

Feeding the Family

By ZOLA VINCENT
Food Editor

Turkey Bonanza Means Much Good Eating

The All-American bird, the versatile turkey, is unsurpassed in many ways for good eating at modest cost; still is thought very gala for special occasions like the holiday coming up. Today's well-bred, well-fed turkey is one of the most efficient of all meat producers. It yields more meat per pound of food in less time than any other of our common domesticated meat-producing animals and poultry. This efficiency keeps cost low.

Grown in great abundance in our part of the country, this year's crop is said to be a "bumper" one. No meat comes in a greater number of convenient forms. There are whole turkeys, half turkeys and quarter turkeys for roasting and for barbecuing. Cut-up turkey pieces make it possible to choose the pieces the family likes best for preparing in many ways.

Recently has come the boneless turkey roll, (turkey log, turkey bar) which has been popular with America's institutional chefs for some time now. Turkey steaks too, frozen, sometimes breaded, usually three to a package, are increasing in distribution as the public favors them. Better check ahead with your meatman on these specialties.

Today We Talk Of Turkey Rolls

The boneless banana, that's what they call the turkey roll, log or bar. The market potential of both the precooked and raw boneless turkey roll is just beginning to be felt.

Most boneless turkey rolls today are marketed two pounds to nine pounds. A three-pound pre-cooked turkey roll is equivalent to nine pounds of raw meat on the bone. Some companies are marketing them in smaller square, sandwich-shaped bars. Like the frozen whole turkey, they can be frozen and kept in storage satisfactorily.

Our picture combines a boneless turkey roll with orange glaze surrounded with sweetened broiled orange baskets. The vegetable plate could consist of fluffy rice flecked with frozen chopped chives and buttered asparagus spears. A side dish of course and always has red rings of canned cranberry jelly or a generous bowl of whole cranberries.

Orange Glaze. Roast the turkey rolled roast according to directions on the label. One-half hour before turkey is done, brush with Orange Glaze made like this: Combine one-half cup orange juice, three tablespoons honey, two tablespoons grated orange rind, one-half teaspoon instant minced onion; pour or brush over turkey roll or rolls. Baste occasionally until roll is glazed and done (remembering those label directions).

To Broil Oranges. Cut fresh oranges into halves using zig-zag motion. Twist apart. Brush with honey or sprinkle with brown sugar; broil 10 minutes or so. Serve warm.

Other Ways With Turkey Roast or Roll

Sliced roasted turkey roll or carved from a roast make fine eating in ways beyond counting. We suggest a few ways here.

Slices of turkey, frozen broccoli and cheese soup combined in layers make a tasty and quick Turkey Divan.

Slices of turkey, tomato, lettuce and cheese on a hard roll make a hearty sandwich.

Remember when making turkey sandwiches, plenty of butter or mayonnaise and each and every one individually salted and peppered.

Slices of turkey and a can of chicken gravy make a hot sandwich.

Prepare turkey roll using a

barbecue sauce for the basting instead of the orange glaze suggested above.

Other cold turkey ways include tossed turkey salad, turkey chow mein, turkey a la king, turkey cutlets, scalloped turkey and turkey in a Club House sandwich.

Meals Packed in Foil Enjoy Enormous Popularity

The picnic season revives interest in foil-packaged meals which were really rolling in popularity last summer. There are many good reasons. The hostess can make them up ahead of time, planning to outdoor grill or oven-cook them, ready for distributing to guests either piled high on a warm tray or placed individually on plates.

Or she may assemble the assorted ingredients, give each guest appropriate size square of heavy duty aluminum foil and let each make his own assortment and grill it independently (better put a marker on yours). In either event, each person opens his own packet and eats directly from the package.

Surprise Packages

Have tender beef and veal cut in one-inch cubes. Tear off large squares of heavy duty aluminum foil. Place sufficient cubes for a portion in centers of foil. Add a small ripe tomato, several rings of green pepper, a slice of onion to each. Season with salt and pepper and a pinch of oregano. Add a pat of butter or margarine to each. Seal foil to make a tight package and place on grill over hot fire and cook turning once or twice for about one hour. Flavor will be wonderful! Eat it from the foil.

Out-door grilling and oven cooking (375 degrees) take about the same time. If packaged meals are frozen, figure on 1½ hours. In either event, an automatic timer or alarm clock properly set is a fine idea.

