

Feeding the Family

By ZOEA VINCENT
Food Editor

Battle of Budget Can Be Won in Home Kitchens and Refrigerators

Someone once said that the budget is what we worry about before we spend the money that we worry about afterward. An appalling amount of food is wasted every day right in our kitchens and refrigerators. You're one in scores if you wouldn't shudder right this minute at the thought of a stranger checking your vegetable bins, fruit trays, refrigerator dishes. There is something you can do to make your money go further.

Lack of experience or carelessness in buying, storing and using-up foods can do devastating things to the budget, especially in the summertime. Today's columns are devoted entirely to time, energy and money savers; perhaps even life savers since bacterial growth works overtime in the heat of the day. You'll do well to paste this in an inside cupboard for ready reference and as a reminder.

Summer Carefuls. We could make a pun and say that summer careful and summer not, but we'll proceed seriously to the business at hand.

Flour Storage. Store all flour in tightly covered containers to keep out moisture, insects and dust. Store in a dark place and always clean out container before adding fresh supplies.

Crackers and cookies soften when exposed to air, so store them in tightly covered jar or tin; carefully re-close inner wrappings of packaged goods.

Coffee should be kept covered tightly in a dark cool place; preferably used within a week after opening.

Cocoa and chocolate should be stored in a fairly cool place. If temperature is above 85 degrees, chocolate is likely to become crumbly and grayish.

Fats and Oils. Hydrogenated vegetable shortenings which cream easily and save time and energy in baking may be stored at room temperature. Blending shortenings must be refrigerated after openings. Oils for cooking and salad dressings may be stored at room temperature.

Bacon, ham, sausage and roast pork drippings so good for so many uses, should be refrigerated; used reasonably soon.

Syrups, Honey, Jam, Syr-

ups such as molasses, maple and corn syrup, honey, along with jellies, jams and preserves need no refrigeration so long as they are unopened though they keep best in a cool, fairly dry place. After opening, jars or bottles should be kept thoroughly cleaned outside to remove sticky smears where bacterial growth might start. Tops should be covered with transparent plastic household wrap, aluminum foil or double thickness of waxed paper. If remainder is to be consumed soon, refrigeration is unnecessary.

Dried Fruits. These have low moisture content; keep well at room temperature if room is fairly cool and dry. Once opened, dried fruits should be wrapped in moisture-proof transparent plastic household wrap, aluminum foil or waxed paper and kept in refrigerator.

Spices and Herbs. Form the habit of closing the top of spice and herb containers the moment you set them down. Keep in dry cool place. Spices and herbs are like rare perfumes; once the scent is gone, they are worthless.

Flavoring Extracts. Like spices, these should be bought in small quantities with exception of vanilla which is often used. Extracts should be kept tightly closed, used and re-closed immediately. Their flavor is volatile, deteriorates rapidly on exposure to air.

Vinegar. Although vinegar keeps well at room temperatures, it does not keep indefinitely and should be replaced from time to time.

Easy Meals for Summertime Fun Frequently during the summer ahead, you'll take it easy with lunch or supper offerings of salads, cold cuts, cheese and relishes on porch, patio, terrace or other cool corner. Like our picture today.

Salad Symphony. For protection of salads after preparation, transparent plastic household wrap is ideal. Salad can be arranged well ahead of time for serving on plate or tray, covered with plastic wrap, then refrigerated ready for meal-time. Display salad on buffet or table if you like, unwrapped when ready.

Seasonal delights for the fruit salad include pineapple slices, peach halves, whole pitted apricots, strawberries, cherries, grapes, blueberries. A choice of fruit salad dress-



SUMMER SUPPER — Seeing is believing. Here we have planned a summer supper in the cool of the day, wrapped foods in transparent plastic household wrap ready for evening serving. This and many summertime energy and money savers are included in today's food columns.

ing and a French dressing on the side.

Vegetable combinations might be sliced tomatoes, cucumber sticks, carrot curls, green pepper rings, radishes and small green onions. Tossed greens in a separate bowl with nearby salad dressing are always welcome.

Cold Cuts, etcetera. For simple baskets and trays used for serving cold cuts, cheese, rolls and bread, a plastic wrap lining for container will save work, furnish protection, look handsome. For a fancy addition to cold meat platter, roll sliced cold luncheon meat into cornucopias, fill with chived cottage cheese; hold together until eating time with tooth picks.

Summer Care of Bread and Cake

Check bread and cake box every day. Scald and air frequently. If you're baking bread or cake, be sure that it is cooled before storing. Leave bakers' bread in original wrapper for breadbox storage. Freezer storage is considered ideal but refrigerator storage now is frowned upon by the experts.

