

Feeding the Family

By ZOLA VINCENT
Food Editor

Ambrosial Strawberries Top
As mid-Spring wafts gentle breezes across the lush countryside, California's alluring vine-ripened strawberries move to market in ever-increasing quantities. These are the berries we've been waiting for and now that May is here, they'll be available right along headed for June-July peaks.

These luscious beauties aren't to be compared with those earlier "imports." These are the huge, deep red berries, juicy and with delicately sweet incomparable flavor.

Strawberries have a habit of staying out of the bargain class so don't wait for strawberry jam—aking time to really enjoy them. They're reasonable in price and stay that way throughout the season with only an occasional flurry as an enterprising fruit market makes a buying coup, passes the savings on to customers. The same thing is true of the berries that come later in profusion from the Pacific Northwest.

Serve these beauties "as is" with stems on for dipping individually into powdered sugar. Or into dairy sour cream. Serve them in all their glory with sugar and cream, whipped cream, dairy sour cream or with soft ice cream. The calorie counter and budget-watcher will find that instant crystals of nonfat dry milk into a topping that is airy, light, delicious.

Delight family and friends with strawberry shortcake, pie, tarts and puddings. Glaze your next cheese cake with fresh berries. Sauce ice cream, puddings, cakes with them.

Strawberry Picture
In our picture today we simply halved strawberries, sprinkled them with powdered sugar one-half cup sifted confectioners' sugar to two pints fresh berries, halved. We added three-quarter teaspoon almond extract to one pint (two cups) dairy sour

cream. Put strawberries in parfait, ale or other fancy glasses or serving dishes and top with the dairy sour cream; more on the side for enthusiasts.

Instant Nonfat Whip
The economy minded calorie counter will be pleased to know that she can whip instant nonfat dry milk crystals like this for about 2½ cups topping. Mix one-half cup instant nonfat dry milk crystals with one-half cup ice water in bowl. Whip until soft peaks form (three to four minutes). Add two tablespoons lemon juice. Continue whipping until stiff peaks form (three to four minutes longer). Gradually add one-quarter cup sugar.

Frozen Strawberry Cake
This frozen strawberry cake is a thing of beauty as well as rarely good eating as you will know the instant you read the ingredients. Eight servings from a nine-inch cake.

1 9-ounce can pineapple tidbits
Water
1 6-ounce package strawberry-flavored gelatin
2 pints fresh strawberries
1 cup sugar
1 cup heavy cream
¼ teaspoon lemon extract
1 pint vanilla ice cream, softened
20 ladyfingers
Drain pineapple; reserve syrup. Add enough water to reserved pineapple syrup to make two cups liquid. Heat syrup mixture to boiling point; stir in gelatin until dissolved. Chill until slightly thickened. Reserve six strawberries. Crush remaining berries; add sugar.

Whip cream; stir in lemon extract. Fold whipped cream, strawberry mixture and ice cream into gelatin. Line bottom and side of nine-inch spring-form pan with ladyfingers. Turn gelatin mixture into ladyfinger-lined pan. Freeze until firm. Strawberry garnish!

It is National Baby Week and we've been busy counting babies. We can tell you that this is the eighth consecutive year that the baby crop has exceeded 4 million for a new total of 4,262,000. The stark takes no days off as can be clearly seen when we come up with the following statistics: If you're a slow reader, 8.2 babies have been born since you started reading this one minute ago. This multiplies to an average of 489 an hour, 11,732 births per day in the U.S.A.

There's wonderful news in the fact that last year saw the lowest infant mortality rate ever recorded in this country — only 25.2 losses for each

1000 live births. The new low rate is seen as a tribute to medical science and to the combination of better prenatal care, greater understanding of nutrition and better diets.

Babies Mean Business
Babies represent big business in local food stores. They're very demanding, having been equipped with sound effects to make their wishes known.

In one store, we counted 115 different baby foods from the country's top processors who specialize in catering to the youngest generation. There's amazing choice in cereals, in fruit juices, main dishes, vegetables, fruits, pud-

dings along with specialties such as egg yolk and cottage cheese products, teething biscuits, junior cookies where formerly there was only formula.

While packaging is important to all food packers, it is doubly important to the maker of baby foods who must anticipate the nation's needs in terms of acreage planted to orchards and vegetables for nurturing with extra care.

