

Feeding the Family

By ZOLA VINCENT
Food Editor

Buys in Canned Fruits Make Delectable Desserts

Canned fruits fortunately are exceptionally good buys right now as we get hungry for golden peaches, pears, apricots while watching the blossoming orchards and anticipating summer's golden bounty of fresh fruits to come.

There's also an abundance of canned pineapple, fruit cocktail, apple sauce, apple slices, cherries, berries and cranberry sauce. You'll find specials galore. Few things are more satisfying than extra cans of a variety of dessert-makings on the pantry shelf.

To be sure most of these good things will be eaten "as is," served in our prettiest dessert dishes with cookies or cake alongside but if it's something fancier you're looking for, here are several good suggestions after a brief dissertation on butter and margarine.

Butter and Margarine

When it comes to dessert-making ingredients, butter and margarine vie for "shortening" honors. The dairy industry has forever been important in the economy of our state. The making of margarine (pronounced mar-jar-in) is increasingly done on our coast for shipping throughout the western states. Actually margarine has been around for more than 75 years.

The basic difference between butter and margarine is that margarine is made principally out of domestic vegetable fats while butter is made from animal fat. Some margarines combine a processed vegetable oil, creamery butter and/or flavorful milk in their blend. All are equally nutritious, can be used interchangeably.

Golden Fruit Crumble

You're sure to have good luck with this fruit "crumble." Youngsters will enjoy making it because it is certain to come out perfect every time. Plan one for the Mother's Day weekend ahead. Make this with golden peach halves, pear halves, apricots or pineapple slices or arrange a fancy combination of fruits if you like. Six servings.

Drain syrup from a No. 2 1/2 can of peach halves or other fruit and arrange in greased eight inch round or comparable size baking dish two inches or so deep. Mix three-quarter cup sifted all-purpose flour, one-quarter teaspoon salt, one-half cup brown sugar, packed and one-quarter teaspoon nutmeg in mixing bowl. Cut in one-third cup margarine

with fork until mixture is crumbly. Sprinkle over fruit. Bake in moderate, 375 degree, oven, 35 to 40 minutes.

Simmer fruit syrup with three lemon slices and six whole cloves for 10 minutes; strain. Serve hot with the Crumble.

Golden State Cobbler

Plenty of coast-canned peaches and Bartlett pears for enjoying in salads, as accompaniment for meat, for eating as dessert with snappy cheese and crackers. Or make this fine cobbler.

Drain one No. 2 1/2 can peach or pear halves and reserve two-thirds cup juice. Place fruit in shallow 10x6x1 1/4 inch or comparable size baking dish, cut side up. Combine fruit juice, one-third cup fresh or canned unsweetened orange juice, one-quarter cup brown sugar, one tablespoon cornstarch, dash of salt and pour over fruit. Place in a hot oven, 425 degrees, for five minutes.

Combine one tablespoon sugar and one cup prepared biscuit mix (your own recipe or a packaged mix) and add six tablespoons undiluted evaporated milk to make a soft dough. Drop in six spoonfuls on top of fruit. Bake 15 to 20 minutes longer at 425 degrees or until biscuits are browned. Serve "as is" or warm with heavy whipped cream with two tablespoons sugar added. Six servings.

Fruit Compote. Start off any meal with a fruit compote. Slice canned pear halves lengthwise. Add salad-style fruit cocktail, sliced bananas, orange and/or grapefruit segments or any other fresh or canned fruit available in fruit basket or pantry. Chill and serve.

Chicken Oriental Is Mother's Day Special

Chickens continue in the best buys list for frequent enjoyment. Fix them up this very special way as a treat for Mother on her special day. Plan to do two batches in order to have eight servings; three batches for 12 servings.

Have good size frying chickens cut into serving size pieces and shake in a paper bag containing one-half cup flour, two teaspoons powdered ginger, one teaspoon salt, one-eighth teaspoon pepper. In a skillet, brown floured chicken in one-quarter cup hot shortening. Remove chicken to casserole.

Now comes the oriental influence. Mix two tablespoons seasoned flour with one cup water until smooth; add to drippings in skillet along with one-quarter cup pineapple syrup (drained from canned pineapple), two tablespoons vinegar, one tablespoon brown sugar, one-quarter teaspoon powdered garlic or one-half teaspoon garlic salt, 1 1/2 cups (a No. 2 can) drained pineapple chunks, one onion cut in half crosswise, then in eighths, one green pepper cut in one inch thin strips (pepper optional but nice). Bring just to boiling point.

