

# Feeding the Family

By Zola Vincent  
Food Editor

## Sea Food Salad In Popular Aspic Ring

Colorful and captivating is this sea food salad that combines plentiful, bargain-priced tuna, canned or freshly cooked salmon, canned or freshly cooked crabmeat, with plentiful celery, grapefruit and avocados.

Fix the tomato aspic ring anytime. Turn out on serving platter; fill with salad and garnish with greens and sections of grapefruit and sliced avocado.

**Aspic:**  
2 tablespoons plain gelatine  
1/2 cup cold water  
1 No. 2 can tomato juice  
1 teaspoon chopped onion  
1/2 teaspoon salt  
1/2 teaspoon celery salt  
1 teaspoon sugar  
2 tablespoons vinegar

**Salad:**  
1 can tuna or 1 cup any favored fish or sea food  
1 cup diced celery  
1 cup diced avocado (1/2 avocado)  
1/4 teaspoon salt  
Dash of pepper  
1/4 cup salad dressing  
1 tablespoon lemon juice  
Grapefruit sections  
Avocado slices (1/2 avocado)

**Waterdress:**  
Aspic: Soften gelatine in cold water. Combine all other ingredients in saucepan; bring to boiling point. Add to gelatine, stirring until gelatine is dissolved. Strain mixture and pour into 1-quart ring mold. Chill until firm.

**Salad:** Toss together lightly fish or seafood, celery, diced avocado, salt and pepper. Combine salad dressing and lemon juice. Add to seafood mixture and blend carefully. Unmold aspic and fill center of ring with salad. Garnish as you wish. This will make 6 servings. For 12 servings, simply increase gelatine to 5 tablespoons and double remaining ingredients.

**Other aspic ring fillings** for the future might be shrimp, cottage cheese, egg salad, chicken salad, mixed greens or cole slaw.

**Turkeys Among Plentiful:** More turkeys in June than ever before; turkeys small and turkeys large predominate interestingly enough. Young tender-meated fryers and roasters for home needs and big, heavy frozen birds from storage for hotels, restaurants and "homecoming" fiestas.

**Cooking Tips:** The young birds that growers are sending to market include many of the small, meaty Beltville type; about 4 months old and weighing 5 to 8 pounds, ready-to-cook. These are delicate in flavor, texture; have less fat than other birds. Stuff and prepare for the oven as usual. Rub or brush skin with fat liberally. Place bird on rack in a low, open roasting pan with no water. The smaller birds need not be turned. There will be few drippings, no gravy. Baste, as needed with cooking fat. Turn 8 to 10 pounders from side to side during cooking for even browning. Baste when you turn. Five to 8 pounders take 2 1/2 to 3 hours at 325 degrees. They're done when thigh joint moves easily.

**Tangy Sauce For Meat Loaf:** The menu merry-go-round stops often at the spot marked "meat loaf" because any kind of meat loaf is popular with both family and budget controller. Sliced, stuffed olives contribute flavor and texture to this sauce for any meat loaf.

**Spiced Sugars:** Here's a fine way to vary the flavor of breakfast cereals. Sift together 1/4 cup granulated or powdered sugar and 1/4 teaspoon powdered mace for serving on either hot or cold cereal. Good on bananas, too. Or combine 1/4 cup sugar with 1/4 teaspoon cinnamon or nutmeg. Or combine 1/4 cup sugar with 1/4 teaspoon ginger.

**Strawberry Freezer Reminder:** Research at the Bureau of Human Nutrition and Home Economics shows that for fullest, finest flavor in frozen strawberries the best sweetening is dry sugar, granulated cane or beet, thoroughly mixed with the fruit. Experts explain that because sirup contains water, it dilutes or weakens the strawberry flavor more than dry sugar. Tests show that 1 part sugar to 4 parts (by weight) of halved strawberries rated best in flavor.

**Corn On Cob Bake:** Consider this the next time you plan a picnic or other outdoor meal. Soak some ears of corn in cold water about 15 minutes without husking. Then put them in a Dutch oven, cover tightly and bake in a hot oven, 425 degrees, for 30 minutes. Wrap covered pan in several layers of newspaper and carry it wherever you like. Take along plenty of butter or margarine in a covered jar. Remember the salt and pepper.

