

# Feeding the Family

By ZOLA VINCENT  
Food Editor

### Play Many Roles

Now is the season of delight in casseroles. The casserole is a dish of many talents, capable of appearing in many guises. Its content accommodates itself to the rest of the cast. It can loaf in the oven or linger in the chafing dish. The casserole stays at home and it goes to parties with equal aplomb. It goes to the table or sits on the sideboard (now called a buffet).

The casserole appears in transparent heat-resistant glass, gaily colored vitreous china, earthenware, porcelain, enameled cast iron, California clay pottery and in metal. It can be used on the range, in the range, plugged in or kept hot on the barbecue.

Its shapes and sizes are beyond numbering. The ubiquitous casserole even comes in mix or match ensembles. It can house anything from hearty chowder to chocolate soufflé.

### Casserole Care

Before we put anything in our star performer, let's consider its care lest its life be shortened needlessly. Unless the casserole is of cast iron or copperware or carries a guaranty against any casualty, here are things to remember: To cook on top of stove with pottery, glass or china,

use an asbestos pad or an iron flame protector under the utensil.

Begin with a slow flame, increasing heat gradually. Never place an empty casserole over the flame nor in a hot oven. Avoid sudden change of temperature from very cold to very hot or vice versa unless the guaranty says it's o.k.

If your prepared casserole has been stored in the refrigerator or freezer, place the dish in warm water to remove the chill.

Never place a hot casserole on an extremely cold or damp surface. Do not pick up a hot casserole with a wet cloth or pot holder.

Do not pour cold liquids into a hot casserole. If you wish to increase the liquid in the dish after cooking for a while, heat the liquid to be added.

Do not put cold butter or oil into a hot casserole. Put the cold substance into the casserole when it is cold, then heat the two together. It is always wise to grease the casserole before adding the ingredients.

If your casserole is tin-lined copper, handle it with loving care. Protect table tops from a fast scorching by the use of tiles, trivets, hot pads or adequate cork mats.

Now you're enjoying casserole cooking at its best. **Dad's Hearty Rabbit**

A family and/or company will enjoy this hearty rabbit baked and served in casserole. It's a favorite with men and growing boys.

Spread two cups buttered rice in bottom of shallow casserole. Cook one medium chopped onion and one-half medium size green pepper in two tablespoons butter or margarine until tender. Add one can drained whole kernel corn, one can (one pound) tomatoes, two slices bread cut in tiny cubes, one-fourth teaspoon salt, one teaspoon Worcestershire sauce; mix.

Sir in one beaten egg and two cups grated sharp cheddar cheese. Pour over rice. Bake in moderate, 375 degree oven, about 30 minutes. Six servings.

**Herb Storage.** Summer time and all the time, dried



**SUPPER PERFECTION**—Summer supper perfection is attained with a hot casserole, a cool crisp salad, a French loaf, an assortment of beverages and plenty of paper products. Casserole treasures are included in today's food columns.

herbs should be stored in tight containers (jars or cans) in a cool place. Most herbs keep their flavor about a year when properly cherished.

### Colombians Stuff Pot Roast with Vegetables

The idea of stuffing a pot roast with vegetables was a new one to us when we read a favorite recipe (Carne Clavetada) from a private collection of the wife of a Colombian delegate to the United Nations. We tried it, found it attractive, delicious and unusual; a real conservation piece as the family enjoyed it; asked for seconds. Eight servings.

3 pounds beef (pot roast)  
4 carrots, sliced lengthwise  
2 onions, sliced crosswise  
1 1/2 teaspoons salt  
1/2 teaspoon pepper  
1 tablespoon vinegar  
1 tablespoon cornmeal  
1/2 cup cold water

Make incisions in the beef around the entire surface. Insert into each one, a slice of carrot and one slice of onion. Place beef in a deep pan and cover with water. Add salt,

pepper and vinegar. Cover and place in refrigerator overnight.

Next day, simmer for 2 1/2 hours or until meat is tender. Keep covered to avoid evaporation of water and turn meat occasionally to prevent it from sticking to pan. When meat is done, pour stock into a saucepan. Mix cornmeal in one-half cup of cold water; add to the stock and boil for three minutes. Serve (in gravy boat) with meat.

**Frosty Favorites**  
For refreshments for an energy break on a summer afternoon or to double as beverage and dessert for an outdoor meal, here are three shakes to make ready in a shake.

Add scoop of chocolate ice cream to three-fourths cup chilled chocolate milk; beat or shake.

Add chocolate or coffee ice cream to three-fourths cup cold coffee and beat, shake or stir.

Shake or beat big scoop of lemon sherbet with three-fourths cup chilled buttermilk.

### Chicken Montego Is Casserole Treasure

This recipe for chicken as it is cooked in Montego Bay area is an elegant meal-in-a-dish that can be made ahead, give pleasure to the family or be taken to a party with mutual satisfaction to all. Six servings.

