

Feeding the Family

By ZOLA VINCENT
Food Editor

Northwest Apples Take Autumn Spotlight

Halloween haunted households will win parents' praises with apples and apple snacks among the handouts as pint-size witches and spooks, along with batches of bewitching babes and boy friends from the high school crowd, prowl early on All Saints Eve.

No longer is the treat consumed on the premises. Trick is to tote the loot home while munching the sundry goodies along the way. Parent collaborators now individually wrap the "take" in transparent plastic wrap, the better to display it to holdup artists can pick and choose.

Parents and health authorities too, are known to favor this plastic wrap method for fairly obvious reasons. Saves wear and tear also on the carpeting and on bedspreads where the young somehow manage to dump the loot bag for purposes of appraisal.

Happy Solution

Happy solution is to have at hand a variety of apples, oranges, popcorn balls, the usual jellybeans, colored marshmallows, small boxes of raisins, chocolate or orange donuts, candy bars or whatever else appeals. Wrap items in simple packets made from squares of plastic wrap with corners gathered in a rubber band, then flared.

A tray piled high is a good idea and when it's empty, the game is over at your house and the porch light goes off. Or maybe you were young once and would like to start all over.

Well, as we said in the beginning, apples make mighty fine munching. Cider from a pitcher into paper cups is a good idea for the thirsty ones. Might give holdup artists a choice—cider or a packet of goodies. An older member of the family can have fun presiding at the cider pitcher or bowl.

New Ways with Fruit

California and Oregon grow some very fine apples but honesty indicates that we let the state of Washington take the bows as the country's leading apple producing area. New York's crop is about half that of Washington with Virginia and California vying for third-fourth place. Oregon is in eighth place with quantity but unexcelled for quality.

The Delicious and the Jonathans sparkle at this season. The Jonathan has been called the Halloween apple; is considered supreme for bobbing, for caramelling and for just plain snacking.

Apple-Cat Salad. The Apple-Cat salad pictured uses fresh apples and cottage cheese with apple arranged to resemble a cat's body. Core apple and cut in half. Lay one-half of apple on bed of cottage cheese arranged on crisp lettuce leaves for body of cat. Cut a round from remaining half of unpeeled apple for head of cat; place atop first half. Cut five narrow strips of apple, placing two on either side of head for cat's whiskers. Use remaining apple strips for cat's tail. Well, the children will think it's the cat's whiskers or does that expression belong to another era? Pass a French or fruit salad dressing.

Molded Apple Salad. Dissolve one package orange flavored gelatin in one cup hot water and allow to cool until syrupy. Add 2 cups applesauce flavored to taste, one cup cottage cheese and one-fourth cup puffed dark raisins. Pour into individual molds and chill until firm. Turn out on crisp greens.

Halloween Brews Put Punch in Party

For the planned party for teenagers as well as for younger-than-teenagers, we suggest your choice of these beverages brewed especially for Halloween season parties which will be popular throughout the week end. We're not sure however that you can beat cider from a jug.

Goblin Special. Combine one quart cider, six whole cloves, one-half inch stick cinnamon, five allspice berries and two tablespoons honey for each ten servings. Strain and chill. Fill tall glasses half full of cider mixture; add ice cubes. Fill with club soda or ginger ale.

Ghostly Delight. Into each glass, measure three tablespoons chocolate syrup, add a small amount of club soda or ginger ale; stir well. Add one large tablespoon of vanilla, chocolate or coffee ice cream and fill glass with club soda or ginger ale.

Witches Brew. For each six servings, combine two cups grape juice, one cup orange juice, three tablespoons lemon juice and one-fourth cup sugar, stirring until sugar is dissolved. Pour over ice in tall glasses and fill with ginger ale.

Halloween Tops In Teen-age Fare

Whether you plan a party for teen-agers or want to have family fun apropos the Hal-

ween season, we suggest these weiner (hot dogs, frankfurters) specialties.

Frank's Diablo. Spread eight slices of bread with prepared mustard. Place a frankfurter on one edge and roll up so that bread forms a blanket around the frank. Secure with a toothpick. Brush outside with butter or margarine and place under broiler for five minutes, turning so that they brown evenly. These may also be baked in a 400 degree oven which we recommend if teenagers are doing it. Four servings.

Frank's Barbecue. Arrange franks, pricked with a fork, in a shallow baking pan and pour any favored barbecue sauce over them. Bake uncovered for about 30 minutes. Place on toasted, buttered or mayonnaised frankfurter rolls; spoon in more barbecue sauce if you like extra relish.