**Give English Muffins a Break:** As with all fine foods, preparation is important. A thing to remember about English muffins is that you pull them apart with your fingers. To cut them with a knife, definitely saddens them; changes their crisp disposition.

If you are in a hurry, you can use the toaster but we beg you to take another couple of minutes and really give them a break and yourself a treat. Use the broiler of your oven to toast them a luscious, golden brown. Butter while sizzling hot.

**Elena's Colacha Rare Treat:** Right from Elena's "Famous Mexican and Spanish Recipes" cook book, we tried this delectable combination of zucchini, fresh tomatoes and corn from the cob. It is colorful, flavorful and wonderful.

Cut 3 large fresh tomatoes into cubes. Cut kernels from 4 ears of fresh corn. Wash 1 pound summer squash or zucchini and cut into small pieces. Place 1/4 cup butter or margarin in a saucepan or skillet and in it fry 1 finely chopped onion until lightly browned. Add the zucchini, corn and tomatoes. Season with salt and pepper. Cover and cook slowly until tender, 15 to 20 minutes, shaking pan occasionally to prevent scorching. Makes 8 servings.

**Best Buys Among Vegetables Are Displayed in Profusion:** Here is where our area really shines at this season. We know of no place in the United States where fresh vegetables are offered in such profusion and at such reasonable prices. Quality too is excellent because we are close to sources of supply. Watch newspaper advertisements for best buys. Watch displays. Choose quality that best suits your purpose.

**Carrots:** Golden carrots, high in nutrition continue a very good buy. For a fine salad, combine shredded carrots and diced apple with a few raisins; blend in French dressing or mayonnaise or orange juice to moisten. Serve on shredded lettuce.

**Celery:** Offer celery, crisp, refreshing, raw and often. Mighty good creamed too, and how about adding a little Philadelphia cream cheese or pimento to the white sauce?

**Lettuces:** Plentiful but of variable quality so choose carefully. Wedges with mixture of mayonnaise, chilli sauce and chopped hard-cooked egg remains tops in popularity.

**Cabbage:** Cook it quickly and serve it hot; seven minutes is quite long enough and you can scarcely improve on simple dressing of butter, salt and pepper. Or made a cole slaw with seasoned sour cream, adding some grated carrot and/or celery for a change.

**Cucumbers:** A natural with fresh ripe tomatoes. Use them unpeeled and "fluted" by simply drawing the prongs of a fork lengthwise down the cucumber all around; then slice.

**Corn:** Western folks like corn-on-the-cob with garlic butter made by stringing several cut cloves of garlic on toothpicks. Immerse in 1/2 pound softened butter or margarine. Let stand several



**READY FOR BOYS STATE**—Two Medford boys, delegates to the American Legion's Boys State last year, have been named to the staff of the Boys State this year, which opens today on the Willamette university campus. They met with 1952 delegates, Legion officers and others earlier this week. Shown above, left to right, are Lester Harris, principal of Medford high school, where many of the delegates

are students; Hugh Williams, recently re-elected commander of Legion Post 15, sponsoring the Boys State program here; Col. W. H. Paine, chairman of Post 15's Boys state committee, and the two counsellors, Darrell Brittain Jr., chairman of the delegation, and Richard Crain. The boys, accompanied by Colonel Paine, left Medford for Salem by bus this morning.—(Bainbridge photo).

## Shady Cove-Trail News

Shady Cove-Trail — Mr. and Mrs. William Shepherd of Shady Cove are leaving this week on a trip to California and will spend some time in Los Angeles. He will teach at Shady Cove School again this fall.

Mr. and Mrs. Robyn Adair of Shady Cove returned last week from Portland where Mrs. Adair received medical advice. An operation on her hip will be necessary according to the doctors.

Dr. and Mrs. August Glutsch and daughter, Demaris of Medford have moved out to their home on Big Butte Creek and the Rogue for the summer.

Upper Rogue Extension Unit held its annual picnic June 17 at Casey State Park with 16 present.

Mr. and Mrs. Al Cooper and daughter, JoAnne of Shady Cove have moved back to their home after spending some time with Cooper at the logging operations near Butte Falls.

In the elections held June 11 at Shady Cove schoolhouse both the bond issue for \$9,500 for an additional room to the school and also the supplementary budget for \$1,200 passed by a majority vote. In the school board elections Mrs. Cartee Wood was elected for one year and Cecil Kee for the three year term.