3 large chicken breasts, split  
3 tablespoons flour  
1 teaspoon salt  
Pepper  
1/4 cup shortening  
4 ounces spaghetti twists or elbow macaroni  
1 can (4 ounce) mushroom buttons or fresh mushrooms  
1 can condensed cream of celery soup  
1 teaspoon marjoram  
1 pint dairy sour cream  
1 can peas  
Paprika

Roll chicken breasts in mixture of flour and seasonings. Brown in shortening; remove from skillet. While chicken is browning, cook spaghetti twists or fancy macaroni following package directions; drain. Lightly brown drained mushrooms in skillet. Add soup and marjoram to mushrooms and stir until smooth; add sour cream.

Put cooked spaghetti in a shallow casserole. Add drained peas and half the soup mixture; mix lightly with fork. Arrange chicken breasts on top and pour remaining soup mixture over them. Cover and bake in a moderate oven, 350 degrees, 45 minutes. Remove cover and bake an additional 15 to 20 minutes, until chicken is tender. Just before serving, sprinkle chicken with paprika. Admire, then enjoy.

**Avocado Dressing**  
There's an abundance of head lettuce and here is a new dressing for serving over lettuce wedges, over shredded lettuce or for tossing.

Into two-thirds cup mashed or sieved avocado, stir one-half teaspoon salt, one tablespoon fresh lemon juice, a few drops of Tabasco sauce and three tablespoons mayonnaise. Add chopped parsley and finely cut green onions. Makes about one cup dressing to rate raves.

## Restoring of Fertility To Men Possible

Miami Beach, Fla. (Science Service) — There is new hope for men who have had surgical operations for sterilization. A California doctor has perfected a hollow-split technique to restore fertility in such cases and so far it has been successful.

Dr. Stanwood S. Schmidt, a urologist practicing in Eureka, Calif., told the American Medical Association here that presently established techniques failed 50 per cent of the time, usually because the sperm tube becomes blocked again.

**Tied End Bulged**  
In sterilization, the vas deferens, the sperm tube leading from the testis to the storage capsule, is cut or tied shut in the middle. The tied end closest to the body becomes bulged a little, probably because of a slight pressure from spermatic fluid in the testis. The operation is performed on both sperm tubes.

In the usual restoring operation, the tied ends are re-opened and rejoined, bulged end to smooth end. This makes a crooked joint around which spermatic fluid collects, hardens and eventually plugs up the tube again.

This crooked rejoining and the blocking by calcified spermatic fluid is the cause of most of the failures, Dr. Schmidt said.

**Bulged Section Removed**  
In his new technique, developed in dogs under a grant from the Population Council, Inc., Dr. Schmidt cuts out the bulged section, about half an inch long. He then inserts a tiny polyethylene tube through the skin, into the vas deferens and passes it down past the spot where the cut ends are later sewed together.

This hollow splint not only insures a straight joining, but also allows the spermatic fluid to by-pass the sewed spot and drain off into the bandages.

**Ends Heal Smoothly**  
In about ten days the ends have healed together smoothly, the polyethylene splint is removed and fertility has been restored.

In Dr. Schmidt's experiments with young male dogs, microscopic examination of the vas deferens and its surrounding tissue showed no more inflammation than any other clean wound 30 days after operation, indicating that the polyethylene is not reactive. There was no calcification of spermatic material. Although not yet widely used, the technique has been tried in a few men and has been satisfactory. Dr. Schmidt believes doctors can now tell patients that surgical sterilization in men no longer need be permanent.

### Big Service Station Offers Everything

Gramercy, La. — If water won't mix with gasoline, how come soup will?

The answer can be found here in an unusual gas station called the Moto-Mat. The station is operated by Esso Standard as a test center for new ideas in merchandising which are passed along to the company's 24,000 dealers.

In addition to having his car serviced, a passing motorist can sip a cup of soup or dine on a variety of foods dispensed by coin machines. The station has an air-conditioned lunch and lounge area, a dining patio and children's playground.

Among the station's 18 employees are three hostesses who help keep the youngsters entertained in addition to providing hotel and motel reservations and giving travel information.

### Curious Teen-Agers Not Really Burglars

Lancaster, Pa.—When police arrested two 18-year-old youths for breaking into a home here, burglary charges were lodged.

However, after all the facts were in, District Attorney William C. Storb recommended that the charge be reduced to prowling. The youths pleaded guilty and were placed on probation.

Storb said the pair didn't intend to steal anything. They broke into the home of Judy Keller, Lancaster county beauty queen, to get a look at her diary.

## Free Hair Cut Still Available Along Skid Row

Chicago — UPB — The day of the nickel beer may be gone, but there's still a spot in this city of four million where a guy can get a free shave and haircut — if he's sober.

