

Feeding the Family

By ZOLA VINCENT
Food Editor

Roasted Spring Chicken For Mother On Her Day

For generations Spring chickens were strictly for frying as Grandmother well remembers; then came the broiler-fryer which really got going back in 1948. Today's annual count-down on these meat-type chickens will be pushing 2 billion birds.

These fine feathered friends have replaced the Spring chicken of short season. They're raised specifically for eating and don't know about the lunar system so they keep right on coming to market the year around. They're aided and abetted by better breeding, scientifically balanced diet, industry technology of various sorts, fast processing, fast transportation.

Delicious, nutritious, versatile and withal, very modest in price, the broiler-fryer now gets fricasseed, simmered, sauteed, barbecued, casserole, fried, broiled, baked and even roasted. It goes into soups and salads of distinction.

Newest Methods for Roasting Broiler-Fryer

Today we roast broiler-fryers thinking that two or three birds on a platter are better than one. Figure on 4 servings per broiler-fryer; six servings if you use the slightly bigger young roasting size. Roast the required number according to Mothers' Day celebrants or other occasion.

With stuffed broiler-fryers, it has been found that the perfect roasting temperature is 375 degrees at 30 minutes per pound. Too hot an oven will split skin, spatter. This temperature results in a beautifully roasted bird with a brown outside and moist tenderness inside.

Wash and dry chicken. Sprinkle cavity with salt. If desired, stuff with favorite stuffing or one of the variations suggested here. Hook wing tip into back to hold neck skin. Tie legs together. Rub with softened butter or shortening or brush with salad oil. Bake in a moderate oven, 375 degrees, 30 minutes per pound.

Savory Stuffings

Here is a basic recipe and variations for stuffing two

four-pound young roasting chickens or their equivalent.
1 package (8 ounces) prepared stuffing mix
4 tablespoons chopped onion
1 1/2 cups diced celery with leaves
In saucepan, melt butter called for in package directions for dry or crumbly stuffing. Add onion and celery and cook until onion is tender but not brown. Add liquid called for in directions; bring to a boil. Stir into stuffing.

Mushroom-Brazil Nut Stuffing. Reduce celery to one-half cup. Add half cup chopped Brazil nuts to melted butter and cook until lightly browned. Add onion and celery; cook according to directions. Drain one can (three or four ounces) mushrooms or saute quarter pound fresh mushrooms. Substitute mushroom liquid for part of liquid called for in package directions. Add drained mushrooms to stuffing.

Fruit Stuffing. Omit onion. Reduce celery to half cup. Add half cup seedless raisins and half cup cut-up seeded prunes.

Cranberry Relish. An abundance of jellied cranberry sauce and of jellied whole cranberries in the market. No one ever heard of chicken without cranberry sauce or relish.

Cranberry-Pineapple Relish. Crush one can jellied cranberry sauce with a fork. Drain one No. 2 can crushed pineapple and mix with grated rind of two oranges; add to cranberry sauce. Refrigerate an hour or more to ripen. Makes three cups relish.

Hawaiian Angel Food Cake Fine Mother's Day Dessert

Angel food cake has long been favored for special occasions and Mother's Day is a very special occasion. Newest of angel food cakes mixes is Hawaiian angel food which has taken its place alongside regular, lemon chip and strawberry angel food. The name derives from the fact that the cake is delicately fragrant with pineapple from our new sister State.

Costing about what one pays for a dozen eggs, this 15 ounce package is quickly



NEW CAKE MIX - Hawaiian angel food cake mix is the newest in a growing galaxy of cake mixes; pure perfection as dessert with fresh California strawberries and lavish whipped cream for Mother's Day celebrations.

readied for the oven. Pour batter into the traditional 10-inch tube pan, pour it in two round pans or square pans, in two jelly roll pans or in cupcake pans.

Angel food cakes is superlative unfrosted, served with fresh strawberries and whipped sweet cream or sour cream. Many light frostings and glazes are ideal however. Frostings make it possible to carry out table color schemes when a drop or two of pink, green, lilac or yellow pure fruit coloring is added.

Keep colored cake frostings in mind for graduation parties, announcement parties, birthdays and other festive occasions.

Sesame Cheese Log

If it's an elegant party you're planning for Mother (anybody's mother), give serious consideration to the making of this sesame-cheese log for offering delighted guests along with the tomato juice or other liquid refreshment preliminary to dinner. Keep this recipe handy for June's many parties and other future events.

1 3-ounce package cream cheese
1/4 cup California white wine
1/4 teaspoon nutmeg
1/4 teaspoon salt
3/4 pound Jack cheese, grated
1/2 cup toasted sesame seeds
Beat cream cheese until soft; blend in wine, nutmeg and salt. Stir in grated Jack cheese. Shape into log about

10 inches long and 2 inches in diameter. Toast sesame seeds in shallow pan in a hot oven, 400 degrees, until they are golden brown-about five minutes. Sprinkle seeds on waxed paper. Roll cheese log in seeds, pressing seeds gently into the log. Chill in refrigerator until firm enough to slice - about two hours. Makes one one-pound log for slicing.

