

Feeding the Family

By ZOLA VINCENT
Food Editor

Home Freezer Trends

Families considering buying a home freezer may be interested in some trends in this equipment. One trend in purchasing is toward larger sizes. A small family which would have chosen a 7 or 8 cubic foot capacity a few years ago now generally chooses a 12 or 14 cubic foot. More upright freezers are being purchased. One reason is that they take up less floor space than the chest type, making them more popular in smaller-type homes being built. Also, more manufacturers are offering upright types which open like a refrigerator. An upright usually costs more than a chest model because more costly construction is required. Life expectancy of freezers now is longer. A good freezer should last 12 instead of 10 years as was estimated a few years ago.

Swiss Chard Casserole

Swiss chard, too often overlooked as a delicious vegetable, is seasonally at its best. It is simply packed with vitamins and minerals, has practically no calories. Actually it is a form of beet that is grown for the tops only. Usually cooked, covered, in almost no water, 10 to 15 minutes or until just tender, chopped and served with butter or lemon butter. When cooked with cheese and milk it becomes a nutrition special. Six servings. 2 pounds Swiss chard 2 tablespoons salt 2 tablespoons butter 2 tablespoons flour 1/2 cup milk 1/4 pound or 1 cup grated cheese Clean chard and cut stalks in 1 inch pieces. Drop in 1/2 inch boiling salted water using 2 teaspoons salt; cover and cook 5 minutes. Add leaves and cook 5 minutes longer. Drain and press out as much liquid as possible. Melt butter, blend in flour and add milk. Cook, stirring constantly until thickened. Remove from heat and blend in cheese. Mix chard with sauce; pour in 1 1/2 quart casserole. Bake in moderate, 325 degree, oven about 40 minutes.

Puree Mongole Reminder. Fine, hearty lunch or supper specialty. Combine can condensed tomato soup and can condensed green pea soup in saucepan; gradually add 2 2/3 cups milk until well blended. Heat thoroughly. Garnish with finely sliced celery or toasted croutons.

Everybody Loves Chocolate Pudding

This is an upside-down chocolate pudding to delight Dad and the children. Serve warm with cream or whipped cream. Sift together 1 cup sifted flour, 1 tablespoon baking

powder, 1/2 teaspoon salt, 1/4 cup light brown sugar firmly packed; add 1/2 package semi-sweet chocolate morsels, chopped, along with 1/2 cup milk, 1/2 cup chopped walnuts, 2 tablespoons softened butter, 1 teaspoon vanilla extract.

Turn into 6 greased custard cups. Set cups in shallow pan. Combine and sprinkle over batter, 1/2 cup light brown sugar, firmly packed, 1/2 package semi-sweet chocolate morsels, chopped, 1/4 teaspoon salt. Carefully pour over top (do not stir) 1 cup boiling water and 1 teaspoon vanilla. Bake at 350 degrees, 25 minutes. Cool. Turn upside down into dessert dishes. Serve warm with cream or whipped cream.

Pearadise Salad

An adequate luncheon salad for a foursome is easily, attractively made from canned fruits you're likely to have in the cupboard; a No. 2 1/2 can Bartlett pears and a No. 2 can pineapple cubes. On a bed of crisp salad greens, place 2 pear halves cut side down. With a knife spread mayonnaise over and sprinkle with chopped nuts. On one side of the pears put 3 slices or sections of orange and on the other 4 or 5 pineapple cubes. Chill before serving. More mayonnaise or a tart French dressing may be passed.

Apricot-Grapefruit Ice

Pour one No. 2 can grapefruit into bowl; mash segments with fork to pulp-like consistency. Add one No. 1 tall can apricot nectar and 1 cup powdered sugar and stir constantly until dissolved. Pour into refrigerator freezing tray and freeze at coldest about 2 hours; stir and continue freezing about 2 hours longer. One quart of fine dessert to serve 6 or eight.

Seasonal Abundance of Good Things Shows 20 Fruits and 26 Fresh Vegetables

Now comes the season of abundance of good things grown on our west coast. A time to closely watch the market for the best freezing and canning "buys." A time of new taste delights as fruits, berries, melons and vegetables come into season and advance to their peak of perfection, often found in June, July and August.

Peak of seasonal good things flows northward as the season advances and berries and orchard fruits become more plentiful; lower in price.

Fruits and Berries. Increasing in supply right along are apricots, blackberries, dewberries, blueberries, huckleberries, cantaloupes, honeyballs, lemons, limes mangoes, peaches, raspberries, watermelons. At near-peak are sweet cherries, avocados, bananas, figs, oranges.

They'll Do It Every Time

By Jimmy Hatlo



pineapples, rhubarb. Strawberries for consumer fresh buying continue comparatively scarce with prices higher than expected due to freezer and "preserving" demands. There are some apples, grapes, a few honeydews, a few peaches heralding the new season.

Vegetable Abundance. Menu

makers may choose from asparagus, lima beans, snap beans, broccoli, cabbage, carrots, cauliflower, celery, collards, green corn, cucumbers, dandelion greens eggplant, endive chicory, escarole, kale, lettuce, mushrooms, onions, parsley, green beans, peppers, new and old potatoes, radishes, green onions, spinach summer squash, Swiss chard and tomatoes. Corn is coming on fast. Yellow variety is best for freezing. Now is good time to start pickling cucumbers.