Aubrey Jones, grandson of Mr. and Mrs. Williams of Shady Cove is still confined in the Roseburg hospital suffering from burns to his legs and infection caused from battery acid with which

hours at room temperature. Remove garlic. Serve with quickly cooked corn and quickly cooked means 3 to 5 minutes.

**Other Good Seasonal Vegetables:** Include cauliflower, eggplant, spinach, onions, rhubarb, asparagus. Peas and tomatoes are increasing in supply and quality right along.

**Other June Plentifuls:** Tender young chickens, broilers and fryers, small turkeys and huge frozen turkeys for family reunions; eggs, oranges, canned and frozen grapefruit products. Plenty of bargain-priced canned peas. June is month of seasonal plenty of milk and other dairy products. Special prices mark dry beans, cooking oils and fats.

Plenty of fish, both fresh and frozen. Enjoy the bounty of the sea more often.

his clothing was saturated at the time of an explosion. Plans are to move him to a hospital in Portland as soon as there is a vacancy.

Newcomers to Shady Cove are Mr. and Mrs. William Leeky Jr., who were married April 19 in San Diego and then moved here to be with his parents at the Rene Espourtielle ranch in Shady Cove. Leeky Jr., is working with his father at the ranch.

The Bible School held the past two weeks at the Trail Community Church with children of the various local churches in attendance closed June 20 with exercises at the Assembly of God Church in Shady Cove. A program was offered by the various classes in the school and a short talk given by the Rev. Joseph Boudoin, pastor of the Trail Community Church. The opening prayer was given by the Rev. John Stille, pastor of the Shady Cove Union Sunday School and the closing prayer was said by the Rev. Currin, pastor of the Trail Assembly of God Church. Highest attendance during the two weeks of school was 115 and the lowest 97. Following the Bible school on Friday a potluck picnic was held at the Trail Community church grounds for children, parents and friends.

Mr. and Mrs. Robert Martin have moved back to Shady Cove after spending some time in Tiller and are now living in one of the Joe Hearin houses next to the Arthur Emmons family.

Mrs. Lewis Mitchell of Berkeley, Calif., is visiting her aunt and family, Mr. and Mrs. W. Goodman of Trail and also her cousins, Mr. and Mrs. Dale Goodman. Word has just been received by the Goodman's that their eldest son, Don Goodman, a U. S. marshall in Anchorage, Alaska, is planning to be married June 29 in Anchorage.

Mr. and Mrs. George Garrison of San Pablo, Calif., are visiting the Frank Proctors of Shady Cove. Mrs. Garrison and Mrs. Proctor are twin sisters. Mrs. Garrison is a nearby neighbor in San Pablo of Mrs. Jim Steacy, daughter of Mr. and Mrs. Irwin Howe of Trail.

Percy Dody of San Luis Obispo, Calif., arrived Friday by plane to visit in Shady Cove with his mother, Mrs. Minnie Dody and sister and family, Mr. and Mrs. Travis Littlefield of Shady Cove. Bill Littlefield leaves Sunday as

one of the boys selected to attend Boys State.

Mr. and Mrs. Erwin Myers of Portland are visiting with their parents, Mr. and Mrs. Claude Myers of Shady Cove.

Newcomers to Shady Cove are Mr. and Mrs. Thomas Crean and son, Thomas, from Detroit, Mich., who have bought the Rich residence next to the Williams place on the Crater Lake highway in Shady Cove. Tommy Crean attends Eagle Point high school. Mrs. E. Conley of Detroit, sister of Mrs. Crean is spending some time visiting them.

Mr. and Mrs. John Kaffun and children, Terry and Jennie of Oakland, Calif., spent last week-end visiting Mr. and Mrs. Carroll Watson and family of Shady Cove. Kaffun is traffic representative for The Western Pacific Railroad company in Oakland.

Mr. and Mrs. Earl Van Buskirk, and daughter, Pearl, of Garfield, Wash., have been house guests of his brother, Harvey Van Buskirk of Shady Cove and of his nephew and family, Mr. and Mrs. Russell Harris of the Mountain View Cafe, Shady Cove.

Mr. and Mrs. Les Lemen and daughter, Alice, of Sitka, Alaska, spent three days visiting Mr. and Mrs. Elmer Young and family of Trail. The Lemens were formerly neighbors of the Young's living next door to them in Trail for five years. Lemen is employed for the government in Sitka in the Department of Indian Affairs.

