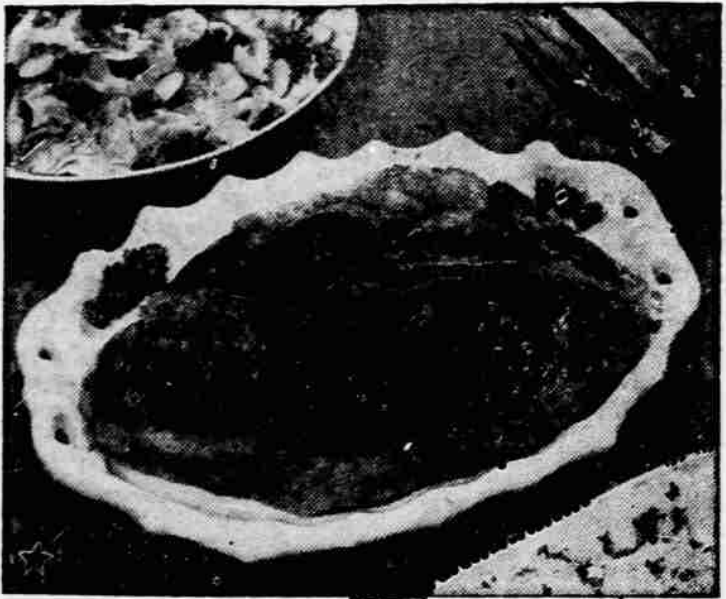




DAY FOR FATHER—Hail to the chef, the chief, the big wheel, the man of the house who brings home the bacon every day—deserves a sizzling steak on his very own day. Ways with steaks and other father-favorites are included in today's food columns.

Feeding the Family

By SOLA VINCENT
Food Editor

We Prepare to Pamper

Give a man a steak he can carve! Any poll would reveal steak, preferably charcoal broiled, as first choice for Father's Day feasting. Never forget that the man of the house and immediate environs is to be approved and praised no matter what he does. Surest way to lose friends and alienate people is to tell a man how to cook in his own backyard.

Charcoal broiled outdoors or oven-broiled indoors, the steak must be at least an inch thick; the thicker the better. The steak de luxe is two to three inches thick, charcoal or broiled almost black on the outside, tender and pink inside, served sliced with the grain.

There are six favored cuts of steak for broiling from which to choose. They are beef tenderloin, T-bone, club steak, boneless loin (strip steak), pin-bone sirloin, wedge-bone sirloin. A porterhouse is a T-bone steak with a large portion of tenderloin.

Other less tender but equally good cuts of beef for broiling are chuck (or shoulder), rib, rump, and top round steak. However, these must be top quality and aged; are better cut one-half to three-inch thick and pan broiled or braised. These cuts often are used for outdoors broiling or barbecuing where the long slow cooking makes them tender.

And let's not underestimate the fine flavor and same high protein values to be found chopped sirloin or ground round.

Reminders. Figure on one-third to three-quarter pound bone-in steak per serving; one-third to one-half pound boneless steak per serving. Broiled steak should be served very hot as soon as broiled. Keep the guests waiting if necessary, but never the steak. Slash the fat edge so steak won't curl in broiling.

Super de Luxe Steaks

Gift of the Gods! Tear this out and paste it in the chef's hat but don't mention it unless he seems interested. More good chefs are spoiled by kibitzers! We will only say quietly that past masters in the art of broiling conducted exhaustive experiments, say this is the last word.

Steak de luxe is from two to three inches thick, charcoal on the outside, pink on the inside. Marinade in any favored mixture or leave plain. Allow at least one-half pound per serving.

If very thick steaks are out of the question, have your steak at least one inch thick. Grill a one inch thick steak over glowing coals about five minutes on each side if you want it rare; six minutes on each side for medium-done and seven minutes on each side for well-done.

Two inch steak, charcoal broiled, takes much longer. Figure 16 minutes on each side for rare, 18 minutes for medium-done and 20 minutes for well-done. The thicker, the longer.

Heat the broiling oven and the broiling pan too. Then rub the broiler rack with a little trimmed-off fat to prevent meat from sticking. Lay steaks on rack in broiler pan and adjust the pan so top of steak is two to four inches from heat source, dependent on steak thickness.

