

Feeding the Family

By ZOLA VINCENT
Food Editor

Keep Holidays Merry By Giving Family Gala Breakfasts

There's nothing like a good breakfast to start the day right—and to keep it that way! The entire family, fortified with hot, interesting food, will be fun-ready... work-ready too or is that asking too much? Anyway, it's worth the little effort it takes; pays big dividends in good dispositions throughout the entire day.

Or perhaps you've friends and/or relatives coming to brunch? A delightful way to entertain on New Year's Day, Saturday or Sunday. Feed the younger fry early; clear the decks for the ravenous brunchers who have anticipated leisurely breakfasting with you and have saved up the appetites for it.

No fooling around. Hand them coffee on arrival and they'll love you even more than they now do.

There are those who have a several course big-dog including fruit cocktail, vegetables and dessert, but most of us favor the good old American breakfast with a slight flip or two.

Some fruit? Broiled grapefruit, orange slices, baked apple or juice from a pitcher. Breakfast meats are many and savory; little pig sausages, sausage patties, Vienna sausages, broiled ham slices, Canadian bacon, hickory smoked bacon, corned beef hash, sizzled bologna, salami or other luncheon meat, chicken livers, sweetbreads... or maybe kippers.

Breads? Fancy, of course, and appropriate to the season. Coffee cake, stollen or any of the Christmas breads, hot rolls, muffins or biscuits. Eggs, of course. Scrambled eggs are customary, but we depart from the usual. Besides, these eggs give us an opportunity to show off the new electric frying pan or chafing dish.

Ring-Around Eggs
As you suspect from our picture, these are done inside orange slice rings. Very easy to do. Very handsome to see. Very good to eat. Just slice large California oranges into fairly thick cartwheels. Then with a sharp knife, go around inside edge of the peel and lift out the orange slice. Use these slices as appetizers.

Then place the rings in hot skillet that has butter in it. Drop an egg into each orange circle and cook to the degree of doneness preferred. Dash with salt and freshly ground pepper, maybe paprika. If chafing dish is used, pour one tablespoon of water in the pan, cover and steam until done.

Cranberry Orange Relish
Ideal in Many Dishes
If you've some cranberry relish left over, fine. Otherwise make it like this. Put 4 cups fresh cranberries and 2 unpeeled navel oranges, quartered, through a food chopper. Add two cups sugar and mix well. Chill a few hours before using.

—A big ring of cranberry relish molded in gelatin and filled with chicken, turkey or Waldorf salad is picture-pretty, so satisfying.

—A big spoonful of cranberry orange relish to top a juicy hamburger just before serving gives it new excitement.

—A big mound of cranberry orange relish in a lettuce cup makes a quick and satisfying salad. Or pile it in hollowed-out orange cups with jagged edges.

—A bowlful of cranberry orange relish in the center of a tray surrounded by cold cuts makes a perfect supper.

—A scoop of cranberry orange relish on any plate makes any food taste better... chicken, steak, roast, chops, fish or even sandwiches.

Festive Fruit Nogs
And Punctures for All
Put punch in the party or just please everybody by producing a pitcher of punch. Some Christmas cookies or fruit cake are perfect accompaniments for any of these at any time of day or night.

Festive Fruit Nog. A quart of eggnog to be poured over ice cubes at serving time. Makes eight four-ounce servings. In a bowl, beat one egg white, 1 1/3 tablespoons honey and one-eighth teaspoon salt until egg white is stiff; turn into one or two quart jar. Add 1 1/2 cups orange juice, one cup water,

one-half cup bottled lemon juice, one tablespoon sugar and shake vigorously. Sparkling Punch. Makes 24 servings to please everyone. Combine one cup fresh lemon juice, 1 1/2 cups sugar and one cup very strong tea; stir well to dissolve sugar. Pour into large punch bowl or pitcher; add ice cubes and just before serving pour in two quarts sparkling water. Float orange and lemon slices in bowl.

Punch for Crowd. Many think this an ideal refreshment; makes 20 servings. All you need is one quart of fruit ice or sherbet, two quarts gingerale. Put one-half the fruit ice or sherbet in a punch bowl and pour in two quarts gingerale. Top with remaining fresh ice or sherbet scooped or tablespooned. Decorate with sprigs of mint and thin orange or lemon slices.

