

Feeding the Family

By ZOLA VINCENT
Food Editor



Picnic Season Opens With Mid-Week Holiday

There'll be no heading for the hills and comparatively little heading for recreation centers and far places because Memorial Day comes mid-week this year — specifically next Wednesday. Perhaps your family is among the eager beavers who want to plunge right now into the season of outdoor living, but chances are that the majority will be week ending the picnic season opening ceremonies this week end or that following May 30.

In either event, we suggest a holiday meal for any day meal, for that matter, for fitting into any plan; indoors or outdoors: Golden glazed ham, rice and peas, basil tomatoes and hot corn muffins. Obviously, long on good eating and really short on preparation since the entire meal can be whipped together in half an hour, using foods that are quick-cooking or just need to be heated.

For now and for remembering all summer long, we suggest aluminum foil for cooking utensils and serving dishes, thereby doing away with a great deal of pan and dish laundering; cleaning up after.

Golden glazed ham, as pictured. Figure on two generous slices of pre-cooked ham for 6 to 12 servings dependent upon thickness. In any event, "carve" the ham as you do sirloin steak when serving, rather than the usual pieces.

To prepare sauce, combine syrup drained from a large (2½ size) can of apricots and one-half cup honey. Brown ham steaks on both sides over hot fire on grill or in oven broiler. Form an aluminum foil pan by turning up edges and mitering corners of a piece of heavy duty aluminum foil; place it on the grill and transfer ham to it. Pour sauce over ham. Add the apricots, sprinkled with cinnamon and stuffed with cloves. Heat for 15 to 25 minutes, depending on thickness of steaks, turning once.

Rice and Peas. Prepare rice according to package directions. Place in center of large square of heavy duty aluminum wrap. Add a small can of green peas plus two tablespoons liquid from the can. Season with salt and pepper; top with generous pat of butter. Toss together lightly with fork. Fold edges of aluminum foil to form package. Heat on grill for 15 minutes.

Basil Tomatoes. Cut firm ripe tomatoes in half. Brush with butter or margarine, sprinkle with salt and pepper and chopped fresh or dried basil. Place on grill for 10 minutes.

Hot Corn Muffins. Loosely wrap home-baked or store-bought corn muffins in aluminum wrap and heat on back of grill where fire is not too hot.

Hearty Ranch Salad. This hearty salad is practically a meal in a bowl; will use up any leftover ham, chicken or other cooked or canned meat. Six to eight servings.

Tear two heads of iceberg lettuce or one each of lettuce and romaine into large salad bowl. Add one cup diced or thinly sliced celery, one cup sliced meat, six strips crisp bacon, crumbled, two hard-cooked eggs, diced. Toss lightly with favorite French dressing and generous dash freshly ground black pepper.

Might as Well Get Set for Picnicking

Picnics can be a joyous getting together of food and children for an unplanned foray into the outdoors at practically any moment if Mother thinks it through.

Here are three rules for Johnny-on-the-spot picnics:

1—Keep a picnic basket on-the-ready with paper cups, plates, napkins, eating utensils, salt and pepper shakers, cooking utensils and vacuum jug. It need not be an expensive container. A heavy cardboard box covered with gummed paper will serve well.

2—Keep frozen picnics in the freezer. With the addition of beverages, a picnic is ready to go at a moment's notice. Most picnic type foods defrost

rapidly and others are best eaten well chilled.

3—Keep a stock of the family's favorite bottled or instant beverages ready to travel. A cooler will chill them or a vacuum jug keep them hot or cold and either one is an ideal item for picnic fanciers.

What to Freeze. Almost any food that tastes good cold. Freeze baked, boiled, roasted and fried meats and fowl... meat loaf... meat, fowl and fish salads... sandwiches made of any of these ingredients... fruit compotes and salads... cottage cheese salads... buttered rolls and bread... cake and cookies.

Don't freeze: lettuce and salad greens... the whites of eggs... mayonnaise on bread... jelly sandwiches.

Wrap: leftover roasts and prepared sandwiches in aluminum foil or plastic so that foods are airtight... seal with freezer tape... label and note date of freezing. Store salads, fruits, sandwich fillings in paper containers.

Warning: Timing is important; highly seasoned foods can be kept for two or three weeks; not highly seasoned foods will keep for two or three months. Use frozen sandwiches within one month of the freezing date.

Fresh or Frozen Picnic Menu
—Fried chicken breast and leg, buttered rolls, a container of frozen fruit salad, cake and beverage.

—Meat loaf slices, bread and butter sandwiches, cottage cheese salad with hard-cooked egg yolks, pickle relish and green peppers, cookies and a beverage.

—Chicken or tuna salad in paper container, buttered bread slices, berries in a paper container, chocolate-peanut candies.

Carrying Hint. To simplify carrying picnic food, pack it between two paper plates. Put sandwiches, potato sticks, hard-cooked egg, pickles on one plate. Reverse another plate on top; fasten edges in several places with cellophane tape. Use top plate for dessert at eating time. If desired, several plates can be stacked together and tied with a string for easy carrying.

Stuffed Zucchini
A seasoned corn stuffing mixture adds flavor and color to a favorite family vegetable: zucchini squash. Family will enjoy this served with grilled chops or small steaks and a crisp salad. Six servings.

