

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Plentiful Tuna Teams with Avocado in Shimmering Salad for Festive Luncheon

Molded salads are tremendously popular in our part of the country as every party-goer knows. The family likes them, too; deserve a very special one like this occasionally. Gelatin molds are praise-worthy as salad course, dessert and often as a main dish. So for the "salad set" here's an attractive, appetizing ring mold that makes an ideal main dish Spring salad. Fine for serving indoors, this Tuna-Avocado ring is chock full of flavor as well as being nutritious and satisfying.

Economical, too! Fruit-flavored gelatin costs a trifle. Canned tuna is being specialized. For this we recommend the very best, the solid-pack tuna. Avocados are at production peak, prices probably lowest of the season.

Molded in two layers; lemon gold topping a delicate green base. Top layer is poured into your prettiest ring mold, chilled almost firm; then second layer is poured over first layer. Easy to make, can be molded a day in advance, stored in refrigerator. To serve, unmold on bed of salad greens, garnish with equal parts of sour cream and mayonnaise.

Layer 1:  
1 package lemon-flavored gelatin  
1 cup hot water  
3/4 cup cold water  
1 tablespoon salad oil  
2 tablespoons vinegar  
3/4 teaspoon salt  
Dash of pepper and paprika  
1 cup (7 ounce can) tuna, flaked  
3/4 cup finely diced celery  
2 tablespoons chopped pimiento  
1/4 cup chopped green pepper  
2 teaspoons horse-radish

Dissolve gelatin in hot water. Add cold water. Chill until slightly thickened. Meanwhile, combine oil, vinegar, salt, pepper and paprika; blend well. Add remaining ingredients and mix thoroughly. Let stand 20 to 30 minutes.

Fold tuna mixture into slightly thickened gelatin. Pour into 2 1/2 quart mold and chill until almost firm.

Layer 2:  
1 package lime-flavored gelatin  
1/4 teaspoon salt  
1 cup hot water  
1 cup cold water  
1 tablespoon lemon juice  
3 tablespoons mayonnaise  
1 avocado, pared and mashed  
Dissolve gelatin and salt in hot water. Add cold water and

lemon juice. Chill until thickened. Stir in mayonnaise and avocado, blending well. Pour over first layer and chill until firm. Unmold. Garnish with mayonnaise or salad dressing, if desired. Six servings.

**Avocado Buying Memo**  
Avocados are still relatively new in many parts of the United States. They're readily available here at reasonable cost because they're California-grown. Like many other fruits, avocados must be softened off the trees. They are mature before picking, but not ready for eating when picked. Big ones are today's buy.

Softening process takes from a few days to two or three weeks, depending on the maturity and storage temperatures. When an avocado is at its "eating best," it gives ever so little when held between cupped hands and pressed gently. Never pinch an avocado.

Buy "soft" to serve same day. Buy "firm" to serve in three to six days. Firm avocados will soften at room temperature. They will not ripen in the refrigerator. Refrigerate only when a soft avocado cannot be used immediately.

To preserve the bright fresh color, sprinkle with lime or lemon juice. Darkening however does not affect flavor. Any portion left over should be wrapped tightly in waxed paper or aluminum foil before placing in refrigerator. Darkened surface can be easily removed by scraping lightly with knife.

To serve an avocado, most popular use perhaps is on the half-shell with lemon or lime juice, salt and pepper or with a tart French dressing. Toss cubes in green salads; serve half moon slices with grapefruit sections on shredded lettuce bed.

**Tuna Talk**  
There are three principal grades of canned tuna; the solid-pack tuna which consists of three large pieces of loins with a small percentage of smaller pieces to fill out the can. This is definitely recommended when loins are important, such as when preparing a molded or other fancy salad.

Then there's chunk-size for some fancy fixing and ingredient uses... and the flake or grated tuna which consists of the small pieces and proves ideal for sandwich making. Popular can size is the seven-ounce for the solid pack tuna and 6 1/2 ounce can for



**SHIMMERING GELATIN**—Plentiful tuna, colorful pimiento go into a shimmering lemon-flavored gelatin that tops a base of flavorful pale green avocado and mayonnaise for an ideal main course spring salad. Recipes are included in today's food columns.

chunk size and grated tuna. All are excellent buys; packed with good flavor and nutrition.