Eggnog Custard
This is quickly and easily made in refrigerator tray for six to eight servings. To serve, garnish with nutmeg or top with whipped cream and chocolate shavings.

Beat one egg white until frothy. Gradually beat in one-quarter cup sugar, a tablespoon at a time. Beat until stiff. Fold into two cups dairy eggnog, then fold in one cup whipping cream, whipped. Pour into a refrigerator tray. Put in freezing compartment of refrigerator. Stir frequently until mixture holds its shape, then sprinkle lightly with nutmeg and freeze until firm.

Cold Turkey Talk
Cooked turkey as every one knows keeps well in freezer for several months. Whether you've fresh leftovers, take leftovers out of the freezer, or roast a turkey (just so you'll have leftovers as we do), here are some ways with turkey that may suggest new ideas to you.

Turkey Slices. Surely in all the world, there's no turkey eating superior to cold turkey sandwiches made with butter or mayonnaise and each sandwich salted and peppered; cranberry sauce on the side.

Turkey Cubes or Chunks. Au gratin with noodles; creamed in rice rings or on toast; curried, Hawaiian style (with pineapple); hot or cold turkey salad, a la King or Newburg, chop suey or chow mein, pot pie, stew with dumplings, Tetrazzini or scalloped.

Ground Turkey: This is ideal for chili con carne, cutlets, hash, loaf, turkey omelet. Make turnovers with a cheese sauce or make turkey waffles for a breakfast, lunch or supper specialty.

Hard Sauce Variations
The pleasures of holiday puddings linger on. Here are variations on a basic recipe for 3/4 cup sauce or enough for six portions.

Basic Hard Sauce. Cream one-third cup butter until soft; gradually beat in one cup confectioners' sugar, then one tablespoon cream and one-half teaspoon vanilla, lemon or almond extract, cinnamon or nutmeg (Brandy, rum, Sherry or Port may be substituted for cream and flavoring). Pile lightly in serving dish and chill until cold but not hard.

Butterscotch. Substitute one-half cup firmly packed brown sugar for confectioners' sugar; increase cream to three tablespoons and vanilla to one teaspoon. Beat in one egg yolk if a yellow sauce is desired.

Orange. Substitute orange juice for cream, omit vanilla and add one-fourth cup chopped candied orange peel.

Ginger. Omit cream and vanilla and beat in two tablespoons ginger syrup and one-fourth cup preserved ginger.

PANTS HALF-PRESSED
Purley, England —UPI— The Southeastern Electricity Board said a man called during a power failure to complain "I've pressed one leg of my trousers, how long before I can finish the other?"

They'll Do It Every Time

By Jimmy Hatlo



Stock Market Concludes Year 328 Per Cent Over '49 Trading

New York —UPI— The stock market wound up the 1950's by reaching a new high more than 328 per cent above 1949 as trading volume increased to a level exceeded only in 1928 and 1929.

And the experts are convinced that Wall Street is in for further gains during the coming year to usher in what some are already calling "The Golden Sixties."

Trading in 1959 ran to about 780 million shares—approximately 14 per cent of the 5,568,000,000 listed. These figures reflect the investment character of the market. In 1929, when speculation ran rampant, the turnover was 119 per cent of listed shares.

Automobile issues led the 1959 advance as they did the year before. The two top places in volume again went to American Motors (which was 49th in 1957) and to Studebaker-Packard (which was 43rd). General Motors drew up to 5th place and Ford to 10th. Chrysler did not show in the top 25 issues.

Some of the oils, notably Standard Oil (N.J.) and Royal Dutch, were well up in the actives. Oil shares retreated in 1959. Electronics made up a large portion of the active list and late in the year scored some wide gains. Leading steels were included in the top-25 volume group but did little in price movement, due to the 116-day steel strike.

Issues to show declines along with the oils included coppers, sugars, containers, some aircrafts, rails and utilities. Biggest gainers in addition to the electronics included the makers of rocket fuels, drugs and tires. The chemicals did well.

Electronics Up
Gains in the electronic division ran to more than \$100 a share. Drugs had gains running to more than \$55 and chemicals were up as much as \$40 in some issues. Specialty steels produced some good advances. So did electrical equipments, selected autos and special issues. Tobaccos ruled higher despite a series of cancer scares.

Gains on the whole were smaller than those of 1958 because the market started from a higher level.

