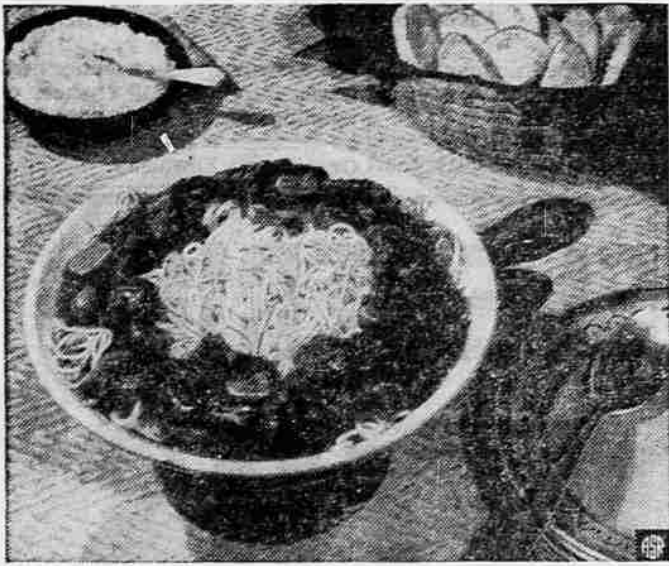




Now is the time of year to turn the limelight on spaghetti suppers. This Mushroom Spaghetti Sauce is perfection—temptingly seasoned and full of so-good mushrooms. Note that it's meatless, but for those who would like it heartier, try the additions given at the end of the recipe.

Mushroom Spaghetti Sauce

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|------------------------------------|--------------------------------|
| 1 cup chopped onion | 1 1/2 teaspoons parsley flakes |
| 3 cloves garlic | 1 teaspoon salt |
| 2 cans (3 to 4 oz. each) mushrooms | 1/2 teaspoon basil leaves |
| 1/2 cup salad oil | 1/2 teaspoon oregano |
| 1 can (1 lb. 13 oz.) tomatoes | Few grains cayenne |
| 2 cans (6 oz. each) tomato paste | 1 teaspoon sugar |

Cook onion, minced garlic and drained mushrooms (save liquid) in oil until lightly browned. Add mushroom liquid, tomatoes, tomato paste, seasonings and sugar. Bring to boil; reduce heat and simmer until thickened, about 1 hour. Stir occasionally. Makes about 5 cups sauce, (6 to 8 servings).

First-Rate Additions: With the onion, garlic and mushrooms, brown chopped canned luncheon meat or ground beef. Or, about 10 minutes before the sauce is done, add canned boned chicken or chunk style tuna.

Feeding the Family

By ZOLA VINCENT
Food Editor

Apple Bread Pudding Favorite of Children

Children and adults alike really go for this fragrant spicy nut pudding. It is a wonderful way to use up those tired slices of bread that are just not quite fresh enough for sandwich making nor dry enough to give to the dogs without a twinge of Scotch conscience.

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| 5 slices bread |
| Butter |
| 1 cup hot milk |
| 4 eggs, separated |
| 1/4 teaspoon salt |
| 3/4 cup sugar |
| 1/2 teaspoon ground cinnamon |
| 1/2 teaspoon ground nutmeg |
| 1 cup currants or raisins |
| 1 1/2 cups diced tart apples |

Brown sugar
Butter both sides of the bread. Cut into cubes and place in baking pan in moderate oven (350 degrees) until golden brown—stir several times so they will brown evenly. Add hot milk and let stand one-half hour. Combine egg yolks, salt, white sugar, spices and fruit. Fold into bread mixture. Fold in stiffly beaten egg whites. Turn into buttered baking pan. Sprinkle brown sugar over top. Set in pan of warm water and bake in moderate oven (350 degrees) for one hour. Serve hot with cream if you like. Makes six servings.

Oregano Spaghetti Sauce

This spaghetti sauce lends itself well to service with either meat or fish balls. In fact, it is so good you might well prefer it plain or with a generous sprinkling of Parmesan cheese.

