

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Make Way for Painless Picnics

Now if ever is the time for painless picnics. If your family has a yen for the great outdoors and wants to wander further than their own backyard, it is good to reflect that picnics at home or abroad can be less trouble than a meal in the breakfast nook.

If your enthusiasm for such things is at low ebb because you don't care to contemplate endless sandwiches, let us contemplate something else. Do it the casual way. Take along or transport to the cool spot the makings instead of the finished foods.

**Accessories.** With gay, colorful paper accessories, plates with a smooth finish, sturdy paper cups, salad and dessert dishes, paper napkins, salt, pepper and sugar, all pre-assembled on a tray, you're practically on your way out the door.

**Meat Situation.** We think of nothing to compare with the slices of any cold roast be it beef, leg of lamb, veal, pork or poultry. Lacking a cold roast in the refrigerator, delicatessen cold cuts and/or canned meats are mighty tasty. With canned meats, of course, there's no refrigeration problem whether you travel 50 feet or 50 miles.

**Canned Meat Barbecue.** You can even barbecue slices of any of the canned luncheon meats, you know. Or place finger length strips on a barbecue fork, toast, dip in barbecue sauce and put in long loaf bun.

**Choosing Cold Cuts.** Pick an assortment in shape, texture and flavor. Choose some round, some square, some oval. Choose mild flavored cuts as well as spicy ones. Team up firm cuts like salami with soft lemons like liver sausage or braunschweiger. Alternate cold meats with slices of American cheese of several varieties. They may be arranged flat, halved diagonally, rolled tightly or rolled loosely in cornucopias.

**Breads and Seasonings.** Alongside, you'll want a basket or tray of rye bread, whole wheat bread, pumpernickel, French sour, buffet rye and maybe some crackers. Check on mayonnaise, mustard, pickles, some crisp relishes kept cold as possible. Seasonal fruits and plenty of cold beverages according to ages and preferences. To each his own.

## Peach Delight Pie Made with Pudding Mix

The most appealing summer desserts have a cool air; come straight to the table from the refrigerator. Most popular of course are ice cream, sherbet and chilled fruit. Also enticing are light and luscious refrigerator pies like this Peach Delight with popular graham cracker crust.

**Pie Crust.** Crumble and roll about 24 graham crackers for 1½ cups graham cracker crumbs of very fine texture. Reserve two tablespoons

crumbs. Mix the remaining crumbs with one-third cup soft margarine or butter, one tablespoon sugar and one-eighth teaspoon salt until crumbly. Line bottom and sides of nine-inch pie pan which has been well greased; press crumb mixture firmly in an even layer. Bake 10 minutes in very hot oven, 400 degrees. Cool before filling.

**Filling.** Cook one package vanilla pudding mix according to package directions. Let cool, stirring occasionally so that pudding will not set. When cool, fold in one cup cubed fresh peaches and one-half cup of heavy cream which has been whipped. Pour filling into pie shell. Sprinkle two tablespoons (remaining) crumbs over top. If desired, sliced peaches may be arranged to form a star on pie filling. Dip peach slices first in lemon juice.

Place in freezer until firm, 1½ to 2 hours or in refrigerator four hours. Serve soon for finest texture and flavor.

**Tomato Broil.** When rosy tomatoes are at their best, try this: Combine one teaspoon grated onion with one-third cup real mayonnaise. Sprinkle salt and pepper on tomato halves; top each with one tablespoon mayonnaise. Broil 8 to 10 minutes. Enough for six tomatoes, halved.

## Midnight Plum Pie Pretty as the Picture

Plums and fresh prunes are superb when eaten out of hand. They have a refreshing tart sweetness. They make good pies, stewed fruit, preserves, jellies and jams; are tasty in ice cream, in puddings and Bavarian creams.

Here we put them in a black cherry-flavored mold for an unusually handsome and tasty dessert treat. Note carefully the new ice cube technique in handling the fruit-flavored gelatin. Top with whipped cream and toasted slivered almonds, if you like.

- 1 3-ounce package black cherry-flavored gelatin
- 2 tablespoons sugar
- ¼ teaspoon salt
- 1 cup boiling water
- 8 large or 12 smaller ice cubes
- ½ teaspoon almond extract
- 2 cups chopped fresh purple plums (about 1 pound)
- 1 baked 9-inch pie shell
- whipped cream
- Toasted slivered almonds

Make one layer pie shell and bake according to pie mix or favored recipe directions.

Combine gelatin, sugar and salt. Add boiling water and stir until gelatin is completely dissolved. Add ice cubes and stir constantly two to three minutes or until gelatin starts to thicken. Remove unmelting ice. Add almond extract and let stand two to three minutes. Then add chopped plums. Stir. Pour into baked pie shell. Chill until set, about three hours. Garnish with



**ICE CUBE TECHNIQUE** — This Midnight Plum Pie is made with black cherry flavored gelatin using new ice cube technique. Add chopped purple plums, chill, then garnish with whipped cream and toasted slivered almonds, if desired. The recipe is included in today's food columns.

## Time for a Good Loaf

A meat loaf that leaves little time for other loafing the next day is a fine idea. This recipe makes 8 to 10 servings; is equally good hot or cold. Mustard pickles with this.

Combine two cups fine soft bread crumbs, one egg, slightly beaten, two pounds ground uncooked ham, one cup buttermilk, one teaspoon prepared horseradish; mix well. Add salt if the ham is not very salty. Pack into greased loaf pan, pressing well into corners. Bake in moderately hot oven, 375 degrees, about 1½ hours.

