



**PEPPER GIVES ZEST**—Pungent taste and full aroma of coarsely ground black pepper give zest to pepper steak and to oyster pie as January appetites seek new taste treats. These and other brand new recipes are included in today's food columns.

**Feeding the Family**  
By ZOLA VINCENT  
Food Editor

**Ways to Wage War on Food Waste Given**

Right now while resolutions are running high is the time to think it through; to sit quietly and read the score or so of economy-wise food hints that we've carefully assembled for you.

If you're trying your best, as who isn't, to balance the budget after the gay abandon of December shopping, here are ways to wage war on food waste, get far more for your money.

Reflect well also on the fact that you can feed your family adequately without resorting to costly food fads. Leading nutritionists debunk fad diets, declare that many of them are not only useless, a waste of money, but may be dangerous as well when followed for a long time. If you've a weight or health problem, your family doctor is the person to consult, not friends nor pamphlets nor books by food faddists.

E. W. Henry, Ph. D., says in his book *Food Without Fads*, "Perhaps the main harm done by following a fad diet is that people are prevented from eating good meals." Often the rest of the family suffers when a parent goes on a foods "klick".

Smart, economy-minded homemakers take into consideration the season of the year, the plentiful supplies by a bountiful nature, the fresh foods covered in this newspaper's weekly market report, the newspaper-advertised specials in all departments, the market displays of best buys. **Avoid Wasteful Ways.**

Waste begins with selection of food and carries right on through improper storage and use of leftovers. Consider the prodigious amount of fat wasted through improper storage. Leftover fats and droppings are good food and can be used again but they must be stored in a dry, cold, dark place. Left on range, they grow rancid, spoil flavor of other foods to which they are added.

There's waste in foods that are carelessly prepared and so turn out to be failures. Careful measuring according to recipe or package directions can make the difference between a dish or a cake that is thoroughly enjoyed or only half eaten.

When meat is improperly cooked, allowed to brown overly much or cooked at too high a temperature, it shrinks more than necessary, gives fewer servings per pound.

To preserve best flavors of leftovers, heat them thoroughly but do not cook the food again.

Leaf vegetables such as tops of beets or turnips, escarole, kale, spinach, collards are all approximately equal in food value. Use whichever is available at lowest price.

Sweet potatoes and white potatoes may be used interchangeably. White potatoes usually are the better buy but sweets are a special treat once in a while.

—Odd bits of tomatoes, green onions, green peppers, celery and parsley can be depended upon to add new flavor and interest as well as bulk and nourishment to leftovers.

—Check refrigerator and bread box each morning; otherwise you may be amazed at what you find lurking there a few days hence.

—Fruits and vegetables, being perishable, should be bought only in reasonable quantities and with appreciation of refrigeration and storage space. They should be examined carefully for spots and bruises that tend toward decay. Almost any part of a vegetable can be salvaged and will add nutritive value as well as flavor to soup stock.

—Waste of milk can be avoided by utilizing sour milk or cream in many delicious ways such as biscuits, pancakes, shortcakes, muffins among dozens of good things.

—Fish and poultry are especially plentiful in our area; comparatively inexpensive, might well appear in menus more often.

—Dried fruit and dried beans and peas which have been soaked for several hours or overnight require less cooking; are packed with fine nutrients, good flavors. They should be cooked in the water in which they are soaked, retaining all those good health values.

—Macaroni products are perhaps the most versatile and economical of foods; make a fine meal when simply buttered, added to cream or cheese sauce. They combine well with practically any other food for enjoyment hot, or cold in salads.

—Planned-overs save time, money and energy. One day's good eating often makes an even better meal when new seasonings are added for pep-up purposes.

—Brown and white eggs have the same food value. Buy whichever color costs less.

—Cook potatoes, both whites and sweets, in their

**Best Combination Stuffing for Jack Frost**  
East Lansing, Mich. (AP) — The credit for coloring leaves often goes to Jack Frost, but Michigan State University horticulturists say the color change would take place whether there was frost or not.

In summer, green chlorophyll masks the other pigments in the leaves, the horticulturists report. During the fall, the plants slow down production of the chlorophyll and the other colors show through.

with a mix. Roll pastry one-eighth inch thick. Cut into strips one-half inch wide and arrange lattice-fashion over casserole. Or if you like more crust, cover completely with pastry, slashing in several places to allow steam to escape. Trim pastry, turn under and flute edge. Bake in preheated very hot oven, 450 degrees, five minutes; reduce heat to moderate, 350 degrees and bake 30 to 35 minutes or until crust has browned. Serve hot. Six servings.

Treat the family to a new pepper shaker. Most pepper shakers on today's tables are out-of-date due to the ever-increasing popularity of coarser grains of pepper for more aroma and tang. Shake coarse black pepper from a salt shaker if you've no pepper mill handy.

This steak is worthy of part of that Christmas check. Eight generous servings. And simply divine if you're lucky enough to have some left over for serving cold.

