

Feeding the Family

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Food Editor

Tea Gives Flavor Lift To Beverages, Main Dishes
Something new has come into the lives of tea lovers as instant tea, used just as it comes from the jar, is used creatively in cooking. The tantalizing flavor lift of tea gives zest and new interest to a dazzling array of beverages, meats, fruits and desserts. Here are some suggestions to tempt the creatively-minded cook. Starting with a beverage to gently start the thinking processes out of the hot or iced tea rut they just might be in.

Tea Flip is a nutritious egg-nog type pick-me-up any hour of the day or night. Beat two teaspoons instant tea together with one cup cold milk and one egg. Prune Breakfast Brightener. Plump prunes overnight in the refrigerator in strong tea made quickly the instant way to which a bit of mace and grated lemon rind have been added. Serve in the sauce or drained, as desired, with cream for pouring over . . . or serve as a perky meat accompaniment or for dessert.

—Yogurt fans will find a refreshing treat in store when one tablespoon instant tea is added to a container of vanilla yogurt.

—Tea-for-Two Cookies. Before baking sprinkle instant tea on unbaked, rolled butter cookies.

—Tempting Lemon Tea Cake. Blend one-fourth cup instant tea (remember as it comes dry from the bottle) into prepared batter of lemon chiffon, sponge or angel food cake mix.

—Glamour Tea Cake Glaze. Combine two beaten egg yolks with two tablespoons softened butter or margarine. Blend in one teaspoon grated lemon rind and one-fourth cup lemon juice alternately with three cups sifted confectioners sugar. Stir in one tablespoon instant tea. Pour or spread over vanilla or fruit flavored loaf cake.

—Pallid Gravy Solution. When the gravy looks grey and a bit tired, spark it up with rich color by adding instant tea.

—Tenderize Corned Beef. Add wonderful flavor and tenderness to corned beef or other tender cuts of beef by adding five teaspoons instant tea to every two cups stock before cooking.

—Tasty Rice. When preparing pre-cooked (instant) rice add one rounded teaspoon of instant tea to each cup water.

—Heavenly Angel Food. Top angel food cake with a swirl of whipped cream spiked with a bit of instant tea.

—Ice Cream Topping. Sprinkle instant tea over scoops of vanilla ice cream for a delicious flavor change and new look.

Herbed Creamed Eggs
On Chow Mein Noodles

Quickly prepared Herbed Creamed Eggs served on heated Chow Mein Noodles is an easy breakfast, luncheon or supper dish which has the delicious aroma and flavor of marjoram, one of the great "sweet herbs", as a taste bud tantalizer. Recipe makes six servings.

Melt three tablespoons butter or margarine in a saucepan. Blend in three tablespoons flour. Add two cups milk and one tablespoon minced onion. Mix well. Stir and cook over moderate heat until of medium thickness. Add one-half teaspoon marjoram leaves, three-fourths teaspoon salt, dash of pepper, one-half cup shredded cheddar cheese and six hard-cooked

eggs, sliced. Heat until cheese is melted. Serve over chow mein noodles.

Savory Pork-Sauerkraut For Hearty Appetites

These are happy days for those who are fond of pork. Plentiful supplies and attractive prices indicate that many good-eating pork dishes will star in November menus.

Here thrifty pork shoulder is cut in cubes, cooked until tender, then combined with sauerkraut and dairy sour cream; a pleasantly rich combination for six servings.

1 1/2 pounds boned pork shoulder
2 tablespoons lard or other fat
1/2 cup chopped onion
2 teaspoons paprika
1 teaspoon salt
1 teaspoon caraway seed
1/2 cup water
1 No. 303 can sauerkraut (2 cups)
1/2 cup dairy sour cream
2 teaspoons sugar

Remove excess fat from pork; cut pork into one-half inch cubes. In a skillet or Dutch oven, heat two tablespoons fat; add onions and saute until golden brown. Sprinkle with paprika and push to one side. Brown pork cubes lightly and add salt, caraway seed and water. Simmer, covered, over low heat until tender, about one hour, adding more water as needed to prevent sticking. Add sauted onions, sauerkraut, dairy sour cream and sugar. Cook covered, for 15 minutes adding a little water if necessary.

