



COLOMBIAN BLAST KILLS HUNDREDS—Bodies of victims lie strewn about the street after a seven-truck Army convoy loaded with ammunition and gasoline blew up in the heart of downtown Cali, Colombia. The blast tore a crater some 70 yards across and 40 to 50 feet and razed eight city blocks. Damage was estimated in tens of millions of dollars. Authorities estimated that as many as 850 persons may have been killed and 2000 injured. Colombian President Gustavo Rojas Pinilla blamed the blast on political sabotage.

Feeding the Family

By ZOLA VINCENT
Food Editor

Salmon Is Sumptuous In Several Easy Ways

Fresh from our western waters is salmon of superb flavor for baking, poaching or broiling. This is really just to remind you to enjoy it more often. Have it hot one day, cold the next.

Many think cold cooked salmon simply sumptuous with a mask of seasoned sour cream and mayonnaise dotted with capers or finely chopped cucumber.

Salmon burgers are made by mixing one pound cooked salmon, three-fourths cup coarse cracker crumbs, one egg, slightly beaten. Sauté one small sliced onion in butter and add to salmon mixture. Shape into six thin salmon cakes and brown quickly in butter or other favored fat. Sprinkle generously with lemon juice. Serve hot between burger buns with relish or tartar sauce.

Salmon with egg sauce is favored by many. Carefully poach salmon slices for 10 to 15 minutes in water to which salt, one tablespoon lemon juice, one thin sliced onion and one clove are added. Remove to hot platter. Pour over an egg sauce made by adding chopped hard-cooked eggs to a medium white sauce. Here again capers add flavor interest, if you like them.

Green Beans au Gratin

Plenty of locally grown snap beans for fixing in good ways like this. Six servings. Cut 1½ pounds green beans in thin diagonal slices (called "frenching"). Cook in small quantity of boiling, salted water in covered pan until just tender. Drain. Reserve liquid. Melt five tablespoons butter in double boiler or heavy saucepan. Add six tablespoons flour and mix well. Add two cups milk at once. Cook, stirring constantly until thickened. Add salt and pepper.

Fold beans into sauce. If thinner sauce is desired add a little vegetable liquid gradually. A few tablespoons will be plenty. Pour into shallow baking dish. Sprinkle with one-half to three-fourths cup grated cheese. Top with buttered soft bread crumbs. Place under broiler until cheese is just melted and crumbs are brown.

Lemonade Freeze. Create your own ice cream specialty easily like this: mix one six-ounce can frozen concentrate for lemonade into one quart vanilla ice cream and freeze in refrigerator tray until firm. Everyone will ask where you "found" it; want more.

Creamy Celery

Here is a hot vegetable dish change using some of that bargain-priced, crisp, sweet, full-hearted celery that is at its best right now. Use all celery or substitute diced cooked carrots for half the celery; adding the carrots after the celery has been cooked.

Melt three tablespoons butter in a heavy skillet. Add three cups thinly sliced raw celery and cook, covered, over low heat, stirring occasionally for about 20 minutes or until celery is tender. Add three tablespoons flour and stir until well blended. Stir in two cups milk gradually. Cook, stirring constantly until mixture

is thickened and smooth. Add salt and pepper to taste. Makes six servings.

Squash Pep-Up

Enjoy any of the fine soft summer squashes that are cooked without peeling. Delicately flavored, they need only slicing and cooking covered in a small amount of boiling salted water until barely tender; maybe 10 or 12 minutes. Season with salt, pepper and butter; then add a dash of catsup or tomato sauce to pep up the flavor.

Corn Custard

Fresh corn cut from the cob or two cups canned or frozen whole kernel corn goes into this custard which is perfect for accompanying hot or cold poultry or ham. Six servings.

Beat two eggs slightly. Scald two cups of milk and let milk cool. Combine beaten eggs and cooled milk with one teaspoon sugar, 1½ cups salt, pepper, two teaspoons chopped onion, 1½ tablespoons melted butter and two cups whole kernel corn. Pour into greased casserole. Bake about an hour in 325 degree oven or until sharp knife inserted in custard comes out clean. Garnish with parsley.

Napa Valley Cole Slaw

Plentiful crisp green cabbage and plentiful Thompson seedless grapes remind us of this flavorful cole slaw favored in Napa valley.

Combine four cups finely shredded cabbage and one cup seedless grapes. Moisten with dressing made by mixing together one cup sour cream, three tablespoons fresh lemon juice, one-half teaspoon salt, three tablespoons sugar. Serve in lettuce cups; garnish with more chilled grapes.

Fruit, Vegetables in Markets

The list of plentiful good things to eat is unusually long at this season of the year, making meal planning easy and challenging the home canner, freezer and jam or jelly maker to put in supplies for later enjoyment. We say it often. Talk over your plans with your fruit and vegetable men if you're "putting up" produce. He is just as anxious to move produce at peak supply as you are to obtain it when prices are most advantageous.

Watch this newspaper's advertisements. It has long been the habit of many to "stock-up" on "specials" which appear in every department of the store. These often represent the best buys of the store managers—just as your purchases represent your best buys.

Fresh fruits in plentiful supply include bananas, some varieties of berries, cantaloupes, honeydew melons, nectarines, Cardinal and Thompson seedless grapes. Apricot season will soon be ending. Late Elberta peaches are a special delight for eating out-of-hand, for simple slicing with cream and sugar, for dessert making. Plums and fresh prunes are increasing in supply; make marvelous eating in many ways. First of the Bartlett pears ripe enough for immediate eating are coming in. Greenstein apples, delight of green apple pie makers have appeared and will be around for only a few short weeks so make the most of them. Chilled watermelon refreshes.