**Ham Slice with Bananas**  
Fruits are a natural flavor complement to ham. Canned spiced peaches or crab apples have long nestled alongside ham slices but had you thought of crispy banana scallops?

For each four servings, score fat edges and broil or bake 1 1/2 in center-cut ham slice. To make banana scallops, peel three not-too-ripe bananas and cut crosswise into one-inch pieces. Lightly beat one egg; dip banana slices, then roll in cornflakes using one cup finely crushed cornflake crumbs Fry in deep fat for 1 1/2 to two minutes. Arrange around ham slice.

**Shredded Beets**  
Very good eating as well as being a welcome color note. Here's way of cooking beets that gives you every bit of their sweet flavor—and quickly.

Peel and shred whole young beets. Place in a broad saucepan. Add the smallest possible amount of water needed to keep beets from scorching. Cover tightly. Boil gently until beets are crisp-tender; about 10 minutes. Season with butter, salt and pepper.

And don't throw away those beet tops. If they're crisp and tender, save them for another meal and cook as you would any other green.

For easy beet shredding, leave about two inches of the tops on the beets to act as a "handle." No grated fingers!  
**Apple Sauce, Dates, Nuts Make Creamy Dessert**  
Here's a light, refreshing, luscious confection that is blissfully easy to make. The ingredi-

ents are familiar; marshmallows, plentiful dates, any kind of nuts that are handy... and canned apple sauce which is bargain priced. Party-perfect, this will rate raves.

2 cups canned apple sauce  
2 pound marshmallows, diced  
2 teaspoons grated orange rind  
1 teaspoon grated lemon rind  
1 tablespoon lemon juice  
1/2 cup chopped nut meats  
1/2 pint heavy cream

Heat apple sauce; add marshmallows, orange rind, lemon rind, lemon juice, nut meats and dates. Let stand at room temperature, stirring occasionally to partially dissolve and soften marshmallows. Let stand in refrigerator over night. Spoon into sherbet glasses or large serving bowl for table-transferring to glasses or dishes. Garnish with whipped cream.

**Or Try This:** Pour apple-sauce-date-mallow into baked pastry shell. Let stand in refrigerator over night. Just before serving, top with whipped cream.

**Cauliflower Parmesan**  
Looking for a deluxe vegetable? Separate a large snowy white cauliflower into flowerets. Cook, covered, in one-inch boiling salted water until tender, eight to 15 minutes depending on size. Cool. Dip in beaten egg; then in fine, dry crumbs. Fry to golden brown in butter or margarine; sprinkle generously with grated Parmesan cheese. Serve at once. Six servings.

**New Beef Stew**  
For a new beef stew flavor for some of that "best buy" beef, consider a dash of ginger from the spice cupboard for the last few minutes of cooking. Other good distinctive seasonings include marjoram or thyme whole cloves, peppercorns, finely chopped garlic, worcestershire sauce, catsup, celery seed, curry powder, horseradish.

Many good cooks toss a tablespoon of mixed pickling spices into a savory stew. Some use canned tomato juice as part of the water. Satisfies men and growing boys.

## Government Has Fish Information

Washington — (U.P.) — If you want to know anything about fish and don't want a fish story the government now has the official information.

It has just completed the indexing of all government fishery publications from the time the federal government took official interest in commercial fishing in 1871 to 1954.

Topics range from the control of fungus on pike eggs to how to cook shrimp.

The information, contained in "Circular 36," can be had for \$1.50 from the government printing office.

Milwaukee, Wis. — (U.P.) — Police said Clement K. Zeller, 69, told them he set fire to the apartment building where he'd been a janitor for 15 years because "The work was getting to be too much for me."

## Garden Notes

By C. B. CORDY  
County Extension Agent for Horticulture

Most soils are warm enough now so that our hot weather loving plants can be seeded at this time. Melons, squash, cucumbers and beans can all be seeded at this time. These plants are very tender to frost but by the time the seeds have come up the frost danger should be over except in the colder locations.

