

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Chilled Fruit Salad

Canned fruit cocktail which is colorful and attractive as well as flavorful, makes this chilled continental fruit salad something super. Convenient, too, because there's no last minute rush. It's always a joy to have a gelatine salad snugly tucked away in the refrigerator. Eight salad servings with mayonnaise or six dessert servings with whipped cream or dairy sour cream.

- 1 envelope unflavored gelatine
- 2 tablespoons fresh lemon juice
- 1 cup hot water
- Few grains salt
- 1-3 cup concentrated prune juice
- 1 1-3 cups canned fruit cocktail
- 1 banana, sliced
- Salad greens
- Mayonnaise, whipped cream or dairy sour cream

Soften gelatine in lemon juice and dissolve in hot water. Blend in salt, prune juice and syrup from fruit cocktail. Cool to consistency of unbeaten egg white. Fold in fruit cocktail (drained) and sliced banana. Turn into individual molds and chill until firm. Unmold on salad greens if served as salad course; top with mayonnaise. If served as dessert top with or pass whipped cream or dairy sour cream.

## Peach Cream Pie

Those fine California-grown canned cling peach halves go into this creamy mixture for a pie to delight the family. For a 9-inch pie, you'll need seven peach halves from a No. 2 1/2 can of peaches.

- 7 canned cling peach halves
- Pastry for single 9-inch crust
- 1/2 cup sugar
- 2 tablespoons cornstarch
- 1/4 teaspoon salt
- 1/4 teaspoon nutmeg
- 1 cup table cream

Drain peaches thoroughly (add juice to any fruit beverage) and arrange cup side up in pastry-lined pie pan. Blend sugar, cornstarch, salt and nutmeg; stir in cream. Pour around peaches. Bake in hot oven, 400 degrees, 45 to 55 minutes or until "set" in center. Cool before cutting.

## Glorified Fried Chicken

Family or Party Fare

Fried chicken has long been a favorite fare at family and company meals. Today's bargain prices on poultry make it possible to have "company" meals any day. This fried chicken is made most elegant by the addition of grapefruit and orange sections as well as pineapple and coconut, during the last portion of the cooking period. For each four servings:

- 1 cup flour
- 3 teaspoons salt
- 1/4 teaspoon pepper
- 2 teaspoons paprika
- 1/2 cup (14 pound) butter
- 1 grapefruit, peeled and sectioned
- 1 cup crushed pineapple
- 1/2 cup shredded or flaked coconut

Dip chicken pieces in to mixture of flour, salt, pepper and paprika. Melt butter in a shallow baking pan in a hot oven, 400 degrees. Remove bakin... pan from oven. As pieces of floured chicken are placed in pan, turn to coat with butter and lay pieces skin side down in a single layer. Bake in a hot oven, 400 degrees, for 30 minutes. Turn chicken and cover with combined fruit and coconut. Bake another 30 minutes or until chicken is fork-tender.

## Glamour Meat Glazes

Canned luncheon meat is a mighty handy item for feeding the family on busy days. Simply remove meat from can, stud with whole cloves and spread with one of these glazes. Bake in 350 degree oven 20 to 25 minutes.

**Brown Sugar Glaze.** Mix brown sugar with enough of one of the following juices to moisten; orange, pineapple, spiced fruit, plum, prune, apple or sweet pickle juice.

**Fruit Glaze.** Mix one of the following fruits with a little brown sugar: cooked pureed apricots, rhubarb or prunes, canned crushed pineapple or applesauce.

**Easy Glaze.** Spread meat with red jelly, orange marmalade, molasses, cranberry jelly or apricot jam.

**Poultry, Pork, Lamb, Eggs, Onions Among Plentifuls**

So many plentifuls for January shoppers that we couldn't possibly get them all into one headline. Plentiful supplies mean seasonally low prices as every budgeteer knows.

We're especially fortunate finding bargains in the meat department in our part of the country where we grow so much poultry and lamb. Poul-

try growing areas mean plenty of eggs (the cement that holds the nation's cookery together). Pork crop is 'way above average and that means "specials" for the gathering.

**Fish Buys.** Our coastal waters provide an abundance of cod at this season of the year; send it to local markets both fresh and frozen. Cod is a heavy-bodied, large headed deep sea fish that is lean, mild flavored. It has firm flesh and few bones and is highly prized for its nutritive values but low in calories. Besides baking, ways with cod include broiling, poaching and flaking for loafs, croquettes, souffles. Plenty of halibut, scallops and oysters. When buying fish and shellfish, be sure you have plenty of (plentiful) lemons on hand.

**Citrus Fruit.** It's a big year for oranges and the California Navels are flowing to market. Plenty of frozen concentrated orange juice, too. Grapefruit from desert areas is at its best. Choose grapefruit that is heavy for its size.

**Other Fruit.** All the fine northwest apple varieties make good eating; have appropriately been called "nature's most perfect tooth brush." Keep some chilling in the refrigerator for daily enjoyment. Bake them, put them in salads. Plenty of avocados, Emperor grapes, winter pears. Tangerine season is short. Enjoy them now.

**Vegetable Bins.** Onions, mushrooms, white potatoes and sweet potatoes lead the value parade along with celery, lettuce, hard squash and all members of the cabbage family, red and white cabbage, cauliflower, Brussels sprouts, broccoli.

