



Feeding the Family

By ZOLA VINCENT
Food Editor

De Luxe Pot Roast With California Prunes

Here we take a five pound pot roast and give it zest and new flavor interest with a pound of prunes and other savory seasonings for 10 generous servings. Several fine meals for the average family at one cooking or enough to share with several friends.

Modern dried prunes are packaged primarily in triple seal wrapped cartons and in transparent plastic bags. They no longer require long soaking; can be plumped in many ways. Here we simply remove the pits and toss them in with the pot roast seasonings.

- 8 pounds pot roast beef
- Salt and pepper
- 2 tablespoons fat
- 1 large onion, sliced
- 1 clove garlic, sliced
- Pinch thyme
- 1 bay leaf
- 1½ cups white wine
- Boiling water
- 1 pound prunes, pitted
- 10 small white onions
- 5 small carrots, halved
- Flour

*Pot roasts being special are likely to be chuck or boned rump which runs five to six pounds and boneless sirloin tip which averages three to four pounds. A pot roast should be at least two inches thick.

Sprinkle beef with salt and pepper. Brown on all sides in fat in Dutch oven or heavy kettle. Add onion, garlic, thyme and bay leaf; cook until onion is browned; add one cup wine. Cover and simmer until meat is tender, allowing 25 minutes per pound. During cooking, add boiling water as liquid evaporates.

After 1½ hours or about 45 minutes before cooking time is completed, add pitted prunes, white onions, carrots and remaining one-half cup wine. Sprinkle vegetables with a little salt. Continue cooking until tender.

Remove meat, prunes and vegetables to serving platter. Skim off any excess fat. Add one to two cups boiling water if most of the stock has evaporated during cooking. Thicken stock with a little flour mixed to a smooth paste with cold water. Serve sauce over pot roast or pass in a sauceboat.

Man-Size Snacks for Father and the Boys

If your home is just a filling station for Father and the boys over the week-end, you can fill them up quickly and with a minimum of effort by piling up man-sized Cheddar cheese sandwiches. Like these: All-Time Favorite. No sandwich approaches in man-size popularity that of combining Cheddar cheese with ham or tongue on rye put together with butter or mayonnaise and a husky mustard.

Cheese Combos. Grate cheese or cut it fine and mix with one or more of the following: chopped onion, chopped pickle, chopped carrot, baked beans and finely cut celery. Especially tasty on rye or any dark brown bread; plain or toasted in the oven.

Cheese Toast. Try toasting thin slices of cheese between thin slices of bread slowly in the oven, under a low broiler flame or in a little fat in a heavy skillet on top of the range.

French-toasted Cheese. Something even more hearty? A French-toasted sandwich is made by heating one or two eggs with one-half cup milk. Dip cheese sandwiches lightly into this - both sides. Fry slowly in a little fat. Brown on both sides, serve hot.

Rhubarb Tapioca. New season pink and tantalizing fresh rhubarb adds excitement to tapioca made easily with quick-cooking tapioca. Four generous servings. You'll want to double.

- 2 tablespoons quick-cooking tapioca
- ¾ cup boiling water
- ¼ cup sugar
- ½ teaspoon salt
- 2 cups diced rhubarb
- ¼ teaspoon nutmeg

Combine in the upper part of the double boiler, the tapioca, water, sugar and salt; cook over hot water until tapioca is clear. Add the diced rhubarb and continue cooking until tender. Serve hot or cold with light cream, half and half or sour cream.

April Abundance Brings Good Things
Fruit and nut trees are burgeoning, asparagus is springing from the ground almost as fast as harvesters can cut it, artichokes are increasing in supply. Corn on the cob has put in an appearance. New

potatoes and new golden carrots beckon.

Strawberry pickers are busy in the southland and heavy strawberry bloom is reported in the northland. Avocados continue abundant with quality high, prices low.

Plenty of tender young cabbage and onions of all kinds. It's time for relish dishes of green onions and radish roses. There's some sweet anise (fennel) or fennel. Broccoli is crisp, green and well headed for serving with lemon butter, hollandaise, cream and cheese sauces; is good in casseroles and vegetable salads. Fresh Brussels sprouts season is ending but there are plenty of them in the frozen foods cabinet.

Cauliflower will continue plentiful. Try it a new way. It's good boiled, baked, au gratin, creamed, pickled, breaded (try brown bread crumbs), sautéed, fried and French fried. Leftovers are excellent in salads and party gifts often offer raw cauliflowerrets for dipping and dunking.

Lettuce varieties encourage "mixing" for color and texture interest. Plenty of iceberg, romaine or cos, and leaf lettuce which is so highly regarded at this season. Lettuce is the most important salad plant grown in the U.S.; is surpassed only by potatoes and tomatoes.

Celery, fresh, crisp and tender is plentiful for relish trays, salads, seasoning soups, stews, in chow mein, chop suey and for salad making.

Fish and shellfish varieties are many. Look them over and try a new kind. All swim fish wind up boiled, baked, fried, poached, broiled. Plenty of lemons!

Plentiful Foods
April lists spotlight pork, broiler-fryers, eggs, canned freestone peaches, raisins, dates, almonds, filberts, peanuts and peanut butter, rice, shrimp, lard, milk and dairy products.

