

Feeding the Family

By ZOLA VINCENT
Food Editor

Chilled Soups, Cold Cuts

We're talking about olives today because this is National Green Olive Week and because fine olives are a tradition inherited from the padres and settlers of early day California. California produces 99 per cent of all American-grown olives - and where did the trees come from? Spain!

Most of the California olives crop goes into the rich, mellow, nutlike-flavored olives that are black on the outside and light brown on the inside; the ripe olives that are packed whole, pitted, chopped and sliced. Ripe olives enliven the relish tray; are a tasty ingredient in soups, salads, entrees, sauces, cocktails, sandwich spreads, casseroles and salad dressings.

However, far and away the majority of our green olives and those that are pimiento-stuffed come from Spain and it is the Spanish influence that stirred up the idea of celebrating Green Olive Week, Aug. 6 to 15, which obviously is more than a week.

At our suggestion, American home economists for Spain's Green Olive Commission adapted two famed cold soup recipes that are made with pimiento-stuffed green olives.

Avocado Andalus
This recipe for chilled soup makes about 7 generous servings. Serve from chilled soup tureen or other large bowl or

serve in chilled cups, mugs, tumblers or "old fashion" glasses. Offer as a first course from a tray, from a buffet or at table.

- 3 chicken bouillon cubes
- 2 cups boiling water
- 2 avocados, peeled and mashed
- 2 tablespoons minced onion
- 1/3 cup finely chopped parsley
- 1/4 cup finely chopped pimiento-stuffed green olives
- 1 cup sour cream
- 2 cups milk

Dissolve bouillon cubes in boiling water and chill. Combine bouillon and remaining ingredients and blend thoroughly. Chill. Serve garnished with sliced olives.

Vichyssoise Castillan
This is said to be highly favored in Castile and having tried it, we're confident that it will be highly esteemed here also. Eight to 10 servings dependent on manner in which it is served.

- 2 cups diced potatoes
- 3/4 cup minced onion
- 2 cups boiling water
- 3 chicken bouillon cubes
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons butter or margarine
- 1/2 cup heavy cream
- 1/2 cups milk

Ready-to-Eat Meat
Ready-to-eat meats are of fine quality, well seasoned, available in great variety. There are hams and picnics, fully cooked ready for slicing, cold boiled ham, meat loaves, bologna and other items like minced ham, chopped cured pork and cetera. There are dry and semi-dry sausages like salami, cooked salami, cervelats, liver sausage, Braunschweiger, liver sausage and liver cheese. Jellied meats such as corned beef, beef tongue, souse and head cheese please many.

For cold meat trays, buy enough to make an attractive service of 3 or more kinds. Allow 2 to 3 ounces per serving. Leftovers are easily used in sandwiches, salads and combination dishes.

Ready-to-eat meats may be used with or without home-cooked or canned meats. Cheese combines well with cold meats. Select a variety of flavors, textures, colors, shapes. Plan an orderly design. Cut larger pieces in two

1/4 cup finely chopped pimiento-stuffed green olives

Combine potatoes, onions, water, bouillon cubes, salt and pepper. Cover and heat to boiling point and cook over low heat 40 minutes or until vegetables are tender. Press through sieve or blend in blender. Chill. Add remaining ingredients and blend. Serve in chilled cups, mugs, glasses or whatever. Garnish with sliced green olives.

Country Colelaw
Plentiful crisp green cabbage is blended with sour cream sauce in this colelaw. For a change, sprinkle with celery seed, a little chopped green onion, chopped carrot or green pepper or a little of each.

Blend 1 cup sour cream with 2 tablespoons sugar and 2 tablespoons vinegar. Shred 3 cups crisp cabbage; add salt and pepper. Toss lightly with cream dressing and serve at once. Makes four servings as salad course, 6 when served as a vegetable.

Keep Cool With Cold Cuts
Assorted cold meats, delicatessen style, packaged and/or canned make fine August eating. Keep you and the kitchen cool. Arrange assorted cold meats and a variety of cheese on a huge plate, platter or low bowl together with fresh lemon juice - dipped peaches or pears filled with snowy cottage cheese for a handsome and satisfying meal for family or for a party.

