



FIT FOR KING—Delicious, nutritious, delectable dates top this Waldorf Supreme salad fit for a ravenous king of the household or for a school boy's bottomless pit. Nestled in lettuce cups, Waldorf Supreme adds festive color and design to good eating. The recipe is included in today's food column.

Feeding the Family

ZOLITA VINCENT
Food Editor

California-Grown Dates in Markets

Fresh California dates are being rushed to market in profusion. Stuffed dates, pitted and non-pitted dates, polished dates, brown dates, golden dates, lean dates, plump dates; dates for breakfast, lunch, snacks and dinner... and every last one of them a sweetie brimming with honey-sugar flavor and minerals for providing natural quick energy.

More dates than the most eager Hollywood press agent can manage, 900 acres of them are grown in California's Coachella Valley, a giant oasis located 125 miles southeast of Los Angeles. In harem-like splendor each male date palm guards an acre of 49 of the fruit-bearing female trees. And talk about pampered darlings. These girls even have custom-made umbrellas held over their heads, and helicopters to whisk away the moisture of sudden desert showers.

Only the finest varieties of date palms were imported to the Coachella Valley some seventy years ago from their native habitats in the Middle East. Thought to be man's oldest cultivated fruit, dates are still a vital part of the basic diet of the tough, nomadic peoples of Arabian and African desert areas. In the following recipe and suggested uses, we give you a quick view of a California date's exciting repertoire.

Date, Waldorf Supreme
The supreme flavor goodness of this easy-to-do salad will make it a favorite repeat recipe. The temptingly different dress-up of orange-stuffed dates adds festive color and design. Recipe makes six servings.

1 1/2 cups fresh California dates
2 oranges
1 teaspoon orange rind
2 large or 3 medium red apples
1/2 cup sliced celery
1/2 cup mayonnaise
1/2 teaspoon salt
Lettuce leaf cups

Reserve six whole dates for garnish. Cut remaining dates into large pieces. Grate one teaspoon rind from oranges. Peel, remove white membrane, and section oranges, reserving six remaining sections. Dice remaining sections. Core and dice apples. For the prettiest of salads, do not peel apples. Combine fruits and celery in chilled bowl. Mix mayonnaise, orange rind and salt. Add to fruits and toss lightly.

On a large chilled platter or individual salad plates arrange fruit and celery mixture in individual lettuce cups. Slice reserved dates lengthwise, remove pits and insert orange sections. Place atop each serving. Ways With Dates

Chop dates and add to hot cereal for a breakfast treat. Stuff dates with nuts, marshmallows or pineapple chunks for an energy-giving snacktime treat. Roll in powdered sugar or ground nuts, if desired.

Cake, muffin and bread mixes, filled with date chunks are available for quick and easy preparation.

Make very thin pancakes, butter and spread chopped dates on cooked pancakes. Roll up and serve with a teaspoon of orange marmalade for an unusual dessert.

Fill dates with candied citrus mix, moistened with orange juice for a bit of a sweet for teatime guests.

Add finely chopped dates to your favorite custard, fudge or divinity recipe.

Cheese Spoon Bread for Leisurely Breakfasting

What a breakfast this will be! Southern Spoon Bread gives a new twist with the addition of cheese. It gets spooned onto warm plates and served with plenty of butter, a choice of warmed honey or maple syrup. Add scrambled eggs, browned rounds of Canadian bacon, apricot halves with a spoonful of currant jelly in their middles and popped under the broiler for a few minutes, a hot beverage and there you have a hearty Sunday breakfast or brunch for enjoying in a leisurely fashion.

This soufflé type bread should be served immediately. Recipe makes six to eight servings.

2 cups milk
1 cup white or yellow cornmeal
1 teaspoon salt
4 tablespoons butter
4 eggs, separated
1 1/2 cups shredded cheddar cheese

Heat milk in top of double boiler. When steaming hot, slowly add the cornmeal, stirring constantly and quickly until mixture is thickened and smooth.

Remove from over hot water; add salt, butter and cheese. Beat egg yolks; stir quickly into hot mixture. Beat egg whites until stiff; carefully fold into cornmeal mixture. Pour into well-buttered, two-quart casserole; bake in moderate, 375 degree, oven for 35 to 40 minutes. Serve immediately.

