

Friendly 'Enemies'

Technically, the United States of America and the Seminole Indians are at war. Seminole chiefs repudiated a treaty made in 1832 calling for removal of the whole tribe to Oklahoma.



Most of the tribe went to Oklahoma, but the diehards remained in the Florida everglades and have never formally made peace with the United States. Now, however, descendants of these diehards are doing a valuable bit for America's war program. Braves and their squaws are fighting a production battle in the heart of the everglades on 3,000 acres that will be used to produce quality beef.

Left: Head of the Seminole village at Clewiston, Fla., is Josie Billie, who speaks fluent English.



Wearing her traditional costume, with the usual bead necklace, Ruby Jumper distributes para grass over the pasture land. This is her first job outside of keeping house in a wigwam.

According to a sugar company, which is employing the Seminoles, they are doing a good job on the company's pasture improvement program, which is expected to produce 1,500,000 pounds of dressed quality beef annually. Employment of the Indians leaves that many more persons free to work on sugar cultivation.



Top Right: Josie Billie hands Henry Osceola a work slip that shows Henry's earnings. Below: A Seminole grandmother watches over a brood of youngsters.



Victory Parade



Above: Wearing their Seminole finery, these squaws work in the field. Seminoles make their own vivid-hued clothing. They balk at wearing regular work clothing and stick to their home-made garments. Left: Although he is the boss, Josie Billie does his share of the work. He is shown dumping some feed into the cattle pens. When the Indians came to Clewiston, they were offered modern cottages to live in. But they insisted that if they were to work, they would have to live in their own way, in their home-made native village.



Seminoles eat dinner in the open after a day's work in the field.

HOUSEHOLD MEMOS... by Lynn Chambers



For Your Dinner—Broiled Chuck Steak (See Recipes Below)

Thrifty Meats

Food budgets require the hands of experts these days so they don't run away with themselves.

Scan the columns of your newspapers and the prices at your butchers and you'll notice many economical cuts of meat that are just packed full of flavor if you cook them properly. It's not at all strange to find favorite foods in your family that are very inexpensive to prepare. But all of them illustrate one important fact: the cook who prepares the food knows what she's working with and what to do with it to have it at its best.

Make sure that all of your platters look attractive before you set them on the table. We still eat with our eyes first—and what's good to look at will disappear fast!

Save Used Fats!

Did you ever think of spreading chuck steak with grapefruit butter? No? You'll find it tenderizes the meat and gives it delightful flavor:

*Broiled Chuck Steak.

Preheat broiling oven 5 to 10 minutes. Grease broiler rack. Wipe meat with cloth, sprinkle both sides with salt and pepper and spread with grapefruit butter, made by blending grapefruit juice and butter in equal proportions. Place on rack and broil 2 to 3 inches below heat. Sear steak on both sides with high heat, reduce and continue cooking, turning occasionally. For a rare steak 1 1/2 inches thick, allow 12 to 15 minutes per pound. Increase time for medium and well-done steaks.

Save Used Fats!

Pork is low in price and fairly low in point value. It's a go-together with dressing made with apples:

Pork Chops With Apple Stuffing. (Serves 6)

- 6 thick pork chops
- 1 slice salt pork, diced
- 1/2 cup bread crumbs
- 2 teaspoons finely chopped parsley
- 3 tart apples, diced
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 1/2 cup sugar
- Salt and pepper

Have pork chops cut 1 to 2 inches thick with a pocket cut from the inside. Fry diced salt pork until crisp, add celery and onion and cook until tender. Add the diced apples and sprinkle with sugar, cover and cook slowly until they are tender and glazed in appearance. Add bread crumbs and season. Stuff pork chops with stuff-



Lynn Says

The Score Card: Butter your bread carefully. Most households will average about 11 pounds per person per year—much less than what we're accustomed to.

Don't feed your garbage pail the vitamin C from citrus fruits in the form of peel. There are about three times as much of the vitamin in the peel as in pulp and juice. Peeling may be used in sauces, spreads, fruits, marmalade or candy.

Another vitamin C story tells us that when vegetables are dehydrated in the presence of natural gas rather than air, they have 100 per cent vitamin C retention.

Dehydrated carrots, onions and sweet potatoes will probably be tasted before this year is out.

Have plenty of ham 'n eggs these days. Both pork and egg supplies are good.

Lynn Chambers' Point-Saving Menus

- *Broiled Chuck Steak
- Parsleyed Carrots
- Creamed Potatoes
- Lettuce With Horseradish Dressing
- Raised Wheat Rolls Beverage
- Boston Cream Pie
- *Recipe Given

ing. Season chops with salt and pepper and brown on both sides in a hot skillet. Reduce heat, add a few tablespoons of water and cook slowly until done, about 1 hour.

Save Used Fats!

Spaghetti and Ham Ring. (Serves 6)

- 1 cup spaghetti, uncooked
- 3 eggs
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 teaspoons onion, grated
- 2 cups ground cooked ham
- 2 tablespoons shortening
- 1 teaspoon Worcestershire sauce
- 1/2 cup milk

Break spaghetti into small pieces and cook in boiling, salted water until tender. Melt shortening in frying pan and then add ground ham and sear until lightly browned. Beat eggs slightly, add salt and pepper, Worcestershire sauce, grated onion, milk and browned ham and bake in a moderate oven (325 degrees) in a ring mold, for 35 minutes. Turn onto platter, garnish with parsley and fill center with a green vegetable.

Save Used Fats!

Liver With Vegetables. (Serves 6)

- 1 pound beef or calves' liver
- 2 tablespoons drippings
- 2 tablespoons flour
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 2 large potatoes, diced
- 1 stalk celery, diced
- 4 carrots, diced
- 1 onion, chopped
- 1 1/2 cups tomato juice
- 1/2 cup water

Cut liver into squares and roll in flour, salt and paprika; brown in drippings. Add vegetables and liquids and allow to simmer until vegetables are tender. Transfer cooked meat and vegetables to a baking dish and season with salt and paprika. Make gravy using liquid from cooked meat. Pour gravy over meat. Place crust of biscuit dough on top of mixture and bake in a hot oven until biscuits are done.

If you don't like heart, it's probably because you have never tasted it well seasoned and thoroughly cooked. Try this:

Baked Stuffed Heart. (Serves 6)

- 3 to 4-pound beef heart
- 2 slices bacon
- 1 cup fine bread crumbs
- 1/2 teaspoon poultry seasoning
- 1 small onion
- Salt and pepper
- Flour for dredging
- Fat for browning

Wash heart and remove enough of center portion to permit stuffing. Dice bacon and fry until crisp. Combine with bread crumbs, diced onion and salt and pepper. Fill cavity of heart with stuffing and fasten with skewers. Roll in flour and brown quickly in hot fat in skillet or heavy kettle. Add beef stock, chicken stock or water. Cover and cook slowly 2 to 2 1/2 hours in a moderate oven until tender. Thicken liquid for gravy, if desired.

Are you looking for salad ideas? Send a stamped, self-addressed envelope to Miss Lynn Chambers at Western Newspaper Union, 210 South Dearborn Street, Chicago 6, Illinois. Released by Western Newspaper Union.

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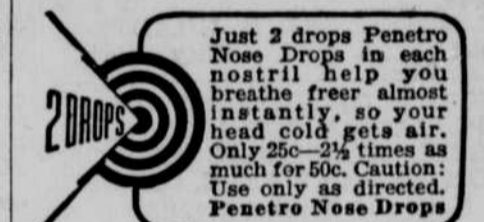
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