Pour over chicken in casserole; cover and bake at 325 degrees about 45 minutes. Serve over hot cooked rice. As we said, four servings and we hope you're making several batches.

Make Mother a Strawberry Cream Angel Food Cake
Strawberries are coming in at their luscious best; are ideal for Mother's Day parties.



CRUMBLE DESSERT — Plenty of west coast grown and canned peaches, pears and apricots for the making of this luscious dessert called a Crumble. Any youngster can put it together quickly and surprise Mother with a week end dessert. It's good with pineapple, too. Recipe is included in today's food columns.

Bake or buy an angel food cake. Fill cake center with this mixture, then refrigerate quickly.

Wash and hull one pint or more fresh strawberries; add four tablespoons or more powdered sugar and one-half teaspoon almond extract. Beat one pint (two cups) whipping cream until stiff. Gently fold in the sugared strawberries. Ice sides of the cake lightly and fill cake center with remaining strawberry cream.

Refrigerate in coldest spot or put in home freezer for an hour or so, so the berries and cream will not soak into the cake.

Mother's Day Brunch Is Wonderful Idea

If Mother (yours or some one else whom you also love) is a church-goer perhaps she'd dearly love to ask the minister and his wife and other special friends to come past your house for what this generation calls a Brunch. An ideal opportunity to honor mother on her very own day; giving the family a happy feeling of solidarity.

Our menu suggestion is equally good for supper time. Let the children help.

Consider pitchers of chilled fruit juice or pass fruit juice glasses with sliced strawberries floating. If it is a small sit-down affair, broiled grapefruit or strawberries in sour cream are very nice.

Easiest and most satisfactory main dish food is curried turkey or chicken or fluffy rice with small dishes offering choices of chutney, chopped cucumbers, chopped peanuts, diced hard-cooked eggs (arrange with egg whites and yolks done separately), raisins, grated coconut. Hot rolls and plenty of coffee. A day and a meal to remember!

Curried Turkey or Chicken. Roast turkey or chicken the day before. For each six servings, proceed as follows. Melt three tablespoons butter, add four tablespoons flour and stir over low heat until blended. Add one cup cold turkey or chicken broth and one cup milk all at once. Cook stirring constantly until uniformly

Book Editors Pick Gunther's 'Inside Russia' as Best

Each year the editors of "The Saturday Review of Literature" ask book editors of the country's leading newspapers to name those books published during the spring which most deserve the attention of discriminating readers.

All of the books chosen may be obtained on request through any agency of the Jackson County library.

Here are their choices:
Away out in front in the ballooning is "Inside Russia Today," by John Gunther, a "prodigious miscellany of facts and vignettes about life in the Soviet Union." In second place is "Exile and the Kingdom," by Albert Camus, the Nobel Prize winner's collection of short stories threaded together by the dominant theme of man's essential solitude. "The Great Democracies," fourth volume of Winston S. Churchill's massive history of the English-speaking peoples, ranked third.

