

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Let Children Stir-Up These Soup Romances

As it is with people, so it is with soups. Some just naturally get along together, mix comfortably, are harmonious. Match-makers have been making new soups from two soups for quite a while. Let the children fix these happy two-somes. All make 4 generous servings.

**Fireman's Soup.** Blend one can of condensed cream of celery soup with 1 1/2 soup cans water; stir in one can condensed tomato soup; heat.

**Captain's Chowder.** Blend one can condensed green pea soup and one can condensed clam chowder with 1 1/2 soup cans water; heat.

**Mexican Gumbo.** Blend one can condensed chicken gumbo soup, one can condensed green pea soup and 1 1/2 soup cans water; heat.

**Bonnie Broth.** Blend one can condensed Scotch broth and one can condensed green pea soup with 1 1/2 soup cans water; heat.

**Vegetable Gourmet.** Blend one can condensed black bean soup, one can condensed vegetable soup and 1 1/2 soup cans water; heat.

**Chicken Parisienne.** Blend one can condensed cream of chicken soup, one can condensed onion soup and 1 1/2 soup cans water or milk; heat but do not boil.

**Lamb Supreme Bargain in Good Eating Now.** Plentiful lamb shoulder is a bargain. Ask meat man to cut it in cubes. Fix this way, the family will ask for many repeats. Six servings.

**Brown two pounds boneless lamb shoulder cut in cubes, in two tablespoons lard or drippings. Cover with water. Season with salt and one-half teaspoon dill seed. Cover and simmer 1 1/2 hours or until tender. Remove meat. Add one-half cup fresh or canned mushrooms, one cup sour cream and one-half teaspoon vinegar to liquid remaining in pan. Thicken with flour to usual gravy consistency. Add meat to**

**raisins. Roll as for jelly roll and cut into inch slices. Arrange on oiled pan. Bake in moderately hot oven about half an hour. Frost if desired, while hot, may be using one of those new instant frostings.**

**Quick Casserole.** Just cook one package of frozen lima beans and drain. Mix cooked beans with can of tomato sauce, some grated sharp cheese and two chopped hard-cooked eggs; heat in oven about 25 minutes. Heartening for lunch or supper.

**Seasonal Abundance of Food Insures Good Health or our Children.** The mammoth spotlight is thrown on May 1, as parents, educators, nutritionists and others concern themselves with the health and welfare of the nation's children; celebrate National Child Health Day which leads right into Baby Week. The future good health of our nation depends very largely on what our growing boys and girls are eating today. Western fields, orchards and water ways provide a wealth of variety in foods of excellent quality at reasonable cost the year around.

During the growing years, quantity as well as properly balanced diet is essential. As to types of food, there are three general classifications which should be combined in daily diet. The "body building" foods that build and repair muscle and tissue. In this class are milk, eggs, meat, fish, cheese, nuts and certain elements in grain foods.

The "protective" foods, rich in vitamins and minerals that help fortify the body against many diseases and encourage buoyant well-being. Outstanding in this group are milk and dairy products, eggs, fruit, vegetables, whole wheat bread, certain meats notably liver and kidneys.

The "energy" foods, last but not least, since 85 percent of all we eat is used by the body for its energy requirements. In this category are bread, cereals, macaroni, rice, cake, cookies and many vegetables. The "fuel" foods which are akin to the "energy" foods are butter and all meat and vegetable fats and oils.

**Child's Daily Needs.** Nutritionists agree that the growing

child needs a quart of milk a day, to drink, combined with other foods or in ice cream or cheese—two or more servings of green or yellow vegetables besides potato—two or more servings of fruit with citrus fruit or tomato daily—three to five eggs a week, one daily preferred—one or more servings of meat, cheese, fish, poultry—two or more servings whole grain cereal or enriched bread—butter or margarine.

**Week's Best Buys.** Broilers and fryers are back on this list. Plenty of beef, pork, turkey, halibut, fish fillets, canned tuna, raisins, small dried prunes, oranges, grapefruit, all dairy products, rice, vegetable fats and oils. Among vegetables; cabbage, celery, lettuce, potatoes, rhubarb, spinach, cauliflower, onions.

**LEGAL NOTICES**  
NOTICE OF FINAL HEARING IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY

IN THE MATTER OF THE ESTATE OF NORTON EVERETT TRACY, deceased.  
NOTICE IS HEREBY GIVEN that the undersigned has filed his Final Account herein, and the above entitled court in Medford, Oregon, as the time and place for hearing objections to said Final Account, if any there be, and the settling thereof.

Dated and first published this 15th day of April, 1955.  
Allison Moulton,  
Administrator of the estate of Norton Everett Tracy, deceased.

**LEGAL NOTICES**  
NOTICE TO CREDITORS IN THE CIRCUIT COURT OF THE STATE OF OREGON, FOR JACKSON COUNTY

IN THE MATTER OF THE ESTATE OF CHESTER W. FAIRBANKS, deceased.  
Notice is hereby given that the Circuit Court of the State of Oregon, for Jackson County, has appointed the undersigned as administrator of the estate of Chester W. Fairbanks, deceased. All persons having claims against said estate are hereby notified to present the same to me at my office in the Court House, Medford, Oregon, within six (6) months from the date of this notice.

Dated and first published the 8th day of April, 1955.  
WALTER D. NUNLEY,  
Administrator

**LEGAL NOTICES**  
IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY

IN THE MATTER OF THE ESTATE OF FRANK S. MILLER, deceased.  
Notice is hereby given that the undersigned has filed their Final Account in the above entitled matter, and the above entitled Court has fixed the 31st day of May, 1955, at 10:30 o'clock A.M. in the Circuit Court Room, in the Court House in Medford, Oregon, as the time and place for hearing objections to said Final Account and for the settlement thereof.

