



**INEXPENSIVE DINNER**—For a meal you'll want to repeat often, serve inexpensive, succulent pork loin roast and rice cooked to perfection southern style with vitamin-C packed orange juice and rind.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Meat Bargains Now Enjoy Pork Beef Buys

Meat prices are about as low as they can get. There's no place for them to go but up. Something is bound to happen to stop the downward trend. Pork is plentiful, it's nutritious and it's an economical buy whether you select a handsome loin roast, a fresh or processed ham, meaty chops, spareribs or bacon. Beef is reported to be "better than ever!" That goes for both quality and economical prices.

If you've a home freezer, put in pork; take advantage of the beef situation. Match this newspaper's ads; see market posters and displays for best buy suggestions.

### Pork Loin Roast

Hot one day, cold the next, pork loin roast is a treat. Ask your meat man to loosen the backbones of the roast but leave the bones on so the roast will hold its shape while cooking. Remove bones when roast goes on the serving platter; use them for savory seasoning of limas, lentils, dried peas or other legumes for another satisfying meal. As with all pork cookery, "slow, easy and thoroughly" is the secret. Place roast on rack in shallow uncovered roasting pan with fat side up. Season with salt and pepper and roast in a 325 degree oven 35 to 40 minutes per pound, or if you have a meat thermometer the reading should be 185 degrees with the center of the bulb in the center of the thickest and meatiest part of the roast.

Variations: Fresh pork roasts not only loin but shoulders as well, are especially good when seasoned with slices of onion. Whole fresh vegetables roasted around the roast take on that wonderful pork flavor. Or have your roast boned then stuff with fruit or bread dressing for variety. Good accompaniments are tart fruits served hot, such as applesauce, broiled peaches, glazed pineapple. Cranberry relish, and, of course, currant jelly are always perfect with pork.

### Economy Cuts of Beef To Braise or Simmer

The fancy cuts known to everyone represent only about one-fourth to one-third of the animal. The meat man must sell all the meat which is why the less demanded, usually less tender cuts are offered at lower more attractive prices. Thrifty cooks know this and make use of these delicious nutritious cuts to give servings of meat. Such cuts most frequently call for braising or simmering for best results. Meat tenderizer will help improve the tenderness and flavor of these budget-stretchers.

### Braising and Simmering

Braising means cooked slowly with moist heat. For all types of braising, season meat, dip in flour if desired; then brown in small amount of hot fat. Cover and cook slowly on top of range or in moderate, 350 degree, oven in juices from the meat or in a small amount of added liquid. Liquid is usually water, but may be milk, cream, tomato juice, broth or soup. Cook until fork tender.

Simmering or stewing is a term applied to the braising method when enough liquid is used to cover the meat. Water cooking, commonly called "boiling" actually means simmering. Tests prove that meats are more tender if cooked at a simmering, not a boiling temperature.

Cuts for braising are pot roast, arm, blade, round and flank steaks, short ribs, brisket and cross-cut shanks.

Cuts for simmering are neck, shank, heel of round, plate, brisket, short ribs, corned beef, stew meat. Such good eating for such comparatively low prices.

### Southern Style Rice Has Orange Flavor

Southern Style Rice, shown in our picture with the luscious looking pork loin roast, combines two more plentiful, oranges and rice, for a dish that is distinctively different. Perfect as a side dish for pork. There are plenty of thin-skinned vitamin-C-packed oranges on the market, so use lots of them to help the family from falling prey to colds as winter rolls along. Remember that thin-skinned or-

- anges are best for juice.
- 3 tablespoons butter or margarine
- 2/3 cup diced celery with leaves
- 2 tablespoons chopped onion
- 1 1/2 cups water
- 1 cup orange juice
- 2 tablespoons slivered orange rind
- 1 1/4 teaspoons salt
- 1/4 teaspoon thyme
- 1 cup uncooked rice

Melt butter in heavy saucepan; add celery and onion; cook until onion is tender, but do not brown. Add water, orange juice, rind, salt and thyme. Bring to boil; add rice slowly. Cover; reduce heat and cook 25 minutes. Serve with pork. Six servings.

