 10 minutes longer. Thicken or thin gravy if necessary.

Hawaiian Marlow

A frozen dessert to delight family and guests, this Hawaiian marlow combines pineapple, maraschino cherries, nuts, marshmallows. So easy to do. Makes six servings.

Measure 1½ cups milk and one-fourth pound marshmallows (16) cut in halves in top of a double boiler. Heat over boiling water until marshmallows melt. Remove from heat and cool. Fold in one-half cup heavy cream whipped with one teaspoon vanilla extract. Gently fold in a No. 2 can (1½ cups) drained crushed pineapple, one-fourth cup maraschino cherry halves and one-fourth cup chopped pecans or other nuts. Freeze.

Ham Sauce. A ham loaf with this fluffy sauce is company fare any time. Whip one-half cup cream; then fold in one-half cup drained pineapple combined with one-eighth cup horseradish.

Taste Tempters for Dressing Slads

Avocado-Cream. This salad dressing is superlative over tomato or shrimp salad. Mash

one avocado using hand or electric beater. Beat in one three-ounce package cream cheese, softened, making a mixture that is completely smooth. Beat in one-fourth teaspoon salt, two tablespoons vinegar and one-fourth cup salad oil. Chill.

Sour Cream. A salad dressing for serving over cucumbers, tomatoes or fish salad. Combine one-half cup dairy sour cream, four teaspoons vinegar, one-half teaspoon sugar, one-fourth teaspoon salt, 1½ teaspoons minced onion. Chill.

Bell-ringer. Serve this with tossed greens. Blend well one-half cup dairy sour cream, half teaspoon one-half cup tomato ketchup, two tablespoons lemon juice, one-half teaspoon salt, one-eighth teaspoon pepper.

Cucumber Cream. Serve this dressing over cold fish, tomato slices, vegetable salads. Add one-fourth teaspoon salt to one-half cup heavy cream, whipped. Gradually add two tablespoons vinegar, beating constantly until thick but not stiff. Fold in one-half cup diced or grated cucumber.

Salad Accompaniments. For accompanying salads, there are crackers in many shapes, sizes and flavors that include butter, cheese, wheat, corn, soy, celery, poppy seed. Consider also cheese sticks, pretzels, bread sticks, potato chips, popcorn, corn chips, Melba toast, rusks, biscuits.

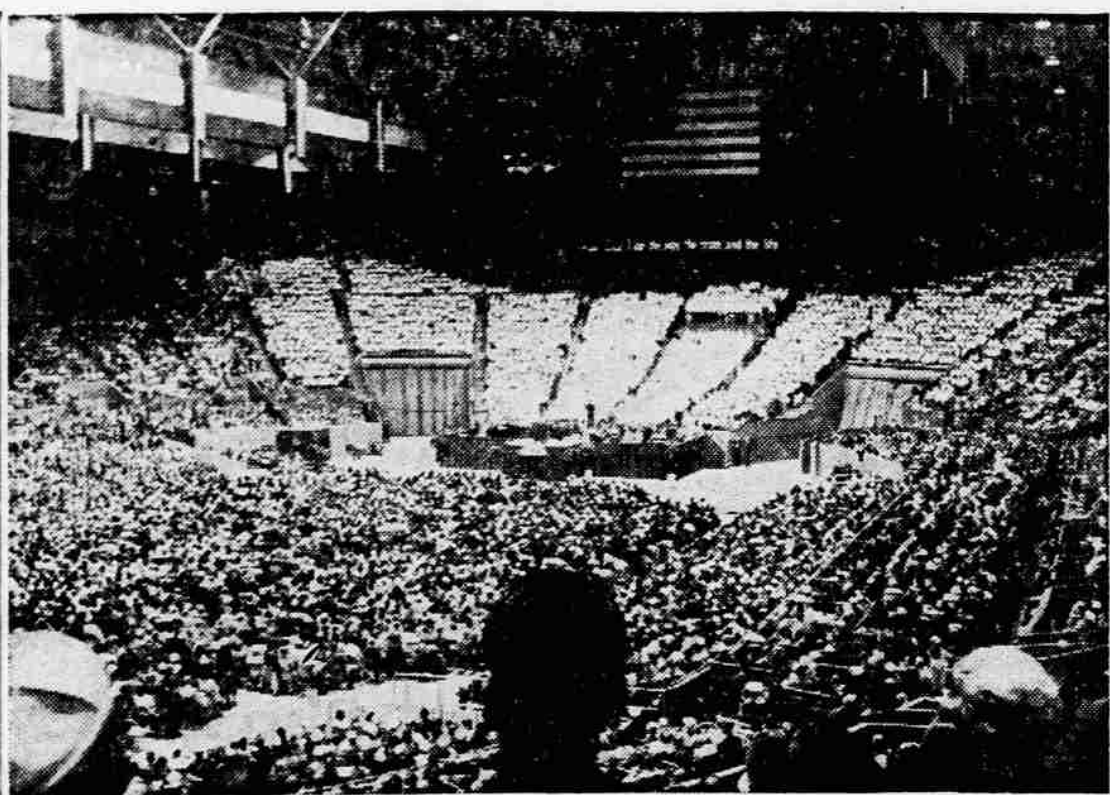
Hominy Au Gratin

A vegetable change that will be welcomed. Hominy, both white and yellow, is a taste treat that might well be enjoyed more often. The family will like this.

Drain a No. 2½ can of hominy and place in a 1½ quart greased casserole. Add a two-ounce can pimiento, diced, and one-fourth cup onion chopped. Make a medium cheese sauce using two tablespoons butter or margarine, two tablespoons flour, one cup milk, one teaspoon salt and one cup grated American cheese. Pour over hominy; fold in gently. Bake in 350 degree oven for 20 minutes.

