

Feeding the Family

By ZOLA VINCENT
Food Editor

Young Modern's Shortcut For Plentiful Pot Roast

No beefing about beef prices especially when you choose beef for pot roasting. No question about it, young moderns are doing things differently than the older generation. They take this shortcut for new pot roast flavor, for instance, using soup mixes for new interest, then cooking it in foil for total ease and tenderness.

Count on 10 servings with 2½ cups of sauce from a four-pound pot roast of beef; enough for two-days enjoyment if family is small but not ravenous as in teen-ager boys.

- 1 4-pound pot roast of beef (lean chuck, rump or round)
- Heavy duty aluminum foil
- 1 envelope tomato soup mix
- 1 envelope mushroom soup mix
- 1 cup water
- 3 tablespoons red wine, optional

Place roast in center of large sheet of aluminum foil. Combine soup mixes and water; then spread on meat. Close foil using drug store wrap which means to overlap long ends of foil three inches on top of roast and close opposite ends by folding them up tightly.

Place wrapped meat in a shallow pan and roast in a 325 degree oven for 3½ hours or until fork tender. To serve, open foil and remove meat to a serving platter. Pour sauce into serving dish and skim off any excess fat.

Spicy Raisin Sauce

We spice plentiful raisins in a superlative sauce for serving hot over lamb, veal, beef pot roast or ham — or for passing in a sauceboat. Recipe makes about 1½ cups sauce.

Add one cup seedless raisins to 1½ cups water and boil five minutes. Blend one-third cup brown sugar, 1½ tablespoons cornstarch, one-fourth teaspoon each of cinnamon, cloves, dry mustard and salt. Add mixture to raisins and cook and stir until clear and thickened. Blend in one tablespoon butter and one tablespoon vinegar.

Ways With Tart-Sweet Tang of Prune Juice

The rich flavor and tart-sweet tang of prune juice from Oregon-grown prunes is readily available in a variety of sizes — in cans and in bottles, usually holding 12, 24, 32 or 40 ounces. It is a refrigerator stand-by in many homes for many uses. Principal use of course is enjoying "as is" and in combination with orange, apple or other fruit juices. Here are other suggestions:

Flavor Tricks.

Add prune juice to pot roasts. Use half and half with milk for a delicious luncheon beverage. Use prune juice instead of water for braising meats.

Velvet Cream.

Combine one cup chilled prune juice with two cups apple juice and one quart of chilled ginger ale. Pour over ice cubes in tall glasses. Then carefully pour a little cream into each glass and sprinkle with nutmeg. Six servings.

Hot Toddy.

Combine and heat one quart prune juice, one-half cup strained honey, 12 whole cloves and one two-

inch stick cinnamon broken into pieces; let stand one hour then strain to remove spices. Heat. Just before serving, add 1½ teaspoons rum or rum extract. Serve hot with lemon slices floating on top.

Popular Uses for Plentiful Peanut Butter

There's a super abundance of peanut butter and that means that it is being specialized in local markets. Tremendously popular with teenagers, put in an additional supply now for use in ways like these:

Add peanut butter to scrambled eggs as they cook — or spread over hot toasted English muffins.

Add chunk-styled peanut butter to mashed potatoes — or to hot cream of potato soup.

Use in sandwiches along with chopped dates, marmalade, honey or cheese slices. When sandwich making, crisp lettuce will add further taste, texture and nutrition values.

Beef, Pork, Dairy Products Among Many Best Buys

Among items most likely to be featured in local markets now and throughout April, smart shoppers will find seasonal abundance of beef, pork, eggs, fluid milk, cottage cheese, potatoes, carrots and onions.

Now is time to stock up on such standbys as peanut butter and other peanut products, canned freestone peaches, canned ripe olives. There is plenty of canned corn, canned red tart cherries and lots of rice. Cottage cheese and cheddar cheese are refrigerator old-faithfuls for frequent use.

Beef Buys.

Nine out of ten families in the U.S. serve beef at least once a week. It suits a variety of needs from prestige steaks two inches thick to thrifty but equally protein-rich meals built around pot roasts, stews, hamburger.

Pork Plentiful.

Try a smoked pork shoulder butt (cottage roll), a compact piece of boneless rolled pork similar to ham both in flavor and appearance. Good time too to invest in canned hams. Be sure to read labels carefully covering refrigeration on these.

Fish, Shellfish.

Fresh and frozen seasonal delights include Dungeness crab, halibut, oysters, rockfish, sablefish, salmon, scallops, shrimp and sole. Fish sticks and portions offer the ultimate in economical fish buying. Canned tuna prices invite stocking-up for more frequent use for making tuna casseroles as well as for using in salads and sandwiches.

