

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Usefulness of Soda Shown Food Editors

There's many a thing to do with baking soda besides baking with it. Church and Dwight, leading figures in the Baking Soda Institute, staged a lively County Fair for the foods editors in which practical demonstrations of a score of uses of this household staple. Here are a few: Baking soda is a safe, effective and economical dentifrice. Pour soda in palm of hand and use as dentifrice or as mouth wash, using one teaspoon soda in a glass of water. Flash fires resulting from grease in broilers or spattered grease should be showered with baking soda. Under no circumstances, use water in this emergency. One of the very best applications to allay the pain of superficial scalds or burns is to quickly make a paste or a solution of baking soda.

Clean linoleum by dissolving two tablespoons baking soda in one quart of warm water and use a small mop or cloth, rinsing with cloth wrung in clear water; helps remove grease and grime quickly.

Good idea! Keep a box of baking soda in your car not only for ready protection against flash fires, but also for cleaning windshield and headlights on long trips. A little baking soda and water on cloth will remove crushed bugs and scummy film adhering to surfaces. Baking soda and bicarbonate of soda are one and the same product! Use baking soda for freshening refrigerator, ice trays, meat boxes, crisper trays, shelves; for glistening glass and crystal, for quickly and thoroughly removing tarnish from silverware. For this just cover bottom of large enameled pan with aluminum foil. Add one teaspoon baking soda to each quart of water. Heat to boiling. Immerse each piece of silver so that it touches foil. The electrolytic action makes the tarnish disappear. Rinse and dry.

## Pump Room Menu

Fabulous Pump Room of the Ambassador East Hotel in Chicago was festive setting for luncheon sponsored by Wilson and Co. with foods on flaming swords and other special Pump Room dishes including a rich curry dish, Chicken Portolla, that was baked and served in a coconut shell and Ice Cream Bernada which proved to be chocolate ice cream with a banana and liquor sauce. Flaming, naturally!

## Bread-N' Butter Waffles

An air of friendliness and relaxation characterized the "Wind-Up" breakfast at the Drake Hotel on closing day of the newspaper foods editors conferences. Hosts and hostesses from American Dairy Association and from General Foods for Log Cabin Syrup, greeted guests as they entered the Cape Cod Room reminiscent of early New England with knotty wood paneling, hanging pots and pans and red-checked tablecloths. Fresh strawberries topped with soft ice cream was followed by bread n' butter waffles, sausage patties, apple rings and of course,

Log Cabin Syrup. The new fast waffles call merely for spreading bread with butter, dipping into an egg-milk mixture and flipping into a waffle iron. Fine idea for Junior and Junior Miss to fix up when Mother slows down on the breakfast routine.

## Experts Caution Against Self-Imposed Salt Diet

Liveliest session of entire foods editors conference ensued when the Salt Institute presented two authorities on the subject of "Salt in your Diet—in Health". Dr. G. E. Wakerlin, professor of Physiology and Head of the Department of the University of Illinois College of Medicine (also a vice president of the Chicago Heart Association) and Dr. Wright Adams, Professor and Chairman of the Department of Medicine, University of Chicago. Gist of their fine and thoughtful addresses was that "healthy persons attempting self-imposed salt-restricted diets run the risk of cutting the salt reserve below the level required for proper body function".

They pointed out that "every cell in the body requires salt for life and normal function. It is one side of the balance among fluids which keep people well. Its supply and activity should not be interfered with except for the most pressing reasons". They further stated that "since salt has no calories, cutting down on salt will not cut down on excess fat and that anyone who would be benefited by withholding salt from the diet is a sick person and needs medical care."

**Frizzled Ham.** Use thin slices of boiled ham. Saute in butter or melted ham fat until edges are curled and crisp, turning to brown evenly and lightly on both sides. Serve like bacon.

**Versatile Macaroni, Pork Products Head List of Best Buys**

Macaroni and pork products have three things in common, besides good nutrition, that is. They have versatility as to varieties and to methods of using and are budget items. Since this is National Macaroni Week there is special emphasis being put on the important place macaroni foods have in the American diet. Not only versatility and budget prices, but storage convenience combine to make these products popular with the thrift-conscious homemaker. Take your choice of macaroni, noodles or spaghetti and combine with meat, cheese, seafood, poultry, eggs or vegetables and come up with an inexpensive, appetite-satisfying soup, main dish or hearty salad.

Pork is selling at most attractive prices because the supply is so good. Get to know the thriffter cuts of pork this season, for dishes that will bless the budget and vary your meals. Thrifty pork buys include the hocks, the shoulder, the end cut pork chops and roasts, the smoked picnics and ham shanks. All these cuts have complete high quality protein and an extra share of vitamin B1, for which pork is particularly famed.

**Cheese.** The October Cheese Festival is in full swing, so

# Plans Completed For Crusade Week

Members of the Medford Church of the Nazarene completed plans this week for an Evangelistic crusade to begin Sunday, Oct. 23 during the 11 a.m. worship service. It will continue through Sunday, Oct. 30.