4 teaspoons coarsely ground black pepper  
3-3 1/2 pounds sirloin steak or tenderized steak, cut 1 1/2 inches thick  
1 teaspoon salt  
3 tablespoons butter  
2 tablespoons salad oil  
1/2 cup boiling water, burgundy or brandy

Rub coarsely ground black pepper into both sides of steak. Sprinkle lightly with salt. Heat butter and oil in heavy skillet over high heat. Add steak and sear on both sides. Cook six to seven minutes on each side. Cooking time of course depends on degrees of rareness desired. Remove meat to serving platter. Add to the pan, one-half cup boiling water, burgundy or brandy and heat for one minute; pour over steak. Serve immediately.

**Oyster Pie Is Pepper Pungent**  
Black pepper is a nip more pungent than white pepper. For fullest aroma, put whole peppercorns through a pepper mill. Otherwise, it's easy to buy black pepper ground finely, coarsely or as cracked pepper. This Oyster Pie is a superb supper dish, early or late.

1 1/2 pints soup oysters or 3 dozen large oysters  
1 1/2 cups heavy cream  
1 teaspoon salt  
1/4 teaspoon ground black pepper

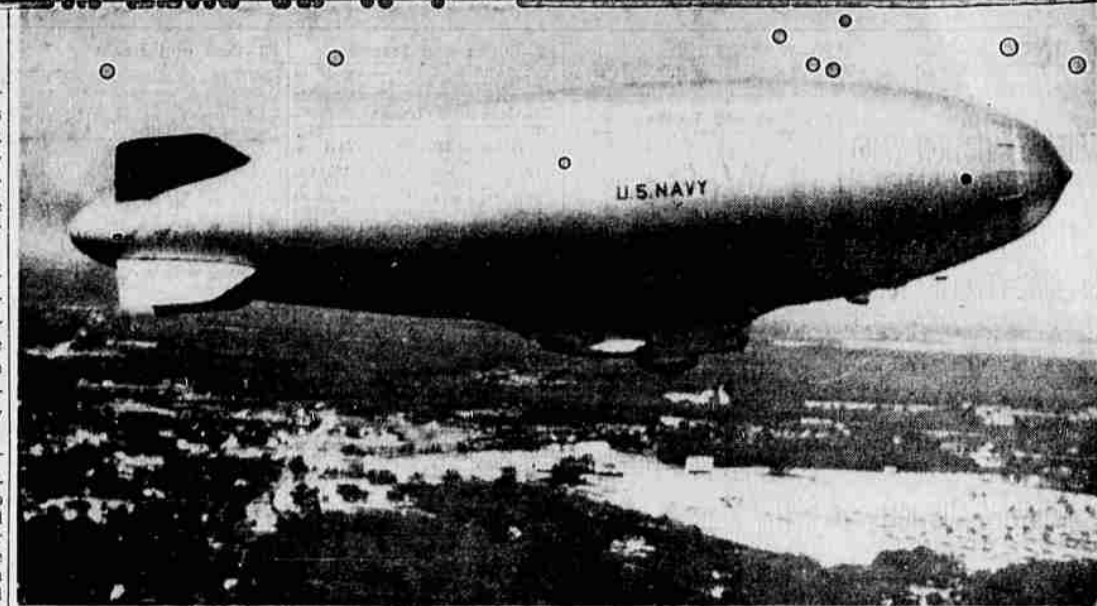
Pastry using 1 cup flour Heat oysters in oyster liquor over very low heat until edges curl. Do not boil. Drain off liquor and discard it. Heat cream only until hot (do not simmer). Combine with drained oysters, salt, black pepper. Turn into a one-quart casserole.

Make regular pie pastry according to usual recipe or

**COMMON CROP**  
Wheat is the most widely distributed of cereal crops.

**LARGE GLACIER**  
Also, Norway — Northern Norway contains Europe's only glacier which reaches from the mountain top directly to the sea.

**COAL MINE LEVELS**  
Few coal mines go down deeper than 3,000 feet.



**ON WAY TO WEST** — A football field-sized ZPG-2W Navy blimp is shown as she nosed westward from Lakehurst, N. J., naval air station on a five-day, two-stop flight to Santa Ana, Calif. The blimp will be the largest dirigible ever to cross the Rocky Mountains. It was sent west for "oceanographic and research and development work in California," the Navy said. (UPI Telephoto)

**Texas College Wins**  
Austin, Tex. (AP) — The University of Texas marriage team is winning trophies for arguing with each other. They are Mack and Virginia Kidd, members of the debate team, who take opposite sides in intercollegiate competition.



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**VEAL AND HAM MEAT LOAF**  
2 1/2 lbs. ground ham and veal  
3 tbs. minced parsley  
2 tbs. grated onion  
1 1/2 cups soft bread crumbs  
1/2 cup evaporated milk  
1 egg  
1 tsp. salt  
1/2 tsp. pepper  
1 1/2 tsp. accent  
1 can (9-oz.) pineapple slices  
1/2 cup brown sugar  
Combine meat, parsley, onion, crumbs, milk, egg and seasonings; mix well. Arrange pineapple slices in bottom of greased loaf pan 9"x5"x3". Sprinkle with brown sugar. Pack meat mixture in loaf pan. Cover with aluminum foil. Bake in moderate oven (350°) 30 min.; remove aluminum foil. Continue baking 1 hour longer. Turn out on platter. Makes 8 servings.  
**59¢** lb.

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