

Feeding the Family

By ZOLA VINCENT
Food Editor

Festive Candies Capture Holiday Giving Spirit

Friends afar and neighbors nearby will equally enjoy your thoughtfulness in choosing or making confections for them. Then there's the home front to be covered for family eating and for sharing with all who come to visit. Most homes will have some of both candy shop and home-made varieties.

Candy stores and candy displays of grocery stores offer infinite variety, boxed, glassed and otherwise packaged. No one makes hard candies and fancy stuff like the professionals. Shop now for hard candies, candy canes, ribbons and all that sort of thing for tree trimming, stocking enclosing, as well as for the fancy packs.

Being in the recipe-making business, we've some new and different ways with home-made candies; ways that will give pleasure in the making. Candies for packing in dishes, china, glassware, kitchen ware, toys and other items that will give double pleasure, serve as lasting reminders.

Jellied Candies

Because of the wonderfully light texture, the unusual color combinations, the true fruit flavors, we've made many of our candies this year with fruit-flavored gelatin. The neighborhood trial runs have been highly successful. We think you'll like them too.

Creamy Fudge

Here's a creamy fudge with distinctive flavor and color of lime. It is topped with chocolate and almonds; so easy to do. Makes 36 pieces.

1 package lime - flavored gelatin
3 1/2 cups sugar
1/4 teaspoon soda
1 1/2 cups milk
1/4 cup butter
1/2 package (4 squares) candy - making chocolate, melted
36 blanched almonds
Combine fruit flavored gelatin, sugar, soda and milk in saucepan. Cook and stir over medium heat until gelatin and sugar are dissolved. Continue boiling, without stirring, un-

til a small amount of mixture forms a soft ball in cold water or to a temperature of 232 degrees on candy thermometer. Remove from heat; add butter. Cool to lukewarm. Then beat until mixture thickens and loses its gloss.

Turn at once into greased 8 x 8 pan. Spread melted chocolate on fudge. Press almonds at a slight angle about halfway into fudge, arranging them in rows of six each. Cut candy so there will be an almond on each piece. As we said, 36 pieces.

Apricot Delights

Here the gold of apricots, which may be cooked dried or canned, shines through a lime-flavored gelatin that is nut-filled, then rolled in confectioners' sugar.

1 package lime - flavored gelatin
1 cup hot strained apricots, sieved
1 cup sugar
1/2 cup chopped almonds or 3/4 cup chopped walnuts
Confectioners' sugar

Dissolve gelatin in hot sieved apricots in saucepan. Add sugar and stir over low heat until dissolved. Do not boil. Remove from heat and add nuts. Pour into greased 10x5x3 inch (or approximate) loaf pan. Chill.

When firm, cut in one inch cubes and roll in confectioners' sugar. Store in two layers between waxed papers in a covered container. Make as about three dozen candies.

Caramel Fudge

Everybody loves chocolate and everybody loves caramels so here we top caramel fudge with chocolate. You might say that we make candy with candy since this uses marshmallows, caramel pieces, semi-sweet chocolate pieces. It is put together with good old reliable easy-to-use evaporated milk. Wind up with two pounds of mighty good candy.

2 tablespoons butter
2/3 cup (small can) undiluted evaporated milk
1 2/3 cups sugar
1/2 teaspoon salt
1 1/2 cups miniature marshmallows or 16 marshmallows, cut up
1 1/2 cups (1 1/2 6-ounce pack-



HOLIDAY FUN - Holiday sweetstuffs for giving and for home enjoyment can be fun for all the family. Many easy-to-do good things are included in today's food columns, including these colorful and flavorful candies made with fruit-flavored gelatin.

ages caramel pieces
1 teaspoon pure vanilla
1/2 cup (1/2 of 6 ounce package) semi-sweet chocolate pieces
Nuts, optional

Combine butter, evaporated milk, sugar and salt in saucepan over medium heat. Bring to a boil and cook four to five minutes, stirring constantly. Start timing when mixture starts to bubble around edges of pan. Remove from heat.

