

Feeding the Family

By ZOLA VINCENT
Food Editor

No Need Taxing Imagination: Put Money in Beef, Pork

There's good news in the meat markets as we take stock of current assets while recovering from recent raids on our wallets. We've made some clever deductions and discovered that there's an abundance of beef - that good red meat that is every man's favorite. The lowest prices noted on beef in a long, long time put it back on the menu often.

There's plenty of pork too with resultant lower prices on these popular products, both fresh and smoked. As reported earlier, there's the biggest lamb crop in recent years and exceptional values to be found among the older, heavier, meatier lamb cuts.

For many, meal planning begins with meat. From friendly frank to sizzling steak, meat gives generously of fine flavor and nourishment. Every bite offers a serving of complete protein. Protein is the great builder of the body - the food essential every one needs for healthy growth of muscle and tissue, for sustaining every cell and nerve.

Once the meat for the meal is planned, the rest comes easy from long association. If you're the fortunate owner of a freezer, watch for seasonally low prices on favorite cuts as time goes by, put in a supply of futures.

New Meat Cuts. Do try new meat cuts. There's good eating in braised oxtails, beef brisket, sweatbreads, rolled shoulder roasts, flank steak, branschwelger, tongue.

Almond Glazed Ham Handsome Meal Planning

This glazed ham was so handsome when we had it ready for the table that we took its picture for no other reason than to make you hungry for it. The crunchiness of roasted diced almonds topping the glaze of dark brown sugar and lemon juice does the obvious thing for generous slice of ham. Then we arranged a ring of canned peach halves with more of the glaze drizzled over. Six servings from thick slice of ham.

1 1-pound can cling peach halves

1/2 cup dark brown sugar, packed

1 tablespoon lemon juice

1/2 teaspoon dry mustard

1 slice ready-to-eat ham (1 1/2 pounds about an inch thick)

1/2 cup roasted diced almonds

Drain peaches, reserving one-half cup syrup. Combine syrup, brown sugar, lemon juice and mustard for glaze. Place ham on broiler rack about five inches from heat. Broil until lightly browned on top; turn. Place peach halves cut side up on rack around ham.

Brush peaches and ham generously with glaze and broil until peaches are delicately browned. Cover ham with almonds and drizzle remaining glaze over ham and peaches. Return to broiler a few minutes to toast almonds lightly.

Imaginative Seasonings For Popular Pot Roast

About 45 minutes before your pot roast of beef is done, add one or more of the following:

Vegetables. Pared or scraped carrots, peeled onions, stalks of celery cut into two-inch lengths, pared medium-size potatoes and other mild flavored vegetables in whole or good size pieces.

Curry. Mix one tablespoon of curry powder and one teaspoon sugar with one-half cup of water. Stir into broth around roast.

Tomato. Add two cups cooked tomatoes, one teaspoon prepared mustard and one onion, peeled and sliced.

Accompaniments for Fresh Roast Pork

Plentiful pork at very reasonable prices cause us to put it in the menu more often. Serve fresh roast of pork with a sweet flavored vegetable or fruit but serve a tart flavored food as a salad or relish in the same course.

Suggested companion foods are: red cinnamon apples or pears; pickled peaches, apples, pears or orange slices, canned or cubed pineapple, baked bananas, spiced prunes or apricots; thick cranberry sauce, jelly or an India relish.

Suggested companion vegetables are sweet potatoes, squash, peas, carrots, asparagus, onions, broccoli, celery, turnips, rutabagas and of course potatoes which are especially plentiful and of good quality right now.

Avoid sauces on the fruit and vegetables if these are used on the platter or to garnish the roast. Choose gay colors that make the platter picture-pretty.

Braised Meats

This is the modern term for an old-fashioned method of making a great many cuts of meat very delicious. Moist heat is used in this type of cooking.

Less tender roasts and steaks of beef and lamb are best when braised. Pork and veal chops and steaks need moist heat to cook them thoroughly, yet keep them juicy and flavorful. Pork and veal must be well done when served.