Shimmering Salad
For a salad mold of shimmering beauty, simply dissolve one package lemon flavored gelatin in one cup of very hot water; add three-fourths cup pineapple juice and the juice of one lemon. Stir in one-half cup seedless grapes and one cup chopped watercress. Pour into a one-quart mold, individual molds or custard cups; chill.

For extra nutrition, good looks and good eating and, perhaps, to serve more people surround molded salad with scoops of snowy cottage cheese. Garnish generously with additional watercress.

Eggplant Relish Is Conversation Piece
Beautiful purple eggplant with its distinctively spicy flavor is in good supply for making conversation piece recipes like this Eggplant Relish. Make it early

3 tablespoons salad oil
2 cloves garlic, minced or crushed
1 cup finely chopped onion
2 cups (approximately 1 medium) eggplant cut into cubes
5 whole pimientos
2 tablespoons lemon juice
2 tablespoons catsup
2 teaspoons salt
1/2 teaspoon black pepper
1/2 teaspoon paprika
1/2 teaspoon crushed dried tarragon
1 teaspoon prepared horseradish
1 teaspoon sugar

Heat oil in skillet; add minced or crushed garlic and the onion. Cook over medium heat until onion is golden brown. Add remaining ingredients; cook, stirring frequently, until eggplant is soft and thoroughly cooked. Many like to serve this cold.

Herbed Vichyssoise
Cool Soup Choice
October weather is noticeably quite changeable—hot one day, cold and wet the next. Here is a jiffy herbed Vichyssoise that can be just as changeable as the weather. Usually served cold, it can be heated on the spur of the moment if the sun decides not to shine or cold winds preside. Recipe makes six servings.

Combine one (10 1/2-ounce) can frozen cream of potato soup with one can onion soup. Dissolve one chicken bouillon cube in two cups boiling water; gradually stir into potato soup. Add one tablespoon dried parsley flakes, 1/2 teaspoon pepper and one cup heavy cream or half-and-half. Heat just long enough to blend flavors. Chill or serve hot garnished with minced green onion and/or parsley flakes.

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Holland Lists Plan for Saving Its Windmills

By JOS HAGERS
KINDERDIJK, The Netherlands (UPI)—If you're in the market for a windmill, Holland is the place to get one. The price is right—you can get one for as little as one Dutch guilder (about 25 cents)—but there is one catch: you have to sign an agreement obliging you to pay for the restoration and upkeep of the mill. This could run the price up to about 20,000 guilders (\$5,000).

It costs about 40,000 guilders (\$10,000) to repair a windmill. But since no one in Holland feels like spending so much on a broken-down windmill, the government, local authorities and a special society that has pledged to keep mills going in The Netherlands are willing to pay 50 per cent of the cost.

In the day, if desired, and re-heat just before serving. Ideal as an accompaniment for any meat course, it will gain spontaneous approval of lucky diners. Recipe makes six to eight servings.

3 tablespoons salad oil
2 cloves garlic, minced or crushed
1 cup finely chopped onion
2 cups (approximately 1 medium) eggplant cut into cubes
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2 tablespoons catsup
2 teaspoons salt
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The government also offers new owners of windmills an annual stipend of 200 guilders (\$125).

No one wants to let the windmills of Holland fall apart and that is the reason for these schemes.

In 1921, there were 3,000 windmills in operation throughout The Netherlands. There are 977 left, most of them rundown, damaged by fire or just standing there and coming apart at the seams.

An average of 50 mills has been demolished annually during the past five years. The Ministry of Education, Arts and Sciences has put a stop to this, but no man making a living by milling corn or sawing wood is in a position today to pay for extensive repairs. In fact, they are trying to sell out.

Of the 977 windmills, about 400 are used for storing building materials, wood and other goods. The rest serve as living or working space, stand idle or are in daily operation for corn milling, wood sawing or drainings, polders, the tracts of low land reclaimed from the sea, or other body of water, by dikes and dams.

Railroad Asked For New Hop Rates

SALEM (UPI)—Public Utility Commissioner Jonel C. Hill and Agriculture Director James F. Short, today asked Southern Pacific to establish new trailer-on-flat-car rates for Oregon hops being shipped to San Francisco and Los Angeles.

