

Feeding the Family

By ZOLA VINCENT
Food Editor

Frozen French Fries In Speedy Casserole

The sale of frozen potatoes is exceeded only by consumer acceptance of frozen green peas. And potatoes are moving up fast. Among frozen potatoes, french fries are very popular. Recent taste-testing of in-a-hurry dishes revealed this surprisingly tasty casserole that combines frozen french fries with practically anything found lurking in the refrigerator.

Mentioned as french fry go-togethers in a casserole were Canadian bacon, ham, wieners, bologna, summer sausage, turkey and peas; chicken, celery and peas; mixed vegetables; tuna, celery and peas; salmon, shrimp, roasted pork, sliced or cubed cheese and chopped chives.

Heat two to three cups well-seasoned sauce mixture (cream or cream cheese or diluted cream - type soups). Add two nine-ounce packages or one 16-ounce package frozen french fries. If desired, add any of the items mentioned above. Pour into shallow casserole or baking dish. Eat in hot, 400 degree, oven for about 20 minutes. Stir once gently during baking to speed up heating.

Fruit Cocktail Fritter Surprise

A sure enough surprise dessert will be in store for the family and/or company when you offer these fruit cocktail fritters made with a cupful of plentiful canned fruit cocktail.

Sift together 1½ cups sifted flour, 1½ teaspoons baking powder, one teaspoon salt and one tablespoon sugar. Combine two eggs and one-half cup milk and beat well; add to flour mixture all at once and stir only until all flour is moistened. Fold in one cup of well-drained canned fruit cocktail. Heat fat for deep-fat frying to 375 degrees. Drop batter from a tablespoon into fat and fry five minutes or until golden brown on all sides. Remove from fat and drain on absorbent paper. Serve hot, plain, with maple syrup, or commercial sour cream. Five servings or 15 fritters.

Shoppers' Lunch or Supper Specials for Quick Getting

Praise modern cookery science and pass the "TV" frozen dinners! The frozen food business has enjoyed a fantastic history and growth. The Pacific Coast is spectacularly the most advanced market for frozen dinners with the greatest tonnage and generally the greatest usage per capita.

A la carte is the order of the day for many frozen food dinner eaters with each member of the family served his favorite as remembered by the shopper or pre-planned and orders taken.

Popularity Poll. Turkey dinner holds the number one position in popularity, followed closely by fried chicken dinner. Beef comes next with Haddock last but not least on the list. Chopped sirloin and meat loaf are comparatively new and are increasing in popularity. There are a dozen other frozen dinners for the choosing; all complete when offered with a salad or assorted relishes, dessert and a beverage.

For a super meal, you might as well stick a frozen fruit pie or individual pies in the oven at the same time to round out a nutrition-packed meal for satisfying big appetites of people busy helping Santa.

Storage Reminders. Frozen food dinners should be kept unopened in the freezing sections of refrigerator or home freezer until ready to use. If the contents become thawed, the dinner should not be refrozen, but used promptly.

Fancy Meat Loaves

For busy pre-Christmas days, make a meat loaf ahead

of time following any favored recipe. Then fancy it up quickly in ways like these:

Glazed Loaf. Invert baked loaf on a baking sheet and brush with a mixture of mustard and catsup. Return to hot oven for 10 minutes.

Meat Ring. Pack meat loaf mixture into a ring mold and bake 45 minutes. Let stand in a warm place for a few minutes before serving. Turn out and fill center with vegetables.

Make Midget Loaves. Bake meat loaf mixture in muffin pans for 30 minutes.

Round-Up of Grocery Gifts: Check-Up on Holiday Staples. Groceries make fine, appropriate gifts "from our family to yours". Whether you make or bake specialties of the house with your own loving hands or choose from the vast array of gourmet foods on grocers' shelves, you flatter the recipients because of your awareness of their special "likes"; provide good things for all the family to enjoy. Party stuff, too, for entertaining.

Different and most welcome would be any one or an assortment of famed western cheeses: Langlois, Bleu, Brick, Brie, Camembert, Monterey Jack, Ricotta, Romano to name a few. Who wouldn't welcome a fresh, frozen or smoked turkey or a duck; a whole canned ham? Look over the fancy fish and shellfish shelves. Consider an assortment of fancy pickles, relishes, sauces, jams, marmalades or jellies.

