Feeding the Family

By ZOLA VINCENT
Food Editor

Orientals Have Way With Rice; We Put Its Magic In Puddings

Rice is reliably reported to be the world's greatest crop, exceeding either wheat or corn. It is the staple food of the greatest number of people. Over half the world's population eats rice three times a day as the main article of diet. So important is this grain that "rice" and "food" are synonymous in many languages.

Cultivation of rice began in that dim prehistoric period before the time of records. Although the Orient continues to grow about 97 per cent of the world's rice, the United States grows more than it consumes. Rice undoubtedly came to this country by way of Europe with early colonists. First experiment in rice-growing in California took place in 1908. Today the state, along with Louisiana, Texas and Arkansas is a major rice-producing area.

Oriental Rice Method

The Orientals waste neither time, effort, nutrition nor flavor in their quick-and-easy method of cooking rice. Their rice is perfect every time—white, fluffy, individual grains with all the delicious, delicate flavor and rich wholesome nutrition of the original white rice grains. Here's how:

To make three heaping cups of white, fluffy rice, put one cup uncooked rice, two cups cold water and one teaspoon salt in a two-quart suacepan; bring to a vigorous boil; turn heat as low as possible. Cover saucepan with tight-fitting lid and leave over low heat for 14 minutes and it is ready to serve or for using in hundreds of ways including our rice pudding recipes today. To keep rice hot and fluffy, leave lid on saucepan until rice is served.

Rice puddings are served plain, with cream or whipped cream.

Old Fashioned Rice Custard

First prepare rice as suggested above. Beat three eggs slightly; add one-half cup sugar, one-fourth teaspoon salt and one-half teaspoon vanilla. Add 1½ cups milk, three-fourth cup cooked rice and one-half cup raisins. Pour into a buttered two-quart casserole. Set in pan of hot water; bake in moderate oven, 350 degrees, 1¼ hours.

Brownie Rice Custard

Separate three eggs and beat egg whites until stiff. Beat egg yolks slightly; add three cups milk and one-half teapoon vanilla; mix well. Combine three-fourths cup sugar and 2½ tablespoons cocoa; thoroughly blend with milk and egg mixture. Fold in egg whites. Combine one cup cooked rice and one-half cup chopped pecans and place in buttered baking dish in pan of hot water. Bake in moderate oven, 350 degrees, 1½ hours or until knife inserted in center comes out clean.

Rice-Peach Custard

Drain two No. 303 cans sliced peaches. Combine three-fourths cup sugar, four tablespoons flour and one-fourth teaspoon salt in top of double boiler. Combine two cups milk and two slightly beaten egg yolks. Pour slowly into sugar mixture. Cook in double boiler about 20 minutes or until thick, stirring frequently. Remove from heat; add one-half teaspoon almond extract and fold in two cups cooked rice. Cover bottom of 1½ quart buttered casserole or loaf pan with one-half cup graham cracker crumbs; pour in one-third of rice custard, top with one-third of the peaches, and repeat in layers, topping with some of the custard. Sprinkle with one-half cup graham cracker crumbs. Bake in moderate oven, 350 degrees, 30 to 40 minutes. Makes eight servings.

Egyptian Rice Pudding

Combine two cups cooked rice, one-half cup honey and three-fourths cup finely cut dates in one-quart casserole. Combine one cup milk and two slightly beaten eggs and pour over rice-date mixture. Set in pan of hot water. Bake in moderate oven, 350 degrees, 50 to 60 minutes or until custard is set. Serve warm or cold. Six servings.

Upside-Down Ham Celery Loaf is Budget Helper

An attractive, hearty protein loaf that can be made ahead ready for the oven, this upside-down ham and celery loaf can be served handsomely at dinner with plenty left over for another day or for filling tomorrow's sandwiches. Ten servings.

- 1/3 cup brown sugar
- 1 cup crushed pineapple, drained
- 1 pound ground ham
- 1 pound ground pork
- 1 cup dry bread crumbs
- 2 eggs, beaten
- ¼ teaspoon pepper
- 1 cup milk
- 1 cup celery, sliced
- Maraschino cherries

Sprinkle sugar over bottom of a standard loaf pan. Cover with pineapple. Mix remaining ingredients (except for marashino cherries) thoroughly and pack lightly into the pan. Bake at 350 degrees for 1¼ hours; turn out on platter and garnish with maraschino cherries cut into fancy designs.

