

Feeding the Family

By ZOLA VINCENT
Food Editor

Little Cherry Pies

February Specialty

February is cherry pie time as everyone knows. It seems that George Washington brought fame to all cherry trees; hence their fruit is symbolic. These little cherry pies are filled with surprises. There's a rich cream filling hidden under the cherries. A tablespoon of butter added to the pudding filling gives extra zip. A few drops of red coloring perks up color. Almond extract adds to the cherry flavor. Easy, too, because you start with a pie crust mix if you like.

- 1 recipe for pie crust
- 1 package vanilla pudding mix
- 1 tablespoon butter
- 1 No. 2 can (2½ cups) sour cherries
- 2/3 cup sugar
- ½ teaspoon salt
- 3 tablespoons cornstarch
- 2 tablespoons butter
- 1½ teaspoon almond extract

Make standard 2 pie crust recipe using your old standby or a pie crust mix. Divide dough into six balls. Roll each ball on a lightly floured pastry cloth or board. Roll from center to edges until crust is about one-eighth inch thick and circles are about six inches in diameter. Fit pastry loosely over the back of large muffin pans. Crimp edges and prick the crust liberally with a fork. Bake in a hot oven, 425 degrees, 10-15 minutes.

Prepare vanilla pudding according to directions on package. Add the one tablespoon butter after pudding is cooked; cool slightly and pour into tart shells.

Drain juice from cherries. Combine dry ingredients; add cherry juice and stir until sugar is dissolved. Cook mixture over low heat, stirring constantly until thickened. Add cherries, butter and flavoring. Cool and pour over pudding in tart shells. Top with whipped cream or dairy sour cream if you like.

Because of the cream filling, these tarts or little pies should be refrigerated until serving time.

Swordfish Bake Is Genuine Treat
Swordfish is the fish of the month. Crab and oysters along with cod, flounder, sole, halibut and fish sticks will appear often on menus for the 40 days of Lent.

Swordfish is a firm, richly flavored meat that perhaps most often is prepared by broiling. It is also delicious baked like this for a change:

For each 4 servings, you'll need 1½ pounds of swordfish, 1½ inches thick. Cut fish into serving portions and place in baking dish. In a small skillet, sauté one-third cup finely chopped onion in one-third cup salad or cooking oil until slightly brown.

Remove from heat. Combine juice of one lemon, one eight-ounce can tomato sauce, two tablespoons fresh or frozen chopped parsley, one-quarter teaspoon garlic salt and a dash of pepper; add to browned onion. Return to heat and simmer three or four minutes. Pour sauce over fish in baking dish; bake in 425 degree oven 25 minutes.

Avocado Fruit Salad
Plenty of avocados at very reasonable cost. Lots of vitamin-packed oranges and grapefruit. Put them all together perhaps with some pineapple chunks.

Cut a ripe avocado into half-inch circles. Remove seed and skin. Place three circles per serving on beds of shredded lettuce. Arrange orange sections or segments, grapefruit sections or segments and pineapple chunks over avocado circles. Serve with a honey and lemon juice dressing or your favorite tart-sweet French dressing.

Mozzarella Treat

Mozzarella cheese enjoys great popularity in our area. Try it sliced paper-thin, using a potato peeler. Spread over meat loaves, vegetables and open-face broiled sandwiches. The cheese softens and blends with the other foods and adds a wonderful tangy taste to old favorite recipes.

Fish Story Heads

List of Good Buys
There's a wealth of good eating in a wide variety of coast-caught fish and shellfish to brighten Lenten season menus. Whether you're planning many or occasional meatless meals from now until Easter, you'll find fish in amazing variety. It comes fresh,

frozen, salted, smoked canned.

Actually there are about 200 fish varieties available and forty kinds of shellfish. So let's have no nonsense about "but my family doesn't like it." How do they know if they haven't tried them?

Local markets offer cod, Dungeness crabs, fish sticks and portions, flounder, sole, halibut, oysters, rockfish, sablefish, salmon, scallops, shrimp and swordfish.

Swordfish is a seasonal delight. Bake it or broil it like this: Preheat broiler. Brush the fish well with butter or oil and place it on an oiled rack about two inches from flame. Baste with more butter or oil during cooking. Turn only once being careful not to let flesh become dry. Season to taste with salt and pepper and serve with lemon wedges, lemon butter, tar-

gon butter, or parsley butter. Canned tuna, salmon and sardines will make many a good menu item at low cost.

