

Feeding the Family

By ZOLA VINCENT
Food Editor

Strawberry Cream Cake Easy to Make

A package of pound cake mix, two boxes of strawberry flavored gelatin, heavy cream and a pint (or more) fresh strawberries and lo! a dessert of beauty.

Prepare a package pound cake mix according to package directions; pour into a greased layer cake pan. Bake in 325 degree oven 50 to 60 minutes. Cool.

Dissolve two packages strawberry-flavored gelatin in one cup hot water. Chill until slightly thickened. Beat two cups heavy cream until thick. Continue beating while gradually adding one-third cup sugar and the gelatin mixture. Slice a pint of fresh strawberries, reserving six for garnish. Fold sliced strawberries in gelatin mixture. Turn in 1 1/2 quart mold. Chill until firm. Unmold on layer cake. Garnish with remaining strawberries.

Countless Ideas For Feeding Family

No wonder there are so many good imaginative cooks in our town. You amble around one of our super markets with one of those grocery buggies and come up with countless ideas for feeding the family. You're likely to wind up with a lot of inedibles, too, but we're talking about edibles. It doesn't matter whether you're fixing a quick meal after a busy day or rounding up the makings for a very exotic dish... or what degree in between, they've got it. Most of us are in-betweeners; fighting the battle of the budget, noting the specials, looking for the best values.

Whether you believe it or not, the "super" plan of the "super" is the result of years of traffic studies and engineering. It is designed for greater customer convenience and store efficiency. Customers expect a great deal of their grocery store. They want courteous treatment... quality perishables... nationally known brands... clean stores and personnel... good, fast checking systems... good stock arrangement and identification... prices plainly marked. And interestingly enough they rate them in that order. It is our observation that local markets are outstanding in meeting these demands.

April Pleasants

Meat-Fish. Plenty of lamb, and pork both fresh and cured, in fancy cuts at moderate cost with economy cuts well displayed. Broiler-fryers and stewing chickens continue on best buys list encouraging their use in menu making at least once a week. Fish counters feature wide variety in both ocean-caught and fresh water fish both fresh and frozen.

Vegetable Bounty. Markets seem to offer everything except parsnips, so we'll mention only the best buys which include artichokes, asparagus, green onions, radishes, round type cabbage, carrots, celery, cauliflower, garlic, mushrooms, lettuce, peppers, spinach, potatoes both new and old, hard and soft squash, rutabarb.

Fruit Displays. Red Delicious and Winesap apples, avocados, bananas, grapefruit, lemons, navel oranges, strawberries.

Stock Up Items. Canned peas, walnuts, honey, peanuts, peanut butter, dry beans, California canned sardines. Watch newspaper ads, store displays.

Western Pot Roast

Western ways with popular, economical pot roast are many. This is a favorite because of the flavors of so many good fresh vegetables and the sour cream gravy for serving with potatoes or rice. Eight servings, hoping for some left over.

- 1 beef rump roast, 4 pounds or more
 - Salt and pepper
 - 1 medium onion, chopped
 - 1 pint sour cream
 - 8 large carrots
 - 2 cups celery chunks
 - 2 or more medium tomatoes, diced
- Season roast with salt and pepper; brown on all sides in heavy pan. Add onion and cook until golden brown. Pour sour cream over roast, cover and simmer slowly until tender, three to four hours. Turn meat three or four times during cooking or baste generously with sour cream.
- Add carrots (cut lengthwise and then halved), celery (cut cross-grain of bunch) during last half hour of cooking. Add tomatoes last 15 minutes of cooking. All those good flavors blend in a sour cream gravy.

Seasoning Tips for Seasonal Vegetables

Surprise and please the family by introducing new flavors to vegetables. Herbs and spices cost a trifle; go a long way - so be sure your supply is fresh, savory, pungent.

Below is a list of seasonal vegetables and some suggested herbs and spices to be added to the water in which they're cooked.

- Artichokes:** Garlic, oregano, pickling spices.
- Asparagus:** Caraway seed, celery seed, cloves, dill, nutmeg, tarragon.
- Beets:** Allspice, caraway seed, celery seed, cloves, dill, nutmeg, tarragon.
- Broccoli:** Basil, caraway seed, curry powder, dill seed, dry mustard, nutmeg.
- Cabbage:** Anise, basil, caraway seed, celery seed, dill, dry mustard, fennel, nutmeg, oregano, savory, tarragon.
- Carrots:** Basil, caraway seed, chives, curry powder, dill seed, marjoram, mint, nutmeg, parsley, savory, thyme.
- Celery:** Basil, caraway seed, chives, curry powder, dill seed, marjoram, mustard, onion powder, tarragon.
- Corn:** Garlic, onion powder, paprika.
- Onions:** Caraway seed, chili powder, coriander, marjoram, oregano, rosemary, sage, thyme.
- Spinach:** Allspice, garlic, mace, marjoram, nutmeg, oregano, rosemary, tarragon.
- Tomatoes:** Basil, celery salt, chives, coriander, curry powder, dill, dry mustard, marjoram, nutmeg, paprika, rosemary, sage.

