



## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Scalloped Oysters

Oysters fanciers, and certainly every family has them, will really fancy this absolutely wonderful way of scalloping oysters, retaining their full fine flavor. Six servings.

1 1/2 pint oysters  
3 dozen small or 2 dozen large  
1/2 cup butter or margarine  
2 tablespoons chopped onions  
4 cups soft bread crumbs  
1/2 teaspoon salt  
Dash pepper  
Oyster liquor  
Top milk or light cream  
2 tablespoons lemon juice  
Paprika

Pick over and clean oysters, removing bits of shell. Strain oyster liquor and set aside. Melt butter in skillet. Add onion and saute until tender. Add bread crumbs, salt and pepper; toast lightly. Cover bottom of shallow buttered baking dish with bread crumbs, then with layer of oysters. Repeat a layer of bread crumbs and oysters and end with top layer of crumbs. Combine oyster liquid with enough top milk or cream to make three-quarter cup. Pour over mixture in casserole. Sprinkle with lemon juice and paprika. Bake in hot oven, 400 degrees 10 to 15 minutes.

### Brussels Sprouts Now

Soon the season of fresh brussels sprouts will be gone. Enjoy them fresh like this: Wash two pounds sprouts well, removing any loose or discolored leaves; cut off bit of stem ends. Mix one-half teaspoon sugar, one teaspoon seasoned salt, two tablespoons butter, one-third cup water, pepper to taste, one green onion (chopped) in pan. Bring to quick boil. Add sprouts, cover and cook over low heat until tender, about 10 minutes. Grate some nutmeg over; serve immediately.

**Acorn Squash Change.** Next time you bake those good acorn squash, add cut-up marshmallows, raisins or nuts to each half-squash during last 15 minutes of baking.

**Strawberry Jam Tops.** Last year, more than 700,000,000 pounds of pure jams, jellies and preserves were packed with the average American consuming more than 4 1/2 pounds of same. The favorite? Strawberry jam with grape jelly second and pinecot jam a big western favorite.

### Girth Control Outline for Happier Family in '35

If you're one of several million Americans who has resolved to practice girth control in 1935, here is a way to diet pleasantly without freak menus that upset the entire family. And without

starving yourself. On a sensible modern diet loaded with vitamins and minerals and well-balanced in all the food values, you'll notice a happier disposition, cleaner skin and all the other pleasant extras that go with good nutrition.

Here's how: Plenty of protein foods but low in fats and carbohydrates. Fats, you know, contain more than twice as many calories as the same amount of sugar or starch. And that includes gravies, sauces, salad dressings and fried foods.

**Breakfast.** Enjoy one-half grapefruit or a large orange, four tablespoons whole grain cereal, one poached or soft cooked egg, one slice toast with top pat butter, coffee, tea or one cup skim milk. Seems adequate, doesn't it?

**Lunch.** Lean meat, fish, cheese or eggs cooked without fat, a leafy green vegetable and one other vegetable, one slice whole-wheat bread, thin pat of butter, fresh fruit of any kind, coffee tea or skim milk.

**Dinner.** Clear soup, if desired. Lean meat, fish, cheese or eggs cooked without fat, one medium potato either boiled or baked, other vegetable, salad with lemon juice or vinegar, one slice whole-wheat bread, thin pat butter, fresh fruit, beverage.

**Juggle If You Like**  
Now juggle the outline to suit yourself and family. Breakfast however is especially important to keep your vim and vigor through the day and to help resist temptation to snack. Perhaps you'd prefer a large bowl of cereal one day and two eggs the next. Fine. Or save that breakfast-slice of bread for sandwich-making at noon. And the luncheon fruit might sometimes be saved for a mid-afternoon energy lift.

**Do's and Don'ts**  
If you drink coffee or tea and simply must have cream, use a little. Half and half is a good solution. Remember that cocktails and certain other party beverages are terrific calorie carriers to be avoided if one seriously wants to diet.

### Eggs Baked in Cheese

Plentiful eggs and plentiful economical cheese combine in this very good and very easy to fix dish of baked eggs to help celebrate "January is Egg Month" and to help budget-balancing. Fine for luncheon or for supper.

When purchasing eggs it is economy-wise to remember that Grades A and AA eggs are preferred for poaching, frying, cooking in the shell or for stuffing. Use the less expensive

grades B and C for scrambling, thickening custards or sauces, pie fillings, salad dressings, in combinations dishes or for cakes, cookies, muffins, et cetera.

