

## As We Live

By ELIZABETH HURLUCK, PH.D.

Feeling sorry for one's self is no way to improve a situation that is already unhappy. That is what I tried to point out to the woman who wrote:

"I am a widow, 58 years of age, no children, and no relatives in this country. I lost my husband suddenly, tragically last spring. I had a wonderful husband and we were very happy and just lived for each other. I am so lonely, lost and completely without interests. My doctor advised me to leave where I was living and make a fresh start with new friends. You have no idea how difficult this is. I have no desire to marry again but would be glad of a nice pleasant companion to spend an evening with at a show or for a drive perhaps."

"All I wish to do right now and will continue to do, no doubt, is stay alone in my room and feel sorry for myself. I know I am not helping myself and I am not helping my husband. I do not want to feel so desperately unhappy and lonely, but I do not know how to go about changing it. Can you advise me?"

B.C.W.

(A) Follow doctor's orders and get out of the environment where everything will remind you of your husband and the happy times you spent together. It would be wise, for the present at least, to live in a furnished home, apartment, or hotel, where you will have none of the old, familiar furniture and household possessions you and your husband shared.

You do not mention your financial status but, as you can afford to sit in your room and feel sorry for yourself, I assume your husband left you enough to live on. That should free you to help others who are less fortunate than you and this you should do for your own mental health.

## Around Hollywood

By ALINE MOSBY  
United Press Correspondent

Hollywood—(U.P.)—Oscar campaign time is under way, and this year the stars and picture makers have decided it pays to advertise. Oscars can not be exactly bought outright by ads. But prospective nominees figure the voters, members of the movie industry, will keep in mind if prodded by ads in the motion picture trade papers.

This year the champion advertisers so far in the Hollywood Reporter and Variety are the stars and makers of "Marty."

The "Marty" people have taken out at least \$10,000 worth of ads, 40 in the trade papers, in hopes of winning a handful of Oscars.

Film Released Early  
"The film was released early in 1955," explains a spokesman for producers Burt Lancaster and Harold Hecht.

"It's a good idea to refresh voters' memories. Otherwise, they might forget the film because so many good pictures—such as 'I'll Cry Tomorrow' and 'Picnic'—came out very late in the year."

The "Marty" ads have been the most clever Oscar campaigners in years. One December ad showed the "Marty" trademark—a drawing of Ernest Borgnine in a telephone booth. Another cartoon ad depicted a row of girls in bed, each dreaming of

riches except one who was dreaming of Marty.

Campaign Starts Early  
"The reason this campaign caused notice is because we started early," one "Marty" publicist says. "Other studios will start their advertising soon and take as much space as we did. I hear MGM reserved the center section (\$600) of the trade papers for every day around Oscar voting time."

"The Man with the Golden Arm" publicists are busy with ads, too. One recent ad (\$250) shows Frank Sinatra and quotes a magazine critic as saying his performance in the movie was "unforgettable."

I thought that James Cagney should win an Oscar nomination for "Love Me or Leave Me." But if he doesn't get in the ad race, he might be left in the dust.

Firm Files Articles Of Incorporation  
Ashland—Articles of incorporation were filed this week in the Jackson county courthouse for the Universal Development corporation, a one-stop home service. Signers are Dee P. Hord, Anthony Georgianna and Sam B. Davis.

The firm will coordinate purchase of home sites, building plans, insurance, loans, and other details concerning home-building, Hord said today.

The signers also own the Peterson Electrical company and Peterson Plumbing company, Ashland. The new business will start next week on completion of a new building for its location.

Mike Devore Named To UO Committee  
Eugene—Committee co-chairmen have been announced for Greek week, the annual fraternity and sorority event in April at the University of Oregon.

Chosen as orientation assembly committee co-chairman was Michael DeVore of Medford. DeVore, a freshman majoring in pre-dentistry, is the son of Mr. and Mrs. R. Ronald DeVore, 806 East Jackson st., Medford. He is a recent graduate of Medford high school.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### New Instant Cake Mixes For Easy to Make Cakes

Instant cake mixes and frostings have made a vast difference in the frequency with which today's busy homemaker finds time to whip up her family's favorite cake and frosting combination. So easy to use that the very young can enjoy learning to bake practically from the time they can read.

What better way is there to start your daughter down the road to becoming a good and happy cook than by letting her bake her first cake for her Daddy's Valentine? It will then be his privilege to praise it profusely, and few things influence little girls so much as Papa's approval. Brother will undoubtedly join in heartily, both in the praising and the eating. So cater to the men in your and your daughter's life and "let them eat cake."

