

As We Live

By ELIZABETH HURLOCK, PH.D.

Job Success Depends On Employee's Attitude

There is no such thing as a "perfect" job. Every job has some drawbacks and some good qualities. A person who has had work experience learns this and is able to adjust to the drawbacks.

(Q) "I am a widow, 60 years old, in good health, and with only a small pension to live on. My married children have offered me a home with them, but I prefer not to impose on them until I have to. I have never worked but I have been offered several good jobs as housekeeper for elderly people. I am not sure I would like such work but I have no office training and factories won't take women my age. One of the jobs pays well but I have been told the work is very busy and hard to get along with. The other that sounds good to me is with a widower who has three children in the teens, but he can't afford to pay me much and the work would be much harder than in the other job. Do you think I would be happy doing such work?"

(A) Whether or not you would be happy will depend, it seems to me, on your attitude. If you do not want to live with your children, and if you haven't enough money to live on alone, then you must work and take any job you can get with your limited training and experience.

While the job with the old lady may seem less desirable than the other, you should consider which will mean more to you in the long run. It would certainly not overtax your strength and patience as the job in the home of the widower with three teen-age children would and it would give you a chance to save some money.

Should you take the better-paying job, you would have to learn not to be upset by the fussiness of the old lady and to cater to her whims. If you did all you could to make her happy and comfortable, she might be less fussy than she has been in the past.

Then, too, you certainly would not have to work so hard as in the larger family and this would eliminate fatigue that can make things get on your nerves. Be sure, in any job you

take, to arrange ahead of time for reasonable time off from your job. This is essential to eliminate the possibility that it will get on your nerves and make you unhappy.

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On The Side

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Love you? You cannot ask me so freely as I would wish to give. 'Tis woman's great necessity To love as long as she shall live. —Phoebe Cary.

Can your wife speedily say why Feb. 15, 1946, is rated an historic date in the lives of our countrywomen? If not, be careful how you answer that "do you trust your wife?" question if you ever get on Edgar Bergen's television program. Anyway, that was the date nylon hosiery was first released to the public after the war.

Guide to Guys

Sagittarians (Nov. 23-Dec. 21) men are easily infatuated. They fall heavily for smartly dressed females and are easy victims of revealing feminine fashions and provocative perfumes. They are constantly proposing marriage during an enchanted evening and regretting it the next morning. Easy to get they are hard to hold. Once wed they are the "married bachelor" type. They can't forget when they were free men. Also have difficulty in forgetting their old sweethearts. Sagittarians are great horse pickers. They are better handicappers than husbands. Or, so say the stargazers.

Asides

A full moon and the use of certain types of perfume increase the potency of a kiss by 300 per cent. So says a psychologist, who has been studying the scientific aspects of kissing. The first man to be styled "public enemy No. 1" was John Dillinger. The term "public enemy" as applied to criminals was originated by the well-known Chicago lawyer, Frank Joseph Loesch.

Opera

Why should opera be subsidized? There is no good reason for such procedure. Under the management of Gatti-Casazza, the Metropolitan had a reserve fund of over a \$1,000,000 all earned at the box office.

Asking

Queries from clients. Q. What New York restaurants that are still in business did "Diamond Jim" Brady patronize during the peak of his career as a diner out? A. I can think of only three such places. Libby's on Fulton, the restaurant of the Vanderbilt hotel, Thirty-fourth

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By E. V. Durling

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st. and Fourth ave., and Gage & Tollner's in Brooklyn. . . Q. Is Kate Smith, the singer, married? A. Not yet.

Rings

There is a recognized "language of flowers." How about a "language of rings?" That is, one explaining the way rings are worn. For example, I saw a young woman wearing a diamond engagement ring on the third finger of her right hand. What's the explanation of that? Why do some women wear a wedding ring on the third finger of the right hand? The language of rings would also explain that when a man wears a wedding ring on his left hand it indicates submission. He should wear it on his right hand, that indicates authority.

Sidelights

Note it said Enrico Caruso was the 19th and last child of his parents. That's wrong. Anna Caruso, the great tenor's mother, had 21 children. Enrico was the 19th. . . The patron saint of psycho-analysis is St. Thomas of Aquinas. Over 700 years ago St. Thomas argued a doctor should have the right to probe a patient's mind as much as his body.