### Perfection Salad

Raw vegetable salads seem just right for service with pork or other "heavy" meat dish. This one has a tart-crispness which we think will delight you. 1 envelope unflavored gelatine 1/2 cup cold water 3/4 cup hot water 1/4 cup sugar 1/2 teaspoon salt 1/4 cup mild vinegar 1/2 cup finely shredded cabbage 1 cup diced celery 2 tablespoons minced green pepper OR 2 tablespoons chopped pimiento

Soften gelatine in cold water. Add hot water, sugar and salt and stir until dissolved. Add vinegar and lemon juice. Chill until mixture is the consistency of unbeaten egg whites. Stir in cabbage, celery and green pepper or pimiento. Turn into large or individual molds and chill until firm. Unmold on a salad greens and serve with mayonnaise to which a bit of horseradish has been added or other favored salad dressing.

Broiled Orange Slices Wash oranges then cut peel and all into thick slices. Dip in butter and broil quickly on both sides. Perfectly superb with broiled duck or other fowl and, of course, with pork.

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## As We Live

By ELIZABETH HURLOCK, PH.D.

### Harmless Showing Off Should Be Tolerated

Teenagers, especially boys, feel they must prove to others as well as to themselves that they are brave, manly, good sports and everything that is admired by others.

(O) "I am concerned about my son who is 16 years old and a junior in high school. He seems obsessed with the idea that he must prove his bravery no matter how dangerous it proves to be. He has gotten his license to drive the car and drives so recklessly that my husband and I hate to see him go out. We are afraid he will get hurt or hurt someone else. The same is true with drinking. He is not allowed to drink but I know he drinks when he is at parties and I have heard from others that he drinks so much that he gets sleepy. He smokes endlessly behind our backs and is always talking to the young people about his 'love-making' techniques and how he can make the girls 'fall' for him. Do all teenagers feel they must show off like this or is it just something characteristic of our son?"



Dr. Hurlock

Mrs. H.M.

(A) There are very few teenagers who do not go through a show-off stage similar to the type you have described. Because boys are expected to be "manly," which means brave and daring, they are generally worse show-offs than girls.

### Feeling of Inferiority

When a boy is not sure of himself and of how people feel about him, he is likely to go to greater extremes than is the boy who is sure that others admire and respect him. In your son's case, it sounds to me as if he had a slight feeling of inferiority which he is trying to compensate for.

Until a teenager gains enough self-assurance that he does not have to bid for attention and admiration, there is little that parents can do to curb this show-off behavior. However, when your son does things that are or could be very dangerous, such as driving a car recklessly, it is time to put a stop to it by refusing to allow him to have the car.

On the other hand, when his showing-off is harmless, even if it is foolish, as in the case of boasting about his conquests, let him inflate his ego this way so long as he feels the need to do so.

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This should be made ahead of time, 24 hours or so, for a fine salad for a buffet supper . . . or for the lucky family. Combine canned or fresh pineapple, orange sections cut in two, sliced fresh California dates and marshmallows. Allow to mellow in the refrigerator.

## They'll Do It Every Time

Registered U. S. Patent Office

By Jimmy Hatlo

**BEFORE BABY ARRIVED, THE MOMMY-TO-BE EXPRESSED HER PREFERENCE FOR A GIRL... BECAUSE (QUOTE)**



**WELL, DAUGHTER IS TWO YEARS OLD ALREADY AND SHE HASN'T HAD A FRILLY DRESS ON ONCE YET...**



## A Nichol's Worth of . . . Comment On This and That

By HARMAN W. NICHOLS  
United Press Feature Writer

By HARMAN W. NICHOLS  
United Press Correspondent  
Washington — (U.P.) — Everything grows big in Texas, even birthday cakes. And on March 18 in Houston there will be the biggest cake ever baked anywhere, including Russia.



Harman Nichols

It will be so tall the blow-out-erouter of the land. Foundation of a \$2 million club house is being laid and an Olympic-size swimming pool will be ready sometime this summer.

Air-conditioned Sidewalks A reduction in club prices will help the home owner to cut down on his entertainment. At

The occasion will be the first anniversary of Sharpstown which is now taking shape as the nation's, and therefore the world's, biggest residential development.

I was there when the spade hit the sod, and I hope to be there in March.

Dynamic Frank W. Sharp, who does wonders, is promoting the project. Under construction now are the beginnings of 20,000 homes, which soon will shelter 100,000 people.

Three-bedroom Homes Sharpstown was dedicated last March by Norman P. Mason, commissioner of the Federal Housing Administration at the ceremonies, Mason dubbed it "an experiment in the American way of life." I suppose it is.

