



UNUSUAL RECIPE—This sauerkraut pie is perhaps the most unusual recipe you'll come across in a month of Sundays. We celebrate National Kraut and Frankfurter Week with it.

Feeding the Family

By ZOLA VINCENT
Food Editor

Desert Grapefruit Helps Protect Health

"C" is for citrus and "C" is for a vitamin that is recognized as one of the best and most economical weapons to build up resistance to infection. Everyone is health conscious at this changeable season of the year when sniffles are extremely troublesome and every one knows that one sniffler in a family leads straight to another.

Good nutrition and buoyant health depend largely on including necessary nutrients in every day's diet and vitamin C so abundant in desert grapefruit is one of the very best "protectors." Unlike most vitamins, vitamin C cannot be stored in the body; must be consumed on a regular day to day basis.

This is no hardship for grapefruit makes mighty good eating any time of day or night. And in myriad ways. However, grapefruit is at its best when served fresh from the shell and when freshly cut for full benefits, best eating.

Nutrient Needs

Nutritionists agree that the daily requirements of vitamin C for men are 75 milligrams, for women, 70 milligrams, for adolescent boys 90, for adolescent girls 80; for younger children less, depending on age. Half a medium size grapefruit (about 4 1/2 inches in diameter) contains 50 milligrams of vitamin C; a cup of grapefruit segments measures in at 92 milligrams.

Also Abundant

Newcomers to our area marvel at the low cost of grapefruit, vow that it is several times more costly "back home," buy it in bags and eat it often rejoicing in the fact that season for current varieties will last well

Dances Scheduled During YMCA Week

Two dances for teen-agers are scheduled this week as part of the national YMCA week activities.

On Friday, Jan. 27, from 8 to 11 p.m., a senior high dance will be sponsored by the YMCA youth council.

On Saturday evening, there will be a junior high dance from 7 to 10 p.m. with special entertainment by The Shadows and the Teardrops, two singing groups made up of teen-age boys.

Both dances will be chaperoned, and refreshments will be available. Adults interested in the YMCA's dance program are invited to attend the dances.

into May. In Half Shell

Most of our fine flavored, juice packed grapefruit is enjoyed in the half shell because of its morning, noon and nighttime convenience. Some sprinkle it lightly with sugar or other sweetening though this is a habit rather than a necessity.

Western Salad Bowl

Here is a western-favored salad bowl that gives eating pleasure, pays health dividends. Two grapefruit are basis for eight generous servings of this desert delight.

- 2 desert grapefruit
- 1 large orange
- 1 1/2 quarts bite-size lettuce
- 1 small carrot
- 1/4 cup salad oil
- 1 teaspoon instant minced onion
- 1 teaspoon seasoned salt
- Salt and pepper
- 2 tablespoons lemon juice
- 1 medium-size avocado

Pare and section grapefruit and orange into salad bowl, squeezing into bowl any juice that remains in grapefruit shell. Add lettuce. Pare and shred carrot over greens. Sprinkle with oil, onion, seasoned salt, one-fourth teaspoon regular salt, pepper and lemon juice and toss gently until all ingredients are coated with dressing.

Cut avocado in halves and slice over salad. Sprinkle lightly with salt and toss at once lightly. Serve immediately.

Honeyed Grapefruit

An unusual but easy-to-do salad-dessert has fancy look and sweet-tart flavor like this: Roll fresh grapefruit sections in honey and then in coconut or chopped nuts. Serve on lettuce, a fig leaf or a grape leaf.

Kraut and Frankfurters In Unusual Pie Recipe

We'll admit right now that this recipe using sauerkraut and frankfurters in a pie is unusual. No one else but packers of sauerkraut could have thought this up. We were skeptical. We tried it and found it very good.

Sauerkraut which really is simply shredded cabbage that has been fermented in brine was a valuable menu item when the Great Wall of China was built, has continued in vogue ever since. Today's kraut packers rely on coast grown cabbage for much of their canned pack which results in crisp, firm texture, light straw to golden color.

- 1 cup sifted all-purpose flour
- 1/2 teaspoon salt
- 1/2 cup grated Cheddar cheese
- 1/3 cup shortening
- 2 tablespoons cold water
- 1 pound frankfurters
- 1 16-ounce can sauerkraut, drained
- 1 10 1/2 ounce can condensed cream of celery soup

1 medium-sized onion, chopped
1 teaspoon paprika
1/2 teaspoon dry mustard
Sift together flour and salt; add cheese and milk; mix well. Cut in shortening with pastry blender until evenly mixed. Gradually add water, tossing until evenly distributed. Press into a ball. Roll dough into a 13 inch circle between waxed papers. Line nine-inch plate with dough and flute edges using extra crust.
Slice frankfurters reserving

two for garnish. Arrange sliced frankfurters in pie shell. Combine kraut, condensed soup, onion, paprika and mustard; mix well. Arrange kraut mixture over frankfurters. Cut remaining frankfurters in quarters and arrange on top of pie. Bake in hot oven, 400 degrees, 35 minutes or until done.
Orange Ways
A "petaled" orange is fine for easy eating at breakfast or as a between-meal snack. Cartwheels or wedges, peeled

or unpeeled, are perfect for salad or fruit plate. Orange sections, whole or chunked, go well as dessert or as meat or poultry garnish.
Friels for Flavorful Economical Flank Steak
Flank steak is an economical, no-bone meat buy; lean and full of flavor. Have meat man score the steak which will weigh 1 1/2 to 2 pounds. Try braising it in one of these tasty sauces for unusually fine flavor; cover and cook over low heat until tender,

two hours or so.
Creole Style. Use diluted tomato soup as cooking liquid; add sliced stuffed olives and chopped onion.
Fruited. To cooking water, add diced celery, grated lemon rind and chopped onion. Half an hour before steak is done, add one-half cup apricots and a little more water.
Hearty Steak. Use canned consommé as the liquid and add to it, grated carrots. Or simmer flank steak in dairy sour cream, buttermilk or

onion soup.
Italian Style. To two cups cooking water, add three cloves garlic, peeled, one-fourth cup salad oil, four whole cloves, two tablespoons lemon juice.
Cooking Guide for Variety Meats
Many a fine restaurant features variety meats. Home cooks often pass up these nutritionally fine meats because they don't know how to cook them. Clip this handy guide for quick reference; give the

family new taste treats and textures.
Liver. Broil or pan-fry beef, veal or lamb liver. Braise pork liver which means longer, slow cooking. Or scald, grind and use beef or pork liver in loaves or patties.
Tongue. Simmer in salted water to cover until tender. If cooking a smoked tongue, omit the salt. Remove skin and root ends before serving. Beef tongue takes 2 1/2 to 3 hours; veal, lamb and pork

tongue, 1 to 1 1/2 hours. If you have pickling spices handy, sprinkle some into the simmering water.
Kidneys. Wash and remove membrane; halve and remove fat and tubes. Braise beef and pork kidneys. They're good too in stews and meat pies. Broil or pan-fry veal and lamb kidneys being careful not to over cook. Eight to 10 minutes is about right. Sprinkle the kidneys with grated parsley and serve with lemon wedges.

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