## Corn Soup Liked By People of Ecuador

The people of Ecuador have plenty of bananas, rice, tropical fruits and drinks made of oranges, pineapples, young coconuts in their diet. Plenty of wheat, barley and corn which they use for tortillas and their many kinds of buns and stews.

We chose this recipe for corn soup because of our current abundance of fresh corn-on-the-cob; think it is interesting that they add a bit of sirloin beef. To reduce cost, however, they suggest that cut cooked soup meat may be substituted for sirloin beef.

- 1 pound soup meat
- 4 cups boiling water
- 8 ears fresh corn
- 1½ teaspoons salt
- ½ teaspoon pepper
- Few drops yellow food coloring
- ½ pound sirloin beef cut in small pieces
- 1 teaspoon fat
- 1 hard-cooked egg, chopped

Simmer the soup meat in water, covered, about 1½ hours or until tender. Remove meat. Husk corn, slit each row of kernels with point or sharp knife, then scrape out pulp and creamy liquid (using only upward or downward stroke (not both)). Pour the creamy corn into beef stock while stirring. Add salt, pepper and food coloring. Simmer till consistency of light cream, stirring occasionally.

Meanwhile, quickly saute pieces of sirloin beef in fat in skillet till brown. Serve soup garnished with browned beef

and chopped egg. Six servings, if desired.

## Muffin Magic

Whether you make your own or use a muffin mix, the family will enjoy these variations:

Top muffins with teaspoon of any favored marmalade or jam before placing them in oven.

A few slices of bacon will do double duty, serve many, if chopped crisp bacon is added to muffin batter.

Top muffins with creamed hard-cooked eggs flecked with pimiento, green pepper bits.

## Extras Agree on Work Contract

Hollywood — UPI — Negotiators have reached agreement on a new four-year work contract between the Screen Extras Guild and the Alliance of Television Film Producers and the Association of Motion Picture Producers, it was announced today.

Representatives of the three groups came to terms on a pact granting extras a 10 percent pay hike and a health and welfare plan and other special adjustments.

The contract covers extras in theatrical and television films, commercial, industrial and other types of motion pictures.

Terms of the new contract must be ratified by guild members at a mass meeting to be held in the near future.

## Big Government Said Desire of Parties

Washington — UPI — The head of the ultra-conservative Americans for Constitutional Action says the Republican Party has joined the Democrats in a desire to solve all problems through an "all-powerful centralized government."

Adm. Ben Moreell (Ret.) complained Sunday night that Republicans now accept "in large measure" and the Democrats "without reservation" the thesis that big "government can be paternalistic, coercive and moral all at the same time."

## International Beauties Parade

Long Beach — UPI — The 52 contestants in the first International Beauty Congress visited Warner Bros. studios today before actual judging gets under way Tuesday night.

Upwards of 300,000 persons turned out Sunday by police estimates to line the parade route as the girls, bands and military units took part in a two-hour parade through the city.

Each of the contestants representing one nation rode a float and was garbed in a costume native to her country.

Preliminary judging will be held Tuesday of one-third of the girls in play suits, one-third in formal dress and one-third in national costumes. Final selections will be made Friday.



AUBREY N. LOPER  
Named Assistant Manager

## Former Valley Man Gets Appointment

Appointment of Aubrey N. Loper as assistant manager of U.S. National Bank Bend's branch has been announced by E. C. Sammons, chairman of the board of directors.

Loper joined U.S. National in 1946 at the Medford branch. He served in the proof department, bookkeeping department, personnel and collateral departments, and as a commercial teller and head teller. He transferred in February, 1960, to the Bend branch as loan counter assistant.

A native of Malakoff, Tex., Loper attended schools in Clyde and Baird, Tex. He has also completed courses with the American Institute of Banking.

In Medford, he was a member of the Junior Chamber of Commerce, Medford Safety council and the city budget committee.

He and his wife, Gladys, have three children: Alan Neal, six years old, Jerry Gene, 13, and a stepson, Larry Betcher, 16.

## Listeners Startled

London — UPI — Listeners lost a small measure of faith in the British Broadcasting Corp.'s reputation for the King's English when a BBC news announcer reported:

"His monosyllabic answer was 'nonsense.'"

## Lodge Asked To Resign UN Post

New York — UPI — Former New York Gov. Averell Harriman has called on Republican vice presidential nominee Henry Cabot Lodge to resign his United Nations post.

"Inasmuch as Mr. Nixon has started his campaign it is high time for Mr. Lodge to resign" his job as U.S. ambassador to the United Nations, Harriman said Sunday.

"Mr. Lodge's UN post should be entirely devoid of political considerations," Harriman said Sunday.

The former ambassador to Russia made the statement at La Guardia Airport before taking off for Washington and campaign conferences with Democratic vice presidential nominee Sen. Lyndon B. Johnson.

## Quotes From the News

BY UNITED PRESS INTERNATIONAL  
Old Tappan, N.J.—Robert A. Lewis, co-pilot of the B29 Enola Gay, recalling the first atomic bomb mission in history, over Hiroshima:

"I just can't forget it. The blast was stencilled in our minds. We saw a city disappear amidst the rubble of fire and smoke."

New York—Jack Dempsey, after being told that Luis Angel Firpo had died in Buenos Aires:

"He was the most dangerous man I ever faced."

Havana—Cuba's nine bishops and bishop-designates, in a declaration warning that Communist infiltration was advancing steadily in Cuba:

"The absolute majority of the Cuban people, who are Catholics, are against materialistic Communism . . . and could only be led into a Communist regime by deceit and force."

New York—Janet Waring, 20, originator of a beauty parlor for dogs at Allentown, Pa., discussing canine coiffure:

"Several years ago women stole the poodle cut from dogs. Now dogs are stealing hairdos from women."

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