

Feeding the Family

By ZOLA VINCENT
Food Editor

Plentiful Pork and Kraut Get New Look with Curry
Kraut is taking on a new look as it goes into recipes with international flair. We wouldn't have believed it if we hadn't sampled sauer kraut recipes of Hawaii, India, France, Italy and Spain during recent food editors conference.

Kraut comes in cans, jars and in barrels. Americans eat more than a billion servings of kraut annually. We especially like this recipe using plentiful pork, an apple, kraut and a liberal dash of curry powder. Six very good servings.

- 1 tablespoon salad oil
- 1 pound finely diced pork
- 1 large onion, sliced
- 1 medium-size apple, cored and diced
- 2 cups grated potatoes
- 1 1-pound 11-ounce can sauerkraut
- 2 cups water
- 2 tablespoons curry powder
- 2 cups milk
- 1 cup light cream

Heat salad oil in biggest skillet; add finely diced pork and cook over medium heat until pork is nicely browned. Add sliced onion and diced apple and continue cooking until golden. Add grated potatoes, undrained kraut, water and curry powder.

Cover and cook over medium heat 45 minutes, stirring occasionally. Add milk and cream and heat to serving temperature, stirring well.

Corn bread or corn muffins are perfect with this.

Pear Salad Ideas
Beautiful Bartlett! Simmer or bake them in orange juice as dessert, slice them over cereal, put them in salads like these:

Combine diced fresh pears, diced celery and cooked crabmeat; add mayonnaise, lemon juice, salt and pepper; toss lightly. Chill and serve on lettuce or other salad greens.

Another hearty pear salad combines chunks of cooked ham or turkey, diced cucumber and diced pears blended in sour cream, served on salad greens.

New Crop Dried Figs Good Eating

From San Joaquin Valley comes the new crop of California dried figs for delicious

eating out-of-hand like a confection, for stewing, giving flavor excitement to muffins, cookies, breads, desserts, appetizers. Good in sandwiches and salads, too.

To cook dried figs, merely cover with water and cook until tender. Sweeten slightly with white sugar, brown sugar or honey if you like.

Fig Pudding
Here is the fig growers' favorite fig dessert; subtly spiced and flavored to perfection. Serve this hot with a rich vanilla or other pudding sauce or with soft ice cream. Eight servings.

- 1 1/2 cups dried figs
- 1/2 cup butter
- 3/4 cup sugar
- 1 egg
- 1 cup sifted all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon soda
- 1 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1 teaspoon ginger
- 2 cups soft white bread crumbs*

*Bread crumbs should be "picked" not grated.

Rinse figs in hot water, drain and dry on a towel. Chop stems and cut figs into thin strips. Cream butter and sugar; add egg and beat well. Sift flour with salt, soda and spices. Blend into creamed mixture. Add figs and bread crumbs and stir until well blended.

Place in eight greased custard cups; cover cups with foil.

Place in a pan containing sufficient boiling water to cover lower two-thirds of cups. Cover pan and boil about one hour, replenishing water as needed. Serve hot with any desired pudding sauce or with soft ice cream.

Western Families Eat More Meat: Beef and Pork Are Major Budget Items

Meat gets an average of 25 per cent of money spent for food, according to just-released statistics. The survey shows that beef and pork average 79 per cent of the meat eaten. Veal, lamb, the variety meats, frankfurters and other luncheon meats make up the remaining 21 per cent. Surprisingly, at least to this reporter, half of all meat eaten is fresh or frozen cuts. The other half is in processed form which means hamburger, sausage, frankfurters or canned meats. Westerners eat the most meat.

Best Meat Buys

This is a big year for pork and October is the biggest month in pork production. Shoppers will find pork bargains galore in wide variety of versatile cuts which are displayed to good advantage in local markets. Plenty of fresh pork; also ham, bacon, sausage and other processed pork products in abundance.

Beef of excellent quality is readily available at reasonable cost.

There are excellent lamb buys for the looking. Broilers, fryers and turkeys continue plentiful; appear in meals often.

Fish and Shellfish

Vary menus with some of our fine west coast-caught fish; cod, flounder, halibut, oysters, rockfish, sablefish, salmon, sea bass, shrimp and some markets have spiny lobster. Tuna is specialized everywhere. Sardines are always a big value.

Cheese Big Value

October markets feature big cheese variety with American cheddar leading the list for making of favorite cheese main dishes, cheese omelets, au gratin vegetables.

Vegetables, Fruits

Artichokes, green beans, broccoli, green and red cabbage, carrots, celery, cauliflower, cucumbers, hard and soft squash, onions, peppers, sweet potatoes, tomatoes and

Try and Stop Me

By BENNETT CERF

AT BREAKFAST, Mrs. Honeywell asked absent, "Do you have any idea what day this is?"

Terrified, Mr. Honeywell hastily produced three \$20 bills and answered fervently, "Of course I do, darling. Congratulations! Here: buy yourself something lovely."