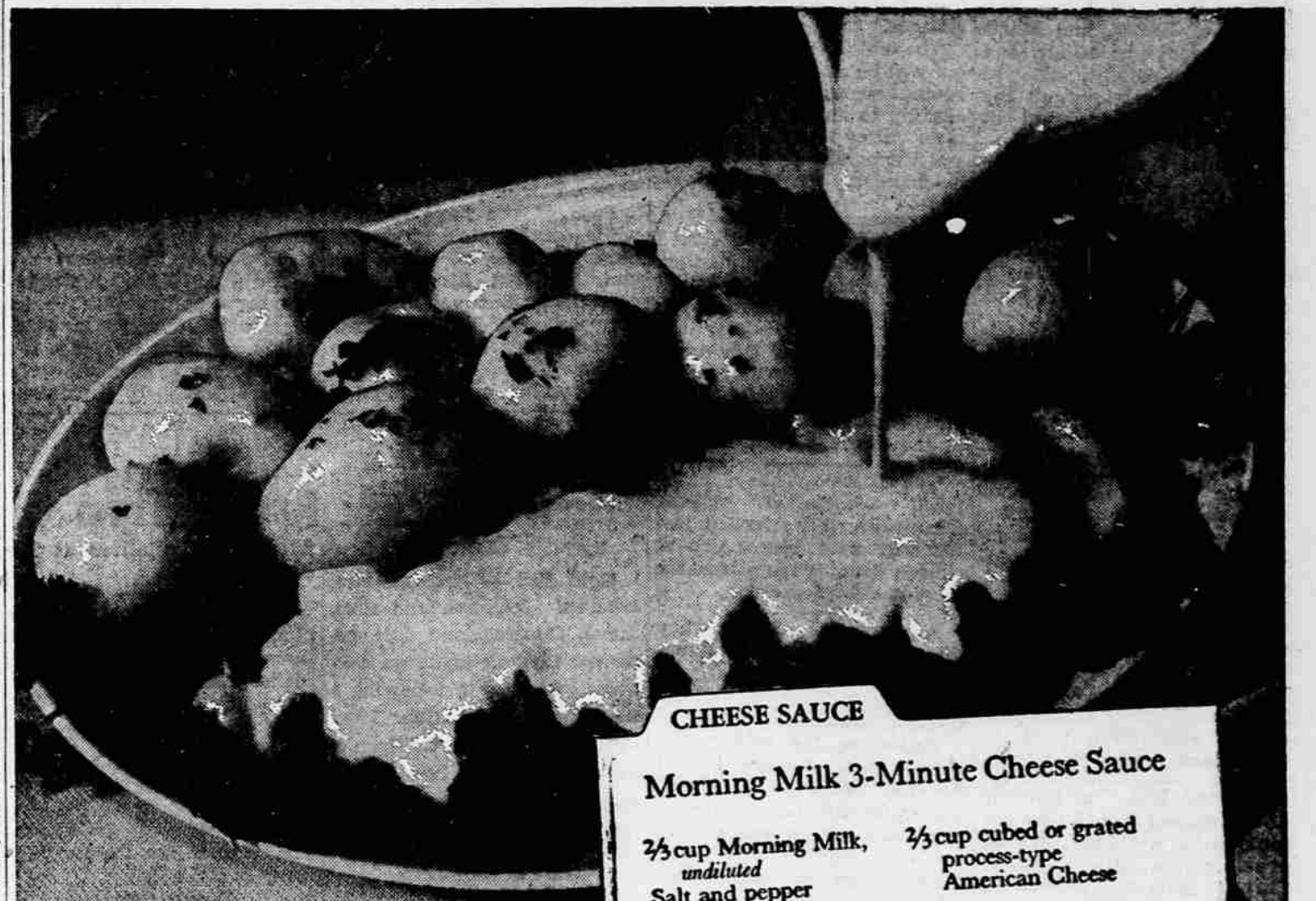
Humorist in Fourth

Peter De Vries, one of America's widest and wittiest humorists, achieved fourth place with his hilarious novel about a well-intentioned minister, "The Mackeral Plaza."

Other selections include "Anatomy of a Murder," by Robert Traver, a beautifully built suspense and horror story, "The Greengate Summer," Rumor Godden's story of five naive English children left pretty much on their own in a strange inn, and "The Mother," by Bernice Kavinoky, showing how a mother's dream for her son cramps his life. "The Ten Thousand Things" is a poetically written idyll translated from the Dutch of Maria Dermout.

Three historical novels which rated mention are "The Travels of Jaimie McPheeters," by Robert Lewis Taylor in which teen-aged Jaimie accompanies his father from Kentucky to the California gold fields in 1849; "Ride the Red Earth," by Paul Wellman, which dates back to the stormy days when France and Spain struggled for expanding frontiers in the vast Louisiana territory; and "The Winthrop Woman," by Anya Seton concerning Elizabeth Winthrop, perhaps the most unwilling Puritan who ever came to New England.

J. Edgar Hoover's "Masters of Deceit," explaining communism; its aims, its methods, and what American citizens must do to combat it was "Madison Avenue, USA," in world of advertising and which Martin Mayer takes the reader into the center of the shows him how it operates.



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CHEESE SAUCE
Morning Milk 3-Minute Cheese Sauce
2/3 cup Morning Milk, undiluted
Salt and pepper
2/3 cup cubed or grated process-type American Cheese

Heat Morning Milk in sauce pan over low heat until small bubbles appear around edges of pan. Add cheese and seasonings. Heat for about 1 minute, stirring constantly. Makes slightly more than 1 cup.

CREAM SAUCE
Morning Milk Cream Sauce
1 tablespoon butter
1 tablespoon flour
1/2 teaspoon salt
1 cup Morning Milk, undiluted

Melt butter in sauce pan. Stir in flour and salt. Let bubble one minute. Remove from heat. Add 1/4 of the milk. Blend carefully until smooth. Add remaining milk, return to heat. Stir constantly until sauce thickens. Makes 1 cup.

* Morning Milk is double-rich and homogenized to make smoother, creamier sauces.

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