These plants are all heavy feeders and will respond quickly to an application of fertilizer. They are particularly fond of organic materials so the addition of a shovel full of manure or leaf mold in each hill will increase early growth. If chemical fertilizers are used an ounce of complete fertilizer placed 2 to 4 inches to one side of the seed and about 4 inches deep would be very good.

**Not Damage Roots**  
This is far enough away so that the seed and the young rootlets will not be damaged but as soon as the roots get out into the soil they can feed on this fertilizer and it is while these plants are in the young seedling stages that they can benefit most from a complete type of fertilizer.

A second planting of corn can also be made at this time. As the advantage of earliness has already been lost use a high quality mid-season corn such as Golden Cross Bantam. This is the old standby variety but it is still the highest quality corn and is a good one to grow both in the home garden and commercially.

If trouble has been experienced with worms or grubs eating up the seed this can be reduced by placing the seed in a paper bag along with a small amount of lindane or chlordane and shaking it so that the seed becomes thoroughly coated. The seeds should then be removed and planted. Do not place the rest of the insecticide on to the seeds or it's germination will be damaged.

## O&C Logging Road Changes Announced

Washington — (U.P.) — Acting Secretary of the Interior Clarence A. Davis today announced four changes in regulations governing rights of way for logging roads in western Oregon on O & C timber lands.

In effect the new regulations will permit the use of rights of way covered by future road-use agreements during arbitration on fees; permit the Bureau of Land Management and private owners to exchange use on their respective roads without charge; to substitute permanent easements over privately owned lands for rights of way acquired under road-use agreements; and to ascertain prior to timber sale how much private land holders will charge for use of roads they own.

Davis said that although other changes to the regulations might have to be made in the future, he felt that the improvements made would prove to make regulations far more workable than under the old plan.

**COLORFUL SQUAD CARS**  
Dearborn, Mich. — (U.P.) — Mrs. Marguerite C. Johnson, Dearborn's public safety director, picked out the city's new police cars and it's obvious that the selection had a woman's touch. The cars—all pastels—are 11 different colors. The shades include robin egg blue, pink and yellow.

**GORILLA HUNT**  
Fort Worth, Tex. — (U.P.) — Two officials of Fort Worth's zoo are offering a baby gorilla soon—but they won't go to Africa. Instead, they'll fly to Amsterdam, Holland, where they expect to purchase the year-old animal for \$4,000.

## Gloria Swanson Learns of Perfume History on Visit To French Center

By GLORIA SWANSON  
Written for United Press

Monte Carlo — (U.P.) — Perfumed gloves during the reign of Louis XIV started the village of Grasse in the mountains above here on a new and profitable career—perfume essence.

About 300 years ago a lady of the French court, possibly Madame de Montespan, decided her gloves must be scented. This coquettish style note was accomplished at Grasse where most court gloves were made.

Glovemaking at Grasse vanished but the essence of perfumery did not. It remained with the help of the sunny Riviera climate furnishing most of the raw materials—flowers galore. Grasse all these years has been the essence manufacturing center of France.

In a battle of perfume today there is 20 per cent essence and 80 per cent ethyl alcohol. The essence contains some 40 to 50 different raw materials, half from nature and the remainder chemicals. What an art it is!

And how it has changed since the turn of the century. Only

pure flower scents were originally used. Now chemicals bring a wider range and more variations of basic scent. Until recently it was impossible to get a true carnation or lily of the valley perfume. Now, by adding synthetics and chemicals, this is possible.

All the things which go into a perfume are not always in themselves pleasant to smell, such as ambergris from the sperm whale, a substance from the civet cat or musk from the male musk deer.

Well do I know. On my visit to the Antoine Chiris plant, established 188 years ago, my long nose was not only pleased by a variety of lovely fragrances but repelled by odors emanating from laboratories, storerooms and vaults.

I felt drunk as I left and went motoring in the rain, but quickly sobered up as the rain turned to hail. My heart sunk, as no doubt did the peasants'. For only a few months before their precious acres of flowers and blossoms had been frozen under snowfall and frost. Now hail.

Any that had survived would now be finished. It would take

possibly five years to get flowers like them again. Meantime what happens to the perfume?  
Only the chemist knows. All other human adults know is that only babies and puppies are sweet without it.

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