Dated and first published the 29th day of April, 1955.  
NORMA SHERID,  
Executor and Executrix.  
SKYRMAN, OUELLETTE & HEISEL,  
Attorneys for Executor and Executrix.

**LEGAL NOTICES**  
NOTICE OF MEETING OF COUNTY BOARD OF EQUALIZATION TO EXAMINE ASSESSMENT ROLLS

Notice is hereby given in compliance with Sec. 110-101-2, O.C.L.A. as amended by Chapter 46 (Sec. 1), Oregon laws 1945, that a meeting will be held by the Board of Equalization on the second Monday in May, 1955, at the Court House in Medford, Jackson County, Oregon, at ten o'clock A.M. at which meeting the Board of Equalization will publicly examine the assessment rolls and correct all errors in valuation, description, or quantities of lands, lots or other property assessed by the assessor.

It shall be the duty of persons interested to appear at the time and place appointed. Each petition or application for the reduction of a particular assessment shall be made in writing, verified by the oath of the applicant or his attorney, and be filed with the Board within the first week it is by law required to be in session.

Dated this 19th day of April, 1955.  
Assessor of Jackson County, Oregon,  
R. G. FOWLER

**LEGAL NOTICES**  
NOTICE TO CREDITORS

Notice is hereby given that I have been appointed by the Circuit Court of Jackson County, Oregon, Executor of the Will of Arthur Benjamin Mullen, deceased, and have qualified. All persons having claims against the estate of said decedent are hereby notified to present them, with proper vouchers, duly verified, to me at the office of Skyrman, Ouellette & Heisel, attorneys for said Executor, at Room 418, Medical Center Building, in Medford, Oregon, within six months from the date of this notice.

Dated and first published April 29, 1955.  
RAYMOND ARTHUR MULLEN,  
Executor

**LEGAL NOTICES**  
NOTICE OF FINAL HEARING

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY

IN THE MATTER OF THE ESTATE OF NELLIE BOWLES, deceased.  
Notice is hereby given that the First National Bank of Portland (Oregon), administrator of the above estate, has filed in the above entitled Court its Final Account and Report in the matter of said estate and said Court has fixed the first day of June, 1955, at 9 o'clock A.M. in the court room of said estate at the Court House in Medford, Jackson County, Oregon, as the time and place for hearing objections thereto and all persons having objections thereto are hereby notified to make or file the same at or before said hearing.

Dated: April 29, 1955.  
The First National Bank of Portland (Oregon), Administrator  
Attorneys for Administrator

**LEGAL NOTICES**  
NOTICE

In the Circuit Court of the State of Oregon for Jackson County

In the Matter of the Estate of Myrtle Miller, deceased.  
Notice is hereby given that the undersigned has filed her Final Account in the above entitled matter, and the above entitled Court has fixed the 31st day of May, 1955, at 10:30 o'clock A.M. in the Circuit Court Room, in the Court House in Medford, Oregon, as the time and place for hearing objections to said Final Account and for the settlement thereof.

Dated: April 29, 1955.  
NORMA SHERID,  
Administratrix  
SKYRMAN, OUELLETTE & HEISEL,  
Attorneys for Administratrix

**LEGAL NOTICES**  
NOTICE OF EQUALIZATION

Notice is hereby given that the Board of Directors of the Medford Irrigation District will meet as a Board of Equalization in the office of the Board, Room 205, Holly Theater Building in Medford, Oregon, at 1:30 p.m. on the 3rd day of May, 1955 for the purpose of receiving and correcting its assessment and apportionment of taxes at which time and place any and all evidence of the objections relating thereto will be heard and determined.

Jack Hoffbauer, Secretary-Manager, Board of Directors, Medford Irrigation District.

LEGAL NOTICES

NOTICE TO CREDITORS  
No. 9374  
IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY  
IN THE MATTER OF THE ESTATE OF ERICK G. GUSTAFSON, deceased.  
Notice is hereby given that the undersigned as administratrix of the above estate. All persons having claims against said estate are hereby notified to present the same with

LEGAL NOTICES

proper vouchers within six months from this date at the office of Neff, Frohnmayer & Lowry, Cooley Theatre Building, Medford, Oregon.  
Dated and first published this 29th day of April, 1955.  
CHRISTINE OLSON, Administratrix

LEGAL NOTICES

OF ERICK G. GUSTAFSON, deceased.  
NOTICE IS HEREBY GIVEN that the above court has appointed the undersigned as administratrix of the above estate. All persons having claims against said estate are hereby notified to present the same with

## KMED - Kash Box \$708<sup>00</sup> Winner



Mrs. Margaret Luelling of Wimer wins the KMED-Kashbox Jackpot of \$708.00 and \$25.00 in groceries from the Groceteria with the winning answer "A FATHER DAUGHTER BANQUET." Pictured above left to right is KMED program director Russ Jamison interviewing Mrs. Luelling as she received a \$25.00 certificate from Melvin Hall, Groceteria Manager, and the Jackpot check for \$708.00 from KMED manager Ray Johnson. The winning answer was accompanied with a Groceteria sales slip. A new jackpot was immediately started and now amounts to \$248.00.

HERE IS THE NEW RIDDLE FOR THE KASH-BOX

I COULD BE CRISP  
MY TONE IS MELLOW  
YOU'D WISH ME ON  
THE OTHER FELLOW.

SEASONING? YES!  
NOT EACH DAY  
AGE IS BENT  
YOUTH IS GAY.

AND HERE IS YOUR KEY TO THE JACKPOT

8:00 A.M. — BURELSON'S  
8:15 A.M. — GROCETERIA  
12:50 P.M. — WESTERN THRIFT

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