

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## In Nearest Market

As a matter of fact, there's a super abundance of walnuts and filberts also, but today we talk about almonds which are setting an all-time record for production. Seventy two thousand tons of almonds, on the unshelled basis are pouring into various channels from 102,000 acres of orchards. Practically all domestic almonds are grown in California. They represent a \$150 million industry.

Everyone remembers that last year there was scarcely an almond to be found. This year's bountiful harvest means that there are lots of almonds at prices far below last year's, and that we can start feasting on them right now.

## How to Buy

Approximately 85 per cent of the almond crop is shelled, keeping in tune with consumer demand for easy-to-use streamlined food preparation patterns.

There are any number of varieties and shapes of packages of almonds awaiting your quick and easy selection. There are one pound cello packs of soft shell almonds. Shelled packs of unblanched whole almonds come in 6 and 12 ounce sizes and there's a 12 ounce pack of shelled blanched whole almonds.

In tin, you'll find six ounce shelled unblanched whole almonds, five ounces of buttered diced and roasted almonds, five ounces of toasted blanched and slivered almonds. Newest almond noted is smokehouse salted, comes in six ounce tin.

## Many Ways with Almonds

Whenever or wherever they are used, almonds lend a certain elegance to any social occasion, add distinction to many recipes in ways suggested here.

Almonds as party fare offered simply in nut cups or in help-yourself bowls have long been an established custom for special occasions. For this, use almonds roasted and salted, blanched or unblanched.

Diced roasted almonds in cheese or fish cocktail spreads.

Slivered almonds drifting atop cream soups.

Unblanched chopped almonds in chicken, vegetable or fruit salads.

Almonds in main course dishes such as croquettes, veal or fish amandine, nut crusted macaroni or noodles, chop

## suey, curry.

Put almonds in hot vegetables to make them the talk of the crowd. Especially noteworthy with green beans, cauliflower, celery.

Almonds in quick breads, muffins, coffee cakes, waffles. Almonds enhance all manner of confections and desserts - pies, cakes, puddings, cookies, frozen desserts. Perfect for candy making and decorating.

## Two Ways with One Can Fruit Cocktail

Pretty up a festive half ham or ham slice with honey-glazed fruit from a can of fruit cocktail, then use fruit syrup for ice cream or other dessert topping.

Drain can of fruit cocktail. Heat fruit in syrup made by combining one-half cup of honey with two tablespoons of lemon juice. Slowly turn fruit in syrup until glazed. Arrange around baked ham, pouring any leftover syrup over ham. Return ham to hot oven for further glazing. If you are serving cold ham, arrange fruit around platter.

## Date and Almond Pudding Is Superlative Treat

Here's a pudding that's moist and fruity yet not too rich to serve after a hearty dinner. It is made with a small measure of flour and a generous measure of soft bread crumbs for lightness. Crunchy almonds add to its goodness. Steam it in a large mold or in individual molds. Serve this warm, of course, with your favorite sauce, with whipped cream, with ice cream or with our "Brown Sugar Hard Sauce" pictured. Eight servings.

¾ cup soft butter  
1 cup brown sugar (packed)  
1 teaspoon vanilla  
1/3 teaspoon almond extract

¾ teaspoon salt  
2 eggs, beaten  
¾ cup sifted all-purpose flour  
2 teaspoons baking powder  
1 quart fine soft day-old bread crumbs

¾ cup milk  
1 cup chopped, pitted fresh California dates  
½ cup sliced or chopped almonds

Brown Sugar Hard Sauce\*  
Cream butter, brown sugar, vanilla, almond extract and salt together until fluffy; beat in eggs. Sift flour and baking powder together. Add to creamed mixture along with



**SEASON FOR PUDDINGS** - Now comes the season of aromatic, sweet-tasting puddings. One of the very best is fashioned of fresh California dates, made crunchy with plentiful California almonds and served with brown sugar hard sauce. This and other recipes are included in today's food columns.

bread crumbs and milk. Stir in dates and almonds. Turn into greased quart mold or individual molds, filling them two-thirds to three-fourths full. Cover tightly. Place on rack in large kettle of boiling water and steam about 2½ hours for large mold, one hour for individual molds. Water should come about half way up sides of mold. Replace water if needed during steaming period. Serve warm with this sauce or other favorite.

**Brown Sugar Hard Sauce.** Cream one-fourth cup soft butter, one-half teaspoon graded orange rind, one teaspoon pure vanilla and 1½ cups brown sugar (packed) until blended. Beat in two tablespoons cream until soft and fluffy. Makes about 1 1/3 cups or enough for eight servings. Good for any pudding, really.