Do not season surface exposed to heat. Broil on one side to desired doneness, season with salt and pepper, turn by inserting fork into fat or turn with tongs.

Broiler Timing. One inch steaks take five minutes on each side for rare, six minutes for medium rare, and seven to eight minutes on each side for well-done. One and one-half inch steaks take nine minutes per side for rare, 10 minutes for medium and 12 minutes for well-done. Two inch steaks take 16 minutes per side for rare, 18 minutes for medium and 20 minutes for well-done.

One inch high hamburgers require 8 minutes on each

side for medium, 10 minutes for well-done.

Ground Beef Memo. Fresh ground beef may be made into patties as soon as it is purchased. Place patties on waxed paper. Cover. Or if ground beef is not to be used as patties, wrap mound of meat in waxed paper. Keep in refrigerator. Use within two days.

Steak Seasonings Many and Varied

Here again, the chef is master of all he surveys. Not a whisper of anything but praise when you go visiting, no matter what he does; not if you want to be invited back. Here are pointers for amateurs.

Seasoned Butter. Whip one-fourth cup butter until soft. Add two tablespoons chopped parsley, green onions, chives or one tablespoon paprika, catsup or chili powder. Spread on hot steak.

Garlic. Before broiling, brush steak with salad oil which has been flavored with garlic. One or two cloves of peeled, sliced garlic in oil for two to three hours; or sprinkle with garlic juice or garlic salt.

Garlic Butter. Mash one clove of garlic. Blend with one-fourth cup butter; spread on hot steak.

Roquefort. Roquefort, Langlois or bleu cheese is mashed and spread lightly over steak during last few minutes of broiling.

Lemon Juice. Mix well one-quarter cup butter, juice of one lemon, one tablespoon chopped chives; spread over hot steak.

Mushrooms. Brown mushrooms in butter or drain can of broiled-in-butter mushrooms, salt lightly and serve hot over broiled steak.

Worcestershire Sauce. Mix one tablespoon Worcestershire sauce with one-quarter cup butter; spread over hot steak.

Bottled Steak Sauces. There are excellent bottled steak sauces on grocers' shelves. These may be served to allow individual seasoning or you can make a sauce by combining a tablespoon or so of sauce with one-quarter cup butter for spreading on hot steak.

Steak Seasoning Salts. There are several good blended seasonings on grocers' shelves or you may make your own by combining two tablespoons salt, two tablespoons paprika, one teaspoon freshly ground black pepper, one teaspoon onion salt, one teaspoon garlic salt; blend thoroughly, put in a shaker and use in place of other seasoning except butter.

Season Your Own. This is sure-fire success with everyone. A tray of seasonings available for guests to pour or sprinkle their own. These might include bowls or pitchers of several of the fore-

going sauces and seasonings with perhaps the additional offering of freshly grated horseradish and chopped chives.

Of Course Father Likes Cheesecake. No doubt about it, father favors cheesecake whether it's in the tabloids or on the table. This refrigerator cheese cake recipe is very easy to make, is certain to please papa and everyone else lucky enough to be at your house. Six generous servings.

Graham Cracker Crust. Let one-quarter cup (one-half stick) softened butter or margarine stand at room temperature until pliable. Put in mixing bowl with one-quarter cup sugar and 15 graham crackers that have been finely rolled; blend well. (Frankly, freshly scrubbed hands do a fast job of mixing.) Put crumb mixture in a nine-inch pie plate. Set an eight-inch pie plate on crumbs and press firmly into an even layer on bottom and sides of pan. Fill with:

Cheese Cake Filling. Soak one envelope unflavored gelatin in one-quarter cup cold water for five minutes. Combine one slightly beaten egg yolk, one-quarter cup milk, one-half cup sugar and cook five minutes over low heat, stirring constantly. Remove from heat; add gelatin and stir until dissolved.

Cream together one cup cottage cheese and one three-ounce package cream cheese; add grated rind of one-half lemon and one teaspoon pure vanilla extract. Add gelatin mixture. Chill until mixture begins to thicken.