Most stores now have a shelf of truly gourmet items American-perfected from fancy foreign recipes of many nations. Fancy crackers, cookies, breads, fruit cakes, plum puddings, pastries. How about those very special holiday coffee cakes for Christmas morning?

A collection of fresh, aromatic herbs and spices. Fruits, fresh, dried, glazed or spiced and canned. Fancy California dates and special fruit packs. A package of unusual tea. West coast grown nuts were never better: walnuts, almonds, filberts... in the shell, shelled, salted or sugared. Bag them or fill fancy bowls. You'll think of many other good ideas now that you've started thinking along these lines.

Cook Books. Consider also any of the many fine cook books offered on special shelves at your book store. Check Supplies

For your own kitchen's holiday preparedness program, you'll need plenty of paper paraphernalia for family use; napkins, towels, plates and cups. Check on aluminum foil, both regular and heavy duty; waxed paper. You'll be needing nuts, coconut, chocolate, extracts, spices for cookie, cake and candy making; extra butter, margarine and shortening. This is one season of the year when a list of "get" items is mighty important.



COP FIRED—Radio Moscow has announced the removal of Gen. Ivan Serov as head of the Russian secret police. Serov, here shown in file photo, is reported to be taking up other work.

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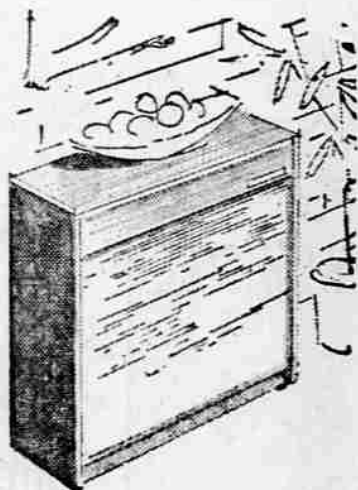
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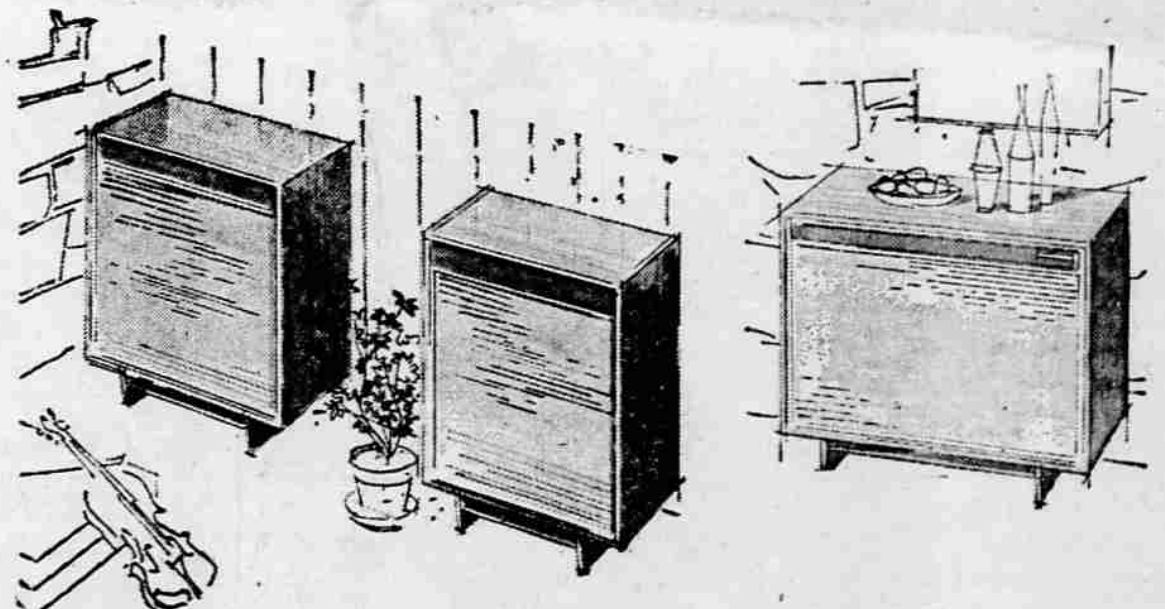
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