**Picture Pretty.** In our picture, we surrounded individual puddings with almond stuffed dates.

**To Blanch Almonds Or Not to Blanch**

Homemakers are sometimes in a quandry regarding blanching almonds. Actually, many food experts omit this step because they feel that the paper-thin skin gives extra flavor. Many candy, pastry and ice cream manufacturers prefer unblanched nuts. So never hesitate, using unblanched almonds.

**Blanching Is Easy.** If you do prefer to blanch, it's no great chore. Simply cover the kernels with cold water, heat to boiling, drain and slip off thumb and fingers.

**Slivering Is Easy.** Split the warm, damp almonds in half with tip of knife. Lay flat side down and cut into thin slivers.

**Roasting Is Easy.** Roasting gives almonds a rich crunchiness and depth of flavor that is rewarding. A pound of shelled almonds with two teaspoons butter roasted in a 300 degree oven for 20 minutes does it. Frequent stirring is good idea.

**Store Like This.** Storing shelled almonds is best done under refrigeration in a tightly covered container. Cared for in this manner, they keep their freshness exceptionally well. So put in holiday supplies any time that's convenient.

## Green Bean Salad

There's something about sour cream that enhances just about everything with which it is used. Here we add to the already fine flavor of blue lake green beans in a salad that is quickly put together for four to six servings dependent on appetites.

½ pint dairy sour cream  
1½ teaspoons instant minced onion or 2 tablespoons finely chopped onion  
¼ teaspoon salt  
1 teaspoon fresh lemon juice

1 No. 303 can blue lake green beans  
1 medium size cucumber, sliced  
Finely chopped fresh parsley

Mix sour cream with onion, salt and lemon juice. Drain green beans and combine with sliced cucumber. Pour sour cream mixture over and mix lightly. Chill, just before serving, sprinkle with finely chopped fresh parsley.

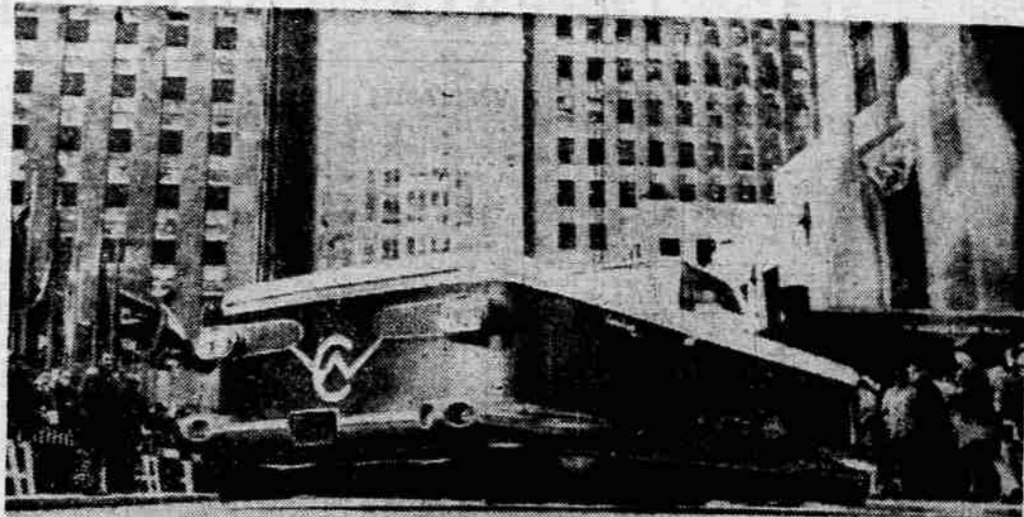
Cocoa beans, from which chocolate and cocoa are made, were first brought to Europe in 1494 by Columbus.

## Former Portland Church Editor Dies

Portland - UPI - Word was received here Wednesday of the death in Palo Alto, Calif., of The Rev. Dr. Edward Laird Mills, Methodist editor and author and a Portland resident from 1920 to 1932.

While in Portland, he was editor of the Pacific Christian Advocate. After leaving here in 1932 for San Francisco he joined the National Christian Advocate staff.

He was author of several books including "Plains, Peaks and Pioneers," "The Advancing Church," and "The Church Looks Ahead." Among his honorary degrees were two from Willamette University and College of Puget Sound.



