

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Dutch Lunch Tray

Arrange rows of cooked salami and braunschweiger (smoked liver sausage) on tray. Center with deviled eggs and garnish with bologna roll-ups. Bologna roll-ups are made by spreading bologna with softened cream cheese. Lay pickle strips on bologna and fold over edges of meat to form cones. Plenty of rye bread, butter and mayonnaise handy.

Potato or corn chips, a large bowl of old-fashioned coleslaw, chocolate brownies and fresh fruit would round out the meal nicely. Lots of iced tea!

## Make Your Own Shakes

Make your own milk shakes. The children will have fun and find plenty of flavor and nourishment in shaking their own.

Honey peanut shake is made by combining 1/2 cup peanut butter with 1/4 cup strained honey, blending well. Slowly add three cups (measuring cups) of well chilled milk, stirring constantly. Beat with rotary beater until blended. Pour into tall glasses. Makes four servings.

Fruit shake combines two cups chilled milk with 1 1/2 cups of any crushed berries, apricots, or peaches in a shaker or a glass jar. Beat one egg and gradually add five tablespoons of sugar. Combine mixtures; adjust top and shake vigorously until thoroughly mixed. Four servings.

## Cottage Cheese Hawaiian

For a new distinctive and likeable cottage cheese dish to be served as a vegetable, try this Hawaiian influence. For each four servings, saute one tablespoon minced onion in one tablespoon butter slowly until soft. Add one teaspoon curry powder, 1/2 teaspoon ground ginger, and 1/2 teaspoon salt. Stir in one cup grated coconut and two cups cottage cheese. Cook over very low heat, stirring constantly, for 10 minutes.

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

## Orange Teasers

Orange teasers do right by their name. Eating one cookie merely teases Dad and the children into eating a second and a third. The tangy fragrance of orange rind does it.

1/2 cup shortening  
1 cup sugar  
1/4 cup orange juice  
1 tablespoon grated orange rind  
1 teaspoon vanilla extract  
2 cups sifted enriched flour  
1 teaspoon baking powder  
1 teaspoon salt  
Cream together shortening and sugar until light and fluffy. Add egg and beat well. Add orange juice, rind and vanilla extract. Mix well. Sift together flour, baking powder and salt. Add to creamed mixture and blend well.

Drop by teaspoonfuls on greased baking sheets. Bake in moderate, 375 degree, oven for 13 to 15 minutes. Makes about five dozen cookies.

## Summer Dessert

Ways with peaches are many. Eat them fresh out-of-hand; serve them sliced with a sprinkling of sugar and dash of cinnamon, nutmeg or mace topped with plain, whipped or sour cream. Use them in shortcakes, cobblers, pies and sauces for ice cream and puddings. Here's another way the family will enjoy them.

Six servings.  
2 cups soft bread crumbs  
1/3 cup melted butter or margarine  
6 cups sliced fresh peaches  
2/3 cup sugar  
1/2 teaspoon mace  
1/4 teaspoon cinnamon  
1 1/2 tablespoons lemon juice  
1 tablespoon grated lemon peel  
1/2 cup water.

Combine bread crumbs and melted butter. Sprinkle 1/3 in bottom of greased 1 1/2 quart casserole. Add three cups sliced peaches. Combine remaining ingredients; sprinkle 1/2 this mixture over peaches. Add another 1/3 crumb mixture, remaining peaches then remaining sugar mixture. Top with remaining crumbs. Cover, bake in moderate oven, 375 degrees, 30 minutes. Remove cover; bake one hour longer or until peaches are tender. Serve with cream, whipped cream, sour cream or a custard sauce for superlative eating.

## Best Food Buys

Each family "home" economist sets his own high, medium or low cost of living index dependent almost entirely on whether or not she takes advantage of fresh foods that are seasonally abundant and of "specials" advertised and displayed in her favorite markets.

Fresh fruit and vegetable men must merchandise harvest peaks by moving out exceptional quantities of fresh produce to make way for tomorrow's arriving truck loads. The old law of supply and demand creates the "best buys". There's August abundance of practically everything that grows so smart shoppers will feed the family these and skip the luxuries.

Plenty of corn-on-the-cob for quick-cooking (not more than five minutes if it is really fresh), for foil wrapping and roasting, for cooking and cutting from the cob for a wide variety of dishes. Bell peppers for stuffing with ground meat and bread crumbs, macaroni and cheese and many other combinations as well as for salads and pepper rings for relish. Lettuce of good quality for the daily salad with romaine variable in quality. Potatoes and onions for potato salad, chowders and a thousand other items. Summer squash, unpeeled, makes good eating. Tomatoes are cheaper. Cucumbers are lower. Cabbage, carrots, and celery are abundant for enjoyment raw or cooked. Green beans are in good supply.

Fruit buys include cantaloupes, Thompson seedless grapes, lemons, oranges, peaches, pears, nectarines, melons. If you're canning, freezing or otherwise preserving fruits, keep in constant touch with your fruit man for his good advice as to when to buy.

Poultry and Meat. Broiling, frying and stewing chickens continue plentiful. Turkeys are very good buys. In beef, chuck is a big bargain and so is freshly ground hamburger. Good values in lamb with breast practically a gift, shoulder chops and roasts reasonable. Buy pork spare ribs, boneless butt ham, picnic hams, sausage and table-ready meats.

Other Items. Good fresh fish buys. Plenty of dairy products with ice cream often featured. Canned tuna specials encourage one to buy a dozen cans. Versatile canned apple sauce are good buys and there's plenty of peanut butter at small cost. Scan this newspaper's grocery advertisements. Note special store displays.

