

Feeding the Family

By ZOLA VINCENT
Food Editor

Peach-Ginger Jam

Here's a fine quick and easy way to put up a few more peaches for winter pleasure-giving. Easy to do, satisfying to eat. Recipe using powdered fruit pectin makes 8 medium glasses.

3½ cups prepared peaches (about 3 pounds)
½ cup sliced candied ginger
4½ cups sugar
1 2½-ounce powdered fruit pectin

Peel and pit about three pounds soft ripe peaches. Chop very fine or grind. Measure 3½ cups into a large saucepan. Slice fine about one-quarter pound candied ginger. Measure one-half cup into saucepan. Measure sugar and set aside.

Add powdered fruit pectin to fruit in saucepan and mix well. Place over high heat and stir until mixture comes to a hard boil. At once, stir in sugar. Bring to a full rolling boil and boil hard one minute, stirring constantly. Remove from heat.

Skim off foam with petal spoon. Then stir and skim by turns for 5 minutes to cool slightly to prevent floating fruit. Ladle quickly into glasses. Cover at once with one-eighth inch hot paraffin.

Chicken-Potatoes

Have you ever tasted scalloped potatoes with chicken flavor? They're very good. Substitute condensed cream of chicken soup or chicken soup for part of the milk you'd ordinarily use and reduce a bit the amount of salt and flour.

Limas, Oregon

A half teaspoon of oregano added to the cooking water with California large dry lima beans gives them a delicious accent. Especially good when you're going to combine the beans with sausage in a casserole or use them in a hearty salad.

Bake Chicken in Savory Sour Cream

There are plenty of frying size chickens as everyone knows. And here is another superb way of fixing one or several. Figure four servings per fryer.

1 frying chicken, cut up
½ cup fat for frying
½ clove garlic, sliced
1 teaspoon salt
½ cup sliced onion
2 tablespoons flour
2 cups strained cooked tomatoes

1 cup dairy sour cream
¼ cup Parmesan cheese
Brown chicken in fat and place in casserole. Mash garlic with salt. Cook garlic-salt mixture, in pan in which chicken was fried, with the onion until onion is transparent but not browned. Blend in flour.

Add tomatoes stirring constantly and heat to boiling. Remove from heat. Add sour cream gradually, stirring vigorously. Blend in Parmesan cheese. Pour over chicken. Cover and bake in a slow oven, 325 degrees, about 45 minutes.

Spiced Raisins

Spiced raisins are just the thing to serve with barbecued meats. It makes no difference what the meat is, these delicious raisins add zest, chewiness, interest and loads of good nutrition. Serve cold as a relish or let stand a while to blend and reheat to serve as a sauce.

1 cup light or dark raisins
½ cup brown sugar, packed
½ cup water
¼ cup cider vinegar
¼ teaspoon ground cloves
¼ teaspoon ginger
¼ teaspoon mace
¼ teaspoon allspice

Rinse and drain raisins. Combine sugar, water, vinegar and spices and heat to boiling. Add raisins and simmer 10 minutes. Ready for use when cold, or reheat and serve them warm if you like.

The Cooking Is Easy If You Check Report

A quick review of the good things available in abundance in local markets and mentioned right here today will give you a wealth of good ideas for meal planning and for easy August living. Scan food

Michigan Man Named Salem Parks Director

Salem —UPB— Harold Schick, a Michigan parks expert, has been named city parks director to succeed the late Walter Wirth.

Schick, 37, also will serve as regional parks director for Marion and Polk counties.

"ads" in this paper and you'll find many of these items specialized.

Pork is in the headlines because of seasonally lower prices on both fresh and cured cuts. The assured tenderness of pork, the great variety of pork products make it popular fare in August as well as in January.

Beef, Lamb, Poultry. All cuts of beef are slightly lower with some very good buys noted on beef for oven roasting as well as for pot roasting. Ways with "specialized" chuck are many. Lamb costs remain about the same. Chicken and turkeys continue to make economical eating for families of all sizes. Cold cuts, canned meats, frankfurters and hamburgers are good buys, quickly prepared, afford good eating in infinite variety.

Fruit Displays. Gravenstein apples, the green apple with the faint red stripes, are superlative in green apple pie, fine for saucing and for eating out of hand. Plenty of avocados, bananas, grapefruit, table grapes, limes, nectarines, Valencia oranges and season peak for peaches and plums. Bartlett pears and fresh prunes are increasing in supply right along. Cantaloupes and watermelons were never better; vie with pink-meated Persians honeydews and Cranshaws for places in the menu.