**AUTO ON AIR**—A thin line of light at ground level shows that this strange looking vehicle isn't touching the road as it amazes onlookers during a demonstration in New York City. The vehicle is the Curtiss-Wright "Air-Car" which scoots along a few inches

above the ground on a cushion of low pressure, low velocity air. It can travel equally well over land, water, swamp or mud at a maximum speed of 60-miles an hour.

—(UPI Telephoto)

## Lucille Ball Denies Rift Rumor

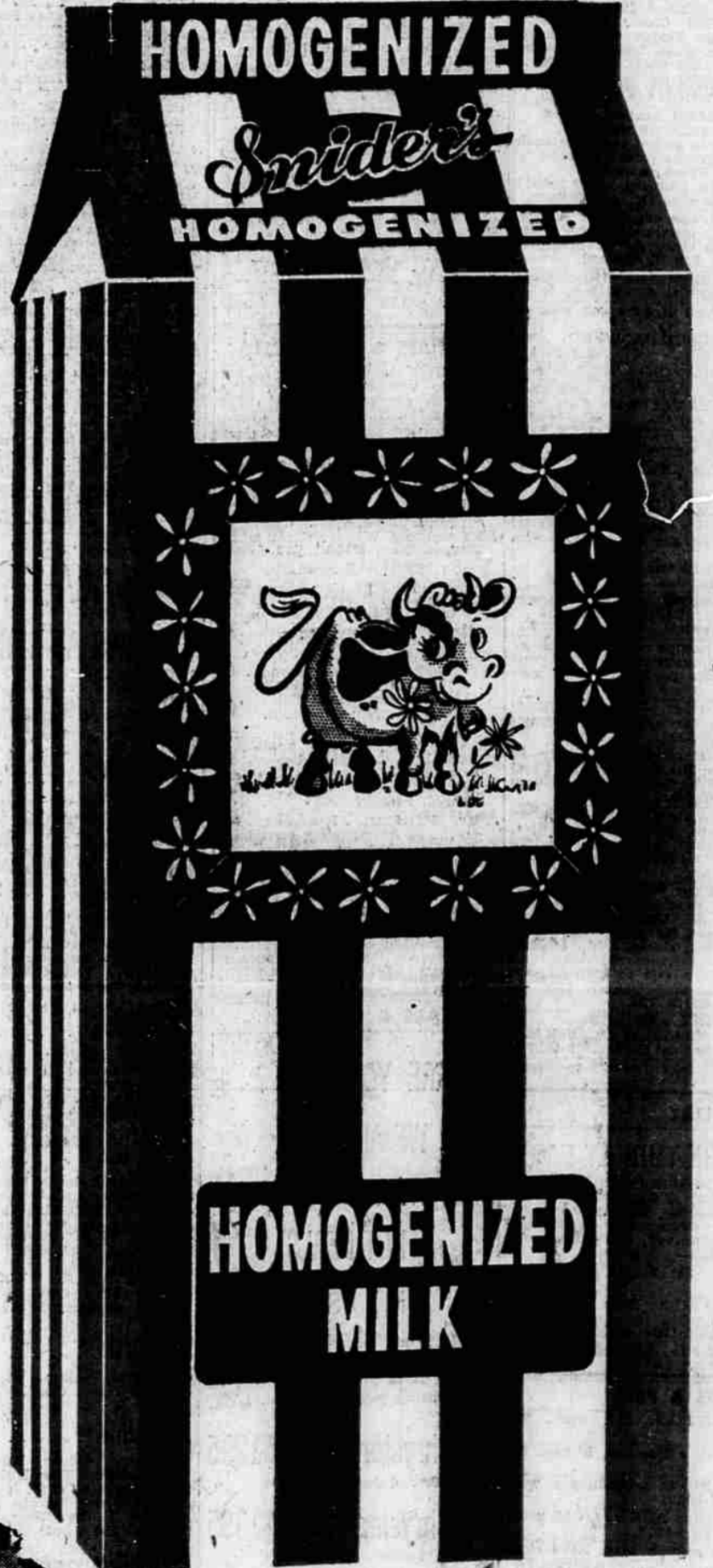
Hollywood - UPI - Lucille Ball firmly denied Wednesday night reports of a marital rift between her and Desi Arnaz.

She also denied reports that Desilu Productions, the \$20 million television and motion picture production firm, was up for sale. She and Arnaz own 49 per cent of the stock in the firm.

"I'm not too well informed about the business end of Desilu, but I do know that if the studio were going to be sold I would have been told about it."

"And I have been told no such thing," she said.

"As for these rumors that my marriage is breaking up—they are cruel and absolutely false."



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