They requested rates of \$1.65 per hundredweight to San Francisco, and \$2.08 to Los Angeles.

Southern Pacific's present rate is \$1.88 on 20,000 pound shipments of hops from Portland to San Francisco only.

Purpose of the proposed rates is to place Oregon shippers on a related basis with shippers of hops in the Yakima valley area in Washington state who compete for California markets, Hill said.

Animals Kill Many Young Trees, Claim

WASHINGTON (UPI)—Animals in the Northwest are eating many Americans out of house and home, says American Forest Products Industries.

Quoting the Northwest Pest Action council, AFPI said each year animals in the area kill young trees that would have grown enough wood to build 20,000 homes. These same trees, if left to grow on tree farms and other forest lands, would have supplied jobs for 2,660 persons, according to the council.

Portland Guilty in Seaside Disturbance

SEASIDE (UPI)—Ronald Anthony Caputo, 22, Portland, was found guilty of disorderly conduct in connection with Labor Day week end disturbances here and fined \$254.50 Wednesday by Municipal Judge John Block.

SECTION B
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MEDFORD MAIL TRIBUNE
MEDFORD, OREGON, THURSDAY, OCTOBER 3, 1963

Crary Reports on Western States Demo Conference

Charles Crary, chairman of the Jackson County Democratic Central committee, made his report to committee members Tuesday night of the Western States Democratic Conference, recently held in Salt Lake City.

Crary, who was accompanied by Mrs. Crary to the conference, said he gained many ideas which should prove beneficial to local party organization.

An amendment to the by-laws of the local Democratic party relating to means by which inactive precinct committeemen

and women might be replaced was presented but failed to pass because of lack of a two-thirds majority of members present.

Chairman Crary was instructed to appoint a committee of three to draft another amendment for presentation at the November meeting of the central committee.

Ralph Poston, chairman of the Jackson County Democratic Platform convention, announced that Feb. 8 and 9 have been chosen as dates for the convention. Sen. Wayne L. Morse will

be invited to give the keynote address, Poston stated. Plans also include a catered dinner and dance.

Standing committees announced by Poston will include rules, credentials, platform and resolutions. He said the chairman of these committees will be announced later.

White collar workers in 1910 comprised only 22 per cent of the total labor force, compared with 42 per cent in 1960, according to Labor department figures.

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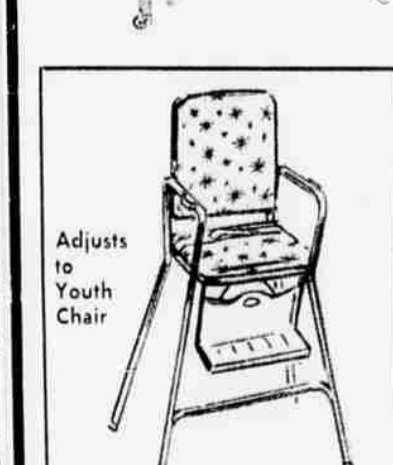
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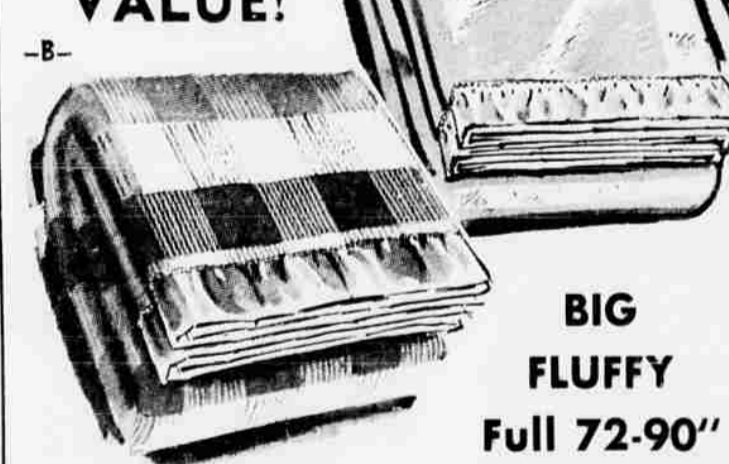


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