Vegetable Bins. Plenty of beets, carrots, radishes, green onions and other bunched vegetables piled high along with snap beans, celery, cucumbers, eggplant, dry onions, potatoes, squash. Lettuce and/or romaine, corn on the cob and good quality tomatoes for slicing are likely to be on every list. Sweet potatoes have appeared for accompanying that good pork and over in the canned food section is another fine vegetable that is popular with pork and that is sauerkraut.

Fish and Shellfish. Again we urge you to enjoy the tasty, nutrition-packed products of our lakes, streams and nearby ocean. Fine variety fresh, frozen, canned, and smoked. Try new varieties in new ways. Lots of lemons.

Checking Into Fall



9410
SIZES
10-18



by Marian Martin

The timeless two-piece dress—never more timely than right now when fall is just weeks away. Smoothly shaped and neatly detailed with crisp collar, peplum effect, action-pleat back. Tomorrow's pattern: Teens!

Printed Pattern 9410: Misses' Sizes 10, 12, 14, 16, 18. Size 16 takes 4½ yards 35-inch fabric.

Printed directions on each pattern part. Easier, accurate. Send FIFTY CENTS (coins) for this pattern—add 10 cents for each pattern for first-class mailing. Send to Marian Martin, Medford Mail Tribune, Pattern Dept., 232 West 18th St., New York 11, N.Y. Print plainly NAME, ADDRESS with SIZE and STYLE NUMBER.

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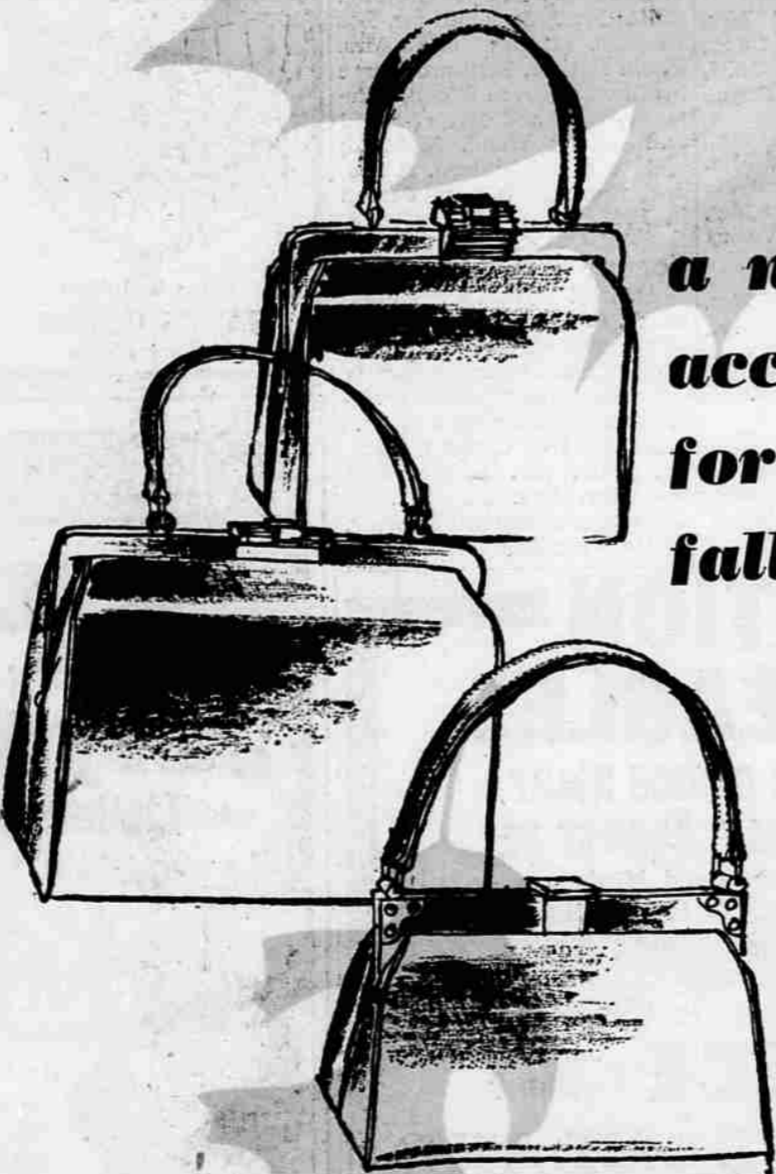
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