8 eggs  
3 tablespoons butter  
3 tablespoons flour  
1 cup milk  
1/2 cup grated cheese  
1/2 teaspoon salt  
1/4 teaspoon paprika  
Cayenne  
Dash of Worcestershire  
Chives or parsley

Break eggs into baking dish which has been well buttered. Blend flour with butter or margarine in top of double boiler. Add milk and when mixture is hot add cheese and remaining ingredients, except parsley. When sauce is thick, pour over eggs and bake in moderate oven, 350 degrees for 15 to 20 minutes. Garnish with chopped chives or parsley.

### Pineapple Custard Has Rich Creamy Goodness

Creamy baked custards are always popular for a light dessert and they are so rich in milk and eggs that they are a wonderful way to add important vitamins and minerals to family meals. You can bake this pudding in one large casserole or in individual ramekins; serve warm or thoroughly chilled. Six servings.

Beat two eggs slightly with one-quarter cup sugar and one-fourth teaspoon salt. Stir in two cups whole milk and one-half teaspoon vanilla. Pour into 1 1/2 quart casserole and drop one cup drained pineapple chunks evenly over top. Place in pan of hot water and bake in moderate, 350 degree oven, 45 minutes or until a silver knife, inserted in center, come out clean.

### Northwest Filberts in Prize-Winning Recipe

Your foods editor, in New York for the Pillsbury seventh Grand National Bake-Off at the Waldorf-Astoria, had a good visit with Mrs. Henry Jorgensen of Portland, Ore., senior first prize winner (\$25,000). Seated near Mrs. Jorgensen, we can assure you of her complete surprise, when the prize-winning announcement was made.

Having sampled her prize-winning Ring-a-Lings, we can assure you of their exceptional goodness. A no-knead sweet roll made with a twist of the wrist and using some of our good orange juice and a cup of our fine northwest filberts.

2 cakes compressed yeast  
1/4 cup lukewarm water  
(or 2 packages dry yeast and 1/4 cup of very warm, not hot, water)

1/3 cup butter or margarine  
3/4 cup hot scalded milk  
1/3 cup sugar  
2 teaspoons salt  
2 teaspoons grated orange rind  
2 unbeaten eggs  
4 to 4 1/2 cups sifted Pillsbury's Best enriched flour  
1/4 cup orange juice  
3 tablespoons sugar

Soften compressed yeast in lukewarm water—or soften dry yeast in warm water. Combine butter and milk in large bowl. Stir until butter melts. Cool to lukewarm. Add sugar, salt, orange rind, eggs and the yeast mixture. Gradually add the flour to form a stiff dough. Mix thoroughly. Cover. Let stand 30 minutes.

Roll out to a 22x12 inch rectangle on floured board. Spread half of dough along 22 inch side with Nut Filling\*. Fold uncovered dough over filling. Cut into one-inch strips crosswise. Twist each strip four or five times. Hold one end down on baking sheet, curl around in a spiral, tucking end underneath. Cover with waxed paper or towel. Let rise in warm place (85 to 90 degrees) until doubled in size; 45 to 60 minutes.

Bake as 375 degrees for 15 minutes until light golden brown. Meanwhile prepare glaze by mixing orange juice and sugar. Brush tops of rolls and bake five minutes longer until deep golden brown. Remove from baking sheet immediately. Makes 1 1/2 to two dozen rolls.

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

## SHADY COVE Red Cross Office Open

By MRS. EVALYN P. WATSON  
Shady Cove — Trail — The Shady Cove Red Cross rehabilitation office has been set up in the VFW hall and is open from 9 a.m. to 5 p.m. for anyone who feels that they need to apply for aid, either for rehabilitation or for emergency clothes or food.

There is a field worker at the hall and also the local workers and people are urged to act at once to get their applications in while the temporary office is open. There is a phone line at the hall for the Red Cross and the number is 2911. In case no one can be contacted at this number, Edwin Strother at 2167 or Eva Segessenman at 2431, may be called.

Mr. and Mrs. Russell Burdge of Prospect are the parents of a boy born Jan. 3, and weighing 7 pounds, 13 ounces. This is their second child and second boy. The baby is the grandson of Mr. and Mrs. John Mallon of Shandy Cove and Mrs. Burdge of Prospect.