Seven months before the formal digging took place, Sharp kicked in with \$6 million of Texas money for 4000 acres.

Brick is predominate in the Sharpstown homes. All of them have three bedrooms. Most of them have a retreat for the old

man, a den with locking doors. Many have patios.

Prices run from \$12,500 to over \$20,000, according to the weight of the purse.

There will be country clubs, schools, churches and also banquets where you can buy Texas chili and steak from a fatted Texas steer.

Golf course No. 1 at the new development is already finished. It represents a \$1 million investment, including the value of the land.

Foundation of a \$2 million club house is being laid and an Olympic-size swimming pool will be ready sometime this summer.

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Sharpstown, the initiation fee will be \$20, and dues for the year will be the same. At Houston, dues average \$425 a year, with the initiation running from \$750 to \$10,000.

The multi-million dollar urban shopping center will have air-conditioned sidewalks, which will send up cool air to ease the strain on the shanks of bargain hunting ladies.

T. C. Brennan Jr., Sharp's general manager, tells me a "tot" town, complete with small-fry sized streets, sewers and houses and things, also will be built. It's part of the long range planning.

"Not toys," he said. "Just to look at."

"These Texas kids have memories. They will grow up one day to be big Texans. And they will want a big house to live in and that's where we will come in."

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## NEW FLAVOR

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WHEATIER! COOKS INSTANTLY!

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Medford's leading tuna—

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Look for me on the label of America's largest-selling tuna and on the Pirate Ship in Disneyland!



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## 4-H Club News

### Applegate Knitting Club

The Applegate Knitting club held their meeting at Jean Rowden's home on Jan. 24. Their were just a few members so we did not hold a formal meeting.

We worked on our projects. We also had a discussion on how to block a woolen garment. Refreshments were served and the meeting was adjourned.

The next meeting will be held at Mary Herriott's home on Feb. 14.

Jean Rowden, Reporter.

### Applegate Clothing Club

The Applegate Clothing club held their meeting at Marthanne

Goodwin's on Jan. 23.

Vice-President Shirley Nielsen called the meeting to order. Roll call was answered by naming colors that match.

We worked on our projects. The next meeting will be held at Sonja Smith's home on Feb. 13, at 7:30 p.m.

Esther Smith is our junior leader.

Jean Rowden, Reporter.

### Poultry Club

Members of Southwest Poultry club met Jan. 31 at the home of Mr. and Mrs. Perry Strom, 1464 Dixie lane. Mavis Strom, president, called the meeting to order. Showmanship was discussed at this meeting.

Norman Renn, Reporter

# DOWN GO FOOD PRICES!

## AT PAULSEN'S THRIFT MARKET

CENTRAL POINT

### ORANGES

288 Size—Sweet and Juicy  
STOCK UP NOW!

# 4 doz. 1<sup>00</sup>

GREEN — FIRM	MARBEL HEAD
<b>Avocados</b>	<b>Squash</b>
NICE AND RIPE	THICK MEATED
<b>10<sup>c</sup></b> each	<b>5<sup>c</sup></b> lb.

NALLEY — 15-OZ. TIN

# CHILI 5<sup>00</sup> FOR 1<sup>00</sup>

VAN CAMP'S	M. J. B.
<b>TUNA</b>	<b>Instant COFFEE</b>
Large Size	2-oz. Size
<b>5<sup>00</sup> FOR 1<sup>00</sup></b>	<b>45<sup>c</sup></b>
	6-oz. Size
	<b>1<sup>29</sup></b>

BORDEN'S

# Mayonnaise qt. 55<sup>c</sup>

MORRELL'S	BONELESS
<b>SLICED BACON</b>	<b>Stewing MEAT</b>
	LEAN CUBES
<b>25<sup>c</sup></b> lb.	<b>49<sup>c</sup></b> lb.

BORDEN'S PIPPIN SHARP

# CHEESE lb. 63<sup>c</sup>

NEBERGALL'S ASSORTED

# Lunch Meats lb. 49<sup>c</sup>

1 LARGE DILL PICKLE FREE WITH EACH POUND!

PAULSEN'S

# THRIFT MARKET

CENTRAL POINT'S MOST COMPLETE SHOPPING CENTER

We Reserve the Right to Limit Quantities  
PRICES GOOD FRIDAY AND SATURDAY ONLY!

## Lots of Free Parking Space