Vegetable Buys. Bell peppers, carrots, chili peppers, corn, cucumbers, dry onions; lettuce, radishes and green onions in special abundance for salad making. Firm tomatoes for slicing are more plentiful, lower in price. Try the soft summer squashes for a menu change. Cook them ever so briefly, sliced but unpeeled; season with salt, pepper, butter. Corn on the cob was never better. Huge bunches of crisp celery are bargains in good eating, both raw and cooked. Try green beans au gratin or combined with diced onion or sliced mushrooms.

Meat and Poultry. Beef bargains from chuck and round for long, slow, flavorful eating. Hamburgers specials! Lamb shoulder roasts and lamb for stewing among best buys. Frankfurters at least once a week and plan an occasional cold plate with luncheon meats, cheese assortment, pickles. Look for pork specials on bacon, picnic hams and sausage. Plenty of chicken fryers, broilers and turkeys to make superlative eating at reasonable cost.

Jury Box Remains Empty in Brink's Case
Boston —(U.P.)— The government today threw a fresh batch of veniremen into the legal battle to seat a jury in the trial of eight men accused of the \$1,219,000 Brink's robbery.

The jury box was still empty today at the grey, brick Suffolk County Courthouse although 301 veniremen, a cord number, had been called since Tuesday. Spectators all but deserted the courtroom Thursday and one defendant snored as the trial plodded to the end of the fourth day. A monotonous volley of defense challenges along with scores of veniremen dismissals because of fixed opinions frustrated a third-day attempt to select a panel.

Hoover Gives Advice To Fellow Oldsters

San Francisco—(U.P.)—Former President Herbert Hoover turned 82 today with a word of advice for fellow oldsters: keep busy.

"Otherwise you will degenerate into talking to everybody about your pains and pills and income tax," he said.

The white-haired, rosy-skinned elder statesman who practices what he preaches planned to pause in his busy workday to attend a dinner in his honor given by a small group of old friends at a local club.

"I expect there'll be a cake," he said. "I said I'd come if... I didn't have to make a speech."

Plans for Oil Progress Week Discussed Here

Plans for the 1958 observance of Oil Progress week Oct. 14-20 were discussed at a meeting of the Oil Information committee of Jackson county at a meeting this week at the Rogue Valley Country club.

Norman Burick, chairman of the local committee, conducted the meeting. Others who attended the meeting included M. M. Huggins, R. N. Woody, Ken Teeters, Bill Cochran, H. H. Lage, E. R. Kennedy, and C. A. Smith.

More Americans are visiting Germany, staying longer and spending more than ever before, the expenditures for 1955 totaling \$62,404,095.

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Around Hollywood

By ALINE MOSSBY
United Press Correspondent

Editor's note: Aline Mossby is on vacation. Today's guest column is by Teresa Wright on her adventures in starring in "The Search for Bridey Murphy."

BY TERESA WRIGHT
Written for United Press

Hollywood — (U.P.) — During World War II there was an expression, "Oh, my achin' back." I heard soldiers originated it from long hikes with full packs. But I didn't have sympathy for their plight until I did "The Search for Bridey Murphy." Never has an actress taken such a back-beating.

This is the story about Colo-

rado housewife Ruth Simmons who allegedly was "age regressed" to another life in 18th Century Ireland by hypnosis. I had to lie flat on my back for almost six weeks while Louis Hayward went through his hypnotic routine.

Prisoners Provided
The first three days on the couch were fine. I went home every night rested. But after that, it was murder. I had enough aches for two or three backs. I complained and Paramount's prop men had several special pillows made up, firm enough not to let me sink down.

"Bridey" was the most demanding picture I've ever made. Can you imagine having to act 90 per cent of a picture with your eyes closed?

Hayward would pretend to hypnotize me and then the camera would move in close as I told, in an Irish brogue, about my life in Belfast.

Knowing that the camera was several inches from the end of my nose, I always had the temptation to open my eyes and look into the lens. It was disconcerting having to emote in the darkness.

Expressions Practiced
I practiced facial expressions in front of a mirror, putting on a look of joy, or of anger or fear. Then I'd turn around and repeat them in front of my daughter, Mary, with my eyes closed.

Anger was the toughest one, Mary said. "Mother, with your eyes closed, you don't look angry. You look silly!" To make it more difficult, I had to assume the voices of the "age regressed" Bridey. I had to talk like Bridey as a four year old, at 8, 17, and 66.

I got the voices mixed up several times. Once I used the 66-year-old voice for the eight-year-old Bridey and didn't realize it.

Mrs. FDR Sees Ike's Health To Be Avoided

New York — (U.P.) — Mrs. Eleanor Roosevelt predicted today that the question of President Eisenhower's health "probably will be carefully avoided" by both political parties in the coming election.

The 71-year-old former First Lady, who has attended political conventions "ever since I can remember," will address delegates to the Democratic convention in Chicago on Monday night.

"I would not really call it a speech," Mrs. Roosevelt said. Four years ago she got a stirring ovation when she appeared to speak at the Democratic convention.

"I will say just a few words. Four years ago I spoke for the United Nations."

She felt health would be shunned by Democrats and Republicans alike in their campaign, Mrs. Roosevelt said in an interview, "because the people are more concerned about that than the political parties are."

Plywood Industry Shutdowns Forecast

Portland — (U.P.) — Possible shutdowns in the plywood industry were forecast today after a new record low bid was reported.

A new \$68 level on the quarter-inch AD index grade was recorded in bidding on the latest Army Engineers' order for about two million square feet. At a net of \$64.50 per thousand to the mill the low bid equals a \$68 index, which includes the normal five per cent discount on carlot shipments.

The low bid was submitted by Weyerhaeuser Timber Company.

Industry spokesmen said that \$76 is the break-even mark for many operators and some sources said the new low price could mean shutdowns.

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