

Feeding the Family

By ZOLA VINCENT
Food Editor

Peerless Potatoes

For six servings, wash three medium size potatoes well and cut in halves lengthwise. With a paring knife make cubed incisions about one inch deep on cut side of potato halves. Place in baking pan with cut side up. Brush with butter. Sprinkle with salt, pepper and paprika. Bake in very hot oven, 450 degrees, for 35 to 45 minutes. Serve with any creamed vegetable, fish or poultry.

Clam-Celery Chowder

Noonday or supper treat. Four servings. Serve in bowls with pilot biscuit on top of each portion. The quick-cooking tapioca gives it the chowder consistency.

Cook one cup diced celery in chicken stock (or use one cup water and two chicken bouillon cubes) for five minutes. Combine with two tablespoons quick-cooking tapioca, three-fourths teaspoon salt, dash of cayenne, three-fourths cup diced cooked potatoes and three cups milk in top of double boiler.

Place over rapidly boiling water 10 to 15 minutes to heat thoroughly and blend flavors.

Cabbage Patch Souffle
Plentiful, nutritious cabbage and grated American cheese go into this superb supper dish to make five generous servings.

Cut one-fourth pound bacon in small pieces and cook in heavy saucepan, until crisp, stirring frequently. Four bacon fat into a cup. Place bacon on absorbent paper.

Return four tablespoons of the bacon fat to saucepan. Add four tablespoons flour and dash of pepper; mix well. Pour in one cup milk all at once; immediately stir vigorously over moderate heat. Continue to cook until just thickened, stirring constantly. Remove from heat.

Separate three eggs and beat whites until stiff. Beat yolks slightly and add thick sauce gradually, beating vigorously after each addition. Add two cups chopped cooked cabbage, the diced bacon and one-half cup grated sharp cheese; stir until well mixed. Fold egg whites into this.

Pour into buttered one and one-half quart baking dish; bake in pan of hot water in moderate oven, 325 degrees about one hour. Serve immediately.

Fresh Grapefruit Mold
The tart-sweetness of plentiful grapefruit combined with the crispness of apples and nuts make a just-right dessert to end a festive dinner. So easy to fix. Six servings.

1 envelope unflavored gelatin
1/4 cup cold water
1/2 cup hot water
1/2 cup sugar
Pinch of salt
1 cup grapefruit juice
1 1/2 cups grapefruit sections
1 cup diced, unpeeled apples
1/4 cup broken walnut meats

Soften gelatin in cold water for five minutes. Stir in hot water to dissolve. Add sugar and salt. Cool. Stir in grapefruit juice. Chill until syrupy. Add grapefruit sections, apples and nuts. Divide among oiled molds or pour in oiled baking pan. Chill until set. Unmold on

lettuce, romaine or endive.

Bacon Fat Uses

All that wonderful, fine flavored fat from frying bacon should be put to work.

Keep drippings from bacon refrigerated for best flavor. Pour into small jars so bottom layers won't become rancid, using oldest first.

Try using drippings as seasoning for vegetables or as basis for soup or white sauce.

Give extra meat flavor to scalloped dishes, soups and creamed mixtures.

Use for frying eggs, French toast, pancakes with crisp edge, apple slices, and meat.

Use bacon fat for baking spice cakes, gingerbread and rich cookies. Use one-fourth less than for other specified shortenings since its shortening power is greater than other fats.

Hot Tomato Juice

Fine appetizer these days, is hot tomato juice. Stimulating drink between meals, too. Try adding these toppings for interesting new flavor variations:

Fluffy spoonful of curry flavored whipped cream; some chopped apple; a slice of lemon stuck with whole clove; several garlic croutons or a little grated sharp cheese.

Best Buys Include Eggs, Lamb, Citrus Fruits, Canned Foods

Eggs continue in a top spot in January food billings. Retail prices reflect their continuing abundance, encourage home makers to use more eggs in cooking and baking as well as in feeding the family a bigger breakfast to include eggs.

Lamb from western ranges is coming into market in increasing supply with genuine bargains in good eating to be found in lamb steaks, lamburgers, breast of lamb and shoulder cuts.