More Ways to Dress Up Autumn Vegetables

Vegetables, both green and yellow, are important in daily diets throughout our lives. The inclusion of a wide variety of vegetables in the children's diet from infancy will go a long way toward encouraging life-long enjoyment of whatever food is set before the younger generation. Here are more ways with taste appeal, eye appeal.

—Season a head of cooked cauliflower or shredded cabbage with a sprinkle of fine bread crumbs that have been browned in butter. Add a fine grating of any favored cheese for a change. Or sprinkle with finely chopped parsley and paprika on either side.

—Add finely chopped green pepper, minced onion and a dash of sugar to either scalloped or stewed tomatoes, fresh or canned.

—Place cooked green beans under broiler rack to catch meat drippings when broiling meat patties. Do the same with corn niblets when broiling ham.

—Mash diced amounts of cooked, dried rutabaga and potatoes together with barely a touch of nutmeg along with plenty of butter. Or use dairy sour cream in place of butter.

—Sprinkle green beans or wax beans (fresh, frozen or canned) with finely chopped toasted almonds or other nutmeats.

—Fold cut-up green fruit sections (canned or fresh) into cooked spinach and add touch of any favored spice.

—Garnish french fried bananas with grated cheese and dash of paprika.

—To restore beet red color to borscht, grate a raw beet into soup a moment before serving; then garnish with chive-sprinkled dairy sour cream.

—Strew caraway seeds or poppy seeds, which are readily available in herb and spice sections, over any dishes of the cabbage family.

Poultry Stuffing
A "rule of thumb" for poultry stuffing is to allow one eight-ounce package of prepared stuffing mix for two four-pound chickens. Roasting two small-size chickens is faster, gives finer flavor, provides more stuffing, than the larger birds. Looks interesting too.



PLENTIFUL APPLES—It's a wise parent who provides her family with plenty of appetite arousing, taste tingling, crisp healthful apples for eating out of hand, for putting into this apple-cat salad, into fragrant applesauce and other delights suggested in today's food columns. And it's cider time, too.

Russians Leading Nuclear Testing in Terms of Megatons

Washington — (UPI) — The Soviet Union has now tested nuclear weapons totaling more than twice the power of all U.S. tests to date.

The millions of tons of TNT (millions in terms of TNT) is roughly 305 for Russia to about 143 for the United States.

The last official comparison was made Sept. 20 by Adlai E. Stevenson, U.S. ambassador to the United Nations. His figures then were 250 to 140. Unofficially 55 megatons.

From Sept. 20 through Oct. 22 Russia has set off weapons at her Arctic proving ground unofficially estimated at 55 megatons. The largest weapon tested by the United States since Stevenson spoke was a "low megaton" device exploded in the Pacific Oct. 18.

In total test numbers, though not in power yield, the United States is far ahead of Russia. But while this country has been concentrating largely on small battlefield weapons, Russia has been specializing in city-destroying monsters.

Of the first 21 tests in this year's Soviet series, 14 were equal to more than a megaton of power. The biggest, detonated Aug. 5, was 30 megatons. Several were "multi-megaton" explosions. So far about 70 per cent of the Russian tests have been in the megaton range this year, compared to about 50 per cent in 1961.

Of the 31 U.S. tests in the Pacific this year only seven, or about 22 per cent, have been in the megaton range. None have been multi-megaton.

Power Total Exceeded
In the 21 shots announced by this country from Aug. 5

through Oct. 22, the Russians exceeded the power total of nearly 50 Soviet tests in the fall of 1961. The official U.S. megaton figure for the Russian 1961 tests is 120. The unofficial estimate of the 1962 total so far is 135 megatons.

Thus this year alone the Russians have come close to equalling the all-time U.S. power total of 143 megatons.

According to official announcements the United States staged 239 weapon tests from 1945 through Oct. 22 this year. This included 55 low yield shots in Nevada since resumption of testing in 1961 and 31 in the Pacific this year.

Dixie Dedicates Nuclear Reactor

Parr, S.C. — (UPI) — Dixie's first privately owned nuclear reactor was dedicated Wednesday by the governors of three states and hailed it as a symbol of the industrial South.

Operated by four regional power companies with the aid of the Atomic Energy Commission, the \$46 million facility will be used primarily for research.

Govs. Terry Sanford of North Carolina, Albertis S. Harrison of Virginia and Ernest F. Hollings of South Carolina attended the dedication.