May Abundance Makes Meal Planning Easy

At this time of year, parents, educators, nutritionists and others unite in earnest consideration of the health and welfare of our children. "As the twig is bent" is an axiom known to all and this



OVERFLOW CROWD—Some 18,000 people jam San Francisco's cavernous Cow Palace as evangelist Billy Graham (center, on stage) delivers opening address of his six-week Bay Area Crusade. An estimated 5000 persons got a special sermon from Graham outside the building. Said Graham, "This is the best response in Crusade history."

Governor, Wife Mark Wedding Anniversary

Salem—Gov. and Mrs. Robert D. Holmes celebrated their 24th wedding anniversary Thursday, but the observance was sandwiched between office duties and his campaign for renomination.

Commemorative Stamp For Oregon Approved

Washington — Postmaster General Arthur Sumnerfield has signed an order calling for a commemorative stamp for Oregon next year when it observes its 100th birthday.

It is easy to prove in terms of nutrition.

The wheel of good eating perfected by nutritionists encourages us to feed our families foods from each of the following food groups daily:

Green and yellow vegetables; oranges, tomatoes, grapefruit, raw cabbage or raw greens; potatoes and other vegetables and fruits; milk and milk products; meat, fish and eggs; bread, flour and cereals; butter and fortified margarine.

Western fields, orchards, grazing areas and water ways provide a wealth of variety in foods of excellent quality at reasonable cost the year around; fresh, frozen, canned, packaged.

Baby Foods. Processing of baby foods is big business as many of our fruits and vegetables go into cans and glass. The first "strained" processed baby foods put in a brave ap-

Pate Protests Plan For Reorganization

Washington — The commandant of the Marine Corps protested Thursday that President Eisenhower's defense reorganization plan might open the way for giving the Marines "the bum's rush."

Gen. Randolph McC. Pate told the House Armed Services Committee he felt "real apprehension" that language of the proposed bill might permit a future defense secretary to "rationalize the Marine Corps out of a job."

Defense Secretary Neil H.

Interior Department Money Bill Approved

Washington — The Senate has approved a \$489,916,950 money bill to finance operations of the Interior Department and related agencies during the next fiscal year.

The measure was sent to a conference committee to work out a compromise. The House had provided \$76,771,350 less than was voted by the Senate.

McElroy assured the committee that the Marines, as well as the Air, Navy and Air Force, would "retain their respective individualities" under the President's plan.

meat and shrimp at reasonable cost.

Vegetable bins offer artichokes, asparagus, broccoli, carrots, cabbage, cauliflower, celery, lettuce, green and dry onions, peas, radishes, mushrooms, Italian squash, rhubarb, old and new potatoes.

Fruit displays are featuring the new season Valencias. They're almost seedless, juicy, full flavored. Strawberries increasing happily for all. Avocados and pineapples continue in good buy bracket along with grapefruit, bananas, apples, winter pears nearing season's end.

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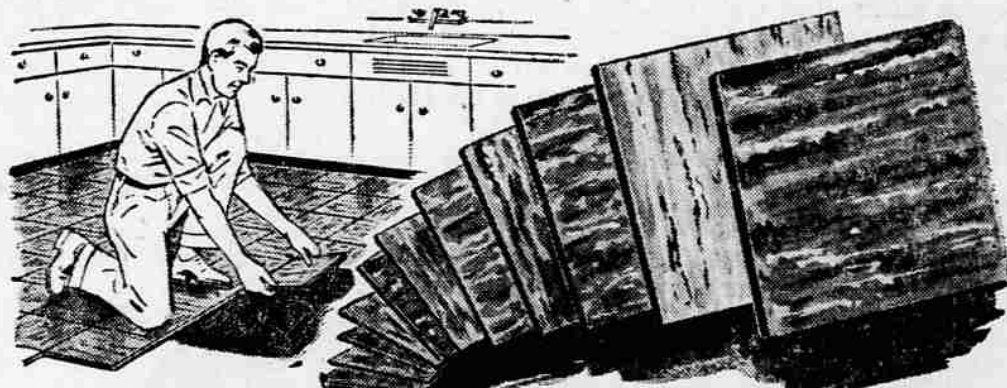
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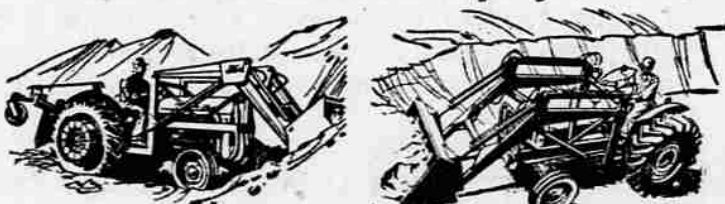
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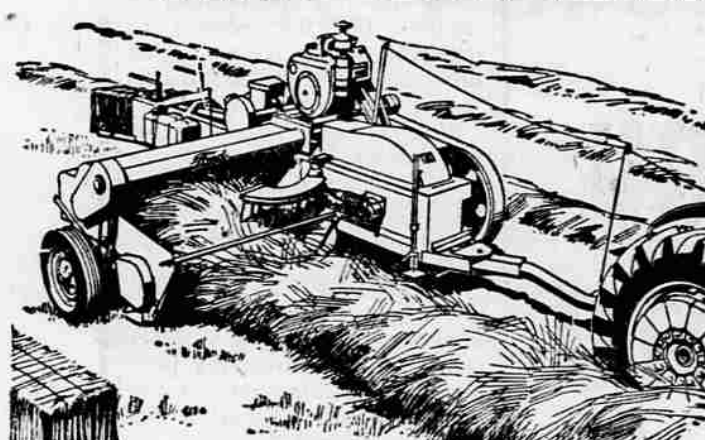
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