

Feeding the Family

By ZOLA VINCENT
Food Editor

Several Suggestions For Loading It Up

Let your neatest trick-of-the-week be a flavorful meat loaf abundant in the "must" list of vitamins and minerals as well as protein, fine flavor, good eating. Make a meat loaf large enough to serve twice—first, perhaps as a hot meat course; later for supper or picnic cold plate or for do-it-yourself sandwiches.

Pinole Relish Loaf

This meat loaf features the goodness of ripe olives, proud product of California with growing areas in the San Joaquin and Sacramento Valleys. Though ripe olives are most often eaten out-of-hand from relish tray or as a garnish, the flavor is "carried through" when they are used as a recipe ingredient. This recipe makes 10 servings.

- 1 1/2 cups medium-size pitted ripe olives
- 1 8-ounce can whole kernel corn
- 1 cup sweet pickle relish
- 1 cup fine soft bread crumbs
- 1 egg, slightly beaten
- 2 pounds ground beef chuck
- Deviled or hard-cooked eggs, if desired

Drain olives; reserve six for garnish. Cut remaining olives into wedges. Drain corn. Combine olives, corn, relish, crumbs and egg. Combine meat and salt; roll out between sheets of waxed paper into a rectangle nine inches wide and one-half inch thick.

Spread filling over meat leaving a two-inch margin at one end for better sealing. Roll jelly-roll fashion toward margin end making first turn small and pulling paper back as meat is rolled. Seal ends by tucking in meat. Place roll in ungreased loaf pan seam-side down. Bake in moderate, 350 degree, oven one hour or until meat reaches desired doneness. Cool about five minutes before slicing if served hot. If served cold, cool, refrigerate and slice. Garnish with whole olives and, if desired deviled eggs cut in halves or quarters or with hard-cooked eggs, sliced.

Sierra Salmon Loaf

Professionally fancy in appearance yet so easy to make that a beginning cook will have success with it, this Sierra Salmon Loaf is fun to serve and deliciously refreshing as a main dish salad for a summer's day.

Once you've discovered the goodness of the combination of canned salmon and canned grapefruit, you'll be using it in salads and other ways.

- 1 envelope unflavored gelatin
- 1 cup tomato juice
- 2 egg yolks
- 1/4 teaspoon salt
- 1 teaspoon prepared mustard
- 1/4 teaspoon paprika
- 2 tablespoons mild vinegar
- 2 cups flaked salmon
- 1 No. 2 can grapefruit sections, drained and diced

Soften gelatin in tomato juice in top of double boiler. Place over boiling water and stir until gelatin is dissolved. Combine egg yolks, salt, mustard and paprika and beat slightly. Add small amount of the tomato juice to egg yolk mixture and return to double boiler.

Cook over hot, not boiling, water, stirring constantly until mixture is very slightly thickened. Remove from heat; cool. Stir in vinegar and flaked salmon. Fold in grapefruit. Turn into 3 1/2 x 7 1/2 inch (or similar size) loaf pan; chill until firm. Unmold and garnish with salad greens and fresh or canned grapefruit

sections. Serve with mayonnaise or lightly whipped and salted dairy sour cream.

Barbecued Pot Roast

So popular is the barbecue flavor that it has found its way into this savory pot roast for eight servings. Beef, favorite meat of Americans, is plentiful and pot roast cuts are very reasonable in cost.

Prepare a marinade by combining one 8-ounce can tomato sauce, one-half cup beef broth or bouillon and one medium onion, chopped. Season to taste with paprika, garlic powder and salt. Place a five-pound beef pot roast in a refrigerator dish (do not use a metal pan); pour sauce over roast and cover dish tightly. Let stand in the refrigerator overnight or for about 12 hours, turning occasionally.

Remove roast from marinade. Heat fat or cooking oil in Dutch oven; add roast and brown it slowly. Meanwhile, add one-quarter cup mild vinegar, one-quarter cup catsup, two teaspoons Worcestershire sauce and one teaspoon mustard to the marinade. Stir well; pour over browned meat. Cover pan tightly and simmer on top of range or bake in a moderate, 350 degree, oven for about 2 1/2 hours or until tender.

With our west coast supplying the rest of the country with about half of all the carrots eaten in the USA, it behooves us to make the most of their wealth of vitamin gold here at home.

Youngsters love fresh carrots, so nutrition-wise parents have plenty of carrots handy to be nibbled on whole or as carrot sticks and curls.

Give the family a salad of shredded carrots, shredded cabbage, sliced radishes and maybe diced apples with a mayonnaise, French or fruit dressing.

Make balls of cottage cheese and shredded carrot. For a real novelty, jam-packed with nutrition, give the kids a carrot sandwich made by combining shredded raw carrots, chopped nuts and raisins with mayonnaise or salad dressing. Served between slices of whole wheat or banana bread this makes a super sandwich.