That evening Mr. Honeywell showed her husband her new hat, kissed him fondly, and assured him, "This is absolutely the most heavenly Father's Day I've ever had."

A sportsman presented a Scotch parson with a fine string of pickled, but warned him with an ill-concealed chuckle, "Those fish were caught on Sunday, Parson. Perhaps yer conscience won't be lettin' you eat them."

"My boy," replied the parson, reaching for the string, "there's one thing I know: these pickled were not to blame!"

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Farm Course Is Set in Eagle Point

Eagle Point - The Eagle Point vocational agriculture department will sponsor a farm electrification course in the department's building starting Tuesday, Oct. 27, at 8 p.m., according to Nat Etzel, instructor.

Ralph McKay, California Oregon Power company's assistant superintendent of production, will teach the course, Etzel said.

The nine-meeting course will cover electrical safety, electrical code, and wiring procedures, circuits, electrical motor maintenance and voltage drop.

The class is limited to 15 members, Etzel said. Those wishing to pre-register should call Etzel at Hillcrest 6-3071.

BANK PRESIDENT DIES

New York - John W. Hooper, 63, president of the Lincoln Savings Bank of Brooklyn, died Thursday.

From Washington: The U.S. Department of Agriculture officially declares that seven crops - cotton, rice, peanuts, tobacco, corn, rye and TUNG NUTS - are in surplus.

That is to say:

We're producing more of these crops than we can consume, sell abroad or give away, but we go on subsidizing still further over-production of them.

IT DOESN'T make sense? Of course not. But so many of the things we do in these modern days don't make sense.

MORE from Washington:

Dr. H. G. Johnston, of the National Cotton Council, reports that cotton farmers are faced with THREE TIMES AS MANY BOLL WEEVILS as they were 12 years ago - which, incidentally, is about the time when the cotton subsidy got started.

HOW come?

You've heard, perhaps, of the "balance of nature" - which means, in substance, that when there are too many rabbits coyotes tend to INCREASE in number and the increased numbers of coyotes eat up the damaging surplus of rabbits, thus preserving the balance and keeping everything hunky-dory.

Maybe it works the same way with boll weevils.

WHAT about tung nuts?

I'll lay a small wager that you didn't know you were being taxed to pay a subsidy to encourage heavier production of them.

BY the way -

What are tung nuts? Tung oil is the most powerful drying agent known. The oil is obtained from the nuts of the tung tree, which originally grew only in the Orient, especially in China. We used to buy our tung nuts from China, and with the money obtained from the sale of them the Chinese bought American gadgets, thus maintaining a balance of trade.

But in the course of time, the Chinese weren't able to supply all the tung nuts necessary to provide the tung oil we needed in the production of printing ink, water-proof fabrics and paper and high grade varnishes, lacquers and enamels. So we started paying a bounty for production of them in the U.S.

TUNG nuts are now grown on millions of tung trees in Florida, Georgia, Alabama, Louisiana, Mississippi and Texas. Although we grow more of them than we need and have to stash away the surplus in warehouses, we go on paying the bounty on them because if we cut it out a terrific howl would go up from these states and a lot of votes would be lost.

Such is our modern system.

MAIL TRIBUNE, Medford, Or. Friday, Oct. 23, 1959

Wall Street Chatter

New York - Most steel users were fairly comfortable for steel in the third quarter, but they will be anything but comfortable in the fourth quarter, says W. E. Hutton & Co.

"Evidence continues to accumulate that the steel strike has done a lot of earnings damage," the firm points out.

Hutton says this shows up in the third quarter profits of the steel companies themselves, and it will show up even more in the earnings of companies dependent on steel supplies in the fourth quarter.

Reynolds & Co. says General Tire & Rubber is an important factor in the rubber industry, rockets and propellants and plastics, and is headed for one of the best years in its corporate history.

Time Magazine reports Carrier Corp. is testing a new method of desalting water by freezing and trapping salt crystals between fresh water ice crystals.

Spear & Staff recommends International Nickel as a hold-and-buy stock on weakness for long pull capital gains. It estimates Inco's 1959 earnings at \$4.75 a share, up from \$2.71 a share last year.

Abraham & Co. says McKesson & Robbins is a dominant factor in the wholesale distribution of drugs, drug store items, and liquor. Its shares at current levels appear attractive for the longer term appreciation potential, and its dividend return eminently secure, albeit modest.

In the Day's News

By FRANK JENKINS

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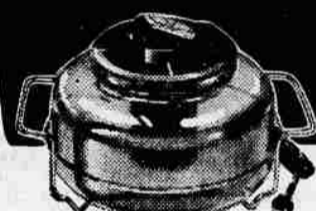
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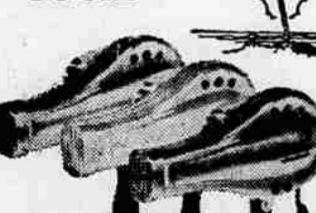
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