Mr. and Mrs. Delbert Spain and family of Shady Cove spent Christmas day at the home of Mrs. Spain's aunt and family, Mr. and Mrs. Frank Johnson of Medford. Also present were Mrs. Spain's brother and family, Mr. and Mrs. Robert Dickerson, Grants Pass, and the pastor of the Chapel in the Pines at Prospect and his family.

Mr. and Mrs. Walter Turner of Trail have returned from a trip to Los Angeles where they visited with their son and family, Mr. and Mrs. Charles Turner. The Turners were in Los Angeles during the heavy flood and tried for three days to contact through long distance someone in Trail to learn about their house. They were relieved to learn that a number of friends had been watching out for them and that the water had not gotten into the house. They wish to thank all those who in any way helped at their place during the flood, and especially to thank Mr. and Mrs. Irwin Howe and Mr. Paul Davis. Their son, Charles Turner, is a soloist on the radio program "Haven of Rest" presented from Los Angeles and has been with the program for the past 16 years. He and his family are leaving shortly to go to Auckland, New Zealand on evangelistic work.

Tom McCready of California on the Rogue, Trail, is confined to Osteopathic hospital in Medford where he was taken Sunday evening for treatment of complications resulting from pneumonia which he contracted while working during the flood.

Mr. and Mrs. Chester Pfluke of Reno spent the New Year holidays visiting with Mrs. Pfluke's parents, Mr. and Mrs. Ernest Segessenman of Shady Cove. Chet returned to Reno but Mary will spend this week with the Segessenmans.

Mr. and Mrs. Herbert Wilcox of San Leandro were notified of the damage the flood had done to their river property and came up to see about their two houses and guests cabins on the river just below Vera Martin property. Luckily the water had not gotten into the house. A section of Vera Martin's fence was wrapped around trees in the yard. Mr. and Mrs. Wilcox spent Tuesday evening visiting at the home of Mr. and Mrs. Carroll Watson of Shandy Cove. They

are staying for a week or two at the Shady Cove motel.

Mr. and Mrs. Frank Briggs, Shady Cove, made a trip recently and were caught by the high waters at Dillard and had to stay overnight at a motel in Winston.

Mr. and Mrs. Vern Spiers and children, Janet, Vern Jr. and baby spent the New Year holidays with Mr. and Mrs. Rufus Trusty of Elk Creek, Trail.

Jack Hughes has returned to Woodbury college, Los Angeles, where he is majoring in commercial art, after spending the holiday vacation with his parents and family, Mr. and Mrs. Sheldon Hughes of Shady Cove.

Grant Hubbell, Sunset-on-the-Rogue, Trail, has his ankle in a cast. It was broken in a fall at his home. Bill Massey of Trail has been helping him getting the pumps back in working order that were damaged in the floods.

Richard Pfeifer of Shady Cove was absent during the heavy floods on a trip to Hayes, Kan., to visit his father and other relatives. He was gone a week during which time his father passed away in Hayes and he attended the funeral. His father was 94 years old. Pfeifer intended to visit with his oldest son in Michigan, who is attending Michigan State college, but received a telegram from Mrs. Pfeifer telling of the flood and so cut his visit short. His outdoor summer house on the banks of the river was swept away by the flood. He drove both ways as far as Salt Lake City taking the bus on from there.

Mr. and Mrs. Andrew Kranenburg of California were up this past week to see if any damage had been done to their home on Lewis creek and Crater Lake highway by the flood. This is the old Hutchinson place and it is rented to Mr. and Mrs. Proctor and baby who moved out during the high water which was all around the place. Some damage was done to the cabin on the grounds.

The monthly meeting of the Shady Cove Garden Club will be held on Monday, Jan. 9., at the home of Mrs. E. S. Strother of Shady Cove with Mrs. G. E. Elrod and Mrs. Flink as co-hostesses. The meeting will start at 12:30 p.m. The program will be on African violets and will be presented by Mrs. Tom Tepper.

Mr. and Mrs. E. A. Boyer of Lebanon are the parents of a girl born Dec. 2. The baby, who has been named Elizabeth, is the granddaughter of Mr. and Mrs. E. S. Strother of Shady Cove. The Strother's son, Edwin Strother Jr., and his fiancée, Landra Bolen, both of McMinnville, spent several days visiting them recently.

Mr. and Mrs. Carroll Watson were dinner guests at the home of Mr. and Mrs. Bob Vincent of Shady Cove recently, after which the two couples visited Mr. and Mrs. Johnny Gartman of Prospect where they spent the evening.