Joe Palopoli, who has been trimming heads 50 years, runs the place, along with 32 student barbers. They cater to the more tidy-minded habitu-

ates along Chicago's skid row. It's the Chicago Barber college and a long line of hard-minded bums wait out in front each morning for their periodical trim.

As Joe, who quickly admits "I'm the best barber in the city," puts it: "The Salvation Army puts clothes on their back and we clean them up." **All Get Top Service**

But, said Joe, a hobo — just like a banker — wants a good trim.

"They'll come in with a three-week beard and a mop of hair half way down their shoulders," Joe said, "but they're still vain."

"Some want a trim, others say not too much off the back

and still others want a neatly clipped crew cut. In any case, they all get top service."

"We just get out the equipment," Joe said, "and get to work. And if my students don't do a good job I finish it up."

Joe admits his is not a gabby shop. "We don't talk to the customers too much," he said. "Our job is to learn to cut hair. Anyone can talk."

Joe says not all of his customers are down and outers. "You know," he said, "sometimes we get guys dressed up in real good suits and shoes. Business men, I guess. They come in for a free hair-

cut. I guess they hate to pay the big prices uptown.

"It kinda makes me laugh." **No Drunks Allowed**

On the wall of Joe's barber shop hangs a sign which is a cardinal rule: "No drunks allowed."

"If they're drunk," Joe said flatly, "no haircut. We can't take them if they've been drinking or just coming off a spree.

"Their heads roll and they shake a little. It makes my barbers nervous."

"Why, you know," Joe added, "a customer could get his ear cut off or his throat cut acting like that."

For the record, Joe said they haven't lost a customer yet.

# WIN THIS BOAT!

## 16-foot Bell Boy Soft Top...40-hp Scott Motor!



# 5 WINNERS IN AUNT JEMIMA'S 3-STATE (Washington Oregon and Idaho only!) CONTEST



**FAMILY VACATIONS!** The all-weather Bell Boy Convertible is big enough for the whole family (16 feet long; 6-foot, 9-inch beam), and handles like a dream.



**FISHING!** This 40-hp Royal Scott motor with electric starter whisks you out to the best fishing spots... and you save your energy for reeling in the big ones!



**WATER SKIING!** There are thrills aplenty whether you ride the skis or behind the wheel of the Scott-powered Bell Boy—an outfit with real get-up-and-go—in style!

Here's all you do to enter:



Buy Aunt Jemima Pancake Mix — BUTTERMILK, BUCKWHEAT or REGULAR in the 4-lb. sack with this special label. Official Entry Blank and full contest rules are packed inside

Buy a sack of Aunt Jemima Pancake Mix with the special contest marker. Inside you'll find an entry blank. Fill in your name and address, and in the space provided, tell why you would like to have one of these boats, in 25 words or less. Mail entry to address indicated. Writers of the 5 best entries will each receive a 16-foot Bell Boy and 40-hp Royal Scott Motor. Contest limited to residents of Washington, Oregon and Idaho. All entries must be postmarked by midnight, July 16, and must be received not later than July 23, 1960. You can count on Aunt Jemima to make the lightest, tenderest, eatingest pancakes that ever came sizzling off the griddle—indoors or out!



# FOOD FAIR!

FREE PARKING—Corner of 4th and Front Street—FREE PARKING

TENDER FLAVORFUL **SIRLOIN STEAK** Semi-lb. **69¢** Boneless

**Round Steak lb. 79¢** **NEBERGALL'S Wieners 2 pkgs. 79¢**

**Blade Cuts BEEF ROAST lb. 49¢** **MORRELL'S Sliced Bologna lb. 39¢**

SORAN'S FRESH **FRYERS** Pan-Ready each **98¢**

**CAMPBELL'S Tomato Juice** 4 46 oz. tins **\$1.00**

**HOLIDAY MARGARINE** 3 1-lb. pkgs. **49¢**

**SILK TOILET TISSUE** 3 4 roll pkgs. **89¢**

**SURLES RANCH AA SMALL EGGS** 3 Doz. **\$1.00**

**VET'S DOG FOOD** 13 No 1 tins **\$1.00**

**TASTEWELL PEAS** 303 Tin **10¢**

**TASTEWELL Whole CORN** 4 303 tins **55¢**

**TASTEWELL GREEN BEANS** 4 303 tins **55¢**

Yellow Dry **Onions** 5¢ pound

LOCAL **Strawberries** 5 Cups **99¢**

Fresh, Juicy **Lemons** 29¢ Box

**Hill's Bros. COFFEE** 1-lb. Tin **65¢**

We Appreciate Your Business . . . We're Locally Owned

## VETS' PETS PREFER NEW VETS' NUGGETS OF NOURISHMENT

Top quality... money-saving low price!

Help provide guide dogs for the blind—see Vets' labels for details!