Beat one-half cup light cream until foamy; add juice of one-half lemon and whip until thickened. Fold cream and beaten egg white into cheese mixture. Pour into crumb crust. Chill for several

Underground Center Of European Defense Operates in Secrecy

By CHARLES CORDDRY
United Press International

In West Germany — (UPI) — The vital nerve center of American air-atomic power in Central Europe is a vast underground command post that has operated in super secrecy for four years.

For the first time, the Air Force has just permitted newsmen to see this subterranean "combat operations center" and witness how it would direct retaliatory operations against the Soviets if they attack westward.

The highly automated command post, and what was seen at aircraft and missile bases, gave a picture of increasing readiness to deal counterblows on short notice.

Throughout the Kaiserlautern area in the Rhineland Palatinate, big Matador guided missiles are kept constantly pointed eastward on their launchers with crews standing by. At bases in Germany and across the border in France, 15 squadrons of F-100D jet fighter bombers to-

talling about 375 planes comprise a potent atomic strike force in Central Europe.

From the cavernous recesses of the underground operations center, commanders could dispatch these supersonic jets and nuclear-laden guided missiles from their widely dispersed bases on 10 to 15 minutes warning of attack. Some of the planes could be on their way to Iron Curtain targets in an estimated three minutes.

Long-Range Direction
While details are secret, it can be reported that the command post is able to direct

the F100D aircraft all the way to their targets.

As a key element in the ever-increasing ability to react instantly to aggression, the command post is thus a powerful factor in the effort to deter war by convincing Russia that a knockout blow cannot be struck.

Under the ground rules of the reporters' visit, the location of the center may not be told even though it is acknowledged that the Soviets probably know where it is.

Nearby German villagers certainly are aware that it is a beehive of Air Force activity, by salmon and other valuable fish runs."

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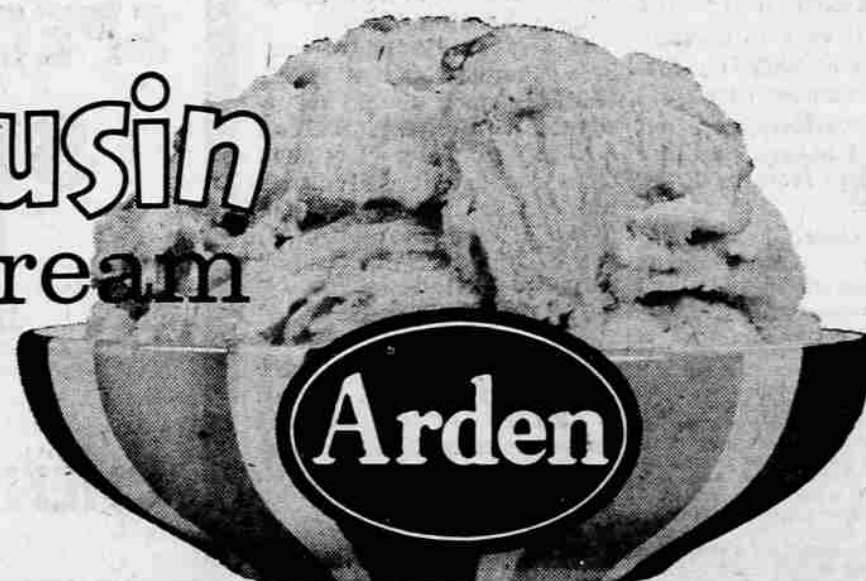


RECEIVING TROPHY as Homemaker of the Year in Daytona Beach, Fla., is Mrs. June Benson, 28, of Nutley, N. J. Making award is Howard Cohoon. (UPI Telephoto)



love
that
"Country
Cousin"

Country Cousin
ice cream



Here's a real sweetheart of a
flavor. Creamy smooth
vanilla...sparkling with bits
of old-time, butter-rich
candy. Arden makes it lip
smackin' good!

"It don't work...the can
keeps comin' back, but
no person!"



SANTIAM
BLUE LAKE
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GREEN BEANS



STRAIGHT-STRINGLESS
ALL MEAT
UNDER GREEN BEANS