Among the Married

What were the ages of the youngest married couple you knew? Jo Regan, the Brooklyn beauty, who married Phil Regan, the singer, was a very sweet 16 on her wedding day. Phil was 17. Everybody in their neighborhood said it was ridiculous for "two birds" like Jo and Phil to get married. That it wouldn't last. The marriage of the Reagans has lasted 32 years. They have four children. Six grandchildren. And are very prosperous.

Ball Players Learn Cooking and Sewing

Tupelo, Miss.—U.P.—For boys, some of them outstanding baseball players, enrolled in Lawton Junior High school's home economics course usually reserved for girls.

Mrs. Mack Condry, the instructor, praised some of their efforts at cooking and sewing as "better than the girls'." One sewing project produced new "custom tailored" shirts for the boys.

The males, school officials explained, requested home economics as part of the curriculum that calls for one science course.



A LENTEN DISH—Filets Divan— Scrumptious eating anytime! Particularly appropriate during the Lenten season. A wonderfully flavorful combination of fish and broccoli blended together with a smooth, mellow cheese sauce. Other good fish recipes are included in today's food columns.

Feeding the Family

By ZOLA VINCENT, Food Editor

Fresh, Frozen or Canned Fish

Superb, inexpensive eating. Fish and shellfish are wonderfully good eating all year-round, but come into special prominence during Lent. We tried to figure out the number of seafood dishes that could be prepared and we finally gave up. . . Here is why.

On the West coast alone there are over 30 varieties of fresh fish and shellfish available during February and March. Multiply this by the different cuts of fish such as filets or steaks. Now consider the canned varieties plus those that are frozen and the figure becomes quite impressive. Make one more calculation. . . the wide selection of recipes in which one, two or three seafood items can be used interchangeably, and you'll find the possibilities take on astronomical proportions.

Remember. . . by the time most seafoods are ready for the consumer, practically all waste has been removed. We think you'll realize just how inexpensive sea-fare really is when you compare fish and shellfish pound for pound of edible portions with other protein products.

How about trying a new kind of fish or at least a new way of preparing your favorite seafood at least once during the coming week. As a starter you might like to try these. . .

Filets Divan

- 1 cup uncooked rice
- 1/4 cup butter or margarine
- 1/4 cup flour
- 1 1/2 cups milk
- 1/3 cup sherry wine
- 1 cup grated cheddar cheese
- 1 (7-ounce) can tuna, drained and flaked
- 1/2 cup sliced pimiento-stuffed olives
- 1 (4-ounce) can mushroom stems and pieces, drained
- 1 teaspoon grated onion
- Salt pepper and paprika

Boil or steam rice until tender. Melt butter and stir in flour; add milk and cook stirring, until mixture boils and thickens. Add wine and three-fourths cup of the cheese; stir over low heat until cheese melts. Add tuna, olives, mushrooms and onion. Salt and pepper to taste. Combine mixture with the rice. Pour into greased casserole; sprinkle with remaining cheese and paprika. Bake in moderately hot oven (375 degrees) for 25 to 30 minutes. Note: Crabmeat or shrimp may replace the tuna.

Salmon Bisque

A Soup to Remember. Indeed. . . a soup to remember. . . for its flavor and its all-around hearty goodness.

- 1 1/2 tablespoons quick-cook-

ing tapioca

- 1 teaspoon salt
- 1/8 teaspoon salt
- 1/8 teaspoon paprika
- 1 tablespoon minced onion
- 3 cups milk and salmon liquid
- 1 cup (7-ounce can) salmon drained and flaked
- 2 tablespoons butter
- 1 tablespoon chopped parsley
- 4 to 6 thin slices of lemon
- Finely chopped parsley

Combine tapioca, salt, pepper, paprika, onion, and milk and salmon liquid in top of double boiler. Place over rapidly boiling water and cook 10 to 12 minutes, stirring frequently. Add salmon, butter and parsley; mix. Keep over hot water 15 to 20 minutes to heat thoroughly and to blend flavors. Serve in cups or bowls. Garnish each serving with a thin slice of lemon sprinkled with finely chopped parsley. Makes four cups, or four to six servings.

Marshmallow Cream Dreams

These are delectable morsels of fluff and calories.

- 1 envelope unflavored gelatin
- 1/2 cup cold water
- 1/2 cup sugar
- 1 teaspoon vanilla
- 1/2 cup light corn syrup
- 1/2 to 1 cup macaroon or chocolate cookie crumbs or toasted shredded coconut
- Sweetened whipped cream
- Sprinkle gelatin over cold water; let stand until softened. Dissolve over boiling water. Add sugar; stir until dissolved. Add gelatin mixture and vanilla to corn syrup, beating rapidly with beater until mixture is thick, white and holds shape slightly.

