

Feeding the Family

By ZOLA VINCENT
Food Editor

Vegetable Relishes

Give Zest to Meal
Flavorful vegetable relishes can do much to add zest to a meal; prevent meal monotony. Obviously, best time to "put up" relishes at home is when local market gardens or home gardens offer generous supplies. Two good recipes certain to be family favorites.

Pepper Onion Relish

Quick and easy. Combine one quart finely chopped onion, two cups finely chopped sweet green pepper, two cups finely chopped sweet red pepper, one cup sugar, one quart vinegar, four teaspoons salt and bring slowly to a boil. Cook until slightly thickened. Pour into clean, hot, sterile jars. Fill jars to top. Seal tight.

This takes a little time but is considered well worth the extra effort. For five pint jars, you'll need 12 to 15 ears of corn.

To prepare two quarts of corn, place 12 to 15 husked and silked ears of corn in boiling water; simmer five to seven minutes; then remove and plunge in cold water. Drain; cut corn from cob but do not scrape. Measure two quarts of cut corn.

Combine one pint diced sweet green pepper, one pint diced sweet red pepper, one quart chopped celery, one quart onion, one cup sugar, one quart vinegar, two tablespoons salt and two teaspoons celery seed and boil for five minutes.

Mix two tablespoons dry mustard with one-fourth cup flour and blend with one-fourth cup water. Add with the corn to the pepper mixture; stir and boil five minutes. Pack into clean, hot pint jars, filling to within half inch of top. Adjust lids and boil jars 10 minutes in boiling water bath covering top of jars. Remove jars and complete sealing. It's really worth it.

Baked Tomatoes-Bananas

A different vegetable? Cut three tomatoes in half cross-wise. Top each half with a diagonal slice of banana. Brush generously with mixture of one tablespoon melted butter and one tablespoon lemon juice. Bake in hot oven, 450 degrees for 10 minutes. Reduce heat to moderate, 350 degrees and continue baking for about 15 minutes. Six servings.

For Indoor or Outdoor Broiling
Among the hundreds of taste delights given in the new Outdoor Cookery Book by Helen Brown and James Beard (Doubleday), we've picked these from the Skewer Cookery section for early doing.

"Cubes of beef alternating with bacon-wrapped oysters... squares of raw chicken with pineapple chunks; soy and oil marinade... sliced cooked ham wrapped around cubes of Swiss or Cheddar cheese... lamb or mutton cubes, quartered apple, small parboiled onions seasoned with curry or ginger. Brush well with oil before grilling.

"Thin strips of liver and slices of bacon, woven on skewers with stuffed green olives... cubes of cooked turkey sprinkled with curry powder, wrapped in bacon and alternating with ripe olives and cherry tomatoes... cubes of salmon with tomatoes, onion and green pepper; soy and oil to taste... marinate raw shrimps in equal parts of soy and sherry; roll in sesame and broil.

Raspberry Jam Reminder
Now if ever, capture the goodness of raspberries in this easy-to-do jam recipe. Takes about two quarts of ripe red berries, makes about 10 medium glasses. Mighty good now and also later.

4 cups prepared fruit
6 1/4 cups (2 3/4 pounds) sugar
1/2 bottle liquid fruit pectin

Prepare fruit by crushing thoroughly. If you prefer fewer seeds, sieve half of the pulp to remove some of the seeds. Measure four cups into a very large and we mean large, saucepan. Add sugar to fruit and mix well. Place over high heat, bring to a full rolling boil and boil hard one minute, stirring constantly. Remove from heat and at once stir in liquid

Argentine Doctors Call General Strike

Rosario, Argentina — (U.P.) — The Medical Association of Rosario, second largest city in Argentina, has announced, it will call a 24-hour doctor's strike to protest the disappearance of Dr. Juan Ingalinella. No time was given for the strike.

Dr. Ingalinella, a Communist leader, was arrested as a result of the unsuccessful June 16 revolt in Buenos Aires and was released a few days later. He has not been seen since.

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fruit pectin. Skim off foam with metal spoon. Then stir and skim by turns for five minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Cover jam at once with hot paraffin.