A chilled soup with crisp crackers and a basket of assorted sliced breads or split buttered buns and it's every man for himself. Pitcher of milk for the children.

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so that each guest may have some of each meat. Arrange slices to make service easy. Avoid overcrowding.

Garnish Important
Garnishes are best placed in the center, at ends or sides of platter. Consider cheese balls, cottage cheese with chopped chives, green pepper, pimiento or olives.

Cheese spreads are attractive in tomato or green pepper cups. Radishes, olives, sliced cucumbers or tomatoes, tomato wedges, pickles or pickled fruits are popular.

How about orange or pineapple sections, fresh peach or pear halves with cottage cheese, relish, jelly or berries? Watercress, parsley, crisp raw

cauliflowerets, slices or strips of carrot, celery or onion are other suggestions. Many like coleslaw, jellied fruit or vegetable salad, vegetable or fruit salad in lettuce cups.

The modern shopper buys canned meat and poultry to use in the weekly menu, not to keep for emergencies. Read the label to learn exact name of the item, ingredients in the can, the weight and approximate number of servings.

All canned meats are thoroughly cooked. Some are ready-to-use or to slice and serve in sandwiches, salads or on cold cut trays.

There are canned boneless hams and picnics, canned meat loaves, canned corned beef and

A BIRD'S LIFE
Palermo, Me.—A young robin that fell from its nest was adopted by the Donald Brown family and quickly picked up some unusual tastes. Brown says the bird eats corn flakes and cat food and drinks coffee and milk.

many other meat items, canned turkey and chicken, meat spreads, special canned meats for babies and juniors.

Canned meats and meat loaves slice easily if chilled in the refrigerator a couple of hours. To remove from can, open both ends completely and push out meat.

Metal-Plated Plastic Planned for '60 Cars

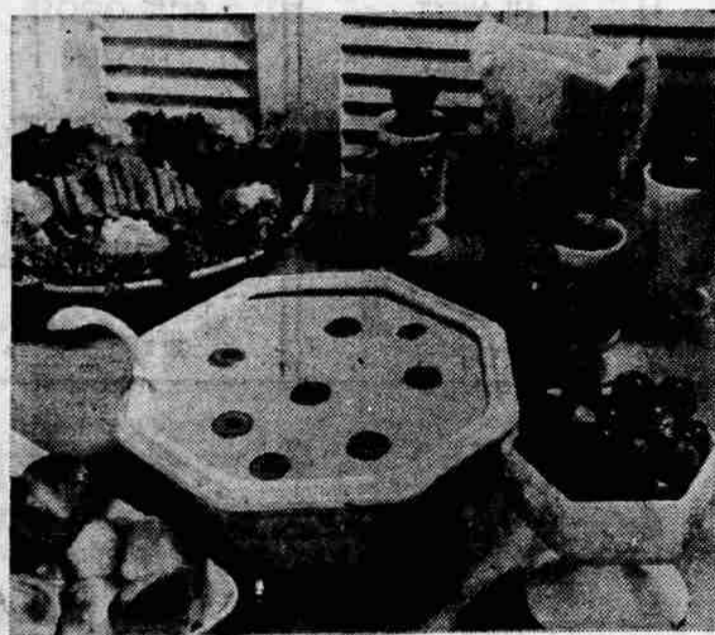
Detroit - (Science Service) - Metal-plated plastic-lighter, brighter, and cheaper than chrome - will be used in some 1960 model automobiles, the National Research Corporation has announced.

The plastic is coated with aluminum that has been vaporized by heat in a vacuum. The aluminum vapors condense on the cold plastic, much like steam on a cold mirror. In 1960 model cars, vacuum metallized plastic will be used for interior trim and functional parts such as horn buttons, dashboard instruments and arm rests.

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APPETITES REVIVE - August appetites will revive quickly when offered this cool cream avocado soup with stuffed Spanish olives afloat and slivered cold cuts with cottage cheese-filled peaches alongside. Recipes for these items appear in the Feeding the Family column today and tomorrow.

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