Eggs and Poultry. Eggs are also tops on Lenten lists and there's plenty of low-cost poultry for days other than fast days.

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Dairy Products. Keep on hand and serve cottage cheese and cheddar cheese more often. Both are plentiful, nutritious, versatile, satisfying at reasonable cost. Cheese fondue, rarebits, au gratin dishes, grilled sandwiches are welcome any time.

Fruits-Vegetables. Seasonal fruits are mostly bananas, apples, avocados, grapefruit, oranges and lemons; some grapes, winter pears, tangerines, large pineapples. Vegetable bins feature artichokes, broccoli, green and red cabbage, cauliflower, celery, cucumbers, eggplant, lettuce, onions, peppers, potatoes, hard and soft squash.

OF SMITH & MEN

By Jack Smith

(c) 1960 — Times-Mirror Syndicate

Our new secretary of the interior has come out in favor of vacations in the wilderness. He says men should get out-of-doors and hike, climb and paddle — test their sinews against nature.

He says President Kennedy wants America to be lean and tough, and recalls that another young President, Teddy Roosevelt, urged his contemporaries to "live the strenuous life."

I hope Udall is only making a friendly suggestion and not promulgating the official administration line.

Not that I don't admire physical fitness and nature, I even love Teddy Roosevelt. I grew up on "A Boy's Life of Theodore Roosevelt."

I had a picture of Teddy on my bedroom wall. It was taken in the African veldt. It showed T. R. with a big game rifle in one hand and one foot planted on the horn of a dead water buffalo.

Teddy was squinting through his spectacles in that aggressive manner of his, and he appeared to be out of breath. Teddy was such a dynamic man, he gave the impression of breathing hard even in still photographs.

This was an inspiring visage to dominate a growing boy's life. I used to get up early and run a one-mile course around the neighborhood to prepare myself physically and spiritually for a cavalry charge up San Juan Hill, not knowing, of course, that all the San Juan Hills had been charged for the last time.

Now, I'm afraid, it's too late to begin conditioning myself for some strenuous eventuality which, like San Juan Hill, may already be out of date.

I've waited a long time to become as old as the President of the United States. I've always regarded that as the time to start slowing down. Now I'm told it's just the opposite.

Udall's recommendation to Americans to get out this summer and climb mountains, swim rivers and explore caves clearly illuminates one of the hazards of having a cabinet dominated by youths who can still get into their Harvard letter sweaters.

They expect everybody to run as fast as they can.

I want the Kennedy team to succeed. I'm doing everything possible to help. I'm even willing to take up yoga, although I tried getting into the lotus position at a party once and had to be driven home.

I'll even sell all my Ford stock. But I can't see that it will help the nation any for me to hike out down the Appalachian trail or swirl down the coffee-colored Colorado River under the fierce August heat.

I once became faint driving from Ensenada to Tijuana in an open car. A man I met in a Mexican restaurant, who said he was a doctor, told me I had been out-of-doors too long.

It doesn't look as if I'm really going to find my place in the New Frontier, physically, at least, although I play

pitch-and-putt golf and have started eating polyunsaturated fats.

Maybe I belonged back there in the days when Cal Coolidge sat in his wicker chair on the back porch of the White House, fanning his Yankee face with the Literary Digest, while the rest of the nation was hard at work on mah jong, crossword puzzles and home brew.

AVIATION PIONEER DIES

New York—(UPI)—Former Air Force Col. Charles B. Whitehead, 56, an aviation pioneer and one of the first to encourage women to take an interest in flying, died Thursday.

Snappy-Wrap Set



by Alice Brooks

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ICE AGE BONES—Dr. Robert Greengo, left, assistant professor of anthropology at the University of Washington, and Dr. V. Standish Mallory, professor of geology at the University, examine bones of an ice age mammal, probably a bison. Construction workers unearthed the bones while digging 14 feet under the surface of a peat bog near the Seattle-Tacoma airport. (UPI Telephoto)

Washington—(UPI)—President Kennedy has prodded Congress to approve his anti-cession program "as soon as possible" to ease the plight of 5.5 million jobless workers and restore vigor to the ailing economy.

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