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| 1/4 cup chopped onion |
| 1 tablespoon dried parsley flakes |
| 1/2 cup chopped celery |
| 2 tablespoons olive oil |
| 1/2 teaspoon garlic powder |
| 2 tablespoons tomato paste |
| 1 bay leaf |
| 1 teaspoon oregano |
| 1/4 teaspoon salt |
| 1/2 teaspoon black pepper |
| 1 cup canned tomatoes |
| 1 cup water |
| 1 bouillon cube |
| 1/4 cup Parmesan cheese, grated (optional) |

Fry onions, parsley flakes and celery in olive oil until tender. Add all remaining ingredients and simmer for about one hour. That's all there is to it.

Italian Style Chicken

Chickens are in plentiful supply and at such good prices that perhaps you are planning on serving one sometime this week. We can practically guarantee you'll have calls for "more" if you prepare it like this . . .

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| 1 broiling or frying chicken |
| 1/2 cup olive oil or fat |
| 1 thinly sliced onion |
| 3/4 cups canned tomatoes (drained) or 8 medium sized tomatoes |
| 1 clove garlic, minced |
| 1 1/2 teaspoons salt |
| 1/4 teaspoon pepper |
| 1/2 cup white wine |

Cut chicken into serving size pieces. Fry chicken in oil until delicately browned. Remove to plate. Add onion to fat in skillet and cook until transparent and golden. Add tomatoes, garlic, salt and pepper. Simmer for two or three minutes then replace chicken. Cover and simmer over low flame until chicken is tender and the tomatoes are reduced to a thick sauce, 40 to 50 minutes. Pour in wine for the last 15 minutes of cooking.

Dark Mystery Chocolate Cake

Have a hankering for a really dark, divine chocolate cake? Well . . . here it is!

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| 5 squares unsweetened chocolate |
| 1/2 cup water |
| 1 cup sour cream |
| 2/3 cup butter |

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| 2 cups sifted cake flour |
| 1 teaspoon soda |
| 1 teaspoon salt |
| 1 1/2 teaspoons baking powder |
| 1 cup granulated sugar |
| 2/3 cup dark brown sugar |
| 3 eggs unbeaten |
| 1 1/2 teaspoons vanilla |

Cook chocolate and water over low heat, stirring constantly until chocolate is melted.

Cool. Add sour cream and mix until well-blended. In mixing bowl, stir butter until softened. Sift dry ingredients together into the bowl. Add eggs, vanilla and half the chocolate mixture. Stir until all the flour is dampened. Then beat 150 strokes by hand or one minute in electric mixer at low speed. Scrape bowl and spoon or beater often during mixing. Count only actual strokes or beating time. Add remaining half of chocolate mixture. Beat 300 strokes by hand or two minutes in mixer at low speed. Pour batter into two deep 8-inch cake pans that have been greased, wax-paper lined and greased. Bake in moderate oven (350 degrees) for 30 minutes or until cake just pulls away from sides of pan. Turn out on cake racks; remove paper. Frost with your choice of frosting.

Lentil Season Markets Filled With Fish, Eggs, Vegetables

Whether you are planning all or only occasional meatless meals from now until Easter, you'll find a wealth of good inexpensive foods of high protein quality ready to help you.

Fish and Shellfish. Plenty of fresh, frozen and canned fish and shellfish at reasonable cost. Pan-readies for quick cooking include mackerel, kingfish, eastern whiting, smelts, rex sole. Brook trout is also available in some of the larger markets. Fresh fillets in good supply offer all of the favorites.

Fish and Shellfish. Plenty of fresh, frozen and canned fish and shellfish at reasonable cost. Pan-readies for quick cooking include mackerel, kingfish, eastern whiting, smelts, rex sole. Brook trout is also available in some of the larger markets. Fresh fillets in good supply offer all of the favorites. Steak and baking varieties easy on the budget include ling cod, swordfish, Chinook salmon and northern halibut. Moderate prices mark eastern and western oysters and scallops. Dungeness crab and Mexican shrimp are available. Canned salmon and canned tuna will make many a good Lenten main dish at very modest cost.