Bert Massey and daughter, Mary, Trinidad, Calif., spent the New Year holidays visiting with Massey's brother and wife, Mr. and Mrs. Bill Massey of Trail.

Mr. and Mrs. Vic Helegesson of Salem were guests over the New Year weekend at the home of Mr. and Mrs. Carroll Watson of Shady Cove.

Additional reports have been made concerning flood damage, although there is undoubtedly a great deal of information concerning it still unreported. At the home of Dr. A. J. Loeffler at Trail both his bridge and road were washed out, isolating his house and cabin on an island in the river. In the cabin built by Johnny Watson and his father and brother, Ralph and Carroll Watson, which he sold to Dr. Loeffler who used it for a guest cabin, there was three feet of water which ruined practically everything. Both the garage and pump house had a good deal of water in them. Debris is all over the place.

The Allen Rodgers' home at Trail next to Rogue River lodge received quite a bit of flooding. Rodgers was alone at the time of the flood as Mrs. Rodgers is in Portland taking care of her sister, Mrs. Van Ripper who is quite ill. Two of the cabins on the bend of the river owned by Thomas Keithly were severely damaged. One of them had been occupied by the McElrath family. The road leading to the Jim Cassals and Monte Preston homes was washed out just below the Cassal residence. The Netherlands bridge on Big Butte Creek is still out, isolating a number of families, some of whom have children attending school. The cabin owned by Mrs. Stella Scott next to Dr. Loeffler at Trail, who is at present at 414 West Latimer st., Tulsa, Okla., was severely damaged with about a foot and a half of water getting into the cabin and damage was done to the pump. The Winton McCleve house next to the Scott cabin sits on higher ground and the water was all around it did not get over an inch of water in the house. Mrs. McCleve was contacted at their home in Prescott, Ariz.

She said that her mother, Mrs. Stella Scott, who lived at Trail for a number of years and who is well known in this area, had lost both her father in Oklahoma by death within three weeks of each other.

A number of friends of the Tom Cream family have received letters and cards from them from Tucson, Ariz., where they are enjoying sunny days and weather with temperatures in the 80s. The Creams' address in Tucson is Route 7, Box 662. They have been enjoying a number of side trips into Mexico.

Mrs. Neva Taylor and her sister, Miss Greta Peck of Elk Creek, Trail, have returned from a two month stay at Mt. Vernon, Ore., where they visited with their daughter and family, Mr. and Mrs. Vincent Theiss. The couple are the parents of a boy born Nov. 30. The baby has been named Leonard Gregory.

Mr. and Mrs. Frank Bloor of Medford were hosts at their home recently for holiday dinner. Guests were Mr. and Mrs. Charles Adamson of Medford and Mr. and Mrs. Dick Bartuss and Dr. and Mrs. Verne Wilson of Shady Cove.

Mr. and Mrs. Donald Harmon and family of Shady Cove stayed in the home of the Rev. and Mrs. Ronald Curran during the flood. The Currans had gone south to Gridley, Calif., near Marysville where their son, Ron, is in the hospital from injuries in an auto accident during the Thanksgiving holidays. They expect to bring Ron home this weekend. The Harmon's daughter and family, Mr. and Mrs. Karl Proctor, stayed with the Frank Proctors during the flood.



**'I WAS CHUMP'** — James Glaser, former managing editor of the Communist Daily Worker, appears before the Senate internal security subcommittee, to testify that he was a big "chump" and "lunkhead" when he quit The New York Times in 1934 to join the Communist newspaper. He said he later found out that the Communist faith is "based on despotism, tyranny and totalitarianism," and quit both party and paper in August, 1930.

## Bank Bandit Nabbed In Movie Theater

Wichita, Kan.—(U.P.)—A 27-year-old bandit took \$9,600 from the First National Bank Thursday. He was captured 17 minutes later in a nearby movie theater showing "The Tender Trap."

The bandit was Joice R. Courtwright, 27, formerly of Newton, Kan., who still had the money with him when he was arrested. He confessed to the robbery.

The robber went to the window of Mrs. Helen Louise Kruske and shoved a note toward her.

"Give me the money or I'll blow up the place with nitroglycerine," the note said.

The bandit placed several bundles of money in a folded newspaper and fled. He ran through a barber shop into an alley, went into the rear door of a cafe, ran through it to another alley and then into a theater.

The theater manager summoned four policemen and they caught him in the balcony.

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