Stir in marshmallows, caramels and vanilla extract. Stir vigorously for one minute or until all is melted, blended. Pour into nine-inch square buttered pan and allow to cool. Meanwhile, melt chocolate over boiling water. Spread chocolate over caramel fudge. Sprinkle with chopped nuts, if desired. Cool; cut in squares.

Minted or Lemon Walnuts

Here light corn syrup blends marshmallows and walnut halves to make 1 1/2 pounds of a delectable confection. For minted walnuts use one teaspoon peppermint. For lemon walnuts, use one teaspoon lemon extract.

In saucepan, combine one-fourth cup light corn syrup, one cup sugar, one-half cup water. Cook over medium heat, stirring constantly until mixture boils. Continue cooking to soft ball stage. Remove from heat; add one teaspoon lemon extract or peppermint extract. Add one cup pitted high, miniature marshmallows or 10 marshmallows, cut up.

Stir until dissolved. Add three cups walnut halves; stir until well coated. Pour onto waxed paper. Separate while warm.

Cheese Concoction Takes On Festive Dimensions

Here again is an opportunity to follow your fancy as to decorative effect or effects. This cheese concoction can be molded into one big ball or made into smaller balls. It can be rolled into a log or logs, made into a wreath or wreaths, bell or bells. Or, what ideas do you have? For ultimate cracker spreading.

It or they may be rolled in finely chopped nuts, finely chopped parsley, finely chopped chives or try half and half parsley and paprika. Or nuts and parsley.

Bring to room temperature, one-half pound aged grated cheddar cheese, one-fourth pound blue or roquefort cheese and an 8-ounce package of cream cheese; blend thoroughly. Add juice of one medium-size onion (made by grating onion on fine grater), one-fourth cup dry sherry, one teaspoon Worcestershire, one-half teaspoon salt, one-eighth teaspoon cayenne. This may seem a bit moist, but chilling will firm it adequately preparatory to molding. When firm enough to handle, form into desired shape (s), roll in favored cover-coat; wrap or cover with waxed paper and re-chill until about 15 minutes before serving time.

Guacamole Versatile California Specialty

Straight from Elena's Secrets of Mexican Cooking, we've taken this versatile recipe for far-famed guacamole which is a wonderful dip for fried tortilla chips or crackers; wonderful too on lettuce as an accompaniment for meat or fish. And try it some time for a surprise filling for miniature cream puffs.

Mash two very ripe medium-size avocados with a fork, not too smooth, and add two medium size tomatoes cut into small pieces, one medium size onion or a bunch of green onions, finely chopped; add green peeled chilis or small pickled hot peppers, chopped very fine, to taste; add wine vinegar or lemon juice to taste, salt to taste.

If not used at once, cover closely with Saran wrap or foil as it darkens when exposed to the air, so do not make too far ahead of time. Freezes beautifully. Vary this recipe by adding pomegranate seeds, fresh coriander or Chinese parsley, chopped peanuts or bits of crisp bacon. Makes three cups spread in seasonal red and green.

UNINVITED GUESTS

Mobile, Ala. - (UPI) - Burglars broke into the cafeteria of the Ella Grant school, fried the chicken they found there, cooked some vegetables, ate heartily and departed - leaving the dishes for school employees to wash.



These recipes for decorative, yet delicious, coffee cakes and Christmas breads will help glamorize your holiday table.

In the Dec. 13th issue
Family Weekly

of the
MEDFORD
MAIL TRIBUNE

ILLINOIS VALLEY Club Holds Yule Party

By MARGARET M. CROWL

Cave Junction-The Illinois Valley Rock club met Dec. 6 at the Legion auxiliary hall for its annual Christmas party and gift exchange. Thirty-eight members attended.

Turkey dinner and all the trimmings were served on long banquet tables decorated with Christmas greens and candles.

4-H Club News

Central Point Swine

Central Point - The November meeting of the Central Point Swine 4-H club was held Monday, Nov. 23, at 7:30 p.m. at Central Point Little gymnasium.