The list reached its low for the year on Feb. 9 and its high in Aug. 3, when the Dow-Jones industrial level hit 678. Standard and Poor's index of 500 stocks, which had stood at 15.23 in 1949, rose to 65.32 in '59, a gain of nearly 329 per cent.

Despite the long period of rise in the market, the experts believe there still is room for more. Some predictions place the ceiling on the industrial average above the 1959 high.

After that is attained—if it

is—these experts anticipate a moderate decline and then a leveling off that may last for several years. Then they look for a real whopper of a market as the boom of the "Golden Sixties" gathers momentum.

Preparing for Gains
The New York Stock Exchange and other exchanges are preparing for big gains in volume.

Noting that the number of stockholders in the nation has almost doubled to 12,500,000 in seven years, the New York Stock Exchange finds that the ratio of adult shareowners in our population has gone from 1 to 16 in 8.

"A continuation of this trend," says Keith Funston, Exchange president, "could give us a share-owner population of 22 million by 1970. 'If the various business trends evident since 1945 also continue, this could result in a 1970 stock list that would

Norblad Out of Committee Race

Stayton —UPI— Oregon Rep. Walter Norblad announced Saturday he is stepping out of the race for Republican national committeeman of Oregon.

Norblad had indicated earlier that if National Committeeman Robert T. Mautz of Portland decided not to run for reelection, Norblad might seek the post in next May's primary.

Norblad said that although "many of my friends" had urged him to seek the post, he could not take the time away from his congressional duties.

GAME CALLED
Glamorgan, Wales —UPI— A soccer match between Llanrhondda and Llanharaz was cancelled after four minutes of play because the ball landed on the spike of a spectator's umbrella and burst. It was the only ball available.

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Small Worlds Around Us

By Lynn M. Watkins

A Weed Is Any Plant Out of Place

A weed is any plant that is so unfortunate as to be out of place. Even a rose would be considered a weed if it were growing in a tobacco field, or the tobacco plant would become a weed if the poor thing tried to grow in a dignified group of rose bushes.

"The company it keeps" seems to make a great deal of difference as to what category we place a flowering plant. Any plant that is useless, troublesome or slightly out of line is considered a noxious weed and is eliminated.

Many of the thistles, sand-burrs and others are immigrants from foreign countries, which have been accidentally introduced, or have sneaked in through the "back door" and become more robust and prolific than the "native sons."

Such a one is the water hyacinth which grows in Florida. Although a beautiful flower, it has become known as the "million dollar weed" and has therefore been able to survive in spite of every means of eradication.

Became Nuisance
The water hyacinth was first introduced into the St. Johns River by a man who admired its beauty on the

banks of South America and sincerely believed it would add an extra charm to Florida streams. But here, without its natural controls and checks, it became not only a nuisance but actually a menace. No one wants to estimate the damage it has accomplished in a few short years.

The thistles, another group of immigrants have become so troublesome in some parts of the country as to jeopardize the crops. Of course, we are all acquainted with the sand-burr and the poison ivy, both of which are actually dangerous.

The beauty of some of the weeds blinds our senses to their potential danger. Such a one is the goldenrod, which at times comes so bold as to take over entirely great sections of land to the exclusion of every other plant. This yellow beauty is particularly abhorrent to those poor unfortunate who suffer because of its irritating pollen.

Thirsty Weeds
Scientists have looked askance at these flowering acres and estimated that a crop of weeds such as this draws 300 times their own weight of moisture out of the ground.

It is rather confusing sometimes as to know which is a

WHAT PRICE FREEDOM
Miami —UPI— The prisoners remaining in the Miami jail may wish they had gone on diets. Fifteen pint-sized inmates crawled to freedom through an 11-inch wide air conditioning vent Saturday. Officials said their fellow inmates were too big to squeeze through.

14 MAIL TRIBUNE, Medford, Or.
Monday, Dec. 28, 1959

BAD LUCK

Guildford, England —UPI— Mrs. M. J. Cater gave this description today of what happened after a friend gave her a black cat for Christmas: "An hour afterwards I tripped up and bruised my shin and in the next five hours I broke two cups, left my purse on a bus, had a quarrel with my mother-in-law and tore my stocking."

Scientists can accurately estimate the age of some fish species by the formation of rings in their scales.

ASTHMA

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