Egg Bonanza.

Please Papa and the boys with 2 or even 3 eggs for a bountiful breakfast. Hard-cooked eggs for sandwich fillings; put them in creamed dishes, in salads. Treat the family to custards and cream pies now while egg cost is seasonally low.

Produce Displays.

Quality of fresh produce is excellent as market men vie in offering shoppers fruit and vegetables of high quality. Most plentiful items are apples, bananas, avocados, grapefruit and oranges among fruits. There's plenty of menu variety in asparagus, broccoli, carrots, cabbage, cauliflower, celery, lettuce, onions, peppers, potatoes, winter squash, sweet potatoes, tomatoes.

Light Changes Milk's Content, Scientists Say

Raleigh, N. C. —(UPI)— The milk you brought into the kitchen this morning probably was not the same milk left by the delivery man an hour or so earlier, reports the North Carolina department of conservation and development.

If as much as half an hour elapsed, "nature's perfect food" was no longer perfect, the department said.

A very narrow band of light penetrated the container and began a chemical action that caused a change in taste and loss of vitamins.

But sunlight, direct or indirect, is not the only cause of chemical deterioration in milk, the experts said. The profuse fluorescent lighting used in most grocers' dairy cases has a similar effect — it just takes a little longer.

Do Research

Research is under way to determine what happened when the radiant energy hits the protein molecule of the milk. Does the waxed cardboard or plastic carton provide a filter of any appreciable value? Just what vitamins are lost and to what extent?

Dr. L. W. Aurand, of the North Carolina State college department of food sciences, says milk exposed to direct sunlight undergoes change of taste and loss of vitamin qualities within 30 minutes. Tests conducted elsewhere indicate four hours of exposure to fluorescent light will cause similar changes in the milk.

While scientists look for a container to protect milk from light's effect, the question of appearance must be kept in mind.

Brown or amber bottles have been used "but the consumer wants to see the white milk she's buying," Aurand said.

To keep light from robbing milk of taste and vitamins, carry it home in a brown grocery bag, don't let the home delivery sit on the steps too long, or provide the milk man a covered metal deposit box, the department said.

Vote Draws Near On Transit Measure

Washington —(UPI)— Administration backers fought both labor and rural forces today as a vote drew near on President Kennedy's \$500 million mass transit bill.

Senate Democratic Leader Mike Mansfield and GOP Leader Everett Dirksen (Ill.) both predicted the vote, expected Wednesday, would be close.

Administration supporters were working hard to line up votes for the bill, the first of the session that has strong White House backing.

Republicans set up a conference to work out a policy on the measure. Dirksen derided it as a "toe in the door" that would lead eventually to spending billions of dollars.

The bill would give grants and other assistance for the development of rush-hour mass transportation systems in urban areas. The grants would be limited to \$500 million over three years. The government would put up two-thirds of the deficit amount which transit projects could not meet through fares or borrowing.

Old Chicago Landmark Being Torn Down

By SUSAN POLLOCK
Chicago —(UPI)— Millard Fillmore was president. Old Glory had 32 stars, the Civil War was nine years away and the building at Randolph and Market was a going concern.

Now, many wars and presidents later, they're tearing down the old building, and there's nary a man alive who is certain how old it is.

But it is known that this building survived the Great Chicago Fire, several depressions and — up to now — no telling how many hungry real estate speculators.

Crowbars and other wrecking tools are biting into one of Chicago's oldest remaining pieces of historical evidence, estimated to be 111 years old.

Only a sudden shift in the wind saved the building from the flames that razed entire downtown Chicago in 1871. It was one of three loop buildings to survive the fire. Now only the Chicago Water tower, the city's famous landmark, remains as a remnant of the blaze.

A lumber merchant, S. Lind, was known to have a lumber yard on the building's site as early as 1844. He evidently bequeathed his name to the structure and surrounding area, known as the Lind block.

The building's newest owner, who refuses to reveal his identity, reportedly has no specific plans for the area he is leveling.

Originally seven stories high, the building had only five stories when it died. The two floors directly over the Chicago river disappeared with the raising of Wacker drive in recent years.

The Lind block, as a youngster, housed a coin exchange and bank; law office, piano manufacturer, tool shop, job printer and a fruit, vegetable and grocery store.

At the end of the 19th century its top two floors rocked preses.

Throughout the years it saw active trade and became a retreat for manufacturers, machinists and patent-makers.

The old Lind block building braved a second fire threat in 1955, when flames destroyed the entire interior of a neighboring building. The Lind block escaped with only smoke and water damage.

Cast iron supporting structures, wrought iron structural frame and red fire clay bricks have made the building indestructible — almost.

But there is nothing that can barricade a building against the will of man and a wrecking crew.