The meeting was called to order by Don Herzog. Goals for the year were discussed and the meeting adjourned. Games were played the rest of the evening. The December meeting will be at the home of Mr. Herzog.

Mary Louise Truly, Reporter.

The Federated Women's club will meet at the home of Mrs. Earl Boyd on the West Side rd., Friday, Dec. 11 at 1:30 p.m. There will be a Christmas program and gift exchange. Everyone is invited to attend.

Mr. and Mrs. Les Henry, Mr. and Mrs. Fred Salvage, Mr. and Mrs. Harold Haselick, Mr. and Mrs. Arle Winchester, Mrs. Gilbert Clayton and Mrs. Harold Crowl attended the installation of the new Centennial Post, American Legion, at Jacksonville Dec. 4. A smorgasbord was served by Jacksonville merchants to the nearly 200 guests who attended from posts and auxiliaries in southern Oregon.

An pinocle party will be held at the Legion Auxiliary hall at 8 p.m. Saturday, Dec. 12.

There are more than 300 steel-making companies in the United States. Their total capacity is 148 million tons a year.

Hunting Dog Possible Outfield Prospect

Williamston, Mass. - Chester Fincher hopes his setter is as successful at hunting as she is at baseball.

Fincher' sandlot team didn't lose a ball all summer. Fincher said if any balls were fouled off into the high grass surrounding the local diamond, "I'd carry Nell into the rough and cry 'dead ball'."

The dog, he said, "sniffed around until she found the ball."

Judge Helps Couple

Divide 'All' Ownings

Wenatchee, Wash. - When Mr. and Mrs. William T. Kalupa couldn't get together on a division of their community property, the domestic relations court judge ordered it all brought before him.

Their worldly goods were spread on the courtroom floor - one ironing board, four tea glasses, a lamp and a meat grinder.

Kalupa got the ironing board and the meat grinder and his wife got the tea glasses and lamp.

Red Face Caused By Hiding Truth

New York (Science Sedvice)

-A blush does not betray a sense of shame at the truth, but rather a feeling of shame that we have concealed the truth.

This interpretation of a red face was given to the American Psychoanalytic association by Dr. Sander S. Feldman of the University of Rochester Medical center, Rochester, N.Y.

Blushing can be observed in both sexes and all races. In people of dark skin, the blush does not look red; it makes the skin darker. Persons who were born blind blush like those with eyesight.

The blush is proof that there is a basic tendency for truth, Dr. Feldman said.

DANCE

Saturday Night

OASIS

Eagle Point

MAIL TRIBUNE, Medford, Or.
Thursday, Dec. 10, 1959 A 7

There are 36,900,000 items in the Library of Congress.

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Vitamin C (Ascorbic Acid U.S.P.).....	100 mg.	332
Niacinamide U.S.P.....	50 mg.	500
Vitamin B ₆ (Pyridoxine Hydrochloride U.S.P.).....	1.1 mg.	110
Vitamin B ₁₂ (Crystalline U.S.P.).....	0.4 mcg.	400
Folic Acid U.S.P.....	5 µg.	100
Panthenol.....	7.5 mg.	75
Liver Concentrate, N.F.....	100 mg.	100
Copper (from Copper Sulfate).....	1 mg.	100
Iron (from Ferrous Sulfate, Dried).....	15 mg.	150
Calcium (from Dicalcium Phosphate).....	75 mg.	75
Phosphorus (from Dicalcium Phosphate).....	58 mg.	77
Iodine (from Potassium Iodide).....	0.15 mg.	150
Cobalt (from Cobalt Sulfate).....	0.1 mg.	100
Manganese (from Manganese Sulfate).....	1.5 mg.	150
Magnesium (from Magnesium Sulfate).....	6 mg.	600
Molybdenum (from Sodium Molybdate).....	0.5 mg.	50
Potassium (from Potassium Chloride).....	5 mg.	50
Zinc (from Zinc Sulfate).....	1.5 mg.	150
Nickel (from Nickel Sulfate).....	0.1 mg.	100

*The daily adult requirement has not been established, although the need has been defined.
**The need for these substances in human nutrition has not been established

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