Braised Lamb on Skewers

Popular Dish in U.S.S.R. Union of Soviet Socialist Republics covers an area of more than 8 1/2 million square miles; has population of well over 215 1/2 million at last count. Principal population, 48.5 per cent, is centered in Great Russia with the population of the Ukraine approximating 16.6 per cent of the remaining total. Principal cities are Moscow, Leningrad, Kiev, Gorki, Kharkov, and everyone knows who is premier of USSR. Fifty-five per cent of the population remains rural. No information we could get reveals any agricultural abundance.

Russian sources at United Nations reveal that Kavkazski Shashlik (broiled lamb on skewers) is a favorite dish, easily adapted to American cookery. Eight servings.

- 1/4 cup salad oil
- 1 clove garlic, finely chopped
- 1 onion, finely chopped
- 3 tablespoons lemon juice
- 1 teaspoon salt
- 3 to 4 pound lamb, cut in 1 1/4-inch cubes
- 2 firm tomatoes
- 2 medium onions, cut in chunks

Combine oil and seasonings and rub well into the meat. Cover and let stand four to five hours to marinate. Drain. When ready to cook, string chunks of meat on metal

50,000 VISIT EXHIBIT

Vienna, Austria - (UPI) - More than 50,000 Bulgarians visited an American plastics exhibit in Sofia on its opening day, U.S. diplomatic sources said Wednesday.

skewers alternating with pieces of fresh tomato and chunks of onion. Broil until brown, turning occasionally so that all sides are browned evenly.

Avocado Dressing

Combine equal parts of mashed avocado with French dressing for a delicious salad topping. Add crumbled cooked bacon or chopped anchovies if you want to experiment with flavor variations.

Ousted Defense Minister Now Trying To Make Comeback

By WERNER ZWICK

United Press International
Munich, Germany - (UPI) - Franz-Josef Strauss, the bullet-necked Bavarian ousted as West German defense minister last fall, has laid the groundwork for a major political comeback, recent developments in Bavaria indicated.

Strauss' career appeared over when the Free Democrats insisted on his resignation as the price for restoring their coalition in Chancellor Konrad Adenauer's government last November.

The Free Democrats were outraged at Strauss' part in

the security crackdown on the news magazine Der Spiegel. They said it was Strauss' personal revenge for the magazine's often highly critical articles about him.

Strauss resigned, reluctantly. But the "Bavarian Siegfried," as he was dubbed by some western colleagues, has not taken his defeat sitting down.

Son of Butcher

The son of a poor butcher who rose from a lieutenant in Adolf Hitler's army to chief of the 380,000-man West German armed forces he helped to mould, has proved a master of political strategy.

In spite of predictions that his forced exodus from the defense ministry would bar forever his return to the cabinet, Strauss prepared his comeback little by little, counting on his undiminished home state popularity in Bavaria to help.

Strauss knew his Bavarians. Immediately after his resignation, they gave the Christian Social party (CSU), the Bavarian branch of Adenauer's Christian Democrats of which Strauss was still the chairman, an absolute majority in the state parliament for the first time.

Strauss, like most political

observers, interpreted the victory as a personal endorsement. He went on an extended grass roots tour of CSU precincts throughout the state.

The effort bore fruit when he recently was reelected party chairman by 559 of 864 votes cast at the CSU assembly.

The support for Strauss was so overwhelming, that a few half-hearted attacks against him at the Munich meeting were shouted down by the delegates.

They gave him a roaring ovation when the election returns were announced. Strauss smiled and held his

eyes steadily on a small pennant bearing the Bavarian and West German colors, the like of which used to decorate his limousine in Bonn.

One of his critics at the meeting compared Strauss to a bulldozer - out of place in Adenauer's political rose garden.

Other steps Strauss, meanwhile, took to keep his foothold in Bonn, assuming the position of CSU chairman in the federal parliament.

And Erich Mende, head of the Free Democratic party that triggered Strauss' ouster,

remarked a few weeks ago that he can imagine the former defense chief may one day return to the cabinet - "provided he changes as Saul into St. Paul."

Franz Barsig, spokesman for the opposition Socialists, added to the speculation when he said his party has proof there is a move to get Strauss back into the government.

Barsig said he does not believe Strauss will return by the time Economics Minister Ludwig Erhard replaces Adenauer as Chancellor this fall, but this comeback as a minister seems to be planned.

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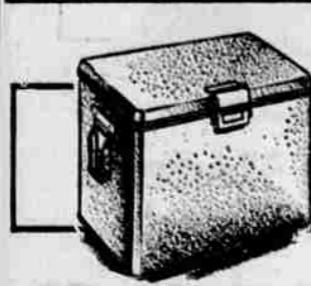


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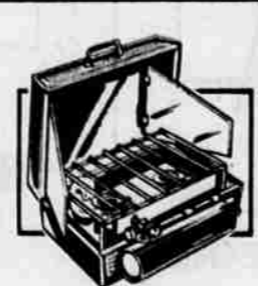


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NEW STATURE—John Lindquist, 39, who is four feet tall, may not look big to customers at the service station where he works in Erie, Kan., but he takes on new stature to law violators in the Justice of the Peace court. Lindquist probably qualifies as the shortest justice of the peace in the United States. (UPI)

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