Orange Sauced Beets

Here is a very good quick orange sauce for small cooked or canned beets for giving the family a new and different vegetable. For each four servings: blend one-fourth cup sugar, two tablespoons flour, one-half teaspoon salt, one-half cup orange juice; add one tablespoon grated orange peel. Cook, stirring constantly for five minutes.

Cottage Cheese Pastry For Variety of Uses

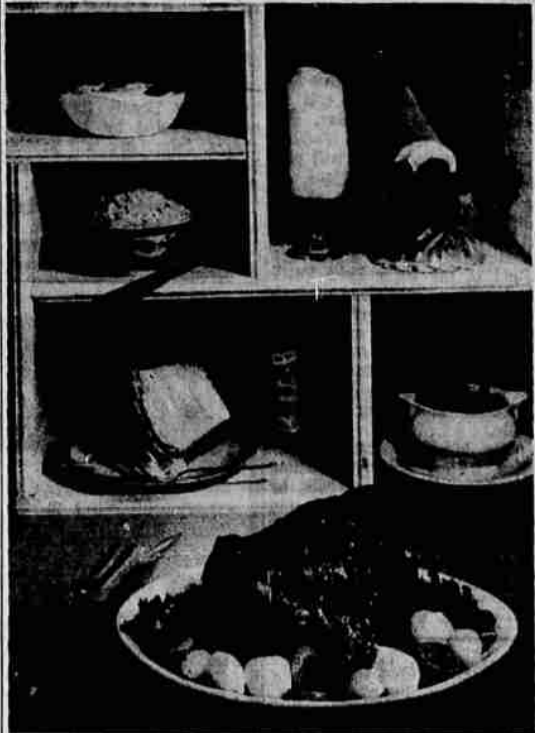
As we go into the holiday season here is an easy, elegant, never-fail puff type pastry for making such famed dessert pastries as Napoleons and other filled pastries. It's done with creamy cottage cheese; may be stored, well wrapped in paper in the refrigerator for a reasonable length of time for finishing up.

2 cups flour
1/2 teaspoon salt
1 cup (2 sticks) butter
1 cup (1/2 pint) cream style cottage cheese

Sift flour and salt together. Cut butter into flour with pastry blender or two knives until mixture resembles coarse meal. Add cottage cheese and mix until well blended. Roll out dough on well-floured board to required thickness and cut into shapes for specialties as indicated below.

Bake all pastries on ungreased brown-paper-lined cookie sheet in a very hot oven, 500 degrees, for five minutes or until golden brown. If a glaze is desired on pastries, brush pastry before baking with a mixture of one beaten egg yolk and two tablespoons milk.

Napoleons. Roll out pastry one-eighth inch thick. Cut in strips three inches wide and six inches long. Prick well with fork. Bake. Put three or four



TEA ADDS ZEST—Instant tea, just as it comes from the jar, gives zest and new interest to this dazzling array of foods ready for "tea for twoing" or for wooing the appetites of growing families. Recipes and suggestions are included in today's food columns.

Appropriations Whacks Military Building Program

WASHINGTON (UPI)—The House Appropriations Committee today cut almost \$180 million from the \$1.6 billion military construction program authorized by Congress only two weeks ago.

It said the country could afford new missile facilities but not commissaries, officers' club additions "and the like."

The administration originally proposed a \$1.9 billion military construction program but Congress reduced the authorization to \$1.6 billion late last month.

The authorization measure merely set the ceiling on spending for such purposes. The bill approved today would provide the actual funds.

Quarters Rejected

The House group, headed by Rep. Clarence Cannon, D-Mo., said it also vetoed paying \$5,700 per man for building bachelor quarters in Korea for the Air Force, when the Army was spending \$3,600 per

man for the same purpose in the same country.

The committee said the cut reflected its determination to reject projects "not clearly essential to the military posture of the country at the present time or in the foreseeable future."

Among the major projects denied was a \$7.6 million science building for the U.S. Naval Academy. The committee said that the plans would not even be completed until October, 1964, and it saw no reason for Congress to provide the money now.

Hospitals Vetoed

The committee rejected funds for a new \$4.7 million hospital at Vandenberg Air Force Base, Calif., a \$3.4 million hospital at Amarillo AFB, Tex., and a \$1.7 million hospital addition at Keesler AFB, Miss.

