

Feeding the Family

By ZOLA VINCENT
Food Editor

New Seasonings For Corn-on-Cob

Fresh corn on the cob is increasing in supply right along; never tastes better than early in the season. Expensive perhaps right now but sweet and delicious when properly quickly cooked. Here are reminders.

Remove husks, cut off undeveloped tip and strip off silk; trim bottom. Cook, covered, in water to cover. Three to five minutes from time water resumes bubbling is plenty of time for tender young corn. Many people overcook it. Do not salt water because salt in cooking tends to toughen corn.

Lift corn from water with kitchen tongs; place on platter covered with napkin for keeping hot. Plenty of butter, salt and freshly ground black pepper handy.

Seasoning variations include adding cayenne, chili powder, paprika, onion salt, parsley or a bit of meat sauce to soft butter for corn spreading. Anchovy butter too is liked by many for its saltiness. For this, simply add anchovy paste to soft butter, blending well.

Interesting Ways With Cucumbers

With us the year around, cucumbers are most often sliced or made into long sticks. Be sure to leave the peeling on if cucumbers are young and tender. Many enhance cucumber appearance

by running fork tines the full length before slicing.

Cucumbers are enjoyed sliced, covered with vinegar and seasoned with salt, pepper and finely chopped onion. Sliced cucumbers folded into seasoned dairy sour cream make fine eating.

If you haven't cooked a cucumber lately, try this: Slice cucumbers and cook them covered in a small amount of boiling salted water until tender; 10 minutes or so. Season with melted butter or margarine, a shake of pepper. Serve hot.

Cauliflower Toppings Are Many and Varied

Plentiful, snowy white cauliflower of good quality is readily available at reasonable cost. First soak cauliflower, head down, about 20 minutes in cold salted water using 1 teaspoon salt to quart of water.

Cook cauliflower covered in small amount of boiling salted water 20 to 30 minutes for whole head, 8 to 15 minutes if separated into flowerets. Serve with melted butter, cream sauce, Hollandaise—or try one of these good-tasting notions.

Cauliflower Creole. To any flavored tomato sauce add one teaspoon prepared mustard and one tablespoon sautéed minced onion. Pour over hot cauliflower.

Curried Cauliflower. To one cup Brown Sauce made with beef stock instead of milk, add small onion, finely chopped and sautéed in

butter for five minutes. Add one-half teaspoon curry powder and a dash of kitchen bouquet. Four over cooked cauliflower.

Chopped Cauliflower. Sprinkle head of cauliflower with one-fourth cup grated Parmesan cheese, then with paprika. Place under broiler until lightly browned; five to eight minutes.

French Fry Eggplant. If you've not french-fried eggplant lately, you've been missing a treat. Heaviness and firmness of eggplant along with a clear, dark glossy color distinguish the best buys so beautifully displayed in today's markets.

Cut eggplant in one-fourth inch slices crosswise. Sprinkle with salt and pepper, dredge in flour, then dip in mixture that combines one beaten egg with two tablespoons milk or water. Roll in one-fourth cup fine dry bread crumbs until completely covered; fry in hot fat two to four minutes or until golden brown on both sides. Drain on paper towels.

Broccoli Lettuce. Save those few bits of leftover cooked broccoli to decorate next days casserole or whipped potatoes. Push stems into dish of potatoes with just the blossoms showing. Brush with melted butter and put in oven to brown lightly.

Popular This Week End. Fried chicken will appear on many a Mothers Day menu. Although fried and broiled chicken is now around the year menu favorite, the fact remains that Spring is the time of heavy production, low prices. Turkeys which now come in all sizes enjoy great popularity at this season because they are ideal for family gatherings, and what better time for gathering the family than in celebration of Mother's Day.

After all, there's a mother managing things in most families. Turkey is dramatic in spite of the fact that there's nothing easier to do than to roast a turkey. They serve many people satisfactorily and one can always hope that there will be some left over for turkey sandwiches that night or the next day.

Poking into vegetable bins around local super markets we found everything except fresh Brussels sprouts and you probably can find even them. We found artichokes, asparagus, lima beans, snap beans, beets, broccoli, cabbage both red and white, carrots, cauliflower, celery, collards, green corn, cucumbers, dandelion greens, eggplant, endive, chitney, escarole, kale, lettuce, mushrooms, onions, parsley, green peas, peppers, potatoes both new and old, radishes, scallions (green onions), spinach, squash of several varieties, sweet potatoes. Then there was swiss chard in one store, turnips and rutabagas in several and tomatoes in all. Tomatoes in all sizes, at variable prices.

Singularly Blessed. One needs only travel in other parts of the country at this season to know that we are singularly blessed when it comes to menu planning and shopping in the merry month of May.