**Other Specials.** Good buys in dry beans, raisins, canned tuna, peanut butter, vegetable fats and oils, canned cranberry sauce.

Klamath Falls - (UPI) - As much as 276 million board feet of timber on government land which can be considered available to operators in the Klamath Basin will be sold during 1960, according to figures presented to local timber operators.

Operators were warned that the market is highly competitive and means of getting cut timber out must be considered in any successful long-range planning. **Volume Increased**

The National Forest and Bureau of Land Management all have increased the volume of timber to be sold this calendar year. The meeting was arranged by Western Forest Industries association.

The supervisor of the Umpqua National Forest, Vandy Miller, said there would be 53 million board feet from his forest available for sale. Clayton Weaver, supervisor of Fremont National Forest, listed 51 million board feet from the Bly, Paisley and Silver Lake Areas.

**Rogue Sales Listed**

Ashley Poust, supervisor of Deschutes National Forest, said the Crescent ranger district would sell 61 million board feet. The Rogue River national forest expects to sell 71 million and the Bureau of Land Management at Medford expects to sell 29 million board feet. The Lakeview BLM district expects to sell two million board feet.

**Governor Praises Polk Commission**

Salem - (UPI) - The Polk county Welfare Commission was commended Thursday by Gov. Mark Hatfield for a work program it has under way for state aid recipients. Last year Hatfield urged the Oregon Welfare Commission to assist the Polk county commission in efforts to provide a trial program through which able-bodied recipients could take on work projects in the public interest.

The governor said in a letter to county officials that "it is my hope that your forthrightness in restoring human dignity and fiscal responsibility will be undertaken by other counties."

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# Treaty Makes Japan Keystone To Defenses in Western Pacific

Washington - (UPI) - Japan, America's enemy in World War II and now its equal partner by solemn treaty, is a keystone of western Pacific political - military defenses against Communism.

The new security treaty commits Japan to the free world's side on a voluntary basis, rather than as a consequence of the postwar occupation and its rather one-sided agreements.

It places the Orient's only - and one of the world's greatest - industrial powers in the anti-Communist camp and thus vitally favors Allied strategic goals in the Far East. Undernourished Red China has long eyed the industrial capacity of Japan, as it has

the resources of other free Asian areas.

Under the new agreement, small but powerful American forces are guaranteed continued use of vital air and vital naval bases in the Japanese islands for at least a decade. These islands are the northern anchor in the chain running south to the Philippines and comprising a key element in Allied strategy for meeting aggression fast wherever it comes.

## Strengthen Japan's Forces

The new treaty also is expected to give stimulus to a new 6-year plan for strengthening Japan's forces for that nation's self-defense. Priority attention is slated for super-sonic jet interceptor units and Japan is reported showing interest in anti-aircraft missiles. While Japan has guaranteed bases to America and will

build up its own forces, it has imposed two measures that certainly will limit U.S. operations even though officials do not consider them crippling.

Stemming from Japan's well founded horror of atomic bombs and the renunciation of war in its constitution, these limitations are:

-The United States will not use its Japan based forces for any purpose other than defense of Japan or South Korea without prior consultation and agreement with the Japanese government. In other words, Japan would have to assent to any rushing of U.S. forces from Japanese bases to Formosa, for example, to assist Nationalist Chinese in defense against Red Chinese attacks.

-The United States may not

stock nuclear weapons in Japan without consultation and agreement with Japan. This country, of course, does not do that anywhere else without consent of the country involved. But agreement of Japan is a far rather than near probability.

## Differs From NATO

Japan would not have to furnish forces to help America combat aggression elsewhere than in Japan, under the new arrangements.

It is worth noting in this connection that security arrangements for the Far East are markedly different from the all-inclusive setup of the North Atlantic Treaty Organization with its single commander and his array of national forces.

In the Pacific, security is based on a series of bilateral agreements between the Uni-

ted States and friendly nations. The object has been to build up friendly forces for local defense while America provides the big war deterrent in the form of fast-moving air and naval forces ready to move to any point where aggression occurs.

The eventual American goal is to withdraw its military forces from Japan, at some future time when Japan can take over its own self defense.

To that end, U.S. forces have been sharply trimmed in the past two years while power has been concentrated on U.S. - administered Okinawa.

American forces in Japan totaled 100,000 men two years ago and now are about half that. No Army combat units remain and the naval force is relatively small. The big out-

fit is the 5th Air Force with its supersonic fighter-bombers, interceptors, and reconnaissance planes. Its radar warning net is rapidly being turned over to Japan.

The Japanese "self defense force" has been built in 10 years from a police reserve of 75,000 ground troops to a present force of more than 230,000 men.

Its ground force is the largest with 170,000 men. Its maritime force has about 27,000 men and about 400 vessels including some three dozen destroyers and smaller

escort types and a relatively large number of mine sweepers. Its air force, which has lagged, now has more than 33,000 men and more than 1,000 aircraft. There are only four combat ready jet squadrons, however, because most of Japan's planes are trainer types. Arrangements have been made to equip the air defense force with 1,400 mile an hour F-104 jets.



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