Braising meats are dipped into seasoned flour, browned in a very little fat in a skillet, kettle or other heavy pan. When meat is well browned, a little water or other liquid is added. A cover is used. Slow cooking on surface heat or in the oven makes these meats fine fare.

DeLuxe Hamburgers

Broil hamburgers to your taste for doneness then add one of the following: two tablespoons butter mixed with two tablespoons Blue cheese; two tablespoons butter mixed with two tablespoons chopped chives - or with two tablespoons catsup or prepared mustard.

Iranians Like Kebab (Lamb on Skewers)

The current abundance of lamb along with the imminence of outdoor cookery, make this recipe for an Iranian specialty a good selection for this week. Beef often is used.

Iran (Kingdom) is one of the Middle Eastern Islamic nations which is not of Arab stock. Its area covers 636,294 square miles with an estimated population of more than 20 million. Principal city is Teheran which is the capital. It is a major oil-producing nation. Principal crops are wheat and barley. Other crops include rice, grapes, dates, apricots, sugar beets and corn. There are extensive grazing lands where 72 million sheep are said to roam, resulting in lamb looming large in the diet.

This recipe makes four servings. Americans are likely to double or treble it.

1/2 cup olive oil

1/2 teaspoon salt

1/2 teaspoon pepper

1/2 teaspoon dried oregano or rosemary

1 pound cut lamb or beef, cut into 1 1/2 inch cubes

8 ripe olives, pitted

2 onions, cut in wedges

2 tomatoes, cut in wedges

Mix olive, salt, pepper and herbs. Sprinkle this mixture over meat and let stand in a cool place for at least one hour. Put skewer through meat, olives and vegetables alternately using one-fourth of each for each kebab. Broil until meat is well browned. Turn skewers to brown meat evenly. Loosen and push skewer directly onto the serving plate.

Variation. Cover lamb with mixture of one cup yogurt, one-eighth teaspoon saffron and two onions, sliced thin. Allow to stand overnight or at least four hours. Put skewers through meat, brush with fat and broil over charcoal 10 to 12 minutes - or under broiler flame until meat is well browned. Serve immediately.



MEAT FIRST - Ask any man what he had for lunch or dinner and chances are that he will name the meat first if he's been served this handsome thick slice of ham, topped with brown sugar almond glaze and surrounded by glazed halves of canned peaches.

Contract Approved For Concession at Howard Prairie Lake

Two members of the Jackson County court approved the revised five-year contract for the Howard Prairie lake concession, but the third member, County Commissioner Edwin Taylor abstained yesterday.

"I don't feel the contract is improved much, but I'm not criticizing anybody and not the concessionaire," Taylor commented.

"I just don't feel the county is getting its fair share of the gross receipts at 4 per cent. Up until this year it was 10 per cent. The concessionaire was allowed the lower percentage with the idea he would dispose of the garbage (in the developed recreation area). Now the county subsidizes him on this by paying him for it," Taylor explained.

Made From Concession

County Judge Earl M. Miller said the county made

\$4,000 from the concession last season and asked the commissioner if he had read the final report on Howard Prairie issued by the Jackson County parks and recreation commission. Taylor said he had not read all of it.

The five-year contract is from Jan. 1, 1962, to Dec. 30, 1964. The bureau of reclamation and national park service had questioned the concessionaire collecting the overnight camping fees and the cost of maintenance and also requested some technical changes in the contract.

Representatives of the federal agencies appeared satisfied however, when the county judge explained the maintenance cost applies to the whole developed area and not the camp grounds alone. Signs and receipts for overnight camping charges will more clearly designate the area as operated by Jackson county, it was agreed earlier.

Jaycees Plan Cancer Fund Dance Friday

Central Point-The Central Point Jaycees will sponsor a cancer fund benefit dance from 8 p.m. to midnight Friday at the American Legion hall in Central Point.

