

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Almond Date Drops

These cookie treasures are plump, soft, "cushiony". They are orange-flavored and filled with crisp almonds and chewy fresh dates; are topped with spicy sugar before baking. Party stuff to be sure and therefore worthy of the family. Recipe makes 3 1/2 to 4 dozen cookies or enough for both family and friends.

- 1 cup fresh California dates
- 3/4 cup shortening
- 1 cup sugar
- 2 eggs
- 1 tablespoon grated orange rind
- 2 1/2 cups sifted all-purpose flour

- 1 teaspoon salt
- 1/2 teaspoon soda
- 1/2 cup orange juice
- 1/2 cup sliced or chopped almonds

\*Topping  
Pit and slice dates. Cream shortening and sugar together thoroughly. Beat in eggs and orange rind. Sift flour with salt and soda. Blend into creamed mixture alternately with orange juice. Stir in dates and almonds. Drop by spoonfuls onto greased baking sheets. Sprinkle with topping mixture\*. Bake in hot oven, 400 degrees, 10 to 12 minutes. Remove to wire racks to cool.  
\*Topping. Blend one tablespoon grated orange rind, two

tablespoons sugar and one-fourth teaspoon cinnamon.

## Spiced Prunes

Spiced prunes for breakfast may be served in a variety of ways, with ham or bacon, for instance. Or place spiced prunes in a glass bowl and circle with cream. Top hot or cold cereal with spiced prunes, adding a little of the juice along with the milk.

To spice prunes, simply pour boiling water over dried packaged prunes; add cloves and cinnamon stick; stir. Let stand 24 hours, stirring occasionally.

## Meal Dress-Ups

Canned pickled beets or home pickled beets - a sweet and sour flavor that adds zest to any meal.

Applesauce is flavorful any way you serve it: cold or warm, passed in relish dish or served in sauce dishes. For variety, dissolve red cinnamon candies in apple sauce.

Spiced peaches add a luxurious air to any meal. Serve them chilled or warmed; pass in relish dish or garnish meat platter with them. Ideal with pork, poultry or veal.

For a touch of continental elegance, try serving hot plumped prunes as an accompaniment with roast lamb, beef steak or broiled chicken.

## Fruited Cabbage

Fruited cabbage au gratin is a new vegetable dish combining plentiful new-season cabbage and cooking apples topped with cheese sauce and quickly browned. Recipe makes six servings.

- 6 tablespoons butter
- 2 quarts (1 1/2 pounds) shredded cabbage
- 2 cups sliced cooking apples

1 teaspoon salt  
\*Topping  
Melt butter in a skillet and saute cabbage and apples until tender. About seven minutes should do it. Stir in salt. Place in 1 1/2 quart baking dish.

\*Make a topping by blending two cups shredded cheddar cheese, one well beaten egg, four tablespoons dairy



PREPARES MURAL - Kansas City artist Thomas Hart Benton is shown working on his mural for the Truman Library at Independence, Mo. Benton doesn't expect to finish the work for many months. (UPI Telephoto)

sour cream and one teaspoon prepared mustard.

Spread topping evenly over Fruited Cabbage. Place under broiler just until browned. Serve immediately.

## Easy Spiced Peaches

Empty a No. 2 1/2 can cling peaches into a sauce pan. Add a stick of cinnamon, a teaspoon whole cloves and a couple of tablespoons of vinegar. Simmer 10 minutes and let stand overnight. So easy, so good.

## Put Money on Lamb Now!

Other Good Food Buys  
There's an abundance of very good quality lamb in the market at reasonable cost. This is time of year when our west coast lamb is a bit heavier due to green pastures. The lambs tend to get plumper, just like a lot of humans. All

cuts for stewing and braising are bargains.

For roasting, we suggest economy priced square cut shoulder, cushion shoulder, rolled shoulder, rolled breast or a lamb loaf made from lamburger. Fancy legs and chops are wearing special price tags too in many markets. Put your money on lamb now and put whatever futures you can find space for in the freezer.

## Beef, Pork, Veal

Seek and ye shall find good buys in economy cuts of beef for long, slow cooking. Try one of the tenderizers on "choice" beef instead of the higher priced "prime" and the family may not even notice the difference in tenderness. Good fresh pork buys include steak, blade steak, fresh side meat, liver, kidney, spare-

ribs, hocks, neck bones, tongue. Best buys in cured pork are right where they always are; among the boneless shoulder butts, picnic, ham shanks. Try veal for a change.

Poultry  
Broiler-fryers continue good eating at modest cost. Larger turkeys are offered whole, halved, quartered to suit all family sizes. If family is small chicken and turkey "parts" often provide best eating at reasonable cost.