Eggs and Poultry. Prices on both are seasonally low. Watch for ads and store displays.

Macaroni Products. Big value in good nutrition the year around. Enough shapes and sizes to offer something different every time you serve for months on end.

Dairy Products. Keep on hand and serve often plentiful, versatile, satisfying, nutritious, low-cost cottage cheese. Use "as is" or combined with fresh vegetables, canned and fresh fruits. Children love cottage cheese with a drizzle of honey or dash of cinnamon and sugar. American cheese is seasonally low priced for fine fondues, rarebits, au gratin dishes of many kinds for aiding spring menus and budgets.

Potatoes and onions continue to head list of vegetable plentiful at very low prices. Other

POISON OAK?

Try a Bottle of ZEMACOL. You must be satisfied or your money cheerfully refunded. Get a bottle today at WESTERN THRIFT.

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

By HARMAN W. NICHOLS
United Press Feature Writer

Washington—(U.P.)—I weighed in for the slimmest derby at 185 pounds.

Miss Florence Whitley, regional manager of an outfit called "Slenderella," said she would like to introduce me to a horse that would take off some of them.

"You don't even have to take off your girdle," she said.



Harman Nichols

I assure her I don't intend to. So Miss Whitley led me to the horse. He looked a little like one, except it had no head or tail or feet. It was an exerciser to reduce fat ladies and I was playing fat man to prove practically nothing.

"Forty-five minutes aboard this steed," is the equivalent of 10 miles aboard a real horse or 18 holes of golf."

I rode a horse 10 miles and I played a round of golf, much of the time flat on my back.

This horse contraption wiggles in three parts.

Real Bumper

The first is supposed to reduce the rear bumper. Miss Whitley turned on the juice and mine was bumped all over the place.

The second has to do with the bust. You lie on the thing with

the tummy down and there is some more bouncing. This operation, if I may say so, wiggled my liver more than a little.

The third exercise is designed to correct the posture while prone. The victim is trussed up in things that looked like a football player's shoulder pads and kidney harness.

After I got unharnessed, Miss Whitley and I fell to talking. We had to agree that her customers, mostly dowagers who won't admit to running to a place like "Slenderella" for help, sort of live it up in Washington.

Bromo, Please
Too much eating. Over 200,000 cocktail parties a year, with fattening tired appetizers on the side, like olives wrapped in greasy bacon; hearts of celery that can be dipped in sauce.

Miss Whitley said she would like to show me her list of patrons. I said I didn't look because I might tattle.

She said the list includes wives of some of our best party givers.

"Step on the scale, man," Miss Whitley ordered.

"I stepped, girdle still zipped. One hundred and 86 pounds. Ten miles of horsebacking an 18 holes of golf somehow had added a pound.

"This business, of course," the pretty Miss Whitley said, "is mostly for women."

Around Hollywood

By ALINE MOSBY
United Press Correspondent

Hollywood—(U.P.)—Lloyd Bridges starred in another fine television drama last night—but

this time he strutted strictly to the script.

Bridges is a quiet, well-behaved man who's been acting steadily for years with no overwhelming publicity.

But recently in New York he made the front pages when he got carried away in a live teleplay and swore.

The swear words were mild, but NBC-TV was deluged with phone calls, pro and con.

Bridges admits he thought his career in live TV possibly was over. But CBS-TV paged him for last night's "Climax!" drama, live from Hollywood. The actor played a man who confesses a murder to a priest. And Bridges was "extra careful."

Church Book Studied
"I was supposed to read the Act of Contrition to the priest, and the director gave me the actual book from the church," he said. "I came to that part about 'escaping Hell'—and I made a mental note not to read that far last night! I've decided not to be so realistic for a while."