1 medium-size zucchini
1 12-ounce can whole kernel corn, drained
2 teaspoons seasoned salt
2 eggs, beaten
¼ cup chopped chives or green onion
½ cup grated sharp Cheddar cheese

Scrub zucchini; cut off ends but do not peel. Halve lengthwise and cook in boiling salted water three minutes or so. With tip of spoon carefully remove squash from shells. Chop into small pieces; then combine with corn, seasoning salt, eggs and chopped chives or green onions. Pile mixture lightly into zucchini shells. Place in two-quart oblong baking dish. Sprinkle with grated cheese. Bake uncovered, in moderate, 350 degree oven for 30 minutes or until brown on top.

RENTAL INDUSTRY

New York — (UPI) — The rental industry chalked up gross sales of more than \$500 million in 1961, up 13 per cent from 1960 — the magazine Electrical Merchandising Week reports. The most wanted housewares in the rental business are floor polishers and rug cleaners and in the hardware department, power tools and lawnmowers.



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Collective Bargaining May Be Used by Teachers

By WILLIAM J. EATON
United Press International
Washington — (UPI) — College professors often face the same kind of job problems as factory workers and may turn to collective bargaining to solve them, says an AFL-CIO publication.

It said they are confronted by speedups, stretch-outs and unfair salary scales under their present system of individual negotiations.

Farm Production Expenses Reach Record Figure

Washington — (UPI) — The Agriculture Department has reported farm production expenses reached a record high of \$26.9 billion in 1961 and may go higher in 1962. Farm costs last year were about a half billion dollars more than in 1960.

The department said increases in farm costs in recent years have been due partly to higher prices paid, and partly to larger quantities of production inputs purchased.

Offset by Income

In a review of the farm cost situation, the department said last year's increase over the 1960 farm production expenses was more than offset by the higher gross farm income. This additional income came about equally from higher government payments, and from an increase in cash receipts from marketings of farm products. A larger volume of livestock and livestock product marketings, together with a slight improvement in prices received for crops, produced the increase in cash receipts.

Farm wage rates in 1962 are moderately higher than in 1961, the department said, with some further rise expected. An offsetting factor is the indicated smaller amount of labor hired, so that the total farm wage bill may not be much different from last year.

Building Material Stable

Prices of farm machinery and equipment have edged up slightly over 1961. Building material prices have been relatively stable over the last few years, and little change is in prospect in the foreseeable future. Fertilizer prices are about the same as last year, although the per-unit cost of plant nutrients is less because of the more general use of the more economical higher-analysis fertilizers. Sales of pesticides have been increasing steadily during the last decade, but 1962 prices generally average about the same as last year.

Increases in farm borrowings, with relatively stable interest rates, are expected to push up total interest costs in 1962 by about 6 per cent above the 1961 total.

Taxes payable in 1962 also are expected to be about 6 per cent higher than last year.

Women Pen Pals For Forty Years

St. Louis — (UPI) — Two women "pen pals" have been writing letters to each other for 40 years since they were 16-year-old girls.

Mrs. Clarence West, of St. Louis, the former Eva Marie Belanger of New Bedford, Mass., and Mrs. Ralph Shepard of Tulsa, Okla., the former Marie Hetrick of Nowata, Okla., are the persevering letter-writers.

The two were introduced to each other in a "pen pal column" which appeared in the St. Louis Post-Dispatch in May, 1922.

"A pen pal can be a great comfort," said Mrs. West. "It's good knowing someone will answer your letter."

As young girls, their letters gave a chronological account of their lives. Mrs. Shepard was married in 1928, and Mrs. West in 1939. Each invited the other to her wedding, but neither was able to attend.

Mrs. West recently moved to St. Louis, "the closest Marie and I have been."

"I feel that we are getting old together," she said. "My whole family knew Marie and felt she was one of the family."

The two women have never spoken a word to each other

vidual negotiations. An article in the Quarterly Digest of the AFL-CIO Industrial Union Department, written by David Hamilton, associate professor of economics at the University of New Mexico, said the chances of campus unionization may increase as the "war babies" born after World War II start to enter college and enrollments zoom.

College instructors have been "relatively untouched" by union organization so far despite the existence of contract and job practices which began to disappear from the industrial world two decades ago, Hamilton said.

"Today the actual job conditions of the academic worker are not dissimilar to those faced by the industrial worker within the large corporation... the gulf between the university president and the average faculty member yawns almost as large as that between the corporation president and the average wage earner," Hamilton said.

He said college professors have little, if any, control over their workload, work hours, working conditions or introduction of new techniques which may affect their employment. Pressure on faculty members to produce original research grows greater every year because of the renown that comes to a university with eminent scholars, he said.

He compared this to a speedup of a factory assembly line.

The teaching load, which varies from six to 18 hours a week, is set by administrators without effective faculty checks, Hamilton wrote.

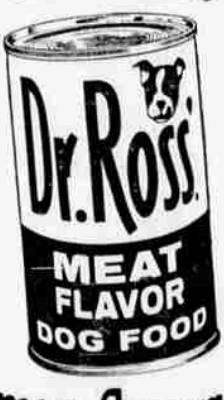
Salaries are settled by individual negotiation and result in a "crazy quilt pattern" that does not reflect the equal pay for equal work principle. Newcomers are often paid considerably more than veterans who are equally skilled but cannot apply "bluff and bluster" to get more money, Hamilton said.

The advent of classroom television and teaching machines has even produced an academic version of automation without any professional check on its use, he said.

As for fringe benefits, Hamilton argued that faculty members are concerned over sabbatical leave, retirement plans and medical care programs.

"With the increasing size of universities and colleges the necessity for collective bargaining — if the college teacher is to achieve his job aims — becomes increasingly apparent," he said.

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