## Cost of Living Reported Declined

New York—UPI—The cost of living declined in July for the first time in more than two years, the National Industrial Conference Board reported Thursday.

The decline, a slight one-tenth of 1 per cent, marks the first break in the inflationary spiral that began in 1956 after almost three years of price stability.

Declines in food, housing and apparel costs offset increases in transportation and sundries, sending the board's over-all index down 0.1 per cent from June to 107.4 per cent of the 1953 base period. The index was 2.5 per cent above July, 1957.

The conference board's index of consumer prices has risen 28 consecutive months before the July break. With the economy showing signs of recovery from the depths of the shortest but deepest post-war recession, some economists have warned that inflationary forces may pick up steam.

## Phoenix School To Host Cooks

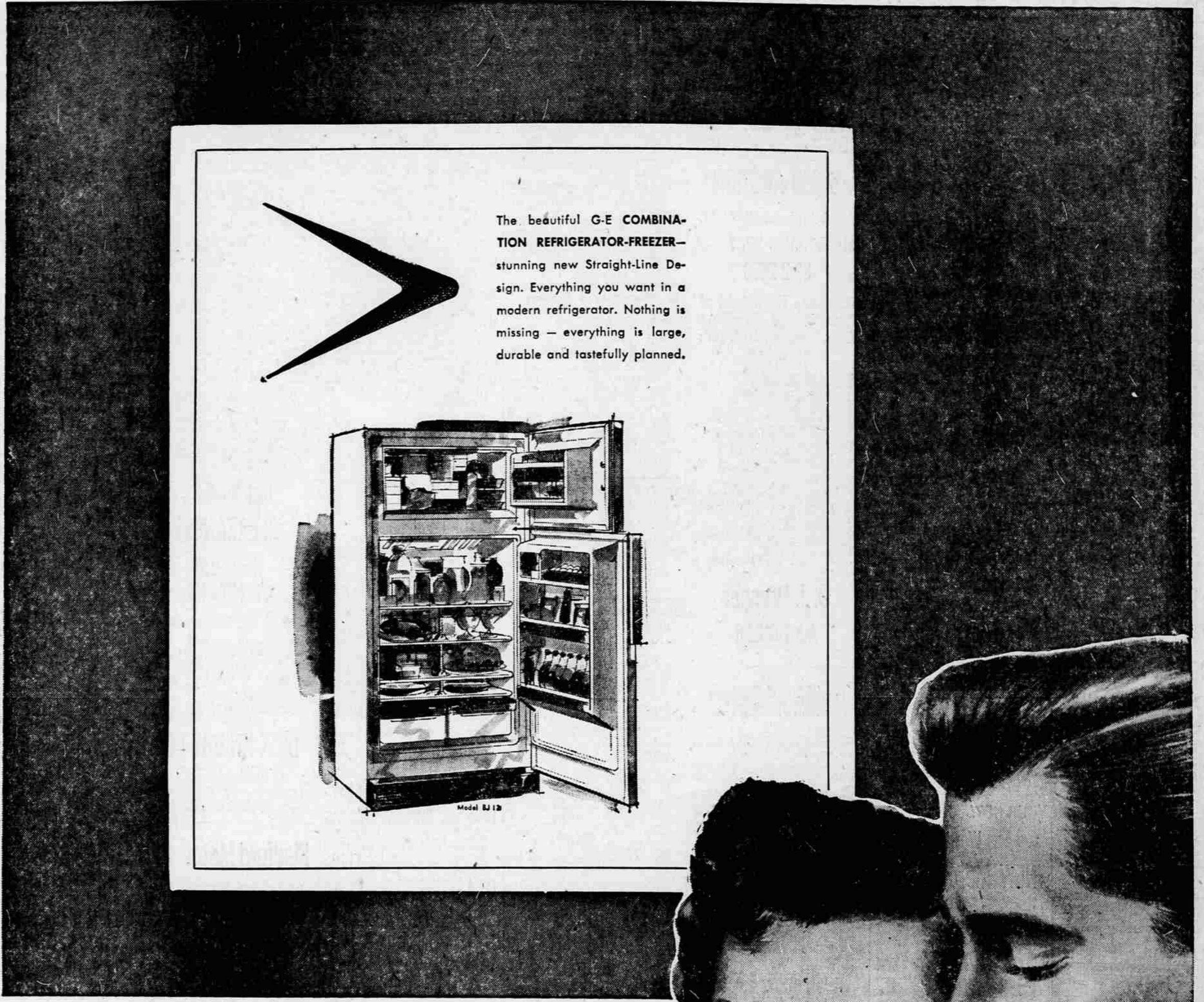
The 14th annual school cooks' conference for county schools will be held in the Phoenix school cafeteria on Wednesday, Aug. 27, according to Alf B. Mekvold, county school superintendent.

School cooks from Jackson, Josephine, Klamath and Lake counties are scheduled to attend the one-day meeting. Registration and coffee hour will be from 8 to 9 a.m.

Mrs. Laura Wels, director of the Oregon school lunch program, and Mrs. Joy Hills, Gubser, assistant state superintendent of instruction, will address the cooks.

Demonstrations of the preparation of a main dish and deserts for the school lunch will be given, Mekvold said. Mrs. Sybil Avery, head cook at Phoenix school, is serving as general hostess. Approximately 145 cooks and helpers are expected to attend.

The world's first regular airmail service was begun by Britain's Royal Air Force in 1918 when it started carrying military mail between London and Paris.



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