Milk and Milk Products. U.S. Department of Agriculture reminds us that dairy products supply three-fourths of the calcium, nearly half of the B-vitamin, riboflavin and a fourth of the protein in the nation's diets as well as other vitamins and nutrients. Put cottage cheese, cheddar cheese, buttermilk and ice cream into menus more often for good nutrition.

Other Good Buys. Look for beef specials, particularly short ribs, 7-bone pot roasts, stewing beef, cuts of round for Swiss steak and of course good old hamburger. Buy and freeze lamb now. Prices on lamb and pork are due to rise. Ham and bacon are good buys. Fine selection of west coast fish and shellfish. Frying, broiling and stewing chickens are good buys. Good marketing!

Dead line Sunday Classified is at noon Saturday; 10 a.m. Monday for Monday; other days 5:30 previous day.

Gold Hill

Gold Hill—Bobby Lance, son of Mr. and Mrs. Floyd Lance, has returned from Oregon State college where he attended a week at Beaver Boys State. He was chosen by Crater High school at Central Point where he has completed his junior

year, and was sponsored by Crater High Parent-Teacher association. At Boy's State the students practice the rights, duties and responsibilities of American citizenship. Over 400 boys attended and about 32 were from Jackson county. Bobby is president-elect of the senior class at Crater.

Friday, June 24, 1955

MEDFORD (OREGON) MAIL TRIBUNE—THREE

Billy Graham Rests After Busy Week

Mannheim, Germany —(U.P.)—Evangelist Billy Graham took a day off from his busy European crusade today after a week packed with four appearances before Germans and Americans at giant outdoor rallies, two of

them in one afternoon. "Billy may play a little golf today at the Mannheim Officers club course," a member of his party said. "But in general, it will be just a day of rest."

Use Mail Tribune Want Ads

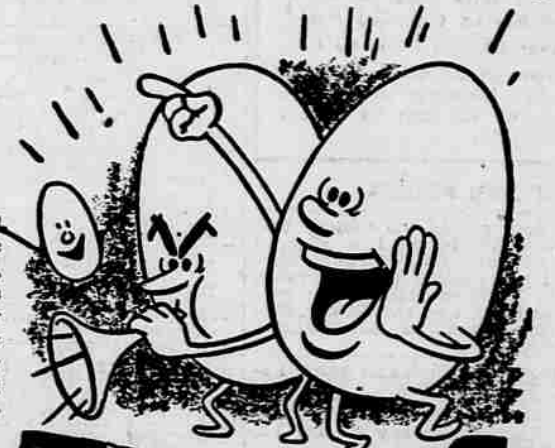
MUFFINS MADE EASY

New York —(U.P.)—Transform your regular muffin recipe into a tasty quick bread. Substitute an equal amount of rolled oats for half the flour called for. Serve the muffins with plenty of butter or margarine and strawberry preserves.

and now...TRIANGLE announces

A NEW EGG LAYER MASH OR KRUMBLES

It's a COMPLETE laying feed—with all the necessary egg-producing elements plus scratch, grit and shell, all in one formula. Think how this simplifies your feeding job! Triangle Egg Layer plus plenty of water is all you need to keep your pullets or laying hens in top condition. Ask your Triangle dealer about this attractively priced addition to the Triangle line of "Famous Formula" feeds. Mash or Krumbles.



TRIANGLE MILLING COMPANY
SOLD LOCALLY BY
SAMSON FEED & SEED CO.
4th & Front — Medford — 2-5295
403-645 N. Tillamook
PORTLAND 12, OREGON

BLAZING PIT BARBECUE

ELECTRIC DRIVEN
ROTISSERIE SPIT WITH SWITCH
INCLUDED

STAINLESS STEEL

COOK SET INCLUDED



\$5.00
PLASTIC
STORAGE
COVER
FREE

LARGE 2-PIECE 24 1/2" x 16" GRID

ROOMY UTILITY SHELF BELOW STURDY SIDE WORK SHELF

The perfect answer for your outdoor dining. Armed aluminum grill. Easy rolling wheels with semi-balloon tires. Complete with motor, storage cover, 2-pc. cook set and 20-pc. serve set.

BOYS and GIRLS!

Jackson County Federal Has Opened

A Special Savings Window

Just for You!

OPEN EVERY SATURDAY MORNING

FREE!

Sparkies Checker Upper Charts
For All Boys and Girls Who
Come in With Mom or Dad!

LISTEN!

To "Big Jon & Sparkie"—
Your Special Program on
KYJC Saturday Mornings,
8:30 o'clock

Be Smart! Start Your Savings
Accounts Now!

Jackson County Federal
SAVINGS & LOAN ASSOCIATION

126 East Main
Medford

Since 1909

"Where You Are
Paid to Save"

SIMS
CYCLE & HOBBY SHOP
23 No. Fir St. Phone 2-2472

PHONE TODAY

MAIL COUPON NOW
OR SHOP IN PERSON!

SIMS CYCLE & HOBBY SHOP
23 North Fir St., Medford

Enclosed find... deposit. Please lay away the Blazing Pit Barbecue complete with electric motor, 2 shelves, hood, storage cover, 2-pc. cook set and 20-pc. serve set at your special price of \$44.88. I agree to pay balance weekly.

Name _____
Address _____
City _____ Zone _____ State _____