

Feeding the Family

By SOLA VINCENT
Food Editor

Pineapple Dole Dress Fine Party Fare

Plentiful California dates combine with crushed pineapple in a bread which is made by the quick-cake method. A delight at any party when thinly sliced, buttered and sandwiched or with thin spreading of cream cheese or peanut butter. Cool before slicing. Better when baked a day ahead. A treat for the family too.

- 2 cups sifted enriched flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup sugar
- 1/4 cup cooking oil
- 3/4 cup crushed pineapple, drained
- 1/2 teaspoon vanilla extract
- 2 eggs
- 1 cup chopped fresh dates

Sift together flour, baking powder, salt and sugar into mixing bowl. Add oil, pineapple and vanilla extract. Mix well; then beat two minutes. Add eggs; beat two minutes more. Add dates and blend well. Bake in greased paper-lined 4 1/2 x 8 1/2 inch loaf pan in moderate oven, 350 degrees, 1 1/2 hours.

Cherry Cookies
Any party will be prettier and cheerier when you offer these luscious bites of goodness. Full of bright maraschino halves or bits, with chocolate bits or nut meats. Recipe makes about five dozen cookies.

Cream one cup butter or margarine and one-half cup sugar thoroughly. Add one slightly beaten egg and one teaspoon almond extract; beat until fluffy. Sift together three cups sifted all-purpose flour, one-half teaspoon baking powder, one-eighth teaspoon salt. Gradually stir sifted ingredients into creamed mixture and blend well. Add one-half cup chopped maraschino cherries (about 20) and mix thoroughly. Chill cookie dough in refrigerator for several hours.

Roll small amounts of dough to one-eighth inch thickness on lightly floured surface and cut fancy shapes with floured cutters or roll in one-inch roll; refrigerate and then slice. Bake on ungreased baking sheets in moderate oven, 350 degrees, 10 to 12 minutes. Press decoration into cookies during last six minutes of baking.

Give Vegetables Zest With Herbs and Spices
A dash of this and a sprinkle of that will work wonders with fresh, frozen or canned vegetables. Here are herb and spice go-togethers that will give new drama, aroma and flavor interest to many of our every-day vegetables.

To asparagus, add celery salt, marjoram or freshly ground black pepper.

To green beans, add borage, black pepper, celery salt or marjoram.

To broccoli, add celery salt, marjoram, paprika, borage, red pepper or savory.

To carrots, add anise seeds, celery salt, onion juice, mace, sage or mint leaves.

To cauliflower, add basil, coriander, dry mustard, mace, nutmeg, savory, black pepper.

To celery, add chervil, horseradish, paprika, parsley.

To eggplant, add basil, celery salt, chervil, fill, garlic, marjoram, parsley or tarragon.

To peas, add rosemary, sage, thyme or mint.

To spinach, add celery salt, curry, ginger, marjoram, savory, sweet basil, thyme.

To tomatoes, add bay leaf, chervil, chives, fennel, garlic, paprika, parsley, red pepper, sweet basil, tarragon, water cream.

Barbecued Chicken
Plentiful spring chickens at reasonable cost put them in the menu often. Why not try a new way right now? This barbecue sauce is a dandy. Make some up and keep it handy.

Coat a good size cut-up fryer with flour, salt and pepper; cook slowly in one-fourth cup fat, turning occasionally to brown evenly.

To make barbecue sauce, blend one teaspoon salt, one-half teaspoon pepper, one tablespoon paprika, one tablespoon sugar; add one-half clove garlic or one-fourth teaspoon finely chopped, one cup catsup, one-half cup water, one-third cup lemon juice or vinegar, one tablespoon Worcestershire sauce and heat to boiling.

Add one cup barbecue sauce to browned chicken; cover skillet and simmer an hour or more. Meanwhile simmer remaining sauce to desired thickness. Brush cooked chicken with thickened sauce and place under broiler briefly since sauce browns quickly. More sauce on side.

Dairy Products, Poultry
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June is Dairy Month for

the simple reason that milk production is at highest level of the year. The dairy industry is a major one in our state which not only supplies all our needs but exports canned milk, nonfat dry milk and cheese to other states and other countries.

Considering the food value in a quart of milk, it is one of the best buys day in and day out. Calcium, phosphorus and iron, all found in milk, are the three most important minerals needed for human body health and growth. Children can use a quart of milk a day to very good advantage. They needn't drink it all, you know. Cereals, cream soups, custards, puddings and many other menu items provide a portion.

Put cottage cheese in the menu more often, "as is" or combined with fruits or vegetables for satisfying salads. Macaroni and cheese, Spanish rice and cheese, rarebits, souffles, fondus made with good old American cheddar cheese are nutritious, delicious as main dishes. Many find buttermilk fresh from the refrigerator an especially refreshing beverage. Any vegetable tastes better with butter. Evaporated milk is mighty handy on the pantry shelf. Non fat dry milk is a genuine bargain. Ice cream and imitation ice cream are super desserts.

Eggs, Boilers, Turkeys. Poultry is special right along; makes good eating hot or cold. Outdoors or indoors, a sassy barbecue sauce is a fine thing for broiler halves, cut-up fryers, chicken or turkey parts.

Meat markets feature plentiful heavier lamb which deserves a place on menus more often. Watch newspaper ads and displays for occasional beef and pork "buys"; then stock up if you have a freezer. Cold cuts and canned meats make at least one easy main meal with sandwich leftovers. Hamburgers or hot dogs will satisfy the children any day. Serve them with chili con carne and chopped onions in or on toasted buns with crisp dill pickles alongside.

Fish and Shellfish. No need for menu monotony when you can fix cod, fish sticks, flounder, halibut, shrimp, rockfish, sablefish and salmon; enjoy canned tuna, salmon, sardines, clams.

Vegetable displays offer asparagus, lima beans, snap beans, broccoli, cabbage, carrots, corn-on-cob, cucumbers, greens, eggplant, lettuce, mushrooms, potatoes, onions, peas, spinach.

Fruit buys continue to be bananas, avocados, strawberries, pineapple with melons coming in.

Pacifists Jailed For Defying Order
Honolulu (UPI)—Federal authorities held two men in jail Thursday for trying to sail the yacht Golden Rule to Eniwetok in protest against the atomic tests.

The two men were Albert Bigelow, Cos Cob, Conn., and William Huntington, St. James, N.Y., who just returned from the mainland where he has been trying to obtain financial support for the venture.

The arrests were carried out Wednesday several hours apart.

Federal Judge Jon Wig last month found the pacifists in contempt for defying his order against the voyage. He gave them 60-day suspended sentences. The Atomic Energy Commission has barred Americans from the test area.

Public utility companies now average more than \$52,000 in investments for every one of their workers, according to industrial statistics.

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