Dalles Man 'Finds God,' Returns Check

Salem - UPB - The secretary of state's office has received a state check for \$103.86 back from a resident of The Dalles who said he "found God" and was returning the check because he wasn't entitled to it. The check had been sent for payment under the state's gas tax refund law.

Salem - UPB - A safe in McDowell's market in southeast Salem was punched Wednesday night and \$160 taken.

Doolittle Warns On Russ Weapon

Los Angeles - UPB - Air Force Gen. James H. Doolittle (ret.) has warned that Russia's apparent willingness to abandon nuclear weapon tests might mean it has a new secret weapon.

"While we continue to devote our best scientific efforts to space technology we must not... lose sight of the distinct possibility that Russia is hoping we will concentrate all our military attention upon space," Doolittle said at a UCLA University extension meeting.

"There are other deterrents to war approaches which demand attention," Doolittle, now board chairman of Space Technology Laboratories Inc., said he believed the United States should devote wholehearted efforts toward gaining a technical advantage in space weaponry.

"But it is not inconsistent with their philosophical outlook that part, at least, of Russia's stated willingness to abandon nuclear weapons is compensated for by her development and possession of chemical and biological warfare weapons of a highly lethal and selective nature," he said.

Symington Wins Labor Support

Washington - UPB - Two AFL-CIO vice presidents came out Thursday for Sen. Stuart Symington (D-Mo.) for president in the first major labor endorsement of any candidate in the 1960 campaign.

Presidents James B. Carey of the International Union of Electrical Workers and George M. Harrison of the Brotherhood of Railway Clerks praised the millionaire former industrialist as "a man of integrity, ability and effectiveness."

"Throughout the career of Stuart Symington, his fundamental humanitarianism, his sincere record of liberalism are well sustained and consistent. Time and again he has demonstrated that he believes in genuine collective bargaining and knows how to make it work."

Homeowners will spend an estimated \$25 billion in 1960 to fix up, add on and glamorize their homes. To sell this tremendous market advertisers spent an estimated \$29.7 million for housing equipment and supply newspaper advertising last year.

Try and Stop Me

By BENNETT CERF

OUT IN CALIFORNIA, a husky six-foot athlete sued his tiny, Dresden china wife for divorce, charging cruelty. "Give me an example of her cruelty," challenged the skeptical judge. "Well, when I came home from work one evening," recalled the athlete, "I found a brown derby on the table."

"What's cruel about that?" asked the judge. "Your Honor," said the athlete, "I cannot live with a woman who wears a brown derby."

A foreman at a huge construction job collared a new workman and demanded, "How come you're only carrying four bricks when the others each carry eight?" "They're just plain lazy, I guess," shrugged the workman. "They won't make two trips like I do."

A night club chanteuse confessed to her maid, "Gad, but I had a dull time with that false alarm from Washington. He took no for an answer!"

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The Family Council

Editor's Note: The Family Council consists of a Judge, a psychiatrist, three clergymen, a newspaper editor, a women's editor and two writers. Each article is a summary of an actual case history. The Council reports on problems that have been dealt with by responsible agencies and counselors.

Lionel L.—We should take in a foster child.

Sue L.—One's enough for me.

Lionel L.—My wife and I were married five years ago and have one daughter. Unfortunately, we married late in life and there will be no other children.

Sue and I agreed when we married that it was not fair for a child to have no brothers or sisters. We had hoped to have one after another as soon as possible after our marriage. Unfortunately, things didn't work out as we planned and we have put the thought aside because Sue is now 45.

I would like to adopt a foreign child or take in a foster child to keep our own little girl company. She is a darling child, but I'm afraid she's awfully lonely and very jealous of her friends who have brothers and sisters. Sue is against it.

Sue L.—I don't want to be selfish about this thing, but I find caring for one child is enough for me—physically and emotionally. Maybe it's old age setting in, but I find I don't have the stamina it takes to be a good mother.

We are sending our daughter to a nursery school and she has plenty of friends there. She gets along with them very well—better than



But if one child has been brought in as a sort of present for the other, both the parents and their child will react badly if things don't turn out as planned. It's hardly fair to the foster child.

The only good reason to bring another child into a home should be based on a strong desire to have that child for his own sake. Both parents should be prepared to give their love unstintingly.

There are many special problems for the parents of only children, but these can be solved satisfactorily if they try to put themselves in the child's place. Such a child needs close contacts with other children in the family and neighborhood. He should not be sheltered or kept among adults too much.

There is a danger of the

parents smothering the child with too much attention. In Sue's case, for example, her child might be better off getting other children. This will help avoid one common situation in families with only children—the parents become overdependent upon the child for companionship and affection.

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Teen-agers are tomorrow's homemakers. By 1970 almost one half (48.5 per cent) of the population in the U.S. will be under 25 years of age and 40.4 per cent will be under 20. According to Gilbert Research Co. 94 per cent of all teen-agers read a newspaper regularly.

Russia Offered Short Term Ban

Geneva - UPB - The United States and Britain have offered Russia a short-term moratorium on small underground nuclear test explosions in return for a treaty with cheat-proof guarantees against larger blasts.

The Soviets said the offer was an "encouraging step and a step forward."

The offer was worked out by President Eisenhower and British Prime Minister Harold Macmillan in three days of talks at Camp David, Md., this week.

It was handed to the Soviets at the 191st session of the 17-month-old nuclear test ban talks.

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