

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Curried Green Beans Will Enliven Menu

Looking for a new way with a vegetable? Try this on two cans of blue lake green beans; a variety of stringless beans of exceptional flavor, developed in our own Pacific northwest, now favored by most packers. We season them with curry powder, apple, minced onion for six to eight servings.

- 2 No. 303 cans blue lake green beans.
- 3 tablespoons butter or margarine
- 1/4 to 1/2 teaspoon curry powder
- 1 apple, peeled and diced
- 3 tablespoons sifted flour
- 1/4 cup liquor from beans
- 1/4 cup milk
- 3/4 teaspoon salt
- 1 teaspoon instant minced onion
- Paprika
- 1/4 cup liquid from beans

Drain one-fourth cup liquor from beans saving it for sauce. Heat beans slowly in remaining liquor. Melt butter; add curry powder and apple and saute over medium heat for three minutes. Add flour and cook and stir for one minute longer. Add liquids, salt and onion; cook and stir over medium heat until mixture comes to a boil and is thickened.

Drain heated beans, top with sauce and sprinkle with paprika.

## Fruit Salad Toss With Cocktail Mix

Crisp new cabbage tossed with chilled fruit cocktail (five fruits in one can) and lemon-flavored mayonnaise is a colorful salad combination pleasing to both eye and palate. Chill canned fruit cocktail and cabbage well before making up the salad. Six servings.

If served as main course at luncheon, consider savory cheese biscuits, cornbread or toasted nut bread as accompaniment.

- 1 No. 303 can fruit cocktail
- 2 cups finely shredded crisp cabbage
- 1/2 cup mayonnaise
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon salt

Salad greens  
Drain chilled fruit cocktail; add cabbage. Blend mayonnaise, lemon juice, salt. Combine all and toss lightly. Serve on assorted chilled salad greens for more drama.

## Vegetable Chowder Adds Ripe Olives

Ripe olives in a chowder is a new notion worthy of your testing at lunch or supper-time very soon. The delightful flavor this interesting fruit imparts to corn and potato chowder is very surprising. Six generous servings.

- 2/3 cup ripe pitted olives
- 1/5 cup chopped raw onion
- 2 tablespoons butter or margarine
- 2 cups diced uncooked potato
- 1 cup water
- 2 teaspoons salt
- 1 cup cooked or canned corn
- 2 cups milk
- Black pepper

Cut olives into large pieces. Cook onion slowly in butter until tender. Add potatoes, water and salt and simmer 20 minutes or until potatoes are tender. Stir in corn, milk, olives and pepper to taste. Heat thoroughly and serve with large crackers.

## Fresh Pineapple Hawaiian Delight

Fresh pineapples from Hawaii are available the year round but are most abundant right now and on through June. Their cost is surprisingly small. Enjoy them sliced, round or in fingers, grated or cubed. Eat them plain, dipped in sugar or mixed with other fruits.

They're good as appetizer, salad or dessert; also excellent served with meat.

To prepare fresh pineapple, trim off the spikes and near beginning at the base. Remove all the skin and dig out the "eyes" with point of paring knife. Discard core.

Color is not a sure indication of ripeness. They may be yellow, chocolate - green or mingled green and brown. A ripe pineapple has a very pronounced fragrance. Handle with care. The ripe fruit bruises easily. Ripen, if necessary, at room temperature, like bananas. When fully ripe, wrap pineapple to prevent its fragrance from being absorbed by other fruits; then refrigerate it. Eat very soon with much pleasure.

## May Markets Feature Dairy Products

It seems appropriate that Child Health Week, decreed by Congress and highlighted by President Eisenhower should appear on the calendar almost coincident with Mothers' Day. It so happens that mothers as well as many children are getting too little milk and dairy products to meet nutritional needs.

Nutritionists conclude that women, especially older women, frequently take less milk than the men and children in the family. People who are concerned with weight reduction often cut down on milk, especially teen - age girls whose nutritional requirements are high. It also is observed that low-income families generally use less milk than those who high incomes and that farm families without home-produced milk are likely to consume relatively small quantities.

If your family falls within any of the above categories, it is earnestly suggested that you step-up milk consumption to insure three to four glasses of milk a day for each child and at least two glasses a day for adults; put dairy products in menus more often.

Milk production is at record levels. Cheese of all kinds and ice cream are plentiful. Many consider these the best value for the money in the market.

Meat departments feature broiler - fryers, chickens and turkeys of all sizes and kinds. These seem ideal for Mothers Day, no matter whether there's company or not. You'll find good buys in beef, fresh and cured pork and in lamb. Enjoy coast-caught fish and shellfish at least once a week for good eating, menu variety.

Vegetable bins continue to overflow with fine quality in new potatoes, old potatoes, celery, asparagus, artichokes, cauliflower, cabbage, onions, spinach, green onions and radishes. Supplies of corn, cucumbers and eggplant increasing right along.

Fruit excitement: First of California's sweet cherries have been cited and that means cherries from now through August as northwest cherries follow California's crop in a few weeks. Cantaloupes and watermelons are coming in; luxury items but they'll taste mighty good. Strawberries will stay about the same price from now on because freezers and jam-makers are already busy. Plenty of oranges, lemons, grapefruit, bananas.

## 4-H NEWS

### Sewing Susans

A Mothers Tea was held at the Brewsters and Brions home May 2. We brought our projects and showed them to our mothers. Fourteen members and 12 mothers were present. Sandra Brewster judged a class of potholders.

Refreshments were served and the meeting was adjourned.

Susan Head, Reporter

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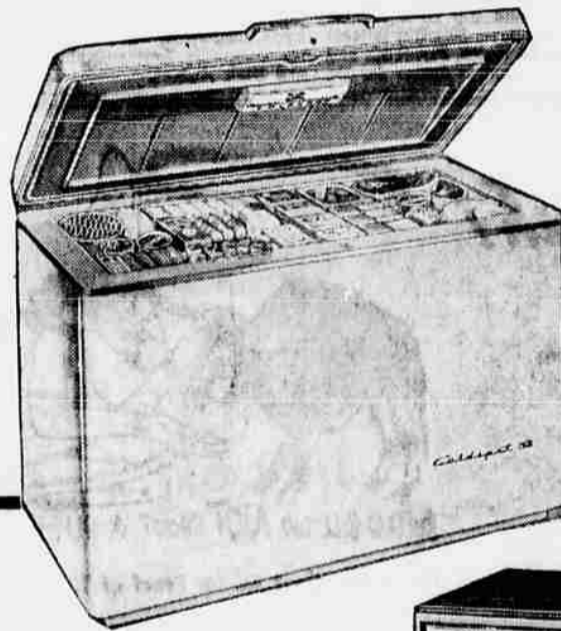


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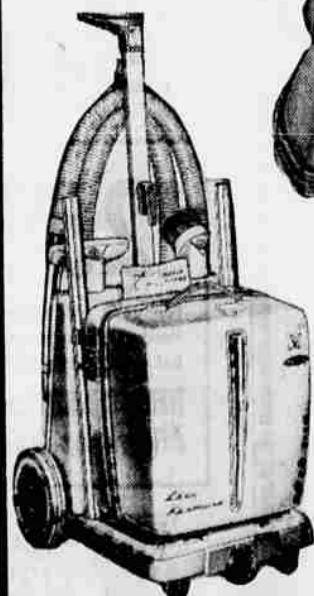


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