



LUSCIOUS PEARS—Sweet and special, that's our Debra... and she feels the same way about that luscious Bartlett pear she's eating. Pears, in addition to being "just naturally sweet," are a happy handful; easy to eat, ready to supply quick energy.

Feeding the Family

By ZOLA VINCENT
Food Editor

Oregon Bartlett Pears For Luscious Eating

Our fresh Bartlett pears give pleasure throughout the nation as well as here at home. Over 90 per cent of all Bartlett pears produced in the United States are grown right on the west coast with this year's Oregon, Washington and California's crop approximating 400,000 tons.

Of this mighty pear tonnage, around 70 per cent of the crop goes to processors for canned pear halves, fruit cocktail, baby food and nectar. A very small percentage gets dried. The remainder is sold fresh. And that is what we are doing right now... enjoying the fresh, moistly out-of-hand with others going into salads and desserts.

Grown in the rich, fertile soils of our sun-hot valleys and foothills, the fruit is hand-picked at just the right stage when each pear is large and firm but still green and the flavor not yet fully developed. The natural tendency of Bartlett's is to ripen on their way to market so they are ripe or nearly ripe when you reach for them.

For use right now, pick out some that are golden yellow. They'll be rich-flavored, juicy, just right for eating. Wash and chill them before serving.

For use later, pick out those that are still green and firm to the touch. If you want to use them in two or three days, leave them in that paper bag and let them stand in a not-too-warm place (60 to 70 degrees) until they turn golden and tender. Then put them in the refrigerator to hold until serving time.

Pear Arithmetic. One pound equals three to four medium size pears. One pound sliced or diced pears equals about two cups. Two to 2½ pounds pears will make one quart canned. A small lug weighs about 25 pounds; will fill 10 to 12 quarts for canning.

Peeling and Coring. For most purposes, don't bother to peel fresh pears. Their skin is thin, tender and pretty. Just wash, dry, chill and enjoy. Easiest way to cut out seed cores from halves is to use a metal one-half teaspoon measuring spoon or French ball cutter.

Bake Bartlett's. Halve, core and then bake pears in orange juice or drizzle with honey, molasses or brown sugar and spices and bake with enough water to cover bottom of pan. Twenty-five minutes or so in a 375 degree oven. Serve as dessert.

Broil Bartlett's. Wash, halve and core pears. Dip in lemon juice or French dressing. Fill cavities with brown sugar and a little grated lemon rind. Broil three to four inches from broiler heat for five to seven minutes or until lightly browned. Serve as meat accompaniment.

Bartlett Pear Pie

Fresh pear pie is a rare and delicately flavored dessert; easily made whether you prepare the pastry from memory, a recipe or directions on a packaged pie crust mix.

¾ cups sliced pears
3 tablespoons flour
¼ cup sugar
Dash of salt
½ teaspoon nutmeg
1 tablespoon lemon juice
Grated rind of 1 lemon

We Give **GREEN STAMPS**
CENTRAL REXALL DRUG
Main and Central

1 tablespoon butter
1 recipe for 9 inch pie shell
Prepare pastry. Wash, peel and core pears; slice. Mix flour, sugar, salt, and nutmeg. Add sliced pears, lemon juice, grated rind and mix gently. Roll crust for nine inch pie pan and fit lower crust into it. Add pear mixture. Dot with butter. Roll upper crust, slash for steam vent and seal into place. Bake in 425 degree oven, 35 minutes.

Hearty Pear Salad. For each serving add one teaspoon candied ginger to one-half cup cottage cheese. Top with fresh pear halves that have been dunked in lemon juice or French dressing.

Try a Little Tenderness
If you're trying a little tenderizing on the less tender cuts of beef as many are, you need to know this about commercial meat tenderizers:

Studies made at the Food Technology Department, University of California at Davis show that it is unnecessary to treat the meat with the tenderizer and hold it for a period of time before cooking. Tenderizing tests show that working the papain (the active ingredient in most meat tenderizers) into the meat is the most important step. Thoroughly forking the papain into the meat is the solution, not the standing or marinating. Leave the fork marks less than one-half inch apart. The tenderizing takes place at temperatures of 140 to 176 degrees, not at room temperature.

Swiss Steak Royal
Swiss steak prices are lower than noted in many months along with all other beef cuts. Swiss steak is cut thick from bottom round, the less tender portion of round steak. It makes good eating when well seasoned and cooked fork-tender which means long, slow cooking. Do not underestimate time as we did recently to our regret. Six servings.

2 pounds round steak cut 1 inch thick
¼ cup flour
2 cups sliced onion
2 tablespoons fat
1 tablespoon dry mustard
2 teaspoons salt
½ teaspoon pepper
1 clove garlic, finely chopped
½ cup water
½ cup chili sauce or cooked tomatoes

Pound flour into steak with a meat hammer, or edge of a heavy saucer. Pan-fry onions in hot fat in a skillet. Remove from pan. Brown steak on both sides. Cover with onions. Add mustard, salt, pepper, garlic, water and chili sauce; cover. Cook over low heat or bake in a moderate, 350 degree oven, two hours to insure fork-tenderness.

Chicken-in-Skillet for Favored Pieces
With plentiful, bargain-priced chicken on the table so often and the family indicating their favorite pieces, it is well to remember that one can buy packaged frozen chicken breasts, drumsticks, thighs or wings and be sure that each person has a favored piece or pieces. Many fresh poultry markets also package "parts." Confidentially you can do this with any cut-up chicken.

2 pounds fresh or frozen chicken breasts, drumsticks, thighs or wings
2 slices bacon
½ cup sliced onion
1 can condensed tomato soup
½ cup can water
½ teaspoon grated lemon rind
2 tablespoons lemon juice
1 tablespoon brown sugar
1 teaspoon prepared mustard
1 tablespoon Worcestershire sauce
1 4-ounce can sliced mushrooms

If chicken is frozen, thaw as directed on package. Cook bacon in large skillet; drain and crumble. Place chicken in skillet; sprinkle with salt. Combine bacon with remaining ingredients; pour over chicken. Cover pan; simmer on top of range about 45 minutes, turning chicken now and then and spooning sauce over. Remove pan lid and continue cooking in 375 degree oven about 15 minutes or until chicken is browned, tender and sauce thickened. Four to six servings dependent on size of appetites.

Apple-Carrot Salad
New season Bellflower and Jonathan apples are bringing pleasurable eating, combine them with plentiful, colorful carrots in this salad for four generous servings, six less generous.

Dice two apples, cored but not pared; combine with two cups shredded raw carrots and one small onion, finely minced. Add one-half cup cream, either sweet or sour, together with one or two tablespoons lemon or lime juice, salt and pepper to taste. Serve on crisp shredded greens.

Family Cake & Cookie Co.
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Talent — Ph. KE 5-2775

Albany Fisherman Believed Drowned

Corvallis—UPI—A 20-year-old Albany fisherman was missing and presumed drowned today in the Willamette river five miles east of Corvallis.

The fishing pole of Ricky Daddus was found on the steep bank of the river where it washes back into Truax slough. Linn county sheriff's officers and state police searched Tuesday night. Corvallis skindivers joined in the search today.

Norman Wilson's bloodhounds were brought in from Dallas. They followed a course leading from Daddus' parked and locked car to the river bank, but not away from the bank.

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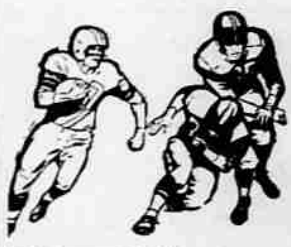
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