Other parts of the world are now looking to American know-how to guide them in raising better babies as indicated by the fact that Gerber Baby Foods who pioneered in processing baby foods here has grown into an interna-

tional organization with companies in Panama, Venezuela and Japan. Lucky American babies have enjoyed these goodies since 1928.

Vegetable Fritters
Sliced ripe or green tomatoes, 3-inch strips of eggplant, sliced cooked carrots, cauliflower or broccoli separated into flowerets — all lend themselves to the making of golden brown and crisp vegetables that are different. Here's a very good batter.

1 cup sifted all-purpose flour
¼ teaspoon salt
2 eggs
1 tablespoon salad oil
½ cup milk
Salad oil

Sift the flour with the salt. Beat eggs; add one tablespoon salad oil and milk. Add dry ingredients, beating with rotary beater until smooth. Dip prepared vegetables (suggested above) into batter; drain off excess. Fry, without crowding, in hot salad oil (to depth of 1 to 1½ inches) at 375 degrees. Fritters cook in three to five minutes depending on size of pieces. Makes about one cup batter.

Molded Salad Beauty For Buffet Supper
For a molded ring of beauty and also flavor distinction we suggest this recipe for encircling ham, tuna or chicken salad, as main course at luncheon or supper.

Dissolve one package lemon gelatin dessert in one cup hot water; add one-quarter cup cold water. Chill until slightly thickened. Fold in one nine-ounce can crushed pineapple, one-half cup minced sweet pickle, one-half cup chopped pecans and one-half cup heavy cream, whipped.

Turn into 1½ quart ring mold. Chill until firm, unmold on lettuce. Fill center with any favored meat, poultry or fish salad. Garnish as desired.

Fancy Apple Relish
For an apple relish delight for serving with all pork and poultry, combine two cups of canned apple sauce, one-half cup diced celery, one-half cup

seedless raisins and one-half cup cinnamon candies. Chill for several hours; stir until candies are completely dissolved and mixed through apple sauce. Six generous servings.

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Bids Called for 3 Jackson County Highway Projects

Salem — UPR — The Oregon Highway Commission has asked for bids on about \$5,150,000 worth of highway jobs, 40 projects.

The bids will be opened here at 9 a.m. May 23 and contracts will be awarded May 25.

The projects include:

Baker: Pleasant Valley section, Old Oregon Trail Highway; .81 of a mile slide correction.

Benton: Linn and Lincoln; Clean and paint Alsea river bridge east of Waldport and Willamette river bridge, Corvallis.

Clackamas: Mt. Scott Creek and Rock Creek sections, route 134; .67 of a mile grading, paving.

Clackamas: Traffic signals in Milwaukie.

Clatsop: Astoria ferry channel dredging.

Clatsop and Washington: Elsie - Strassel undercrossing section, Sunset Highway; 1.37 miles grading, 9.4 miles paving.

Coos: Davis Slough bridge section, Coos Bay-Roseburg highway; structure, some grading and paving.

Deschutes: Deschutes county roads oiling on routes 691 and 691 in Bend vicinity; 3.1 miles oiling.

Jackson: 12th st.-north Ashland interchange section, Pacific Highway; 9.45 miles paving, signs.

Jackson: Crater Lake interchange lights on the Seven Oaks-Jackson st. section, Pacific Highway in Medford area.

Jackson: Rock Point-Seven Oaks section, Pacific Highway; railroad overcrossing and widen a frontage road overcrossing near Gold Hill.

Lane: Judkins Point-Cottage Grove signs, Pacific Highway.

Lincoln: Clean and paint Yaquina Bay bridge at Newport.

Linn: Grade and pave .19 of a mile on first and "A" sts. in Halsey.

Linn: 22 of a mile grading, oiling on 7th, 8th, 14th and 15th sts. in Lyons.

Sherman: North unit, Kent-Shaniko section of Sherman Highway; 2.20 miles paving.

Wallowa: Bear Creek and Wallowa-Whiskey Creek sections, routes 468 and 487; 2.82 miles grading, oiling.

Wallowa: 22 of a mile grading, oiling on Wallowa st. in Lostine.

Wallowa: 26 of a mile grading, oiling on Storie st. in Wallowa.

Wasco: Build office and maintenance buildings on Columbia River Highway east of The Dalles.

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