



SURPRISE OFFER—Dr. Koto Matsudaira of Japan turns to speak to Soviet delegate Arkady Sobolev in the UN Security Council. At the meeting, Russia unexpectedly offered changes in a Japanese compromise Middle East resolution.

Feeding the Family

By ZOLA VINCENT
Food Editor

Popular Pot Roast Gets Barbecue Touch

Keep an eye out for a special buy on popular pot roasts. Figure on about five pounds and count on having some left over for slicing cold another day. Lucky you! This "pot roast, barbecue style" brings the good flavors of outdoor barbecue cooking right into the kitchen.

Let beef pot roast relax in a spicy marinade overnight and into the next day. Drain and brown the meat, pour the marinade back on, cover and simmer gently until meat is tender. Instant minced onion helps put this together fast.

Combine two tablespoons instant minced onion or one medium raw onion, finely chopped, one-fourth teaspoon garlic powder or two finely crushed cloves of garlic, one-half cup red or white table wine or broth, one eight-ounce can tomato sauce, one teaspoon salt, one-half teaspoon paprika.

Pour over pot roast in large bowl; marinate overnight in refrigerator. Heat two tablespoons shortening or drippings in heavy skillet or Dutch oven. Remove meat from marinade; brown on both sides in hot fat. Blend one-fourth cup tomato catsup, one-fourth cup wine vinegar, one tablespoon Worcestershire sauce and one teaspoon mustard into remaining marinade; pour over meat.

Cover pan and simmer until meat is tender, about 2 to 2½ hours. Gravy may be thickened slightly if you like but it's mighty good as is.

Keep doors of refrigerator closed tightly when not in use. When removing food, remove as many items at one time as needed and close doors again quickly. Cold air is heavy and literally tumbles out when the door opens.

Keep Refrigerator Clean
Wash refrigerator inside and out with solution of baking soda and water at least once a week to keep it fresh and sweet smelling.

Dry excess moisture from shelves and walls after washing to prevent yeasts, molds.

Put only clean food into clean refrigerator. Wipe off outsides of containers.

If accidents occur, be thorough about removing spilled material; wash and dry at once.

Defrost before frost builds up to one-fourth inch. Never "hack" at frost with a sharp instrument. Consult instruction book (again) for recommended method of defrosting.

Vegetable Bins High With Menu Ideas
Plenty of peaches and there is rejoicing as this most popular of seasonal fresh fruits really rolls to market. These are mostly the luscious red-cheeked, yellow-fleshed Elbertas, the freestone peach of special delight for every purpose except freezing. Best thing to remember is that peaches must look good to be good. If scales aren't handy, figure on about four medium size peaches to the pound. A pound will make four servings. Many will buy the plentiful peach crop by the lug, using the ripe peaches first, finding others ideal later.

Nectarines really are smooth-skinned peaches. Characteristics of the fruits are the same except the nectarine is fuzzless, is smaller, has firmer flesh and a distinct flavor. They too come in both clingstones and freestones. They are plentiful.

Plums are fewer this year and their season is moving right along. Make the most of them now. There are plenty of avocados, bananas, cherries, grapes, lemons and oranges.

Among melons, both cantaloupes and watermelons are more plentiful with other varieties vying for your eye and dollar. Melon quality is exceptionally good this year.

Berries Beckon. The caneberry family is a large one with blackberries giving way in recent years to Loganberries, Youngberries and Boysenberries. Enjoy blueberries now, too with huckleberries coming along later.

Vegetable displays reveal practically every known vegetable, all of unusually, fresh high quality due to great care in handling from the moment they are harvested. For menu planning we mention green beans, beets, cabbage, carrots, celery, corn, cauliflower, cucumbers, lettuce, potatoes, onions that are green, white, yellow and red; tomatoes, squash, bunched vegetables, spinach. You will note with special interest that tomatoes are of better quality with lower prices. Lettuce heads seem bigger, romaine bunches bigger and the further lettuce variety invites tossing salads of mixed greens.

Meat Marketing. Some very good beef buys are showing up in the bigger markets; cuts for braising, stewing and especially for pot roasting are lower priced than in recent weeks. Plan to fix a good sized pot roast, have it hot one day, sliced cold another. Even fancy steaks are a bit lower. Chickens and turkeys continue at bargain levels. Very good fish buys.



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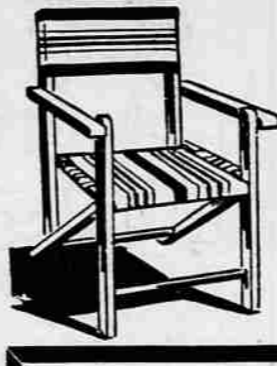
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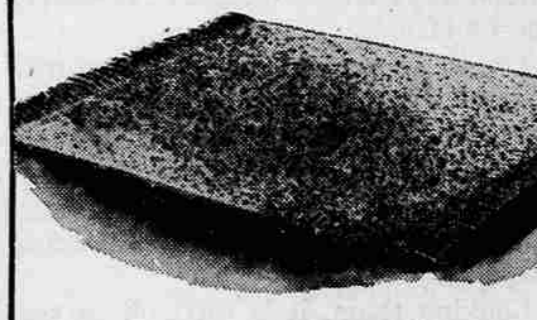


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