Pour into a nine-inch square pan that has been rinsed in cold water. Spread evenly. Let stand in cool place, not refrigerator until set—about one hour. Cut into rectangles about 1 1/2 x 2 inches and remove from pan with wet spatula or knife. Roll cut marshmallow in macaroon crumbs and arrange in serving dishes. Four to a serving. Pile sweetened whipped cream in center of each serving. One cup of whipping cream, when whipped, is ample.

Add Sparkle to Salads

With Extra Good Dressings. Delight your family with some new variations of old salad favorites. Here are some recipes and suggestions that should help you gain or maintain a reputation as a terrific salad-maker.

Try for contrast in texture, flavor, and color when choosing salad dressings, toppings and garnishes.

For fruit salads, thin mayonnaise to any desired consistency with canned fruit syrup.

Soften cream cheese with fruit syrup and use as a fruit salad topping. About two tablespoons syrup to one three-ounce package cream cheese.

Sprinkle fruit salads with one of the following: coconuts, plain or toasted walnuts or pecans; slivered almonds, chopped candied ginger or maraschino cherries.

Mix blue cheese or Roquefort with mayonnaise for a nippy topping.

For added flavor interest in vegetable salads add bits of deviled ham, sweet relish, chopped sweet or dill pickles, chopped

Thursday, March 1, 1956

MEDFORD (OREGON) MAIL TRIBUNE—SEVEN

Song Writer Libels Hard Working Bones

St. Paul, Minn.—(U.P.)—The fellow who wrote "Lazy Bones" turned out a good song, but he libelled some of the hardest workers in the human body.

The Minnesota State Medical Association says bones actually are thriving manufacturing plants operating on a 24-hour-a-day schedule. The bones manufacture red blood cells which must be replaced at a rate of 180 million a minute. They also have the major responsibility for producing infection-fighting white blood cells.

In addition, the bones act as a storehouse for reserve nourishment. They keep fats and proteins in their marrow and nearly all of the body's calcium and phosphorus.

The Minnesota has about 206 bones, but that the number changes. A child usually has 33 segments in his spinal column, for instance, but in adults the lower segments fuse, leaving only 26.

The number of ribs also varies. Most people have 12 pairs, but some perfectly normal persons have only 11 pairs and others have 13.

On a weight-for-weight basis, the association said, bones are stronger than steel.

stuffed green or ripe olives. A bit of ketchup or mustard added to mayonnaise or French dressing gives a bit of flavor zip.

Spicy French Dressing: Excellent for tossed green salads or for marinating canned vegetables. Measure the following ingredients into a bottle or jar: one cup salad oil, one-third cup vinegar, 1/2 teaspoon salt, 1/2 teaspoon sugar, 1/2 teaspoon dry mustard, one-half teaspoon black pepper, one-half teaspoon paprika, one tablespoon grated onion or one clove garlic. Shake well, chill thoroughly. Makes about 1 1/3 cups dressing.

Celery Seed Fruit Dressing

Different and delicious for fruit salads and fruit gelatin molds. Mix one-half cup sugar, one teaspoon dry mustard, one teaspoon salt, one-half teaspoon grated onion and two tablespoons white vinegar. Add one cup salad oil slowly, beating constantly. Add three more tablespoons vinegar and continue beating until dressing is thick. Stir in one tablespoon celery seed. Makes about 1 1/2 cups dressing.

Thousand Island Dressing

A long time favorite particularly for serving with plain head lettuce. To one cup of mayonnaise add two tablespoons ketchup, one-fourth cup chopped stuffed olives, one diced hard cooked egg, one teaspoon grated onion and one-half teaspoon Worcestershire sauce. Blend well. Chill before using.

Walter Jones Elected President of SAR

Walter H. Jones, Medford, was elected president of the southern Oregon chapter, Sons of the American Revolution at the recent annual dinner meeting at the Medford hotel.

John Detweiler was elected vice-president, and Tom Gifford, secretary-treasurer. George Milligan discussed Mercy Flights and retiring President William R. Bagley showed films taken on a trip through Washington, Idaho and Montana. They included views taken at the dedication of the Hoover House, Newburg, which was an SAR and Daughters of the American Revolution joint project.

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