Plentiful pork encourages more frequent use of sausage, ham and bacon at breakfast. Stuff some pork chops or pork spare ribs with some of that good packaged ready-to-eat poultry dressing.

Rice continues plentiful for serving with lamb curry, for use as a vegetable, for adding to soup and for making rich and delectable rice puddings along with plentiful eggs.

Citrus fruits of excellent quality, in abundance at reasonable cost. Oranges and grapefruit, both fresh and processed. Enjoy more raisins for eating out of hand as well as ingredient purposes. Good supplies of dried fruits and of nuts both shelled and in the shell.

Canned Foods Month. Like the annual white goods sales in department stores, canned foods specials are offered by grocery stores. Watch advertisements and store displays for best canned foods buys of the year and plan to buy the dozen or the case of family-favored items.

Fish and Shrimp are plentiful Good variety in fish, both fresh and frozen. Fillets are a good buy because there's no waste. Shrimp, once a luxury food, is now in the budget class. Good supplies of canned tuna for sandwiches, salads and main dishes.

Heavy Turkeys are best buys in poultry markets. Bargains for home freezer owners.

Vegetable Buys

Fine month for salads with big supplies of western lettuce. Carrots are keeping crisper nowadays in transparent film bags and minus their green tops; Easily stored. Plenty of cabbage, cauliflower, parsnips, onions, potatoes and winter squash with good supplies of celery, carrots, sweet potatoes, peppers.

Fruit Buys

Aside from plentiful oranges and grapefruit, loose apples are good buys. Fair displays of avocados, tangerines, lemons, bananas, Emperor grapes, Winter pears.

Valuable Defrosting Data For Refrigerators - Freezers

Frost is one of the home-maker's concerns the year around as it affects refrigerators and home freezers. When, how and even why to defrost differs considerably with these two appliances according to the experts who give us this good information.

Refrigerator Defrosting

Frost on the evaporator of the refrigerator should never become more than one-fourth inch thick. The thicker the frost, the more it insulates or "blankets" the evaporator and reduces its cooling effect on the interior of the refrigerator no matter how much the motor runs. Thus, thick frost lets the inside of the refrigerator warm up so that foods don't keep so well.

Most home refrigerators need defrosting at least once a week or oftener in summer. Follow directions in booklet that came with your refrigerator as to how to defrost. Some manufacturers advise quick defrosting with hot water in the ice trays while others warn against it. Some refrigerators nowadays have automatic defrosting, of course.

Home Freezer Defrosting

Home freezers or freezer compartments of refrigerators should need defrosting only once or twice a year. Best management calls for removing frost when it is about one-half inch thick on large areas of walls or shelves. However, tests show that frost can accumulate up to 1 1/2 inches thick (in chest type freezers operating at zero) without warming interior of freezer enough to endanger frozen food. Thick frost in a freezer is wasteful because it cuts down storage space and because as much electricity is spent holding frost at zero as on frozen food that should be occupying the space.

Frost can be removed while freezer is in operation by scraping. Scoop-type tools are made especially for this job. These catch the frost as it is scraped off. Never scrape with anything sharp enough to damage freezer walls or the gasket around the opening.

Ice that forms in the freezer is too hard to scrape off so must be melted. To remove ice, disconnect freezer and take out the food. Then melt ice off by running cold water over it, if the freezer has a drain. Otherwise hasten the melting by placing an electric fan so that it blows cold air out and warm air in. Remove ice as it loosens and keep sponging up the water that forms. Have inside dry when you connect electricity and put back the frozen food.

Salk Vaccine Critic Tells Reason Behind Doubts of Immunity

By DELOS SMITH
United Press Science Editor

New York—(U.P.)—The leading scientific critic of the Salk "killed" virus polio vaccine told a scientific audience Thursday night why, in his opinion, it cannot confer reliable or lasting immunity against the disease.

Dr. Albert B. Sabin said his large-scale experiments with the "live" viruses showed that their immunizing capacity depended on whether or not they had a hereditary "character" to multiply in "certain non-nervous cells" and this "character" did not have to be related to the activity of the viruses in test tube cultures or in nerve cells of the body.