Hamburger Hurrahs

Where there are holidays, there are bound to be hamburgers. It is easy to get hurrahs for your hamburgers from new flavor variations. No possible reason for monotony here. Always generously butter or mayonnaise the buns and if possible, toast them.

Work-in celery seeds, slightly toasted poppy seeds or toasted and chopped nuts into salted and peppered ground meat. Add bread crumbs that have been soaked in milk. Add rice or hominy mixed with melted butter and tomato paste. Add onion juice or grated onion, generously-minced green peppers, minced ripe or stuffed olives.

Tunisian Salad

Has French Dressing
Tunisia, a Republic, covers an area of 48,332 square miles, has a population estimated at 3,800,000 of which about 90 per cent are natives. Agriculture is the chief industry with over one-fourth of the arable land in wheat. Other important crops are barley, oats, corn, sorghum, beans and peas. There are huge herds of sheep and goats, lesser numbers of cattle and camels.

Like Americans, Tunisians enjoy a salad but lettuce is likely to be used only as garnish. Their salad dressing might have been taken from any of our cookbooks.

For each four servings, slice one medium cucumber fine; sprinkle with salt and let stand one-half hour; drain. Slice two medium tomatoes, one medium onion, one medium green pepper and three hard-cooked eggs. Arrange vegetables and eggs on lettuce leaves for individual servings. Pour French dressing over the salad. Olives often are used as garnish.

Salad dressing is made by



NESTING HERON—This Blue Heron perched on a rough stick nest is one of about 25 in the large nesting colony on Nine Mile Island in the Mississippi river south of Dubuque, Iowa. The birds are four feet long. (UP)

Sick Pay Provision May Be Narrowed

Washington—(UP)—The House Ways and Means Committee Wednesday tentatively approved a compromise version of one of the tax-raising provisions of President Kennedy's tax program.

The committee agreed to narrow sharply the tax exemption treatment for "sick pay" drawn by employees absent from work. Kennedy had recommended outright repeal of the exemption.

Under existing law, the first \$100 a week in wages paid a hospitalized employee is tax exempt. In cases where an illness does not require hospitalization, the exemption does not apply to wages received during the first seven days of employee's absence.

The committee decided to limit the exemption in all cases to that drawn after an ailing employee has been absent from work for 30 days. It was the first tax-boosting

combining one-fourth cup olive or salad oil, one tablespoon vinegar, one tablespoon lemon juice, one-fourth teaspoon salt, one-eighth teaspoon sugar, one-eighth teaspoon dry mustard and one-eighth teaspoon paprika. Place all ingredients in a covered jar and shake to blend.

Lemon Ice Cubes

From now one and throughout the summer, it is a pleasure to have fancy ice cubes handy for lemonades, colas and other beverages.

Fill ice tray one-third full of water; put twist of lemon peel or red or green maraschino cherry in each section and freeze. When firm, fill rest of tray with water and continue freezing. There's no diluting the beverage flavor.

Ham Dunk

With party picks, skewer hot ham cubes and pineapple chunks and serve in a chafing dish or in a casserole over a candle warmer using a hot sweet-sour or barbecue sauce for dunking. Battered toasted slices of rye bread alongside are party-perfect.

Coastguardsman Receives Medal

Seattle—(UP)—John C. Webb, 28, an Astoria coastguardsman, was honored Wednesday as "Maritime Man of the Year" for winning the Treasury Department's gold life-saving medal and two Coast Guard commendation medals during the past 2½ years.

Webb, a boatswain's mate first class now stationed at Quillayute river lifeboat station at La Push, Wash., was flown to Cape May, N.J., earlier this month to receive the gold medal award. He was honored for helping rescue three Portland residents from their yacht off the Washington coast last June 1.

MORE PHONES

Washington—(UP)—The number of telephones in the United States, which now averages 41 per 100 people, may reach 57 per 100 by 1970, the U.S. Independent Telephone association believes.

Underground Nuclear Test Held in Nevada

Washington—(UP)—A nuclear test of intermediate yield was conducted underground Wednesday at its Nevada test site, the Atomic Energy commission announced today.

An intermediate yield indicates the device triggered by the AEC was equal to more than 20 thousand tons of TNT, but less than one million tons.

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