Afghanistan Favors Simple Rice Dessert
Women of the United Nations entourage from Afghanistan favored two recipes as most typical of their home cuisine. One recipe was for a soup and contained 17 ingredients; the other was for this simple but delicious rice dessert.

Cardamom seeds, the dried fruit of a perennial native to India, are called by them "grains of Paradise." They're used in many recipes of Afghanistan; are a valuable here, whole or ground.

1 cup long-grain rice
2 1/2 cups water
1 quart milk
1/2 to 3/4 cup sugar
Crushed cardamom seeds to taste

Wash rice and boil until very soft. Mash rice or put through a potato ricer; add milk, sugar and cardamom (perhaps six seeds, crushed). Mix thoroughly. Boil vigorously until foamy, stirring constantly. Chill. Serve in sauce dishes with jam or marmalade.

Pork and Beans

Young buckaroos and their older teen-age brothers will go for this Texas way with beans in a big way. That's why we make 10 generous servings for maybe five boys.

1 can (1 pound 15 ounces) pork and beans
1 can chili con carne (all meat)
2 medium size onions, sliced
3/4 cup catsup
4 slices bacon

Combine pork and beans and chili con carne; mix well. Pour into ungreased three-quart casserole. Cover with layer of sliced onions. Blanket onions with catsup. Over this, arrange bacon slices parallel. Bake uncovered for 45 minutes in 350 degree oven. Let stand 15 minutes or so to mellow.

Fruits of Efforts Prove to be Small

Rolla, N.D. - Members of a Chippewa Indian tribe work for a manufacturer and the sum of their production for a year doesn't even fill a milk bottle.

The workers make instrument jewel bearings, vital parts in missiles and electronic measuring devices.

The Bulova Watch company plant, which produces three million bearings a year, the only volume production sources in North America.

GOOD FISHING

Denver -UPI- The Colorado Game and Fish Department planted a record 1,295,000 pounds of trout in the state's much-fished streams during 1959. The trout, varying from fingerlings to more than six inches in length, numbered 17,273,000. An additional 18,681,000 warm water specimens also were planted.

Men's Topcoats for Spring Lightweight

Men's topcoats for spring are so lightweight that they have scarcely more left than the suit underneath. Yet there's been no sacrifice of warmth and protection.

Fabrics have worked new miracles that lend younger life to coat shapes and make them crease-resistant, too.

New shorter lengths give topcoats a smartly balanced look plus a free quality that adds comfort and ease of wear. For the man who drives (and who doesn't) the new length is outstandingly practical.

Fashioned from a superb range of weaves and textures, they are tailored to be the perfect partners of suits in any of the Big Four Styles: Continental, American Natural, Ivy and American Ambassador.

Wool Topcoats

Men's wool topcoats for spring fill a definite need. These coats in practically feather-weight, 11-ounce fabrics of all-wool, provide just the right degree of warmth on spring mornings, reports the Wool Bureau.

Much lighter in weight than winter models, spring overcoats go comfortably with trans-season wool suits, those in the 8-to-10 ounce class.

As a welcome change from winter coats, wool topcoats for spring 1960 are in medium to light tones-all with flat,

smooth surfaces-all distinctly different from winter coats-all with smart, bright contrasting satin linings. Nubby, boucle-like soft-surfaced fabrics are no longer in style. The burnished tones, in particular, lend themselves handsomely to the new colors in spring wool suits.

Other important topcoat colors this season are olive, bronze, and in combinations-gold-bony and black-white. For a well-coordinated look, the smart man buys his wool topcoats when purchasing a new Spring suit.

Continental Styling
Continental styling has now taken over spring topcoats, and these are definitely the seasons smartest-topping; specifically for Continental suits, they're short in length-42-inch, usually. A typical Continental length is the coat that ends at the knee, giving men a longer, leaner appearance.

Sleeves on the Continental are cut narrower, pockets are slanted and flapped, and coats are styled with deep side vents. But the most lasting impression is the "shaped" look. There's nothing baggy about the Continental.

Another important topcoat style is the "split-shoulder." Preferred by young men, the "split-shoulder" coat has sleeves set-in in front and raglan in back.

A third coat is the set-in sleeve "box" coat. A dressy

coat, the "box" coat is preferred by men living in large metropolitan centers.

When trying on a new spring topcoat, see that the

coat sits correctly on the shoulders. The suit collar should not show, and topcoat sleeves should cover suit-shirt sleeves.

MAIL TRIBUNE, Medford, Or.
Thursday, May 5, 1960

Hollywood -UPI- Cheryl Crane, 16, actress Lana Turner's daughter, who escaped from a school for girls, has been ordered returned to the institution.

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