

Feeding the Family

By ZOLA VINCENT
Food Editor

Artichokes Beckon

An artichoke is a thistle-like plant of the same family as thistles, sunflowers and lettuce, is cultivated for its flowering head that is gathered before the flower expands. Artichokes have been cultivated in the Mediterranean area for thousands of years. Today, all artichokes grown commercially in the United States are grown in the Half Moon Bay district and a five-county area south of San Francisco.

Artichokes are mostly marketed fresh though a small percentage is canned or frozen as artichoke hearts. They're available all year but now we are going into a season of abundance that will last until May.

How to Cook

This is for newcomers to our area. Wash artichokes; trim stems to one inch; pull off tough outer leaves and snip off tips of remaining leaves. Place artichokes in one inch of boiling water; add lemon juice allowing 1½ teaspoons for each artichoke. Sprinkle each artichoke with one-fourth teaspoon salt. Cover tightly and cook 20 to 45 minutes depending on size of artichokes or until stems can easily be pierced with two-fork fork. Immediately turn artichokes upside down to drain.

We personally cook artichokes with some pickling spices tossed into the cooking water; pour a bit of olive or salad oil into their hearts while cooking.

Serve one small or medium size artichoke per person. Larger artichokes are cooked as indicated here, then cut in two, the "choke" removed and served "on the half shell."

How to Eat

Newcomers frankly ask "how do you eat these?" Old-timers say that artichokes are eaten with the fingers. Each leaf is pulled off and dipped in the accompanying sauce and the tender end of the leaf is eaten. When leaves have all been stripped off, the choke is removed, the tender base is cut into pieces, dipped into the sauce and eaten with a fork.

Favored Sauces

No matter what we say, most hot artichokes are likely to be served with lemon butter, preserving their fine distinctive flavor; cold artichokes are likely to be served with mayonnaise or with mayonnaise and dairy sour cream, half and half.

Lemon Butter. For each eight servings, simply combine one-half cup lemon and one-half cup softened butter, two tablespoons water and one-half cup softened butter, two tablespoons water and one-half cup softened butter, two tablespoons water and one-half cup softened butter.

Hollandaise Sauce. Our easiest of all Hollandaise-type sauce is made like this: In a saucepan, combine one stick butter, three slightly beaten egg yolks and three tablespoons lemon juice; let set for 45 minutes or so. Heat, over very low flame, stirring constantly for 1½ to 3 minutes until desired consistency. This can be made ahead of time, stored in refrigerator and gently reheated for hot vegetable. Good party spread, too.

Spicy Tomato Sauce. A recently arrived easterner dreamed this up and many will like it though we're sticking to lemon butter. Combine one large tomato, chopped; one-half cup chili sauce; one tablespoon prepared horseradish; one-fourth cup vinegar, salt, pepper and one-fourth grated onion; mix well. Cover and cook over low heat, stirring occasionally, for 30 minutes.

Golden Apple Sauce. Cake Is Super Special. This quickly-made cake is super in several ways. It's made with a package of white cake mix; has baked-on topping that combines apple sauce, coconut and raisins. See what we mean? Serve warm or cold.

1 package white cake mix
1 teaspoon almond extract
2 cups (1 can) canned apple sauce
1 cup flaked coconut
½ cup light brown sugar
¼ cup melted butter or margarine
1 cup white raisins

Prepare cake mix according to directions on package; add almond extract. Combine apple sauce, coconut, brown sugar, butter or margarine and raisins. Pour one-half apple sauce mixture in 2 greased 9 x 9 x 2 inch cake pans. Cover with cake batter, dividing evenly between two pans. Bake in moderate oven, 375 degrees, 25 to 30 minutes. Cool three minutes on rack. Turn out upside down on cake plate or platter.

Quick Corn Relish

There's scarcely a meal without wheat when a relish

wouldn't be the perfect touch. Here we make a quick corn relish starting with a 12 ounce can or frozen package of whole kernel corn.