Marinate Fish

For added delicacy of flavor, marinate raw fish a few hours before frying or broiling. Make a marinade of one cup dry white wine, two tablespoon olive oil, one bay leaf crushed, a pinch of thyme and marjoram, two table-spoons chopped onion, a few whole allspice or whole black pepper.

6 MEDFORD TRIBUNE
Friday, April 24, 1959

'Hound Dog' Passes First Flight Test

Cape Canaveral, Fla.—(UPI)—A new bomber-launched missile named the Hound Dog passed its first flight test high over the Atlantic tracking range Thursday.

A B52 bomber near the cape fired the missile, a winged weapon with a range of several hundred miles. The Air Force said in Washington the Hound Dog "successfully met its test objectives."

Strategic Air Command bombers armed with the super-sonic missiles could stay beyond reach of enemy air defenses to attack their targets safely. The Hound Dog is designed to carry a nuclear warhead.

Barbara Burns Asks Acting Chance

Hollywood — (UPI) — Barbara Burns, daughter of the late comedian Bob (Bazooka) Burns, pleaded from jail today for "anyone" to give her a chance as an actress to save her from narcotics.

The auburn-haired, 21-year-old who left home three years ago to become an actress, told United Press International: "I don't need narcotics physically. But sometimes, when I realize nobody will take a chance on me because of my conviction, I get that futile feeling that I'm finished—and that's when I've taken the stuff."

"Acting is the only thing in my life, and I can stop taking the stuff for good if I just have a reason, but I haven't found one."

Utah's current population has been estimated at 858,000 which represents a gain of about 169,000 persons since the 1950 federal census.

New Zealand is composed of two large islands and several smaller ones. It lies about 1,200 miles to the east of its neighbor, Australia.

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Americans Spend \$100 Million Yearly On Reducing; Lucrative Frauds Noted

Overweight Americans waste \$100 million a year on their waist lines, according to Don McNeil, manager of the Jackson County Chamber of Commerce.

McNeil said that spurious reducing remedies are among the most lucrative of today's medical frauds.

The local chamber, he said, is cooperating with the national better business bureau in protecting the one out of every five citizens who are overweight from being lured by false short-cuts to slimmness.

Involves No Dieting

"Many of the obesity remedy promoters," McNeil reported, "have promised that their product or plan involved no dieting."

"But, since most obese persons overeat themselves into that condition, to reduce they must literally reverse the procedure and eat themselves out of it by eating fewer calories, not more, than their bodies expend."

"This," McNeil continued, "means dieting. Medical authorities have no magic to make adipose tissue disappear in any other way."

McNeil warned, however, that in some cases "obesity may also be a serious disease in itself, or the result of, or a symptom of a serious disease."

Harmful to Health

"Whatever the cause, medical authorities agree that it is harmful to health," he said. "Medical authorities also agree," he added, "that anyone who desires to lose more than a few pounds should do so under the supervision of a physician."

"The low calorie regimen prescribed by the physician will be based upon a knowledge of the patient's health and the treatment and timetable will be best suited to bring about a safe reduction of the patient's weight. Overweight persons who desire to lose weight can avoid victimization by an obesity quack by putting their personal health problem before the best authority available to them—a competent physician."

McNeil cited massage and vibrator devices and "no diet" drugs as popular remedies today.

"The food and drug administration," he said, "has stated that, 'It is illegal to promote vibrator devices as weight reducers and cure-alls for disease.'"

"The FDA has warned that fat persons should not be taken in my promises that they can 'shake it off' with vibrator devices. In recent months the FDA has seized a number of such devices for making false claims for weight reduction."

He described one type of "no diet" drug, phenylpropionamide hydrochloride, as the most popular type of advertised remedy today. "This drug, in sufficient dosage," he commented, "has been recognized by the medical profession as a useful adjunct for controlling the appetite in the dietary management of obesity." He stressed the words "adjunct"—meaning secondary, or non-essential—and "dietary."

McNeil noted, moreover, that the effectiveness of the drug in the dosage permitted without prescription has yet to be proved, and that its use can be dangerous to persons with high blood pressure, heart disease, diabetes or thyroid disease.

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