Roasted Lamb Roast

A lamb shoulder roast is an economy cut which makes wonderful eating but carving proves problem. So have meat man bone and roll your lamb shoulder. After boning, shoulder will weigh around three pounds, require roasting for two hours in slow, 325 degree oven to well-done stage. Or use it for a savory pot roast which means browning thoroughly and cooking slowly with one-half cup water and any favored seasonings in covered kettle for two hours of "slow braising."

Plentiful Include Ice Cream

Fryers, Beef, Fresh Foods
Nature's bounty overflows throughout this part of the country at this season. Plentiful dairy products remind us to keep more milk in the refrigerator for the making of nourishing milk shakes. Ice cream was never more plentiful nor available in more wonderful flavors for serving in cones, in dish, in cantaloupe halves, over room-temperature or hot fresh fruit and berry pies, cobbblers and the like.

Fryers-Broilers. Tender young chickens are unusually plentiful and reasonable in cost; might well appear on menus once or twice a week. Consider cold fried chicken for picnic or supper.

Choice beef continues plentiful throughout July and August; favorite of charcoal chefs as well as oven and top-of-the-stove cooks. Quite low prices mark hamburger, beef stews, pot roasts.

Other Good Buys. Before we get into fresh fruit and vegetables consider these items: Lots of canned grapefruit sections, refreshing any time of day in fruit dish, fruit cup, salads. Use the juice in chilled fruit beverages or chill and drink "as is." Plenty of salad oils and shortenings. An abundance of rice encourages its use more often. Cottage cheese and good old American cheddar fit into many meals at reasonable cost.

Fruits and Melons. Plenty of fragrant desirable cantaloupes; honeydews and honeyballs increasing in supply. Watermelons are now plentiful and cost less. California orange crop is good and fresh grapes are arriving. Good supplies of bananas, lemons, some rhubarb, Bing cherries, strawberries and nectarines. Black Mission figs, apricots, peaches make fine desserts; are not likely to be bargains.

Vegetables are Many. Name it, and you'll find it easily in the vegetable bins. Corn on the cob, cauliflower, cabbage, cucumbers, bunched vegetables, everything for the making of salads. Tomatoes are getting better right along. The long white potatoes are fine for all purposes; make a big batch of potato salad but be sure to refrigerate it properly.

Fish and Shellfish. Treat the family to fish and shellfish more often. Exceptional variety in fresh displays as well as good values in fresh-frozen and packaged frozen sections.

Vacationers are reminded to have a good neighbor check refrigerator and home freezers every day or so; leave name and number of repair man "if anything seems wrong."

Before the long voyage home...
MAKE IT MILK

Snider's

Prosecutions Due In Pinball Cases

Portland — (U.P.) — The city of Portland is prepared to go ahead with plans to prosecute some 15 pinball machine cases after Circuit Judge Charles W. Redding refused to stop the city from seizing non-coin-operated pinball machines.

Deputy City Attorney Frank Lerulli said the trials will be held today before Municipal Judge John J. Murchison. He said the complaints are against operators of machines with coin slots and machines with no coin slots.

Although Judge Redding denied the injunction, he overruled a city demurrer that his court did not have jurisdiction in the suit for declaratory judgment asked by pinball machine operators. They seek to have the city's anti-pinball ordinance declared not applicable to non-coin-operated machines.

Stunt Man Dies After Roseburg Show

Roseburg — (U.P.) — A 30-year-old man who did the "ride of death" in a specially built automobile died in a local hospital Wednesday after his performance at Art Swenson's "Thrillcade" show here.

The victim was Horace Earl Ivie, who went under the show name of Dario La Costa. Cause of death was not determined, although doctors said it may have been the result of an old injury.

Ivie had completed his performance perfectly. In the act he rode the car down a 50-foot ramp which is curved at the end. The car did three somersaults before landing on a platform. After the performance smelling salts are applied but Ivie did not respond and was taken to a hospital where he died two hours later.

JUST LIKE KIDS

Black River Falls, Wis. — (U.P.) — Police had to break up an alley fist fight between Juel Huber and Charles Burdick when the two men locked in combat over the affections of a woman. Both men are in their 80s.

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