

Feeding the Family

By ZOLA VINCENT
Food Editor

Fresh Peach 'n Honey Upside Down Cake

Golden-fleshed, freestone, fresh and plentiful Elberta peaches are going into many desserts but we'll wager that father and the children will rate this among the very best. Make it with any packaged cake mix at hand, white, yellow or spice! Or make your own!

4 tablespoons butter or margarine
1/2 cup honey
2 cups fresh peaches, sliced
1/2 cup pecan or walnut halves

1 package white, yellow or spice cake mix
Whipped cream, optional
Melt butter or margarine in 10-inch cake pan or any comparable size. Add honey, spreading over surface of pan. Arrange peach slices in honey and butter mixture. For additional flavor and crunchiness put pecan or walnut meats between fruit slices.

Prepare cake mix according to package directions. Pour over fruit mixture. Bake in moderate oven, 350 degrees, 45 to 50 minutes. Do not remove from pan for a few minutes. Invert on serving dish. Garnish with honey-sweetened whipped cream if you like.
Cool Cantaloupes

Cool but not icy cold is the rule for cantaloupes. Remove them from the refrigerator about an hour before serving time for that most desirable delicate aroma and flavor.

Offer them with salt, pepper, lemon and/or lime wedges. A truly festive dessert for a party is made by using peeled cantaloupe halves, filling the centers with scoops of fresh fruit sherbet or vanilla ice cream and topping with tutti frutti sauce.

Spiced Lemonade
Lemon decorated ice cubes, cubes made of lemonade or ice cubes with whole cloves frozen in them will add interest to health-giving, cool, refreshing lemonade.

Combine three-quarter cup sugar and three-quarter cup water and boil five minutes. Combine one cup of this syrup with 12 whole cloves and one three-inch stick cinnamon and cook five minutes; strain. Add juice of six lemons and one quart cold water; chill. Pour over fancy ice cubes.
Lima Bean Polka Dot Soup Made in Minutes

Here is a 15-minute soup as delicious as though labored-over all day. You do have to cook the large dry lima beans ahead of time, however. We tell you now that this is a very unusual combination of good things and the praise will be unusual too. Makes 1 1/2 quarts of a substantial one-dish soup so you'll have enough for seconds.

1 diced onion
4 skinless wieners, sliced
2 tablespoons bacon drippings
5 beef bouillon cubes
6 cups hot water
2 cups cooked large dry California limas
1 8-ounce package shredded salad mix

Fry onion and sliced wieners in hot bacon fat until lightly browned, about five minutes. Dissolve bouillon cubes in hot water; add to wieners. Stir in lima beans and shredded salad mix. Cook about 10 minutes. Serve hot of course. Crackers on the side.

Small Canned Ham Fine Quick Meal
A small canned ham in the refrigerator is a big start on a very fine quick meal for a small family. Keep an eye out for market specials and if you've a home freezer keep a can or two of ham ready for emergencies.

The ham slices most easily when cold. Bank it with homemade potato or macaroni salad for a buffet supper. Cold ham slices on a sandwich pound or so per person.

To save time when serving hot, remove ham from the can, slice, then tie slices together with a string and cover with brown sugar or with

pineapple or apricot preserves for a glaze.

Or garnish with canned pineapple slices, canned pear or peach halves or with cooked dried prunes. Heat in the oven at 325 degrees or until the meat is heated through center.

Breakfast Item. Serve stewed or plumped prunes over ready-to-eat cereals. They make good eating and certainly provide a nutritious way to start the day.

Quality Foods Save Money. Eliminate Waste

Buying quality products eliminates waste, saves money in the long run. Valuable information is yours for the looking on cans and packages. As the purchasing agent for your home, it is just good business to watch weights, scan scales. Don't misunderstand!

Our daily contact with checkers in super markets convinces us that the Super Market Institute's research is right when it indicates a fraction of one per cent error in their weight watching and cash register performance. (Could be in your favor, too, you know).

It's not the checker but yourself you'd best be checking on. Actually checking weights and measures in relation to cost makes you more conscious of quantities and sizes to best fit your needs. Much waste is in over-buying; those dried vegetables and other perishables limp and languishing in cooler and refrigerator.

Vegetable Displays. Heaped high are highest quality produce at very modest cost; probably the lowest prices in the entire United States because we're so close to growing areas. Consider green beans, cabbage, carrots, cauliflower, celery, cucumbers, corn, eggplant, lettuce and romaine, onions of all kinds, potatoes, spinach, summer squash, bunched vegetables, green peppers and really good firm ripe tomatoes.

Fruit and Melons. Plenty of peaches from now on! Biggest Elberta crop in 11 years and interestingly enough, they're practically fuzzless. Plenty of nectarines, the truly fuzzless peach, too. California Gravenstein apples are welcomed with hurrahs! The first of the new season apples, perfect for all purposes, superlative for (green apple) pies. Cantaloupes and watermelons pile high. Honeydew melons, bananas, avocados, a few plums and apricots. Blueberries, Boysenberries, strawberries. Thompson seedless grapes increasing right along. Buy extra lemons for lemonade making.

Meat and Fish. Meat prices remain about the same. Budgeteers will buy fryers, broilers, turkeys, hamburger, frankfurters, canned meats, the variety meats... and fish. Feed the family some of our fine west coast caught fish for a change; flounder, cod, halibut, rockfish, sablefish, salmon, smelts, fish sticks, shrimp, frozen crabs and crabmeat; all make wonderful eating at modest cost. Plenty of lemons on the side.

Nebraska Club Sets Annual Picnic Aug. 10
Portland — The Nebraska club will hold its annual picnic at Portland's Jantzen Beach Sunday, Aug. 10, according to Ada Yowell, secretary.

A picnic dinner will be served at noon and a special program is scheduled to begin at 1:30 p.m. Included on the program will be presentation of an honorary Navy commission, signed by the Governor of Nebraska, to Miss Rain Drop of Oregon. The International Folk Dancers and the Rose City Kitchen band will provide entertainment and music.

The Church of Sweden Assembly in Stockholm recently voted 62 to 36, against the proposal to permit women to become ordained ministers.

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