



WIFE DEATH PLOT—Kris Albert (right), 46, wealthy motel owner, has been jailed in Los Angeles on charges of plotting to kill his invalid, estranged wife. Michael F. Angulo (left), a laborer, told police that Albert offered him \$5000 to do away with his wife.

Feeding the Family

By ZOLA VINCENT
Food Editor

Sure and Here's a Foine Meal: Corned Beef and Cabbage

Actually we've never heard of an Irishman from County Cork or Donegal who ever heard of corned beef and cabbage, but a man named Jiggs and his wife Maggie, reputedly of Irish descent, kept an entire generation aware of its exceptional qualities.

Corned beef is brisket of beef that has been cured in a well-seasoned brine. Good quality corned beef brisket will have about one-fourth as much fat as lean. For finest flavor long, slow moist cooking is the recommended procedure.

Cabbage is one of the best vegetable buys right now. Look for heads that are reasonably solid and have a fresh green color. One and one-half pounds will serve four. Unlike the accompanying corned beef, cook cabbage only until tender and still sort of crispy.

1 4-pound piece of corned beef
1 solid head cabbage
Place corned beef in kettle and cover with water. Simmer slowly about four hours or until tender. Do not boil. Cut cabbage into eight wedges. About 15 minutes before serving time, add cabbage to corned beef and cook, uncovered, 10 to 15 minutes or until just tender.

Ice Cream Bermuda
This glamorous dessert is prepared right at the table. Place a scoop of chocolate ice cream on individual dessert plates. For each serving, peel and slice one-half of a ripe banana into a chafing dish. Light the burner. Add two teaspoons granulated sugar and one-third ounce Triple Sec to the bananas. Stir occasionally. When sugar begins to caramelize, pour in one ounce of rum. Ignite liquor. Pour, while flaming, over ice cream.

Hot Mocha Java
Combine equal amounts of hot, strong coffee and hot cocoa. Sweeten to taste. Top with whipped cream and sprinkle with cinnamon. Result! A drink to remember.

Elegant Date Torte
Are you looking for a dessert for that special someone or group? This elegant date torte with its rich creamy date and nut filling in a baked shredded wheat crumb crust comes to the table dressed with a golden brown meringue edging and a creamy center dotted with dates.

3/4 cup finely cut pitted dates
1/4 cup broken walnuts
1 1/2 cups spoon-size shredded wheat biscuits
1/3 cup light brown sugar, firmly packed
1/2 teaspoon nutmeg
1/3 cup butter
3 eggs, separated
1/4 cup all-purpose flour
1/2 teaspoon vanilla extract
1/4 teaspoon salt
1/4 cup granulated sugar
2 cups milk
6 tablespoons granulated sugar

Set oven at 350 degrees (moderate). Cut dates into fine pieces with scissors; break walnuts into pieces. Roll shredded wheat into fine crumbs (makes about 1 1/2 cups). Mix crumbs with brown sugar and nutmeg. Melt butter; add crumb mixture and mix well. Reserve three tablespoons crumbs. Press remaining crumb mixture over bottom and sides of greased nine-inch pie plate. Bake 10 minutes; cool on rack.

Beat egg yolks with one-fourth cup granulated sugar, the flour and salt in top of double boiler. Gradually add

milk. Place over boiling water and cook, stirring constantly, until smooth and thickened. Cool. Stir dates, nuts and vanilla into cream mixture. Turn into crust. Beat egg whites until stiff enough to hold soft peaks. Gradually add remaining six tablespoons granulated sugar one tablespoon at a time, beating constantly, until stiff and glassy. Spoon meringue onto pie and spread over top, sealing edges to crust. Sprinkle with reserved three tablespoons crumb mixture. Bake 15 minutes. Cool on rack. Makes one nine-inch pie.

Many Good Week-End Buys Aid March Meal Planning
Though the calendar proclaims the arrival of Spring as a still-to-be-looked-forward-to event, we've been reveling in springtime abundance of good things to eat for some time.

Fish and shellfish. Lenten season interest continues to center on fish and shellfish. Frozen supplies are unusually large for this season; many are genuine bargains in good eating. These include whiting, ocean perch fillets, cod and halibut fillets, shrimp, salmon steaks, haddock fillets, and, of course, fish sticks. Remember to cook fish quickly or it will toughen.

Cabbage and Potatoes: March markets feature fresh cabbage at a few pennies a pound to be cooked gently and quickly and seasoned with butter or margarine, salt and pepper or with sour cream. There are those who add a few whole cloves, caraway seeds, a bit of sage or paprika by way of something different and delicious. Shredded cabbage makes a fine cole slaw any day and can be happily combined with any and all salad greens.

Potatoes are headed back to the top of the plentiful list as supplies of both "old crop" potatoes as well as new pota-

Crater FFA Chapter Members to Be Interviewed for State Posts

Central Point - Crater High school Future Farmers of America chapter members will be interviewed by the nominations committee for a state office at the state FFA convention in Corvallis next week.

John Caster, a junior, has been notified he will receive the state farmer degree, which will make him eligible for a state office. Caster is the vice president of Crater FFA chapter. He also holds offices in several other school organizations.

Qualifications for the state office include a project of more than \$500 in agriculture, and a high grade in leadership on the state farmer education. Only boys with the state farmer degree are eligible for state offices. About 90 boys receive the degree this year.