Three Shady Cove boys—Jerry Eastgate, son of Mr. and Mrs. Allen Eastgate, Bill Littlefield, son of Mr. and Mrs. Travis Littlefield, and Eddie Piele, son of Mr. and Mrs. Ike Piele won \$20 each in the calf scramble at the rodeo in Medford last week-end.

## Gold Hill Deeds Portions of Park For New Highway

Gold Hill — A deed transferring to the State Highway department the two portions of Ben Hur Lampman Park requested by the department as right-of-way for the section of new limited access free way to be built across the river from Gold Hill was signed Wednesday by Mayor O. W. Newland and the city recorder, Ferd Jones.

The city council, at a special meeting held Monday night, authorized signing of the deed. W. G. Stuntz, right-of-way agent for the State Highway Commission, appeared at the meeting to request the transferral of the desired portions of the city-owned park. The matter had been pending for the past two months, after Stuntz had made an offer that the state would build an access road to the remaining part of the park if the city, would, in return, allow the state to have two small portions which were of little use for park purposes anyhow. The council at that time took the matter under advisement.

**Plan Access Road:** At Monday night's meeting, Stuntz stated that present plans were for the building of an access road along the entire north side of the new highway, from the Dardanelles to Rock Point bridge, which will mean that the park can be reached from either direction.

The council authorized the recorder to write a letter to the State Highway Department, requesting the state to take over the park as a state-maintained park and to add to it an adjoining portion of land which the state had originally planned to purchase from the owner because it would become useless for residential purposes after the highway was built. Stuntz made

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## Girls Too Shy To Enter Beauty Contest

Sudbury, England — (U.P.) — Sudbury may cancel its summer carnival next week because its girls are too shy to enter the featured beauty contest.

Organizers of the carnival first suggested the contestants appear in bathing suits. None entered. The organizers then proposed sweaters and shorts. Still no takers.

In desperation, the organizing committee lowered the minimum age to 17 and offered to let contestants wear summer dresses. There are still no entries.

## Dr. David Witter Named State Dental Director

Portland — (U.P.) — Appointment of Dr. David M. Witter as full-time director of the dental health section of the state board of health was announced Saturday.

The position has been filled on a part-time basis by the director of the preventive medical services division since December, 1949, when Dr. P. Paul Davis resigned to enter private practice in Parkrose.

## Liz Taylor Expecting First Child in January

Hollywood, Calif. — (U.P.) — Violet-eyed Elizabeth Taylor, in Hollywood to work on a picture entitled "The Girl Who Had Everything," will have her first child next January.

The 19-year-old dark-haired film star made the disclosure Friday, two days after returning from England where she married 39-year-old British actor Michael Wilding.

no promises that the state would accede to this request. In any case, the city of Gold Hill will still have its Ben Hur Lampman Park containing all the usable portion of the land originally contained in the tract, and fishermen will have access to it from either the Dardanelles end of the road, or from Rock Point bridge.

The other matter taken up at the special council meeting was the passing of a resolution asking that the city be allocated a share of the special state street fund money for streets under industrial use.

## Jacksonville Sets July 2 Election On Budget Increase

Jacksonville — An election on a budget \$6,103 in excess of the six per cent increase limitation will be held July 2 at the Jacksonville city hall from noon to 7 p. m., Mayor Albert Hackert said Saturday.

The mayor stated this will be the first time to his knowledge that the council has had to call a special election on exceeding the limitation. He pointed out that half of the \$6,103 is needed for paying off a bonded debt, leaving only about \$3,000 for needed improvements.

"The city council and the citizen's budget committee hope that the voters will pass the money asked for," Mayor Hackert said, "as the money is needed for proper operation of city affairs, repairs to the city hall and other city buildings, the installation of new street lights on California street and some badly needed street oiling."

Hackert pointed out that Jacksonville has the "lowest tax rate (2 mills general city tax and 5.7 mills for bond retirement) of any city in Jackson county for supporting city affairs."

The total proposed budget is \$37,558 with \$30,562 in estimated receipts. Only \$891 is within the six per cent increase limitation allowed each year without a special election.

The July 2 election was ordered following a special council meeting Friday night.

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