

Feeding the Family

By ZOLA VINCENT
Food Editor

Golden Shrimp Get Cheese Dressing

Lunching recently in New York at Imperiale restaurant near the United Nations, this writer noted with interest "Spinach, plain" on the menu. A fine idea, we thought. We also think "Fried Shrimp, plain" a very superior idea. But for those who like to dress-up shrimp, here is a popular recipe with and for a three-minute cheese sauce.

Shrimp. Sift together 1 1/2 cups all-purpose flour, one teaspoon baking powder, 1/4 teaspoon salt. Add two beaten eggs and 1 1/2 cups (large can) undiluted evaporated milk; blend well. Using 1 1/2 pounds shelled and deveined shrimp, dip shrimp in batter and cook in hot deep fat (375 degrees) 8 to 10 minutes or until lightly browned. Drain on absorbent paper. Serve with this cheese sauce.

Cheese Sauce. Simmer 3/4 cups (one large can) undiluted evaporated milk, 1/2 teaspoon salt, two teaspoons dry mustard in saucepan over medium heat to just below boiling (about two minutes). Add two cups (about one-half pound) grated processed American cheese; stir over medium heat until cheese melts (about one minute longer). Makes about 2 1/2 cups of sauce which you can pour over shrimp . . . or over toast points . . . or over tuna on toast points.

Mushrooms to Order
The way canned mushrooms are sold these days is so convenient. They're cut to suit the dish you serve.

There are whole caps for garnishing with distinction. There are slices for spiking a sauce with delicate mushroom flavor and pretty shapes.

And then there are stems and pieces, the budget members of the family, that do so well in spaghetti sauce, casseroles or creamed dishes where mushroom flavor rather than shape is the important thing.

Pickled mushrooms are a relatively new member of the family. Make an excellent salad addition or hors d'oeuvre offering.

Canned mushrooms on the pantry shelf are so handy for fancying up plain dishes.

Eat Your Apple a Day in One of These Ways

Whereas we can't guarantee the old saying "An apple a day keeps the Doctor away," we can keep on praising the health giving qualities of apples in general. They are plentiful and economical and are filled with vitamins and minerals necessary for the ultimate in health and vitality.

Apples are always popular when taken icy-cold from the refrigerator and eaten out-of-hand or cut in colorful slices and accompanied by cheeses of all kinds, or served with milk, popcorn, salted wafers, ginger snaps, nut or brown bread, fruit cake, or whatever as a dessert or between meal snack. They are especially good in salads, desserts and as an accompaniment to meats and poultry. They are wonderful baked or fried as a breakfast fruit course, and as the flavor ingredient in these super pancakes.

Scandinavian Apple Pancakes

Pancakes, flapjacks, griddlecakes, flapjacks - call them what you will. If your family likes them, they'll surely take to these Scandinavian apple pancakes.

- 1 apple
- 1/4 cup sugar
- 1 1/2 cups sifted flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 tablespoon sugar
- 1 egg, beaten
- 1 cup milk
- 1 tablespoon melted shortening

Russia May Launch Manned Satellite

Portland - (UPI) - A California scientist said Thursday night the Russians may try to launch a man-carrying satellite into space soon.

Dr. William H. Pickering, director of the jet propulsion laboratory at California Institute of Technology, said he did not believe the Russians were interested in shooting at the moon.

Dr. Pickering said the Russians have shot dogs into space vertically in rockets in addition to one which was orbited. He added they already have a satellite in orbit which weighs enough to carry a man.

QUAKE SHAKES TOKYO
Tokyo - (UPI) - A "weak" earthquake shook downtown Tokyo today but there were no reports of damage.

Core and peel apple and cut it into thin rings. Sprinkle with the one-fourth cup sugar and let stand while mixing batter. Sift together flour, baking powder, salt and sugar. Combine egg, milk and melted shortening; mix well. Add liquid to flour mixture and mix thoroughly. Pour one tablespoon batter on hot griddle or skillet. Put apple ring in center and top with another tablespoon batter. When bubbly, turn and brown other side. Serve with plenty of hot melted butter.

Pot Roasts, Pork, Poultry, Beckon Thrifty Homemakers
Meat, poultry and fish departments vie for consumer dollars and smart homemakers looking for menu variety might well wind up with a pot roast of beef, a pork shoulder roast, some fryers and a nice batch of rockfish.

Meat Situation: Families are relishing pot roasts and stews surrounded by seasonal, flavorful root vegetables as colder weather takes over. Most markets feature specials in these cuts. You'll find excellent buys in pork shoulder roasts, pork sausage and hams for mighty good eating with sweet potatoes, turnips or rutabagas, sauerkraut or applesauce. Fresh cranberry relish is pretty wonderful with pork, too. Plenty of fine flavored lamb at moderate cost. Veal is in light supply.

Poultry Buys. You just can't go wrong in choosing poultry. Both chickens and turkeys linger in the low cost bracket. Oven-ready ducks are menu-worthy. Look for new ways of fixing poultry. Try different seasonings.

Fish and Shellfish. Fish and/or shellfish at least once a week is an excellent menu-planning idea. There are probably 50 varieties of rockfish in our Pacific water. Ocean perch, rock cod, rock bass and many others are readily available in fillets for quick cooking, fine eating. Succulent Pacific oysters are in good supply ready to tempt your palate. Shrimp and halibut are plentiful, versatile, too, for meals that are different.

Vegetables Buys. So many seasonal good things! Give parsnips, turnips, rutabagas, celery knobs, eggplant, artichokes a whirl for a change along with plentiful cabbage, carrots, celery, lettuce, broccoli, Brussels sprouts, tomatoes, sweet potatoes, dry onions, corn, potatoes, squash varieties. Dry beans are plentiful, packed with good nutrition. Serve as a vegetable one day, soup the next.

Fruit Buys. Good supply of northwest-grown cranberries coming in along with apples, pears, grapefruit, oranges, grapes, fresh dates and figs. Dried fruits, apples, apricots, figs, peaches, prunes and raisins are excellent buys in good nutrition. Make a "natural" substitute for candy. Persimmons and pomegranates make good eating; provide color and drama.

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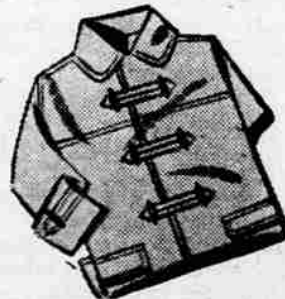
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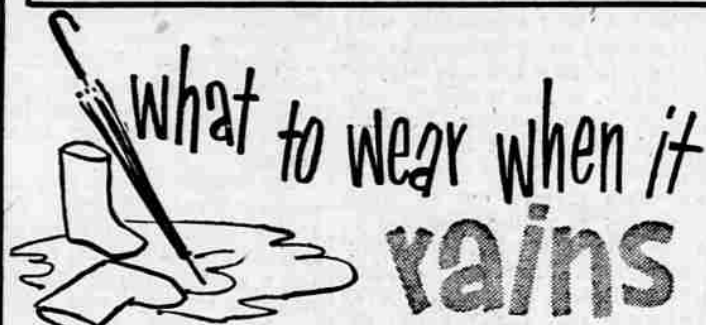
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