

Feeding the Family

By ZOLA VINCENT
Food Editor

Little Leaguers Have Big Appetites

Hero-size sandwiches for sandlot heroes who are dreaming of the day when they'll be Big Leaguers. You'll get to first base faster with these vital "teamsters" when you fill 'em up with thick nourishing soups that stick to the ribs. A combination that can't be beaten; that will score high with your hero and his teammates.

Soup Combo That Can't Be Beaten

There's nothing like a mug with a handle that a man can get his fist into when it comes to soup for sandlotters in a hurry. Here are popular combinations certain to satisfy.

Beany Minestrone. For four man-size servings, combine in a saucepan, one can (10-14 ounces) condensed minestrone soup, one can (11-14 ounces) condensed bean with bacon soup and two soup cans water. Heat, stirring now and then. Garnish with chopped ripe olives.

Highland Chowder. In saucepan, blend one can (10-12 ounces) condensed cream of celery soup, 1 1/2 soup cans water or milk; add one can (10-14 ounces) condensed Scotch broth. Heat but do not boil; stir now and then. Pass a bowl of cheese crackers to float on top. Makes four generous servings.

Cream of Chicken Noodle Soup. Stir one can (10-12 ounces) condensed cream of chicken soup until smooth; blend in one can (10-14 ounces) condensed chicken noodle soup and 1 1/2 soup cans milk. Heat but do not boil. Makes four servings.

Frenzied Hot Dogs. Hot dogs are to the baseball crowd as popcorn is to circusgoers. Hot dogs with a relish are favored by hard-cutting, hard-running future Giants and Dodgers. Nothing to it: Grill frankfurters (weiners, hot dogs or whatever you call them) and buns and let the players dress them up with assorted relishes. Bowls of pickle relish, sauerkraut, ketchup, pickles, mustard relish are all good. And don't forget the mayonnaise.

Other Sandwiches. Other sandwiches favored by youthful appetites are: peanut butter, bacon and jelly;

tuna salad with pickle relish; cheese with ham; chipped beef and egg salad; liverwurst, horseradish and bacon.

Mugs alongside a pitcher of milk, of course.

Savory Cabbage

Plentiful, inexpensive cabbage is so tender and so filled with good nutrients that it deserves to be dressed up and served more frequently. Here we cook it in milk, season it with a bit of curry, and add texture interest with almonds.

Six servings.
Grate one medium head cabbage (about five cups grated). Heat 1 1/2 cups milk; add cabbage and 1 1/2 teaspoons salt; simmer for four to five minutes. Saute one-fourth cup chopped almonds in three tablespoons butter; add two tablespoons flour and one teaspoon curry powder, stirring until well blended. Gradually add some of the hot

milk to flour mixture; then pour back into cabbage. Simmer gently, stirring frequently, until mixture thickens and cabbage is just tender. Season with additional salt and a bit of pepper, if desired.

Catalan Pot Roast Spanish Specialty

The Spanish have a way with seasonings as this pot roast recipe proves. The olive oil adds its own flavor goodness as well as acting as a blender of other seasonings. At first glance this may seem complicated, but on first taste it will be found to be well worth it. When it comes to pot roasts nothing can take the place of long slow cooking in a savory sauce.

3 to 4 pound beef rump roast
1 green pepper minced
1/4 teaspoon marjoram
1 small white onion, minced
1 clove garlic, crushed
4 tablespoons olive oil
1 can (1-pound) tomatoes
1/4 teaspoon cinnamon
1/4 teaspoon cloves
2 bay leaves, crumbled
2 cups red wine
2 teaspoons salt or to taste
Combine green pepper, marjoram, onion and crushed

garlic; mash to paste with olive oil (or blend in blender). Rub over meat thoroughly; let stand an hour or longer. Place meat in heated pot roast kettle (or Dutch oven); sear over high heat until well-browned; lower heat. Add remaining ingredients. Cover tightly; simmer gently over very low heat three to four hours. Remove meat to heated platter. Skim excess fat off gravy; thicken sauce with a tablespoon of cornstarch mixed with small amount of water, if desired. The gravy is especially good on buttered noodles.

Baked Onions

Ever-popular onions are bargains in good eating any time of the year. Try them baked like this for a special treat.
Peel medium size sweet onions. Cut in half cross-wise. Arrange in a buttered baking dish. Sprinkle with salt and pepper and dot with butter or margarine. Add just enough water to cover the bottom of dish. Cover and bake in moderate, 375 degree, oven about 30 minutes or until barely tender. Top with bread or cracker crumbs. Sprinkle with grated cheese. Return to oven for 15 minutes to brown crumbs and melt cheese.