Saturday House Sessions Likely

Salem —(UPI)— Saturday sessions of the House of Representatives seem likely here beginning this Saturday, House Speaker Clarence Barton said today.

Senate President Ben Musa indicated the Senate also may meet this Saturday, but he would not be able to make a definite announcement until he determined how many bills were awaiting action by the end of the week.

Barton Monday advised committee chairmen to move as many non-controversial bills as possible to the floor for action during a Saturday session.

Both Barton and Musa said Saturday sessions would be held in lieu of afternoon meetings to avoid interruption of committee work.

Lower house meet Saturday to clear the calendar of non-controversial bills. Earlier plans to adopt a consent calendar for passage of such bills were abandoned when house members failed to give unanimous approval to the idea.

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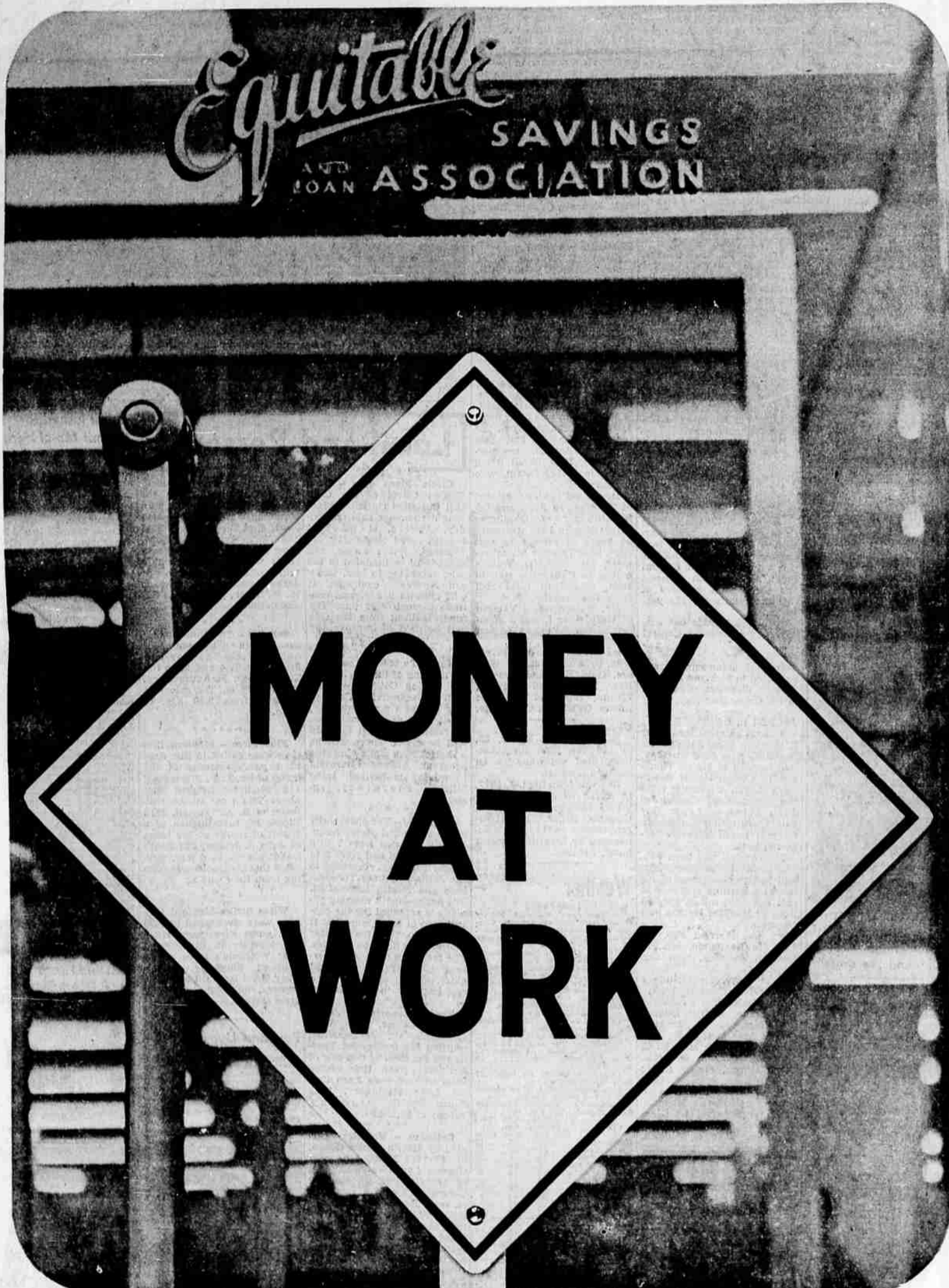
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