Fruit displays revealed apples, avocados, bananas in abundance, cantaloupes coming, the end of the season of fresh dates. There are grapefruit, a very few grapes; lemons, limes, Valencia oranges coming but fewer than in recent years. There are pineapples from Hawaii in fresh abundance, rhubarb that is dark red, symbol of outdoor growing. Strawberries are approaching peak of their season; soon freezers and preserve makers will be taking them. A few cantaloupes and a few watermelons herald the new season.

Smart Sideline



by Marian Martin

Looks like a side-buttoned wrap—it's really a smart step-in! How clever to eliminate over-head fuss and fuss, how cool for sizzling Summer days. Note half-belted front, sleek back.

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The Medical Roundup

by Walter Alvarado
Emeritus Consultant in Medicine
Mayo Clinic
Emeritus Professor of Medicine
Mayo Clinic
(Register and Tribune Syndicate, 1961)

Hypoglycemia, or Low Blood Sugar

Today, a woman asks about hypoglycemia (low blood sugar); can it be cured; how can it be cured, and what is the diet? She wonders if her doctor is right in saying that a hypoglycemia is responsible for her melancholia.

I can't help suspecting that her doctor is a little old-fashioned. If he were up-to-date, he would have told her that her familial type of nervous breakdown was due to diverticulitis—that is one of the tiny pouches that tend to form on the colon or large bowel, has broken open and has caused infection and inflammation around the bowel. That is the popular diagnosis today.

Some seven or eight years ago a low blood sugar was the popular diagnosis, and my mail was full of hundreds of letters asking me about it. I, personally, could never find a case of this supposed disease.

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Everyone who came in to see me with this diagnosis had a typical story of just chronic sickness, or a mild depression, or spells of migraine. Every time I sent such a patient to an excellent laboratory for a measurement of the blood sugar, back came a report of a normal figure.

Always I could tell right off with two questions that the trouble was not due to a low blood sugar. One question showed that the symptoms were not decidedly severe when the patient had been fasting, as after the night's sleep; and the other showed that the symptoms could not be relieved in a few minutes, as they should have been, by the patient's eating a few pieces of candy.

Why did I say that the supposed disease, hypoglycemia, has gone out of fashion? Because, in the last year, I have had only a few requests for information about it. As I said, today the really fashionable diagnosis is diverticulitis. Actually, diverticulitis, the presence of these pouches or pockets which are harmless in themselves, is like gray hair. It comes with age. I have it, and it would never occur to me to change my diet or to treat the harmless and symptomless little pouches.

MORASS OF BEATNIKS

London—(UPI)—Herd of elephants, school of fish—now Daily Express columnist Logan Gourlay has coined a new collective noun: "Morass of Beatniks."

Tours Planned To Ashland Festival

Ashland—A series of tours from San Francisco to Ashland for the Oregon Shakespearean festival's 1961 season has been announced by Argus Tours, Burlingame, Calif.

The company plans for seven weekly, all-expense package tours to Ashland with time for travelers to attend all the festival productions, as well as visit many of Oregon's scenic spots.

The first tour will begin from San Francisco Sunday, July 23, and the last, Sunday, Aug. 27. The trip northward will include visits to Shasta dam, Mt. Shasta, Crater lake, Oregon caves, and Jacksonville. The return trip will be by way of the Redwood highway.

ARSONIST FIRES WOOLIES

New York—(UPI)—Authorities today sought the arsonist who crept into the backyard of Leroy Dupliva early Thursday and set fire to Dupliva's long woolen underwear, which was hanging on a clothesline.

Great Northern Merger Approved

St. Paul—(UPI)—Stockholders of the Great Northern Railway Thursday approved the merger of the company with three other lines.

A company statement said that 81 per cent of the 8,083,722 outstanding shares were voted at the annual meeting here.

It said that only 1 per cent voted against the unification plan. The proposed merger, which still must be approved by the Interstate Commerce Commission, would join Great Northern with Northern Pacific, Burlington and Spokane, Portland and Seattle railways.

Shareholders of all four companies have now approved the merger.

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May 14th Issue **Family Weekly**
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Medford Mail Tribune

Spring Concert Held At CP Junior High

Central Point—Central Point Junior High school music students presented their annual spring concert recently in the school gymnasium.

The Beginners band opened the program with five numbers, directed by Harry Meyers and student Elizabeth Kroon.

Mrs. Charles Meyer directed and accompanied the Junior High chorus for several selections, some of which were accompanied by John Engell on the trumpet.

A clarinet solo by Pamela Martin and a novelty number narrated by Elaine Wright were among selections by the Junior High band. A march, "Intro," written by the band instructor, Harry Meyers, closed the performance.

THREATENS MAGAZINES

Washington—(UPI)—An increase in second class postal rates would threaten the existence of many magazines, according to an industry spokesman. Arthur Z. Gray, New York, chairman of the General Operations Committee of the Magazine Publishers Association, appeared Thursday before the House Post Office committee now considering postal rate hikes.

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