1½ cups (12-ounce can) whole kernel corn, drained
¾ cup chopped celery
1 tablespoon instant minced onion
2 tablespoons salad oil
2 tablespoons cider vinegar
2 tablespoons diced green pepper
1 tablespoon diced pimiento
1 tablespoon prepared mustard

1 teaspoon salad herb mix
Combine all ingredients; toss to mix well. Chill several hours before serving. This will keep well in refrigerator if you want to make some up for future use or if you have some left over. Store in any glass or refrigerator jar.

Candy That Grows On Trees Now Abundant

Known as "the candy that grows on trees," dates were cultivated in Mesopotamia (modern Iraq) as far back as 3500 B.C. They grow today in the same (kind of) palms so often mentioned by classic writers and in the Scriptures. Dates came to California with early Spanish missionaries and have been eaten fresh hereabouts ever since. Season of commercial crop abundance is right now and all the way through the month of May.

Date Bread

This is the classic California fresh date bread recipe that is almost a fruit cake. It slices perfectly; is delicious for a sandwich especially when spread with softened cream cheese. It makes a fine bar cookie by cutting the slices into thirds. The dates keep it moist and fresh.

3 cups fresh California dates
2 cups walnut halves
1 cup flour
1½ teaspoons baking powder
1 cup sugar
1 teaspoon vanilla
4 eggs, separated

Put dates and leave whole. In mixing bowl, sprinkle dates and nuts with flour, salt and baking powder which have been sifted together; mix well. Then stir in sugar and vanilla and mix well. Beat egg yolks and pour over the mixture. Then beat the egg whites until stiff and fold into the mixture. Prepare a 9 x 5 x 3 inch loaf pan with a lining of waxed paper and then grease it. Pour in batter and bake at a slow temperature, 300 degrees, about 1½ hours. Cool before slicing.

Peach Supreme

For a delicious, easy-to-make dessert, combine sliced fresh or canned peaches with dairy sour cream; add a little confectioners' sugar to taste; flavor with a few drops pure vanilla extract and chill. Serve in prettiest dishes or sherbet glasses.

Service Gives Remedy For 'Salted-Up' Soil

College Station, Tex. (UPI)—The Texas Agriculture extension service reports growing salt content in irrigation water can cause poor soil structure, trapping of water and poisoning of crops if not contained.

Symptoms of excess salts in the soil are yellowed leaves, shedding and stunted growth, the service reports. To remedy "salting-up" of soil, farmers need to leach the soil, irrigate more often, plant salt-tolerant crops and use cropping practices, the service said.

Golden Apple Sauce
Cake Is Super Special

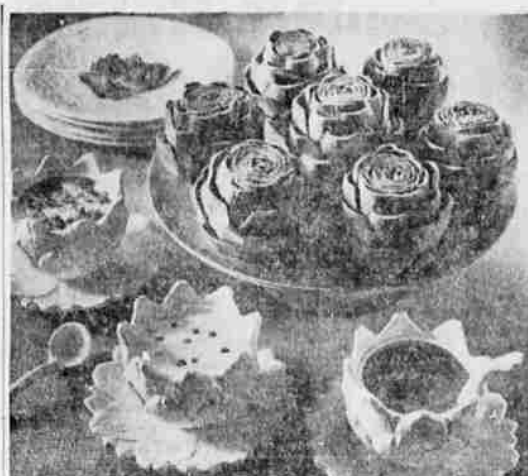
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ARTICHOQUES—New season artichokes are arriving in markets at surprisingly small cost. In today's food column, artichokes are discussed where they came from, how to enjoy them most and a variety of ways to serve them.