Instead of hurting his career, Bridges' swear words caused a "terrific" reaction.

vegetable buys include fine quality white cabbage, cauliflower, celery and lettuce. Reasonable prices mark tomatoes, bunched vegetables, topped carrots, cucumbers, peppers, rhubarb. Fresh asparagus heralds spring and is never better than when served on toast points with lemon butter. A few sweet potatoes and yams around.

Grapefruit heads list of fruit plentiful with good supplies of local apples and winter pears. Navel oranges which are ideal for slicing and sectioning, avocados and bananas are good buys. Stock up on peanuts, peanut butter, raisins, shortenings and oils, dry beans and peas.

"I got letters raving about the show, saying it was just great," he grinned. "All over New York I got compliments from cab drivers. The director received letters that were fantastic."

In that fatal teleplay, the violent scene was unrehearsed because, "there was no need to play it to the hilt or I might lose the emotion later."

Ad Libs Shouted
On the air, he dropped a club he was supposed to wave at a group of people. So he ad libbed a few yells. The swear words crept in.

"The greatest reaction was from the other actors," he said. "Their mouths all fell open. I wouldn't have known I even swore but for them. I looked at the camera—and saw we still were on the air. So I kept going."

In real life Bridges is "a non-swearing man." This caused his parents to telephone him from Eureka, Calif., when they read the news. His 14-year-old son came home from school to know "about this cursing."

"I never made the front pages before, in all my years of acting," said Bridges, and shook his head in wonderment.

4-H Club News

Central Point Poultry Club
Chuck's 4-H Poultry club met at Chuck Taylor's place after school, Feb. 28.

We plan to have a cake sale at Faber's market in Central Point March 10.

Because this coming week is National 4-H Club Week, we plan to have a display in a store window.

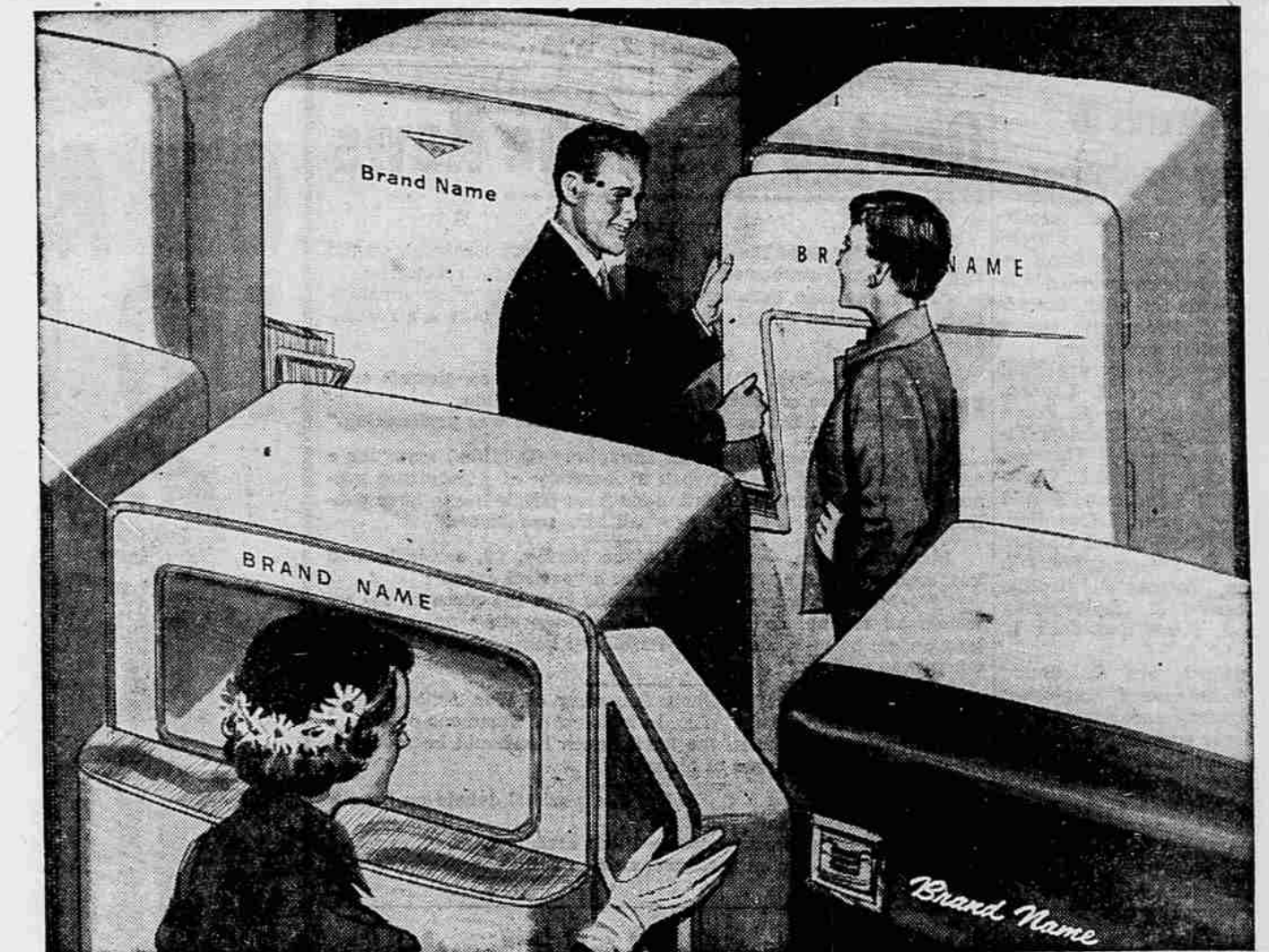
After the meeting was adjourned we looked at some baby chicks and discussed their care and feed.