To Be Interviewed

Caster will be interviewed by the state nominating committee Wednesday at Corvallis, and a report will be submitted to the committee for the nomination of state officers by the state executive council.

Don Denning of Crater will be the Rogue-Umpqua district representative in the nominations committee.

Don Ryan will run for the state start farmer degree. The start farmer award will be given to one boy who has shown outstanding abilities in the FFA leadership activities.

toes increase as April approaches.

Vegetable buys include cauliflower, celery, rhubarb (both field-grown and hot-house varieties are on the increase), lettuce, spinach and other greens, sweet potatoes and carrots. Available at reasonable to high prices, dependent on quality, are asparagus, broccoli, beans, corn, cucumbers, eggplant, peppers and tomatoes.

Featured fruits continue to be oranges and grapefruit. Oranges of notably good quality and popular prices crowd the fruit stands. Grapefruit are in heavy harvest. Apples of fine quality are in ample supply. Pippins, good for eating and cooking, are the ones to watch for "specials." Winter pears continue plentiful. Pears are a wonderful lunch box treat.

Meat Department: There is happy hunting in store for shoppers. Beef, pork and lamb all have excellent buys. Bacon is a frequent special. Veal is only meat not in heavy supply.

supervised farming and has a general knowledge of agriculture.

Ryan has a project investment of about \$3000 which includes beef and crops. He is the FFA chapter secretary, district reporter, and the Crater student body treasurer.

Members Committee
Clark England of Illinois Union High school in Cave Junction will be a member of the star farmer committee to choose the star farmer of Oregon. Leon Small of Phoenix FFA chapter will be a member of the state budget committee which will decide next

year's state budget. Caster and Ryan will be the only boys from Rogue-Umpqua district applying for a state office or star farmer with the exception of Jim Ross of Marshfield FFA chapter, who will apply for each.

Crater will enter the state parliamentary, treasurer's book, talent, and scrap book contests. Two boys will compete for foundation awards.

Jim Frink, Chapter sentinel will enter the state soil and water management contest. Mike Redmond has applied for the farm mechanics foundation award. The farm me-

chanics award is given to one boy in the state for outstanding work in farm mechanics and construction of farm equipment.

Farm Equipment
Redmond, an 18-year-old senior, owns more than \$5000 worth of farm equipment. His investment includes a hay baler, tractor, mower and rake. Mike uses his equipment for custom work and on his own farm. He secured a loan from his father to buy the tractor and mower about six years ago. A few years later, he bought a new baler and rake. He has repaid his

father and is earning more than \$2000 a year through his custom work.

In addition to his farm equipment, Redmond is building a 16 foot steel utility trailer in the Crater High school agriculture shop. The trailer will cost \$400 including a heavy-duty winch.

He is treasurer of the Crater chapter and a member of the second parliamentary team as well as a first string alternate. The first place award for both the farm mechanics and soil management are \$100. The winner will enter the regional contest at

Salt Lake City the latter part of April and later the National contest. The winners will be chosen by judges from the northwestern section of Oregon. The winners will be announced at the state convention March 18 through 21 at Corvallis.

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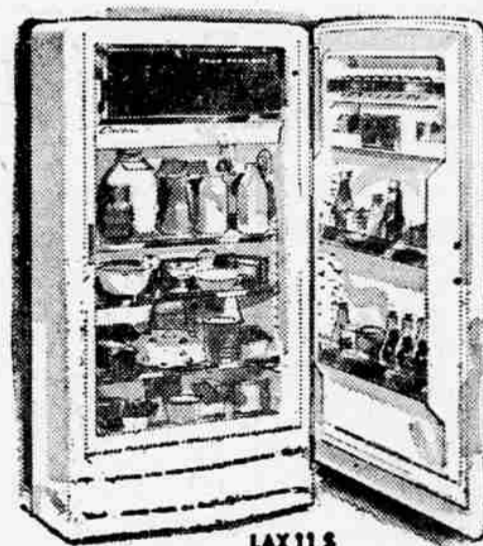
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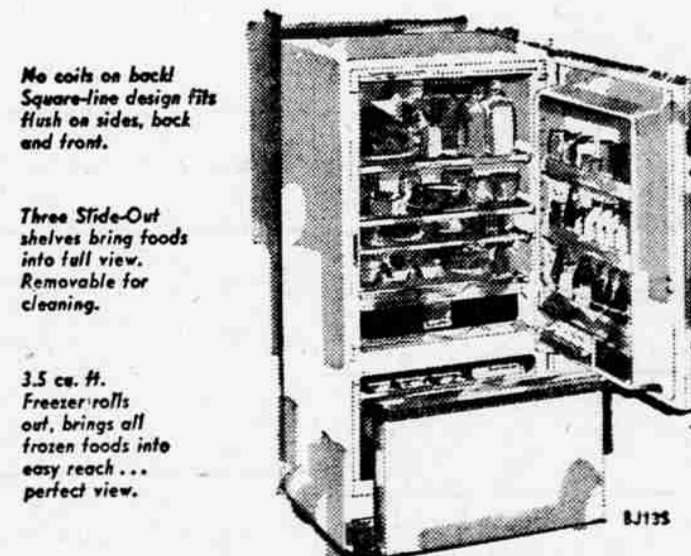


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