Freezer-stored bread should be well wrapped in moisture-proof material; will keep fresh for weeks; defrosts quickly. Thaw bread in sealed wrapper unless you're toast-making.

Keep Dairy Products Clean, Covered, Cold

Dairy products like one's disposition can easily sour on a summer's day. Cardinal rules are to keep them clean, covered and cold.

Fresh milk and cream should be stored in the original containers since the bottles and cartons are sterilized

before filling; belong in coldest place in refrigerator, usually especially designed by refrigerator manufacturer to accommodate bottles and cartons. Wipe container with clean damp cloth to keep spotlessly clean; keep covered. Return to refrigerator immediately after use.

Evaporated and condensed milk should be kept in the can in the refrigerator after opening. Can should be well cleaned before opened, carefully wiped off before storage. Opening may be covered with hood of transparent plastic household wrap, aluminum foil or waxed paper held in place with rubber band.

Butter and margarine should have a special glass or other container with a close-fitting cover. Leave quarter-pound sticks wrapped until needed. Keep refrigerated.

Cheese, whether natural or packaged, requires refrigeration as soon as it is cut. Processed packaged cheeses are pasteurized and change very little when left unopened without refrigeration for several months but as soon as exposed to air, should be refrigerated.

Cottage cheese and cream cheese are both very perishable; absorb odors and flavors readily. They should be kept covered and refrigerated, used as soon as possible after purchasing.

Eggs should be taken from refrigerated area in store; should be kept covered and refrigerated throughout their home storage. Grade A eggs can become Grade B in a few hours.

Salad Dressing Care. Mayonnaise, French dressings and

Claims Being Taken For Benefit Year

Salem — State employment service offices throughout Oregon are now accepting unemployment compensation claims for the 1958-59 benefit year, which starts July 1. The "transitional" claims are being taken to help make sure that payments are not delayed by a last minute rush on the offices.

John A. Norton, unemployment compensation commission administrator, said "We expect some 21,000 people will have filed their claims for the new benefit year by the end of this week. I am anxious to make it distinctly understood that these transitional claims will not be effective until July 1, and that the first paid week will be the one ending July 5."

The new claims are based upon an unemployed person's 1957 wages. To have a valid claim a person must have earned a minimum of \$700 during 1957, or in some instances \$1,480, depending upon their quarterly distribution of wages.

the various types of cooked salad dressings should be stored in the refrigerator but not in the coldest spot. They should never freeze. Keep them tightly covered and outside of container clean.

63,784 VA Compensation Cases Get Adjustments

Veterans Administration reported today that 63,784 compensation and pension cases added to the rolls after World War II have required adjustments in the claims review now under way.

Charles M. Cox, local VA representative, said the figure is cumulative to March 31, 1958, and that it involves 9 per cent of the 712,512 cases reviewed to that date.

The adjustments included 6,673 increases in monthly payments to match a worsening in the degree of disability, 24,004 decreases in monthly payments to match an improvement in the degree of disability, and 33,107 terminations of payment.

No Longer Justify Award

Of the 33,107 terminations, 20,893 were ended primarily because of improvement in disability to a level no longer

Northern Michigan Justice Swift

Traverse City, Mich.—(UPI)—Justice is swift in northern Michigan's 13th judicial district where Circuit Judge Charles L. Brown covers his four-county district in an airplane.

Brown, 57, a colonel in the Air Force Reserve, can fly to any county seat in his circuit in about 30 minutes.

justifying monetary awards, and 12,214 were terminated after VA found "clear and unmistakable error" in associating the disability with the period of military service. With a few exceptions, service-connection has been confirmed in the case of the 20,893 veterans whose payments were stopped because of improvement in disability, and these veterans may be returned to the compensation rolls in their service-connected ailments again become disabling, Cox said.

Veterans involved in adverse changes have the right of appeal to the board of veterans appeals if they believe the changes were not justified, Cox added.

Through March 31, a second review had been ordered for an estimated 140,000 cases in order to confirm their accuracy and protect both the veterans and the Government. Approximately 1,700,000

cases had been identified for review to March 31, Cox said.

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BARBECUED CHICKEN. Brush your halved broiler-chickens with barbecue sauce, broil 12 inches from heat about 1 1/2 hours, turning and basting frequently. Serve with Coke.

FOIL POTATOES. Bake potatoes beforehand, bring them along wrapped in aluminum foil. Then just reheat them over the coals. Great with Coca-Cola...favorite of the world.

SUPER SALAD. Serve a green salad, tossed with dressing, sliced stuffed olives. Guests will enjoy sipping Coke with this. Coca-Cola...so good to taste, in such good taste.

CRANBERRY CUPS. Heat cranberry jelly until melted, pour into squeezed-out half shells of oranges. Chill until set. For extra sparkle, uncup the Coke and serve ice-cold.

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