Teen-Age Tempter

If your home is just a filling station for teen-agers, here's a fine filler-upper. Father will like this too. Six man-size servings.

- ½ pound frankfurters cut in ½ inch slices
- ½ cup chopped onion
- 2 tablespoons chopped green pepper
- ½ teaspoon chili powder
- 2 tablespoons butter or margarine
- 2 cans (1 pound 4 ounces each) kidney beans, drained
- 1 10-ounce can condensed tomato soup
- 1 teaspoon vinegar
- ½ teaspoon Worcestershire

Cook frankfurters, onion, green pepper and chili powder in butter until frankfurters are browned. Add remaining ingredients. Cover; cook over low heat 12 to 15 minutes, stirring now and then. Pour over buttered buns or toast points.

Fresh Dates in Muffin Delight

Fresh California dates give a delightfully chewy texture to this muffin specialty. Chopped or slivered, fresh dates provide exotic flavor and natural sweetness in innumerable quick breads, cakes, cookies, pies and puddings. Here we make them a welcome addition to muffins for serving warm from the oven or for lunch box surprise for active youngsters and grown-ups alike. One dozen muffins.

- 1 cup fresh California dates
- 1 large egg
- 2 tablespoons sugar
- 1 tablespoon soft butter
- 1 cup dairy sour cream
- 1 1/3 cups sifted all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt

Cut dates into small pieces. Beat egg until thick and foamy. Beat in sugar, butter and dairy sour cream. Sift dry ingredients together directly into egg mixture. Add dates and stir just until mixture is dampened. Fill greased muffin cups about two-thirds full. Bake in 425 degree (hot) oven, 20 to 25 minutes.

Rancho Salad Dressing

Here's a fine blue cheese or Roquefort topping for some of that estimated 18 pounds of lettuce that each member of the family is eating this year. For each four servings:

- 1 cup dairy sour cream
- 2 green onions (scallions)
- 2 tablespoons mayonnaise
- 2 tablespoons lemon juice
- 1½ ounces (1 foil-wrapped triangle) Blue cheese or Roquefort cheese
- Salt and freshly ground pepper to taste

Finely cut, tops and all, the green onions into the dairy sour cream. Add remaining ingredients and season to taste. Allow to "ripen" for several hours before serving. Pour generously over wedges of crisp Iceberg lettuce.

RICE PUDDINGS—The magic of versatile rice goes into a collection of rice puddings to delight old-timers, to bring new taste delights to the younger generation. We start with the centuries-proven Oriental quick-and-easy method of cooking perfect rice every time.

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Plate Boil	.29	.06	.23
Brisket Boil	.29	.10	.19
Shank Boil	.49	.10	.39
Ox Tail	.29	.06	.23
Boneless Stew	.89	.20	.69
Chuck Steak	.79	.16	.63
Rib Steak	.98	.20	.78
T-Bone Steak	1.29	.31	.98
Round Steak	.98	.20	.78
Round Steak Boneless	1.19	.24	.95
Sirloin Steak Boneless	1.69	.34	1.35
Tip Steak	1.19	.24	.95
Cube Steak	1.29	.31	.98
Fillet Steak	2.19	.50	1.69
Flank Steak	1.29	.31	.98
Porterhouse Steak	1.39	.41	.98
New York Steak	1.98	.43	1.55
Ground Beef	.49	.10	.39
Ground Chuck	.69	.14	.55
Ground Round	.89	.20	.69
Liver	.59	.12	.47
Heart	.39	.08	.31
Tongue	.39	.08	.31

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YAMS	U.S. No. 1—Red Velvet ... lb.	10c
AVOCADOS	Medium Size Thin Skinned ... Each	10c
APPLES	Local Newtowns—For Fine Pies or Sauce ... 4 lb. bag	29c
POTATOES	U.S. No. 1 Klamath Sandland's ... 10 lb. Bag	39c
ONIONS	Local Grown—Sweet Spanish ... 50 lb. Bag	89c

Instant Coffee	Tip Top	10-oz. Jar	69c
Tomato Sauce	Stokely's	8-oz. Tin	6 FOR 29c
Applesauce	North Coast	No. 2½ Tin	4 FOR 99c
Luncheon Loaf	Derby	12-oz. Tin	3 FOR 99c