Music will be by the "Spiders." Bob Kronkite will play records during intermission.

Jaycees are working in conjunction with cancer fund co-chairmen Mrs. Vern Parent and Mrs. Richard Dunn, both of Central Point.

BUCKING THE ODDS

Draguignan, France - (UPI) - Eighteen mayors from small communities in the Haut-Var department have decided to fight the French army. They announced Wednesday they will go on strike starting Monday until the army drops plans to hold military maneuvers in the area.

SENSITIVE ARTIST

Derby, England - (UPI) - David Stocker and Gerry Smith, a pair of 4-year-old modern artists, have received apologies from the adults who hung two of their paintings upside down in a current exhibition. Stocker painted a railway engine and Smith a little girl. The works however, were placed upside down and named a "petrol pump" and a "flower pot."

RECEIVES MERIT AWARD

Washington - (UPI) - President Kennedy arranged a White House ceremony today to present Mrs. Borden Harriman, 93-year-old former minister to Norway, a citation of merit for "singular and lasting contributions to the cause of peace and freedom."

BLM Maps Are Now Available in State

The Jackson County unit of the American Cancer Society has invited area residents to watch the television film "All for April" to be shown on KMED-TV at 8 p.m. Saturday.

"All for April"

is a salute to the American Cancer Society volunteers as a tribute to 1963, "The Year of the Volunteer." The film shows that a desire to help others motivates the volunteer and that by vigor and dedication the volunteer contributes greatly to the lives of all people.

HIGH RIDE

New York - (UPI) - The Swiss Skyride, one of the exciting features to be installed at the New York 1964-65 World's Fair, will span the Fair across its main axis reaching a height of 112 feet and carrying up to 90,000 visitors a day in 4-seat gondolas. Every part of the Fair will be visible during the 2,000-foot journey.

LISTEN OR ELSE

Dallas - (UPI) - David C. Barrett got bored with the whole thing and walked away Wednesday. A five-man band led by a red-shirted guitar player became angry when Barrett walked away from their impromptu concert in a city park and beat him up.

Duncan Opens Office in Eugene

Eugene - The location and opening of an office in the Fourth Congressional district has been announced by Congressman Robert B. Duncan, Democrat, Medford. The office will be at 720 East 13th st., Eugene.

All residents in the Fourth district, and throughout the state of Oregon, are urged to contact the Eugene office in connection with any problems or questions that their Congressman might be able to assist them with.

The cost of contacting the Washington office directly is often prohibitive. By providing a local office it is hoped that more prompt, efficient, and less costly services can be rendered.

DINGY DACRON?

Keep those pretty Dacron blouses looking like new. Every time you wash and rinse 'em... add CALGON water conditioner to the water. Toss up minerals in water so detergent and soil CAN'T settle back into the fabric.

Gillespie Peterson Brokerage P.O. Box 708-Med. Ph. 664-1406

"MEDFORD'S FINEST MEATS SINCE 1940"