## Work Completed

Crusade committees have completed work and the 43 member prayer committee was busy this week supervising prayer meetings in preparation for the crusade. Special prayer meetings this week included a 6 a.m. prayer breakfast Tuesday when a large number of men attended; a family-night prayer meeting of the church at 1 p.m. Thursday, and a high school prayer fellowship Thursday night.

A church-wide prayer meeting is scheduled for 7 p.m. Saturday in the church sanctuary.

The pastor, the Rev. R. W. Hurn, announced that all interested are invited to the Saturday night meeting.

## Others Scheduled

In addition to the schedule of prayer meetings listed above, adult school classes, youth groups, and missionary organizations scheduled cottage prayer meetings and chains of prayer.

Dr. George Coulter, former Medford pastor, will be the featured speaker in the Crusade.

## Dinner Slated at Eastwood Church; Fellowship Tonight

A potluck dinner for all members of the Eastwood Baptist church and their friends will be held at 3 p.m., Sunday, Oct. 23. The church is located at Ridgeway and North Keeneway drives.

The Young Adult class of the church will meet today at 8 p.m. for a fellowship. All young adults interested are invited.

look for special prices on cheeses of all kinds. Give your taste buds a treat and try a new kind of cheese today. Note on cottage cheese: A recent survey shows that 90 per cent of our Western families use cottage cheese as against 30 per cent of families in the Southeast.

**Best Fruit Buys.** Apples are plentiful. Small sizes are most economical. For eating-out-of-hand, Red and Golden Delicious, Jonathans and Newtowns are tops. Colorful grapes, Tokay, Thompson seedless and Ribier are in excellent supply. Small Valencia oranges are in the market at real bargain prices. Bartlett pears are still available, but are being rapidly replaced by winter pears. Cranberries, a sure indication that fall harvests are under way are tops in quality at reasonable prices. Bananas continue at fair prices.

**Best Vegetable Buys.** Cabbage, carrots, cauliflower, celery, potatoes, winter squash and lettuce are plentiful. Tomato prices are moderate, but best quality tomatoes are diminishing in supply. Artichokes are on the increase and prices should drop accordingly.

# Quotes From the News

By UNITED PRESS

George Wood, general manager of Detroit's do-it-yourself and home improvement show: "There are still plenty of jobs that are best done by experts."

Sen. Walter F. George (D-Ga.) on the coming Big Four foreign ministers' conference in Geneva: "The greatest opportunity of the century to do something for the stability of the world is now at hand if we have the courage to grasp it. It's a matter of vision and courage."

Albert Kinsey, author of the Kinsey Report, on the uproar touched off in the United States by a magazine article on "Sin in Sweden":

"There is no more sin in Sweden than in the United States. There is far more reality in the Scandinavian view on sexual morals than there is in the American one."

Dr. Robert W. Benson, supervisor of acoustic design at the Armour Research Foundation of the Illinois Institute of Technology on some findings made in the study of noise in offices: "When it's noisy the workers can't talk so much," and "if the typewriter doesn't make any noise, the boss can't tell if his secretary isn't working."

Friday, October 21, 1955

MEDFORD (OREGON) MAIL TRIBUNE—SEVEN

# New AFL Lumber Council Proposed

Portland—(U.P.)—A proposal for a new Western States Council of the AFL Lumber and Sawmill Workers union was revealed yesterday by Kenneth Davis, secretary of the union.

Davis told the annual convention of the AFL Shingleweavers union of Oregon and Washington a conference would be held this week end to discuss the proposal.

At present the Northwestern council of the union covers Oregon, Washington, Idaho and Montana. Locals of the union in other western states are formed into separate councils.

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

Washington—(U.P.)—The Census Bureau predicts the United States will have a population of from 207 to 224,000,000 by 1975.

Ontario, Ore.—(U.P.)—Voters here have approved 490 to 257 a \$349,000 bond issue for two new elementary schools.

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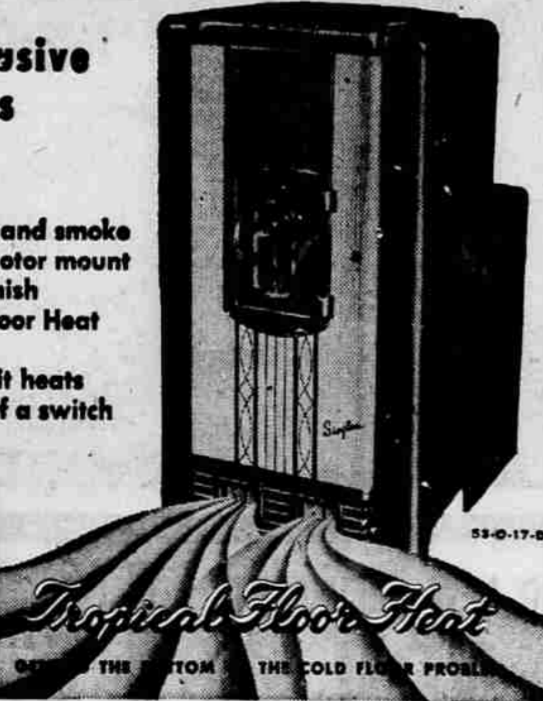
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