It also turned down money for a \$6.1 million wind tunnel for the Naval Ordnance Laboratory at White Oak, Md., a \$2.8 million telescope for the Air Force at the Sacramento Peak site, N.M., and a \$2.4 million wind tunnel for the Arnold Engineering Development Center, Tenn.

Swiss Ambassador Is Entertained

ST. LOUIS (UPI)—The Swiss ambassador Alfred Zehnder felt right at home during a St. Louis Symphony champagne party in his honor.

A 12 foot Alpine horn was displayed, and there were Swiss yodelers named Hans Neuen-schwander, Paul Grossenbacher, Walter Spletstoesser, Ernest Thierstein, and Rudolph Burkhalter.

Veto Override First in Career Of Gov. Hatfield

SALEM (UPI)—The Oregon Legislature overrode a veto Wednesday for the first time in Gov. Mark Hatfield's career and the first time since 1947.

The Senate joined the House in voting to override, a vote that takes a two-thirds majority.

The senate vote was unanimous. The House vote, a day earlier, was 46-12.

By the action, the legislature took a double cuff at Hatfield.

Not only did it pass the bill over his veto, but the bill itself extends the arm of the legislature a little farther into the affairs of the executive branch.

Rules and Regulations
The bill is aimed at the not-always-popular rules and regulations issued by agencies in the executive branch. In cases of complaint, it lets the legislative counsel investigate the rules and make recommendations to the legislature.

Members of Hatfield's own Republican Party carried the motion to override in both houses.

Hatfield objected, in his veto message, that the bill was contrary to separation of the legislative and executive branches of government.

Legislators denied it. It is the legislature that delegates rule-making power to the agencies in the first place.

In his five years as governor, Hatfield has issued 41 vetoes. Thirty-three have been sustained, one overridden, and seven are pending.

Seven Students From Area Listed In Honors College

CORVALLIS — Seven students from the Medford area are enrolled in the School of Science Honors Program at Oregon State University this year.

They are James A. Albright, son of Mrs. and Mrs. D. J. Albright, 1678 Orchard Home Drive; Larry D. Burman, son of Mr. and Mrs. J. A. Burman, 909 King St.; Nona Jean Donahue, daughter of Mr. and Mrs. J. C. Donahue, 1687 Spring St.; Nicholas F. Gier, Jr., son of Mr. and Mrs. N. F. Gier, 2902 North Highway 99; Alfred R. Mercer, Jr., son of Mr. and Mrs. A. R. Mercer, 736 W. Jackson St., all sophomores; Joseph H. Beatty, son of Mr. and Mrs. R. C. Beatty, 1798 Myers Lane, a junior, all of Medford; and Alice A. Thompson, daughter of Mr. and Mrs. C. C. Thompson, Route 1, Box 546, Central Point, a senior.

The names of the 102 new freshmen chosen for the program were announced at the start of fall term. Howard E. Haugen, Dennis F. Patella, Jerry E. Vokoc, all of Medford, and Dorothy M. James of Phoenix were included.

The new list includes the names of the 51 sophomores, 38 juniors and 21 seniors in the program.

Under the honors program, students do special extra work and follow an accelerated course of study. If they complete the program, they are graduated with honors. They may however, withdraw from the program at any time and resume normal course loads. The Honors program is designed to let students "go faster and farther" during their years of college work.

Attempt Made To Reach Elk Hunters

BAKER (UPI)—The U.S. Forest Service said Wednesday it was attempting to clear a road into a camp where at least five elk hunters have been stranded since a snowstorm last Thursday.

The camp is about 38 miles northeast of Baker in the Wallowa Mountains. It is in the same general area where 12 members of another hunting party were marooned for several days before working their way out to a guest ranch Tuesday.

Skipworth Named Head Of Local Principals

Melvin Skipworth, principal of Phoenix High School, was elected president of the recently organized group of Secondary Principals of Jackson County.

Dea Cox, county school superintendent's office, is secretary.

All principals of secondary schools in the county are members, it was stated. Mutual problems and curriculum in high schools are discussed at the monthly meetings held the first Wednesday at 1:30 p.m. in the conference room in the county school superintendent's office.

BOOTH LIMIT

OLYMPIA, Wash. (UPI)—Booths in a tavern or cocktail lounge may not be more than 42 inches high, according to a regulation imposed by the state liquor control board.

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