Orange Devil's Food Cake  
In our picture today we show Mother watching Maralee put the finishing touches on a Valentine cake for her Daddy. She chose to make an orange devil's

Volunteer Workers Needed  
There is a crying need for volunteer workers in all hospitals and homes for children and elderly people. Why not offer your services in the places where you feel you can make the greatest contribution and where your help will be most needed?

By doing this, you will not only get away from yourself and get a new outlook on life, but you will also meet people less fortunate than you. From them you will get companionship plus a realization of how lucky you really are.

(Copyright 1956, General Features Corp.)

Automobiles used by the White House are not the property of the Presidents. They are leased to the government by the manufacturers at nominal rates because of the publicity value.

food cake using one of the instant mixes. She topped her cake with an orange fluffy frosting using a fool-proof instant frosting mix.

1 package instant devil's food mix  
2/3 cup water  
2 eggs, unbeaten  
1/2 cup orange juice  
1 teaspoon grated orange rind  
Empty cake mix into bowl. Add remaining ingredients. Beat three minutes until smooth and creamy. Pour batter into two round nine-inch layer pans, which have been lined on bottoms with paper. Bake in moderate oven (350 degrees) about 35 minutes. Cool. Maralee frosted hers with:

Orange Fluff Frosting

3/4 cup cold water

1 package instant fluffy frosting mix

1/2 teaspoon grated orange rind

1/2 teaspoon vanilla

Pour cold water into deep 1 1/2 quart mixing bowl. Add contents of Bag one from the frosting mix package. Beat with egg beater or at highest speed of electric beater until stiff peaks are formed when beater is raised. Scrape bowl occasionally. If beaten mixture fills the bowl, transfer to a larger bowl. Add contents of Bag two. Mix slowly; then beat at highest speed until very stiff peaks are formed when beater is raised. Scrape bowl often. Beat in orange rind and vanilla. Frost cake and decorate with orange segments, nut meats, raisins or whatever you desire. Once frosted cover cake to keep frosting soft and glossy.

Cherry Heart Cakes

For special Valentine emphasis we baked this in two heart shaped layer pans. It's chuck full of gay maraschino cherries. 2/3 cup maraschino cherry juice 1 package Angel Food Cake Mix 1 teaspoon grated lemon rind 1/2 cup heavy cream, whipped 1/2 cup chopped maraschino cherries (about 20 cherries) 1 1/2 cups heavy cream Additional cherries

Substitute maraschino cherry juice for part of the liquid called for on package. Prepare cake batter according to package directions, folding in lemon rind. Pour batter into two ungreased heart shaped layer cake pans and bake in moderate oven (350 degrees) 30 minutes, or until cake springs back when pressed gently with finger. Cool in pans, upside down, resting corners on other pans until cold. Loosen cakes from side of pans with knife before removing.

Combine one-half cup whipped heavy cream with chopped cherries; mix well. Spread cherry mixture on one layer. Top with other layer. Spread remaining 1 1/2 cups heavy cream, whipped, over top and sides of cake. Garnish with additional cherries.

35,000,000 Home Made Cakes  
A recent national survey reveals that during a 30 day period 88.2 per cent of the nation's homemakers baked a cake, and well over one-half of those cakes



FOR VALENTINE'S DAY—"To Dad with love on Valentine's Day. From Maralee and Mom." Can't think of a nicer way to let the "head of the house" know you love him than by serving him a generous slice of his favorite cake. Today's food columns includes cake talk.

were made with a cake mix.

The French Have A Way With Veal

The French do wonderful things with veal. They enhance the meat's own bland flavor with harmonious tastes subtly blended in during the cooking process. They dress it up with luscious sauces. One of their favorite ways with veal is ...

Veal Medallions

Good as it is, Veal Medallions

is not difficult to prepare. You just take a thick veal steak, pan-brown it, smother it with golden-brown soft-fried onions, simmer it in a little water until tender; then set it in a bed of noodles that have been buttered paprika'd and sprinkled with almonds and poppy seeds. The steaming platter is served with a separate sauce made from the pan-juices, thickened and spiced with sour cream, herbs and wine.



THE CAKE, SIDNEY, THE CAKE—As Sidney Miller, 39, actor-director of Donald O'Connor, stares intently at the camera, his bride, the former Iris Burton, 25-year-old dancer cuts their wedding cake. They were married at the home of Milton Prell, co-owner of the Sahara Hotel in Las Vegas, Nev., with Donald O'Connor and his fiancée, actress Gloria Noble (right), standing up with them. O'Connor and Miss Noble declined to reveal their wedding date.