Viruses Cannot Multiply

The salient feature of the Salk vaccine, which was mass-tested on almost 500,000 children last spring, "is that its 'killed' viruses cannot multiply at all in the body. Dr. Sabin who is testing his belief that any vaccine must use 'live' viruses to confer lasting and reliable immunity with prisoner-volunteers in an Ohio federal prison, addressed a conference on 'The Biology of Poliomyelitis' sponsored by the New York Academy of Sciences.

He never mentioned the name of Dr. Jonas E. Salk, of course—nor the Salk or any other vaccine, "killed" or "live." The discussion was purely scientific and purely objective but his presentation was in direct contradiction to the scientific findings upon which the "killed" virus vaccine is based.

Polio virus particles possess "distinct genetic hereditary characters," he said. He then unfolded a long string of "variant" viruses belonging to the same types which grew out of variations in these "characters." For example, polio viruses are completely harmless to the "host" when "the virus particles either cannot multiply in the lower motor neurons (nerve cells) or multiply at such a low level that not enough are affected to produce paralysis."

Others Sometimes Harmful

Some variants are harmless even when injected into the brains of laboratory animals, but produce paralysis when injected into the spine. That is due to a specific "character" in the virus particle, or rather the lack of a "character."

He said "virus particles possessing certain sets of these characters can be selected for or against by propagation in different tissues of different hosts

Work Progressing On Remodeling Job

Work is to be completed about Feb. 1 on the remodeling of the office space at the Carpenters union building, 123 West Main st., according to Joe Hansen, union member in charge of the work. The space formerly all in one large room, and now is divided into two spaces.

To occupy the two stores will be Dell's Jewelry store, now on North Fir st. off West Main st., and the American Finance company, located at 126 North Bartlett st. The stores will be moved to the new locations when the work is completed, Hansen explained.

Spaces are being completely modernized and ceilings are being lowered. The jewelry store will occupy a store with about 3 1/2 feet street frontage, and the finance office will be about 15 feet across the front. Both will extend back about 70 feet.

Criminologist To Study Sheppard Case

Cleveland, O.—(U.P.)—Dr. Paul Kirk, a noted criminologist, arrives here Saturday to investigate the bludgeoning slaying of Mrs. Marilyn Sheppard, whose husband was convicted of her murder and sentenced to life imprisonment.

The two brothers of Dr. Samuel Sheppard, the dead woman's husband, engaged Kirk to investigate the crime and find "the real murderer." Sheppard has contended an intruder beat his wife to death last July 4.

Kirk, a professor at the University of California, was expected to be here three or four days. Sheppard left his jail cell for several hours Thursday to attend funeral services for his father, Dr. Richard A. Sheppard, who died Tuesday. The elder Sheppard was buried in a grave next to his wife, who committed suicide Jan. 11.

Yreka Mill Fire Causes Damage of \$100,000

Yreka—The mill and filling room of the Costello and Deter Lumber company, on the Ft. Jones road just south of here, were destroyed by fire Wednesday evening with a loss estimated at more than \$100,000. The green chain was little damaged.

Friday, January 21, 1955

MEDFORD (OREGON) MAIL TRIBUNE—FIVE

Former Scout Leader Here Gets New Job

Jim Harpole, 32, a former assistant scout executive in this area, has been named executive for the Modoc area council, Boy Scouts of America, with headquarters at Klamath Falls, if was learned here today.

After leaving Medford and Grants Pass, Harpole went to Eugene about two years ago, where he was a district scout executive. His new job, which begins Feb. 13, will include supervision of an area reaching from Madras and Prineville in the north into northern California. Some 2,500 scouts are in the area.

East Hartford, Conn.—(U.P.)—Two brothers, James and Joseph Burns, took jobs at Pratt and Whitney Aircraft 15 years ago. Today, eight of their sons, wives, uncles and in-laws work in the plant with them.

Windham, Conn.—(U.P.)—Authorities reported that while Leo A. Racine was fleeing the scene of an accident he drove through a bedroom wall and awakened Ernest Angel—a state policeman.

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