The Medical Roundup

by

Walter C. Alvarez

(Register and Tribune Syndicate, Emeritus Consultant in Medicine, Mayo Clinic, Emeritus Professor of Medicine, Mayo Clinic, 1962)

Frontal Lobectomy

Years ago, a Portuguese physician (Dr. Moniz) showed that if an instrument is passed

into the brain through a little hole in the side of the skull, back of the eyes, and moved up and down so as to sever the front part of the brain from the back part, a violent mental patient may become calm and amenable to treatment.

For several years there must have been thousands of these operations performed in mental hospitals. Some prominent psychiatrists were enthusiastic about the results, while others hated the operation. They said that too often it made of the patient a sort of human vegetable, and sometimes an unpleasant one. Some enthusiasts even performed the operation on people who lived at home, and perhaps complained of a neurosis of much pain. Many psychiatrists did not approve of such operations; they thought that the last state of such patients was sometimes worse than their first one.

I do not feel qualified to discuss the pros and cons of this subject because I have had no experience with these patients. I can only say that from much reading of the literature on the subject, my impression is that the operation should be reserved for the hopelessly insane who are difficult and dangerous to handle. Also, I have read that in recent years the operation has been largely given up, perhaps partly because drugs have been found that will quiet many of the obstreperous patients.

Virus of German Measles
Men in the U.S. Department of Health, Education and Welfare, with its great laboratories in Bethesda, Md., have announced discovery of the virus of German measles, German measles, of course, is ordinarily not a severe disease, but it has tremendous importance because some women who are unfortunate enough to get the disease during the first six weeks of a pregnancy can give birth to a child who is blind or deaf or otherwise handicapped. Hence it is that it would be a fine thing if all girls babies could be immunized to German measles—so that, in their adult life, they would never get it. Probably before long this immunizing will be done.

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Makeup of 1963 Oregon Legislature

By United Press International
Makeup of the 1963 Legislature:

SENATE

1st District—Marion county: Robert Elstrom (R-Salem) and Eddie Ahrens (R-Salem).
2nd—Linn: Glenn Huston (D-Lebanon).
3rd—Lane: Donald Husband (R-Eugene) and Edward N. Fadelley and Glenn Stadler (both D-Eugene).
4th—Douglas: Al Flegel (D-Roseburg).
5th—Jackson: L. W. Newberry (R-Talent).
6th—Josephine: E. D. Potts (D-Grants Pass).
7th—Coos: Curry: R. F. Chapman (D-Coos Bay).
8th—Washington, Yamhill: Arthur Ireland (R-Forest Grove).
9th—Washington: John D. Hare (R-Hillsboro).
10th—Benton, Polk: Walter Leth (R-Salem).
11th—Clackamas: John J. Inskeep (R-Oregon City) and Tom Monaghan (D-Milwaukie).
12th—Multnomah (two year term): Don S. Willner (D-Portland).
12th—Multnomah (four year term): Ward H. Cook, Alice Corbett and Ted Hallock, and incumbents Walter J. Pearson, Alfred Corbett and Thomas R. Mahoney (all D-Portland), and Vernon Cook (D-Gresham).

13th—Lincoln, Tillamook: Andrew Naterlin (D-Newport).
14th—Clatsop, Columbia: Daniel A. Thiel (D-Astoria).
15th—Klamath: Harry D. Boivin (D-Klamath Falls).
16th—Baker, Grant, Harney, Malheur: Anthony Yurri (R-Ontario).
17th—Umatilla, Union, Walla: Dwight Hopkins (D-Imbler).
18th—Gilliam, Hood River, Morrow, Sherman, Wasco, Wheeler: Ben Musa (D-The Dalles).
19th—Crook, Deschutes, Jefferson, Lake: Boyd Overhulse (D-Madras).