Thursday, February 9, 1956

MEDFORD (OREGON) MAIL TRIBUNE—NINE

1/4 cup flour  
1 tablespoon paprika  
1 teaspoon salt  
1 veal steak, 1 1/2 inches thick  
3 medium onions, sliced thin  
3 tablespoons fat  
1 cup water  
1 cup sour cream  
2 tablespoons dry sherry  
1/4 teaspoon oregano

Combine flour, paprika and salt. Dredge veal thoroughly in this mixture. Cook onions in fat over low heat until soft and golden brown. Remove from pan. Brown veal well on both sides. Place onions on veal. Add any remaining flour mixture to pan, with water. Cover and simmer until veal is tender, about one hour. Remove veal and onions to platter and surround with noodles to which have been added sautéed sliced almonds and poppy seeds. Garnish with sliced stuffed green olives, if you like. Place in warm oven. Add cream, sherry and oregano to pan juices and stir to blend. Heat to serving temperature. Serve separately.

Chiffonade Salad Dressing  
A salad dressing to perk up any salad-tired appetite. Use plentiful lettuce torn into bite-size pieces alone or in combination with other vegetables for a super salad.

Stir one cup French dressing in one-fourth cup mayonnaise. Add one tablespoon finely chopped green onion, two tablespoons finely chopped pimiento and two hard cooked eggs, finely chopped. Chill. Makes 1 1/4 cups dressing.

Bisque of Shrimp

A Frenchwoman, friend of ours, fixes bisque of shrimp, Bretonne like this. 2 pounds raw shrimp 1/4 cup chopped mushrooms 2 tablespoons chopped onion 2 tablespoons chopped celery 1 tablespoon chopped carrot 3 tablespoons butter Salt and cayenne 2 cups chicken or veal stock 1 cup white wine (Rhine or Sauterne)

1 cup light cream  
Remove shells and veins of shrimp and chop fine; cook with vegetables in butter over low heat for two minutes; add seasonings and stock. Simmer, do not boil, about 10 minutes or until vegetables are tender and soft. Force through sieve then

add wine and cream. Heat almost to the boiling point and serve immediately. You may prefer not to sieve yours in which case the texture will be quite different. Eight servings.

Eggplant-Frankfurter Casserole

Eggplant is a great favorite with many people, and it is surprising the variety of ways it can be fixed. Here is one that was new to us. A tender young eggplant need not be peeled.

1 medium eggplant  
Flour, salt and pepper  
1/2 cup salad oil  
8 frankfurters, sliced lengthwise  
2 cans tomato sauce  
1 cup grated sharp cheese  
Finely chopped parsley

Wash eggplant and cut into eight slices. Mix flour, salt and pepper and sprinkle eggplant slices. Heat salad oil in skillet

and saute eggplant until golden brown. Place four slices in flat baking dish. Place two frankfurters halves on each slice. Pour one can tomato sauce over and sprinkle with half the cheese. Repeat layers. Bake at 350 degrees for half an hour. Garnish with parsley. Four servings.

Creamy Cabbage

Plenty of solid, green, vitamin-C rich cabbage that is fine in cole slaws; good like this: For each four servings wash and shred fine one medium-size head of cabbage. Saute in one-fourth cup bacon fat not longer than five minutes (so many people overlook cabbage). Mix two tablespoons sugar, one teaspoon salt and two tablespoons vinegar. Stir in one cup thick sour cream. Pour over cabbage; mix and heat thoroughly.

## SPECIALS week-end

FROM PAULSEN'S

## THRIFT MARKET

CENTRAL POINT

LEAN, MEATY — MEDIUM SIZE

Spare Ribs lb. 39¢

Bologna or Salami

HORMEL'S Buy-by the Piece & Save! lb. 39¢

Sliced Bacon

BACK BY POPULAR DEMAND lb. 25¢



CHOICE GRADE BEEF

ROASTS lb. 43¢

CARROTS FRESH GREEN TOP

2 bun. 15¢

Spanish Type Dry ONIONS

3 lbs. 17¢



ARIZONA

Grapefruit 8 lb. bag 49¢

FREE! WASHINGTON FORGE 90¢ VALUE

STEAK KNIFE PACKED IN SPECIAL 25 lb. SACK

Sperry DRIFTED SNOW FLOUR 25 lbs. 2.25

ALSO COUPON IN SACK FOR MORE SAVINGS AT BIG SAVINGS

BORDEN'S INSTANT STARLAC The HEART of MILK

3 Gal. Size 79¢

BREAKFAST

Prunes 2 LBS 45¢

SCOTT TISSUE 10¢ roll

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

Medford's leading tuna—

# WHITE STAR TUNA at new LOW PRICE!



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



CHICKEN OF THE SEA, INCORPORATED • Terminal Island, California