SALAD OIL Western Chef 24-oz. 39c

FOLGERS COFFEE LB. 49c; 2 LBS. 97c; 6 oz. Instant Jar 89c

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Orange Juice	Cottage	46 Oz.	2 for .99
Green Beans	Cottage Cut	No. 303	8 for .99
Spinach	Blue Sky	No. 303	7 for .99
Corn	Cottage Cream or WK	No. 303	8 for .99
Sauerkraut	Del Monte	No. 303	6 for .99
Hominy	Drew White or Golden	No. 300	9 for .99
Tomatoes	Blue Sky	No. 303	7 for .99
Tomatoes	Blue Sky	No. 2½	5 for .99
Tomato Sauce	Del Monte	8 Oz.	10 for .89
Tomato Sauce	Del Monte	No. 300	6 for .99
Wax Beans	Blue Dell	No. 303	6 for .99
Asparagus	Dew Drop Cut	No. 300	4 for .99
Pork and Beans	St. Claire	No. 300	10 for .99
Peaches	Del Monte sliced or halves	No. 303	5 for .99
Fruit Cocktail	Del Monte	No. 303	4 for .89
Peaches	Gold Hill Freestone	No. 2½	5 for .99
Pears	Del Monte sliced or halves	No. 303	4 for .99
Figs	Argo	No. 303	5 for .99

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GRAPH OF TRENDS—Agriculture Secretary Orville Freeman, right, seems amused by the tie worn by Sen. Paul Douglas (D-Ill.) as they pose for pictures prior to Freeman's appearance before the Joint Congressional Economic committee of which Douglas is chairman. The Senator said the tie is a graph of business trends. Freeman told the committee that the President's tax program will reduce the tax bill of the nation's farmers by $250 to $300 million a year, or by about 20 per cent. (UPI)

Aerial Photographs Can Be Valuable to Forest Protection

Corvallis — Aerial photographs can be tremendously valuable "labor saving devices" in forest protection, recreation, and inventory programs, a national forestry leader said this week at Oregon State university.

Dr. Robert N. Colwell, University of California forestry professor and one of America's top forester-photogrammetrists, pointed out that photographs can supply some information at a "studied glance" that would take days or weeks of ground work to develop.

Furthermore, there are some things such as tree top invasions by insect pests that are hard to detect from the ground but easy to spot in photos.

Advances in aerial photo techniques and films and filters have enhanced the value of photographs as forestry planning tools, he said.

Ground Observation

Colwell stressed that ground observation is a "must" in using aerial photos but that the photos can replace a great deal of foot work.

Colwell cited these examples for uses of aerial photographs in forestry:

Forest protection from fire—with photographs, foresters can pre-plan how they would fight fires that might break out in any area; can indicate best locations for fire breaks, helicopter landing ports to unload men and fire fighting equipment; where fire camps could be located.

Once a fire breaks out, by using existing aerial photos and aerial observation, it is possible to plot the fire location quickly and accurately on the photos and predict how the fire will spread. More effective fire fighting will result.

Forest protection from insects and disease – invasion of pests and disease attacks can often be detected in aerial photos because of change in foliage color, tree appearance. Downed timber that could be a center for insect build-up can be spotted and most effective salvage logging plans made.

Aerial photos can be used to help locate areas in the forest that are best possibilities for recreation development and locating ski tows, trout ponds, hunting-fishing areas, and similar areas. Ground observations will be necessary to confirm plans, of course, but photos can point the finger at best prospects for recreation use, Colwell said.

Aerial photos also can be a tool in making inventories of standing timber, Colwell pointed out. With a limited amount of field work, accurate timber volume determinations can be made quickly and inexpensively from aerial photos, he said.

Portsmouth, England — (UPI) — William Mahon has refused to give permission for his 14-year-old daughter, Marilyn, to portray an unmarried, pregnant teenager in a local church play.

"It's not suitable for a girl of her age," he said.