Refreshments were brought by Donna Debrick.

Phyllis Taylor, Reporter

Largest island in the world is Greenland. It covers an area estimated to be about 827,300 square miles.

STAR GAZER			
By CLAY R. POLLAN			
Your Daily Activity Guide According to the Stars			
To develop message for Saturday, read words corresponding to numbers of your Zodiac birth sign.			
ARIES MAR. 22 APR. 20 1-6-13-15 33-36-34	Taurus APR. 21 MAY 21 9-17-25-49 77-82-84	GEMINI MAY 22 JUNE 21 20-32-40-51 67-73-85-88	CANCER JUNE 22 JULY 23 18-26-34-41 57-65-79-87
LEO JULY 24 AUG. 23 4-21-30-44 47-52-74	VIRGO AUG. 24 SEPT. 23 14-16-19-28 45-48-56	LIBRA SEPT. 24 OCT. 23 11-27-29-33 63-71-76	SCORPIO OCT. 24 NOV. 22 7-8-38-39 64-68-81-86
SAGITTARIUS NOV. 23 DEC. 22 23-37-46-58 69-72-80-89	CAPRICORN DEC. 23 JAN. 20 2-5-22-35 50-52-66	AQUARIUS JAN. 21 FEB. 19 42-43-55-59 61-70-83-90	PISCES FEB. 20 MAR. 21 3-10-12-24 31-40-75



Can you find the "guarantee" in this picture?

You buy a refrigerator only two or three times in your lifetime.

Yet you don't hesitate to buy one without getting so much as a look at the intricate "works" that makes it run.

How do you dare make such an important purchase without having an expert check it over for you? What makes you so sure you're getting your money's worth when you say, "I'll take that one?"

The answer's obvious. You look for the brand name on the refrigerator—your "guarantee." You've learned to follow this first rule of safe and sound buying:

A good brand is your best guarantee
No matter what kind of product you want to

buy, you know a good brand won't let you down. You know the maker stands back of it—guarantees it. And so, when you buy a good brand you know you're right.

Read this newspaper to find out which are the good brands (and the stores that sell them.) The more good brands you know, the surer you are about all your shopping.

BRAND NAMES FOUNDATION

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Friendly

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Market

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FREE
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1 each day
2 on Sundays