London — (UPI) — An article on lung cancer in "Family Doctor" magazine said: "It would be a splendid thing if a doctor who smokes cigarettes before his patients, or a teacher before his pupils, was regarded in the same light as a clergyman who keeps a mistress."

Isolation Rule For Teachers Learning French

Canton, N.Y. — (UPI) — The fall semester at St. Lawrence university here is in full swing and the "stagiaires" have scattered to their homes throughout the country. But their memory lingers on as the campus gets back to normal.

The "stagiaires" are men and women who took part in the Summer Institute for the Secondary School Teachers of French, held at St. Lawrence for the past two years.

Picture a tiny French village transported from its native country to this location in upstate New York and then populated with about 60 inhabitants who speak a minimal amount of French, but who are not permitted to speak to anyone in English during the greater part of their stay. This can lead to complications and does.

Increases Proficiency

The seven-week institute, sponsored by the U.S. Office of Education under the National Defense Education act, aims to increase the secondary school teachers' proficiency in teaching French. Preference in selection for the institute is given applicants who show the greatest need for the type of training offered. This means the St. Lawrence participants do not speak French particularly well.

Why "stagiaires"? There is no exact French equivalent for "participant" on the general level. So, the participants become "stagiaires," or "persons at a stage." The logic of this is that the NDEA sponsors summer institutes for teachers at four different levels of ability. At St. Lawrence, the "stagiaires" are at the third stage from the top.

At the beginning of the institute, the "stagiaires" are a small band of strangers, many isolated from their homes by distance and all from the campus community by the self-imposed ban on English. The isolation is intensified by the difficulty in communicating with one another and with the faculty, many of whom are natives of France.

Basic Learning

One problem, embarrassing in a minor way, is the use of seemingly innocuous French words which, in France, carry different connotations than intended by the participant. For example, "fille" translates to "girl" but in France, a girl of virtue. Some basic knowledge was picked up in a hurry in this area.

On occasion, a "stagiaire" has desperately tried literal translation of idioms and found that "il est un chat frais," although an accurate enough translation of "he is a cool cat," means nothing in French. Neither does "our les oiseaux," or "for the birds."

Despite continuous opportunity to speak English to other summer residents of the campus, the "stagiaires" are commendably conscientious about their isolation in a Gallic atmosphere.

The non-English rule is merely waived on one occasion, that's when the "stagiaires," many of them away from husbands, wives and families for the first time, talk to them on the telephone. When it's all over, remarkable progress has been made, perhaps best exemplified by the female "stagiaire" who, during the course of the institute, was surprised and delighted to find herself first thinking and later dreaming in French. That reaction, because it's unconscious and demonstrates complete saturation in the work at the institute, is the highest praise which can be given the participant and the faculty, university officials say.

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United Nations Day Observed at Lunch

The 17th anniversary of the founding of the United Nations was observed yesterday in schools and by groups and individuals throughout Jackson county.

A luncheon at North's Chuck Wagon which marked the anniversary was attended by Mayor John Snider, officers and members of the Jackson County chapter, Oregon United Nations association, judges, lawyers, candidates and other citizens interested in the United Nations as a worldwide peace-keeping and philanthropic organization.

Mayor Snider introduced Eric W. Allen Jr., managing editor of the Medford Mail Tribune, the speaker. Allen read his editorial published in yesterday's issue, "United Nations Day," which reviewed the progress of the UN and called for everyone to "work for a sense of common purpose as the race of mankind, forgetting petty nationalistic jealousies." He pointed out that the United Nations provides a framework for such efforts.

The luncheon was arranged by Mrs. Ronald Ricketts, appointed by the mayor as UN day chairman. She introduced the mayor.

Mrs. Ricketts also presented Mayor Snider a figurine

which had been a gift to Mr. and Mrs. Ricketts from Pino Dutto, attorney from Medford's sister city, Alba, Italy, who recently spent several weeks in southern Oregon. He was often a guest in the Ricketts' home during his stay.

Mrs. Ricketts said she wished the mayor to have the figurine as a gesture of appreciation for his civic leadership.

The luncheon menu included food specialties from various nations.

The tone of the luncheon yesterday echoed the words of Charles W. Yost, deputy United States representative to the United Nations, who spoke to the American Association for the United Nations last month in New York City.

At one point he said "The UN is a democratic organization which acts in the Western tradition by consent and consensus, not by dictation and force, and that the solutions hammered out by democratic processes, even in a single country, are rarely swift or unilateral."

The Declaration of Independence was actually adopted on July 2, not July 4, which was the day the document was proclaimed to the world.

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