HOUSE
1st District—Clatsop county: William Holstrom (D-Gearhart).
2nd—Columbia: Wayne Turner (D-St. Helens).
3rd—Tillamook: Edward F. Ridderbusch (D-Tillamook).
4th—Washington: Victor Atiyeh, Robert E. Jones and John D. Mosser (all R-Portland).
5th—Yamhill: Merrill C. Hagan (R-McMinnville).
6th—Multnomah (West Subdistrict): Shirley Field, Ken

Maher and Mrs. E. G. Churnard (all R-Portland).
6th—Multnomah (South City Subdistrict): Shirley Field, Ken Maher and Mrs. E. G. Churnard (all R-Portland).
6th—Multnomah (South City Subdistrict): Grace O. Peck, Norman Howard and Philip D. Long (all D-Portland).
6th—Multnomah (East Central City Subdistrict): Robert Packwood, William J. Gallagher, Fred Meek and Bob Chappl (all R-Portland).
6th—Multnomah (North City Subdistrict): Ed Whelan, May Dooley and Jake Bennett (all D-Portland).
6th—Multnomah (East County Subdistrict): Ross Morgan and Don McBains (both D-Gresham), and Howard Willits (D-Portland).
6th—Multnomah (At Large): Berkeley Lent (D-Portland).
7th—Clackamas: Beulah J. Hand and Elmer McClure (both D-Milwaukie); Juanita Orr (D-Lake Grove); and Robert P. Dickinson (R-Lake Oswego).
8th—Lincoln: W. S. Ouder Kirk (R-Newport).
9th—Polk: Joe Rogers (R-Independence).
10th—Benton: C. R. Hoyt (R-Corvallis).
11th—Marion: Morris K. Crothers, Russell F. Bonesteel and Winto Hunt (all R-Salem), and Cornelius Bateson (D-Salem).
12th—Linn: Nancy Kirkpatrick (D-Lebanon) and Gerald Detering (R-Harrisburg).
13th—Lane: F. F. Montgomery and Edward Elder (both R-Eugene); Richard E. Mann (D-Mohawk); and Richard L. Kennedy and Veola Peterson Wilmot (both D-Eugene).
14th—Benton, Lane: Eugene Hulet (D-Eugene).
15th—Douglas: W. O. Kelay (D-Roseburg) and Sid Leiken (D-Roseburg).
16th—Coos: Clarence Barton (D-Coquille).
17th—Cook, Curry: Carl Back (D-Port Orford).
18th—Josephine: Sid Bazzett (R-Grants Pass).
19th—Jackson: John Delenback and Edward Branchfield (both R-Medford) and James A. Redden (D-Medford).
20th—Klamath: Carol B. Howe (R-Klamath Falls).
21st—Crook, Deschutes, Jefferson: Kessler Cannon (R-Bend).
22nd—Hood River, Wasco: Katherine Musa (D-The Dalles).

23rd—Umatilla: Stafford Hansell (R-Hermiston).
24th—Union, Walla: Don McKinnis (D-Summerville).
25th—Baker, Grant: Clinton P. Haight Jr. (D-Baker).
26th—Harney, Malheur: Robert F. Smith (R-Burns).
27th—Klamath, Lake: George C. Flitcraft (R-Klamath Falls).
28th—Gilliam, Morrow, Sherman, Umatilla and Wheeler: Jack L. Smith (D-Condon).

Minneapolis (UPI)—The success of Project Apollo will depend largely on the brainpower of three astronauts. Minneapolis—Honeywell engineers here say a computer duplicating the 14 billion cells in each human brain would be impossible to build for the moon flight.

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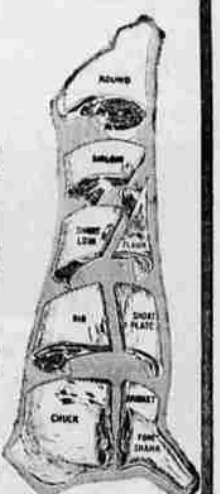
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BABY GOES HOME—Actress Nina Foch and her writer-husband, Dennis Brite, are shown at a Hollywood hospital as they took their first-born, Schuyler Dirk, home. The baby was born Oct. 30 and weighed 6 pounds, 11 ounces. (UPI)

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