Date Cookie-Cakes Rich and Chewy

When everybody who eats it says, "I want the recipe," it's a pretty good one. And that's the story on these Date Cookie-Cakes. They're rich and chewy; chockfull of fresh California dates, coconut and walnuts. No wonder everybody goes for them. They're also versatile. Can be served cold with whipped cream for a party; warm with table cream for a family treat; or cut in small bars to make perfect lunch box cookies. Besides all that they're a snap to make.

1/3 cup butter or other shortening
1/3 cup brown sugar (packed)
1/4 cup sifted all-purpose flour
2 eggs
1 cup brown sugar (packed)
1/2 teaspoon pure vanilla extract
2 tablespoons flour
1 teaspoon baking powder
1/4 teaspoon salt
1/2 cup shredded coconut
1 cup fresh California dates
Whipped or table cream, if desired

Thoroughly cream butter or other shortening and the one-third cup brown sugar; blend in the three-fourths cup flour. Pack lightly in eight-inch square pan. Bake in moderate,

Small Audience at Play Applauds for Three Curtain Calls

An embarrassingly small (about 50) first-nighter crowd tried to compensate with applause for what it lacked in size and gave the Medford High school cast of "Anastasia" three curtain calls at the end of last night's performance.

In many ways the applause was well deserved. It was a difficult play to attempt. The actors struggled with Russian accents; they affected regal mien; they tried hard to live up to the lavish costumes; they groped to express emotions with which they were personally unfamiliar. Doubtless the plot was known to most of the playgoers. Ingrid Bergman played the title role a few years ago in a successful Hollywood version of the drama.

Actual Anastasia
The twist, of course, was that the miserably wretched girl they selected for the role turns out to be the actual Anastasia, whose mind and memory have been somewhat deranged by the terror and anguish of what has happened to her.

Just as the "Anastasia Enterprise" seems to be succeeding, just as they are within an ace of getting their hands on the czar's fortune, just as Anastasia has convinced everyone in sight that she is real... well, perhaps you'd

Princess Anastasia and forcibly began to coach her for the part.

The scheme was that the bogus Anastasia was to withdraw the czar's millions from the banks, allowing her "benefactors and rescuers" to live in luxury the rest of their lives.

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In the Day's News
By FRANK JENKINS
As this is written, the U. S. is all set to begin its long-awaited nuclear tests out in the relatively deserted area of the Pacific that lies between Hawaii and the more thickly clustered island groups south of the equator.

RUSSIA, of course, will kick up an awful ruckus. That we can disregard — because we will know from last fall's experience that whenever Russia gets ready to test new nuclear weapons she will TEST them.

That's about the size of it.

LET'S get closer home. The Northwest regional office of the U. S. Forest Service announces that in July it will offer for sale a large quantity of pine stumpwood — a prime source of chemicals such as resin and turpentine.

J. Herbert Stone, Northwest regional forester, says: "An initial 15-year sale of two million tons is planned. It is estimated that more than 2.7 million tons of satisfactory distillate wood are now available in the Winema, Deschutes and Fremont National Forests. Two million tons MORE will be available in 15 years."

He adds: "This initial 15-year sale of two million tons, if satisfactorily completed (to a buyer prepared to go ahead with development of finished products from this residual material) would require installation of a large plant in the Bend - Klamath Falls area. Such a plant would employ about 200 men."

LET'S hope it comes to the Southern Oregon area. We watched with acute interest the experimental work done several years ago in the pilot plant that was built in Klamath Falls to investigate the feasibility of such a project. We have plenty of what it takes in the way of adjacent raw material, power and water, and transportation to market.

But — If it comes to Bend — Let's rejoice with our neighbor to the northeast. The BIG THING will be getting Southern Oregon and Far Northern California out of the exclusive building materials economy that now exposes us to the ups and downs that are inevitable in an area whose prosperity is largely dependent upon a market that is already over-supplied.

Kennedy Concludes Spring Vacation

Palm Beach, Fla. — President Kennedy wrapped up his 10-day spring vacation today to return to Washington for new cold war strategy talks with British Prime Minister Harold Macmillan.

The Chief Executive was scheduled to take off for Andrews Air Force base outside Washington at 11:30 a.m. (PST). He was due to reach the air base 10 minutes ahead of Macmillan who was due there at 1:50 p.m. (PST).

The two leaders of the Western world will then proceed by helicopter to the White House for a brief conference. This evening the president and the prime minister will be the ranking honor guests at a banquet and show given by White House reporters and photographers.

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Hubbard Bros.
BIG SALE
Ends Tomorrow



HOME PLATE DISH—The zing of bat hits ball is heard throughout the land as little ballplayers slug it out on the local sandlots. After the slide for home plate comes the dash for the plate at home. Satisfy them with generous mugs of soup, hero-sized sandwiches, hot dogs.

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