## Dairy Products

We're going into season of greatest abundance of milk and that means also cream, sour cream, buttermilk, cottage cheese, cheddar and a surprising variety of west coast natural and processed cheese found only in this area. Fish and Shellfish  
Fresh salmon is special

MAIL TRIBUNE, Medford, Or. Friday, May 13, 1960

## Ship Reduction At Tongue Point

treat right now. Plenty of cod, Dungeness crabs, fish sticks, halibut, rockfish, flounder, sole and shrimp, too. If your "compleat angler" hasn't brought home trout, you can catch them in local markets. When fish are cooking you'll need plenty of lemons.

All the good standbys plus fresh pineapples and papayas from Hawaii. Springtime peaches, cherries, corn on the cob and cantaloupes are noted.

## More Money Seen For Oregon Cities

Portland - The League of Oregon Cities has estimated that the state's cities will have at least 11 cents per capita more next year in figuring their new budgets.

Astoria - Navy sources said Thursday reductions in the number of reserve fleet ships and in maintenance criteria for older ships would lead to a reduction in military and civilian personnel at Tongue Point.

All the ships of the Columbia river group are of World War II vintage and because of their age and declining Naval potential the readiness status assigned to them requires less work.

There also has been a steady decline in the number of ships in the reserve group. There has been a reduction of about 30 ships during fiscal 1960 and a further decline of 40 to 50 is expected next year. The decreasing requirement

will result in reduction of about 30 civilian employees, most of whom will be released during June and July. Presently there are 290 civilians employed at the installation.

In addition about 30 officers and 250 enlisted men will be made available for other duty. Presently there are 69 officers and 629 enlisted men attached to the Columbia river group.

Jackson County Needs Her Proven Experience in the State Legislature

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Pd. Adv., Eve Nye, R. for Rep. Comm., P. Lowry, Chmn. Cooley Bldg. Medford

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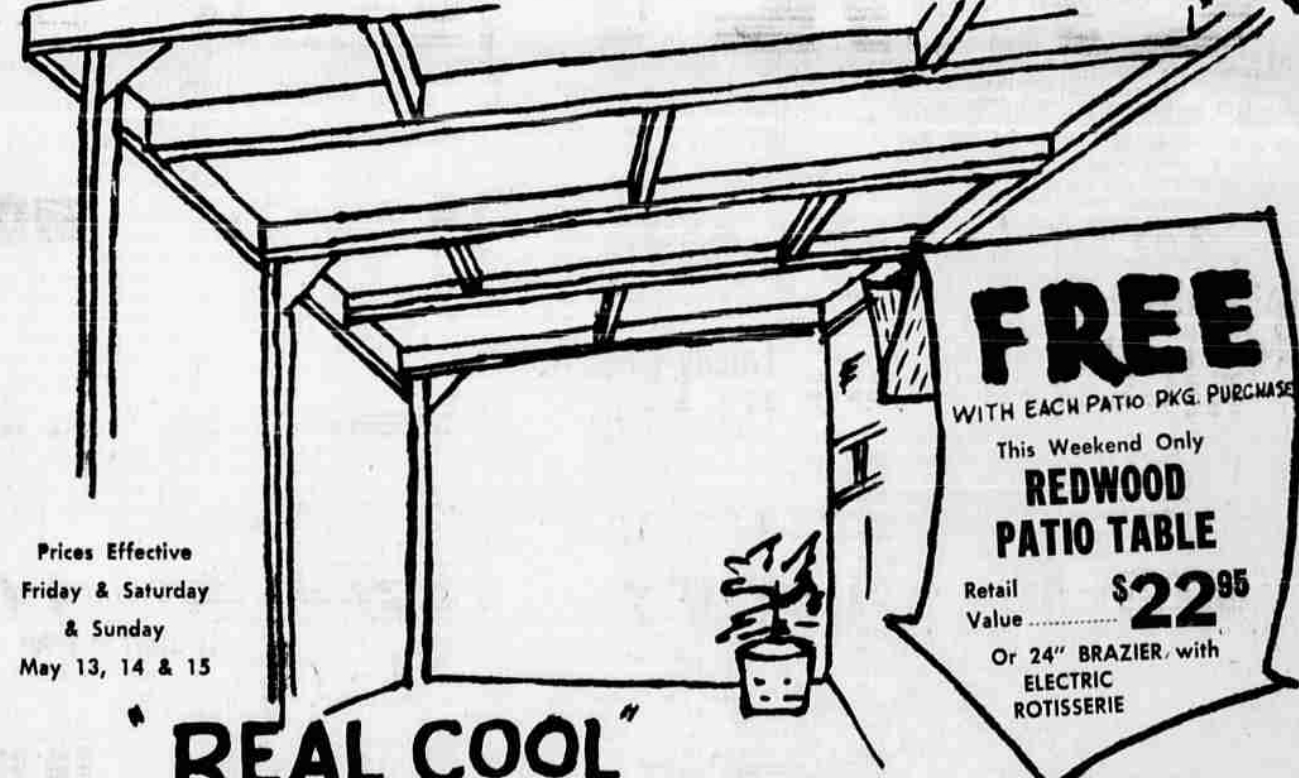
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