Court Records

JUSTICE COURT
Ashland District

Clark E. Brock, exceeding declared weight, $100.
Jay L. Heath, violation of basic rule, $50.
Dale G. Hines, no PUC permit, $100.
Duane O. Bishop, no operator's license, $5.
Nolan LeRoy Greenwood, disobeyed stop sign, $15.
Ernest S. Benning, disobeyed traffic signal, $15.
George E. Williams, no tail light, $10.
Donald M. Scull, no muffler, $10.
James R. MacFarlane, violation of basic rule, $25.
Arnold J. Fein, overload, $30.
David E. Haselden, no PUC permit, $100.
Henry D. Dees, overload, $24.
George C. Taylor, overload, $15.
Albert T. Moore, overload, $32.
Gordon D. Lewis, overload, $40.
Eulas G. Fish, overload, $22.
Orval E. Ellis, exceeding declared weight, $100.
Jesse Creighton Lackey, no PUC permit, $100.
Marilyn C. Crevier, violation of basic rule, $50.
Wayne E. Stout, overload, $108.
Lee O. Hunt, no trailer license, $5.
Harold L. Center, no lights, $10.
Bert E. George, violation of basic rule, $25.
Harold H. Wilson, no safety chains, $15.
William R. Otey, fail to drive right side highway, $13.
Buford E. Ritchie, exceeding declared weight, $100.
Fredrick W. Webert, overload, $34.
Lowell S. Freeman, overload, $26.

ASHLAND MUNICIPAL COURT

Barbara Jean Duson, violation of basic rule, $15.
Edwin Henry Singmaster, violation of basic rule, $25.
David Lloyd Leek, disobeyed traffic signal, $5.
Goordon Clyde Young, disobeyed traffic signal, $5.

MEDFORD MUNICIPAL COURT

Reid Lee Lindsay, improper right turn, $10.
Ronald Delbert McIntyre, violation of basic rule, $20.
Sidney John Bristow, expired vehicle license, $5.
Robert Glenn Dickinson, violation of basic rule, $15.
Howard Jay Freed, operating vehicle without headlights, $10, suspended.
Jerry Allen Abbott, disobeyed stop sign, $10.
Marvin Ray Davis, failed to wear corrective lenses, $10, suspended.
Ronald Eugene Croft, excessive noise, $10.
Gary Virgil Whipple, expired vehicle license, $5.
Robert Albert Boyer, violation of basic rule, $10.
Richard Whittington Casey, disobeyed traffic signal, $10.
George Glen Lane Jr., disobeyed stop sign, $10.
Berle Eldred Stephens, disobeyed stop sign, $10.
Glenn Leeroy Frost, expired operator's license, $5.

STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars.

To develop message for Friday, read words corresponding to numbers of your Zodiac birth sign.

ARIES MAR. 22 – APR. 20: 5-15-26-37-51-60-81-90
TAURUS APR. 21 – MAY 21: 55-66-68-75-76-77-84-85
GEMINI MAY 22 – JUNE 22: 6-21-32-43-53-78-83-87
CANCER JUNE 23 – JULY 23: 11-14-25-36-48-59-70
LEO JULY 24 – AUG. 23: 10-22-33-44-54-65-74
VIRGO AUG. 24 – SEPT. 22: 7-19-30-41-52-64-73
LIBRA SEPT. 23 – OCT. 23: 3-16-27-38-47-61-71
SCORPIO OCT. 24 – NOV. 22: 1-13-24-35-46-58-69
SAGITTARIUS NOV. 23 – DEC. 22: 2-18-29-40-50-63-82-89
CAPRICORN DEC. 23 – JAN. 20: 8-12-23-34-57-67-79-86
AQUARIUS JAN. 21 – FEB. 19: 9-20-31-42-45-56-80-88
PISCES FEB. 20 – MAR. 21: 4-17-28-39-49-62-72

1 You	31 Of	61 Acquire
2 Postpone	32 Yours	62 Things
3 Work	33 Crystalize	63 Decisions
4 Point	34 Will	64 On
5 Today	35 High	65 Approval
6 The	36 Think	66 Looks
7 Some	37 Journeys	67 Favorably
8 The	38 Things	68 Like
9 Your	39 Make	69 Opinion
10 Your	40 Any	70 Carefully
11 You	41 News	71 Completion
12 Opposite	42 Charming	72 Dx
13 Certainty	43 Today	73 Wing
14 Need	44 And	74 Now
15 Emphasizes	45 Talk	75 Setback
16 Hard	46 In	76 Is
17 Repair	47 And	77 Blessing
18 Travel	48 Things	78 Ask
19 Unexpected	49 Old	79 To
20 Gift	50 Important	80 Persuasion
21 World's	51 Brief	81 Local
22 Plans	52 Is	82 Tiff
23 Sex	53 So	83 Those
24 Rank	54 Gain	84 In
25 To	55 What	85 Disguise
26 Little	56 And	86 You
27 At	57 Respond	87 Favors
28 And	58 Someone's	88 Impresses
29 And	59 Over	89 Later
30 Good	60 Visits	90 Activities

Good Adverse Neutral 2/1