<p align="center">OUR OWN HOME CURE</p> <p>BONELESS CORNED BEEF 79¢ lb</p> <p><small>Boneless BRISKETS</small></p> <p>BONELESS ROUNDS 89¢ lb</p> <p><small>"CHOICE" LEAN</small></p>	<p align="center">"NEBERGALLS"</p> <p align="center">OLD FASHION FRANKFURTERS</p> <p align="center">LARGE-JUICY IN CASINGS</p> <p align="center">49¢ lb.</p>
<p>"CHOICE" AGED BONELESS BEEF ROASTS 98¢ lb</p> <p><small>• Tips • Rumps • Top Rounds</small></p>	<p align="center">"NEBERGALL'S" "ECONOMY PAK"</p> <p align="center">SLICED BACON 39¢ lb.</p> <p><small>Sliced from a little heavier bacon but the same old fashion smoke flavor that Nebergall's is famous for.</small></p>
<p>BONELESS PORK LOIN ROAST 79¢ lb</p> <p>ALL CENTER CUT LEAN PORK CHOPS 79¢ lb</p> <p><small>Our Own Pure Pork SAUSAGE</small></p> <p align="center">2 LBS 89¢</p>	<p>FRESH GROUND BEEF 39¢ lb</p> <p>10 Pound Pkg. \$3.75</p> <p><small>Our Ground Beef is the Best - Ask Anyone -</small></p>
<p align="center">BAKING HENS 49¢ lb</p> <p align="center"><small>SWIFT'S PREMIUM FRESH FROZEN - 5 TO 7 LBS. -</small></p>	
<p>TIDE \$1.09</p> <p><small>King Size Package</small></p>	<p>ZEE PASTEL PINK TOILET TISSUE 12 ROLLS \$1</p>
<p>CASCADE 3 PKGS \$1</p> <p><small>DISHWASHING DETERGENT</small></p>	<p>White Star Chunk Style Tuna 29¢</p> <p><small>Large No. 1/2 Tin</small></p>
<p>MJB COFFEE</p> <p>1-Lb. 49¢</p> <p>Tin 97¢</p> <p>2-Lb. 97¢</p> <p>Tin 89¢</p> <p>6-Oz. Instant 89¢</p>	<p>BONUS PACK NESTEA 79¢</p> <p><small>INSTANT TEA Get 1/2 More Free (1.24 value)</small></p> <p>FROSTING SUGAR 43¢</p> <p><small>C&H MAGIC 2 pkgs.</small></p> <p>GINGER BREAD MIX \$1</p> <p><small>BETTY CROCKER 4 pkgs.</small></p> <p>PIECES AND STEMS MUSHROOMS 4 4-Oz. Tins \$1.00</p>
<p align="center">NOW IS THE TIME TO FREEZE</p> <p align="center">SMALL TENDER Asparagus</p> <p align="center">3 LBS \$4.99</p> <p align="center">CRATE \$4.50</p> <p align="center"><small>(30 lbs. or over)</small></p>	
<p>INDIAN RIVER PINK GRAPEFRUIT 10 for 98¢</p> <p>FROST FREE ARTICHOKES 3 for 33¢</p> <p><small>(Medium Size)</small></p> <p>EXTRA FANCY ARIZONA LETTUCE 3 for 39¢</p> <p><small>(Large Heads)</small></p> <p>TENDER CRISP BUNCH CARROTS 3 Bunches 29¢</p> <p>FIELD GROWN RED RIPE TOMATOES 2 LBS 29¢</p>	<p align="center">DELIVERY</p> <p align="center">Phone 773-7444</p> <p align="center">ED MILNE'S</p> <p align="center">QUALITY MARKET</p> <p align="center"><small>222 West Main Street NEXT TO POWER COMPANY CLOSED SUNDAYS</small></p>

You do a world of good when you send \$1 Food Crusade packages please care — hunger hurts!

how do you answer the hunger in a child's eyes, if he lives thousands of miles away? By joining CARE'S Food Crusade, you span the world to help feed hungry school children, orphans, refugees, the aged and sick, desperately poor families.

what you do is share our farm abundance—staples donated by the U.S. Food for Peace program. CARE adds other foods, packs various units to match country needs. Every \$1 you give sends one package—with your name and address, to bring a personal message of friendship from the American people.

where need is urgent, CARE delivers your gifts. You cannot specify persons, but you may choose any of these places: Colombia, Cyprus, Dominican Republic, Ecuador, Greece, Haiti, Hong Kong, Iran, Israel, Jordan, Korea, Macau, Mexico, Pakistan, Poland, Sierra Leone, Turkey, West Berlin, Vietnam, Yugoslavia.

EVERY \$1 SENDS A FOOD PACKAGE IN YOUR NAME

CARE New York 16, N.Y. or your local CARE office

Here is \$_____ for the Food Crusade. (Make checks payable to CARE, Inc.)

(Your name)

(Address)



Courtesy of Mail Tribune