

Feeding the Family

By ZOLA VINCENT
Food Editor

Here Are Simple Rules For Feeding Family Wisely

With the children back to school, now seems a good time to check-up on the family's eating habits. How about reading this aloud to them just as a point of information?

Almost nobody things he needs to be told how to eat. The first thing we do when we arrive in this world is to make ourselves heard. Then we start to eat. Many of us, however, can improve the way we eat and be healthier for it.

Our bodies are miraculous machines. Not only do they build and repair themselves with the food we give them but somehow they manage to turn the food-fuel into unusual products like energy, action and even thought. These are all essential to abundant living and a full measure of accomplishment.

1. Eat at regular hours every day. Irregularity leads to poor digestion.
2. Do not go on a self-prescribed diet. See your physician before going on any diet.
3. Don't hurry at meals. Eat slowly, giving self and family more time to enjoy eating.

4. Whenever possible, make eating a social event, a cheerful occasion. Actually, eating in this kind of atmosphere aids digestion.
5. Don't break the normal rhythm of meals by indiscriminate eating between meals.
6. Get enough liquid. Six glasses daily is suggested. Take stimulating beverages in moderation. Drink water at meals if you like, but don't wash down food as some folks do.

7. Get your regular quota of exercise, fresh air and sunshine.
8. Relax before and after meals whenever possible and get sufficient sleep at night. A tired, nervous body makes poor use of its food.

9. Keep teeth of family in good condition. After all, thorough chewing is the first stage of good digestion and nutrition.

10. Try new foods. Don't let habit and custom rule your diet. Science, industry and transportation make available a vast and increasing array of fascinating foodstuffs. Help the family to get acquainted with them.
Eat properly. Enjoy yourself!

Good Eating Guide

This is the famed wheel of good eating, perfected by the country's top nutritionists. Check your menus frequently to assure yourself you are planning well for your family. Men, women and children need these foods every day.

Milk. Two or more glasses for adults, three to four or more glasses for children. To drink, combined with other foods, in ice cream, in cheese.

Vegetables. Two or more servings besides potato. One green or yellow, "Greens" often.

Fruits. Two or more servings; at least one raw. Citrus fruit or tomato often.

Eggs. Three to five a week; one daily preferred.

Meat, Cheese, Fish, Fowl. One or more servings daily with dried beans, peas, peanuts occasionally.

Cereal and Bread. Two or more servings; whole grain value or enriched. Breads made with milk.

Butter, or margarine. Two or more tablespoons.

Other foods or more of the above to satisfy appetite and complete growth and activity needs.

Pepper Relish

Capture distinctive flavor of plentiful peppers. For best color, use half green, half sweet red peppers. Cut open nine or 10 medium-size peppers; discard seeds. Put through food chopper twice, using finest blade. Drain, pressing out about half of juice. Measure two cups peppers into a large saucepan. Add three-fourth cup vinegar.

Measure 3 1/2 cups sugar and set aside. Add one box fruit pectin to peppers in saucepan; mix well. Place over high heat and stir until mixture comes to hard boil. Stir in sugar; bring to full rolling boil and boil hard one minute, stirring constantly. Remove from heat; stir and skim foam by turns for five minutes. Ladle quickly into glasses. Cover with hot paraffin. Makes about six medium glasses or three pounds relish.

Tuna Vegetable Chowder

Nutritious tasty chowders like the one pictured are good fare for lunch or supper... for father and for the children; help celebrate Tuna Week. Our good Pacific-caught and canned tuna is surprisingly low priced right now. A good time to stock up.

2 cups chunk style tuna
1 medium-size onion, sliced
1 cup chopped green pepper
3 tablespoons salad oil
3 tablespoons all-purpose flour
Salt and pepper
2 cups milk
1 No. 303 can tomatoes
1 teaspoon celery seed
1 bay leaf

Cook onions and green pepper in oil five minutes. Add flour, salt and pepper and blend. Gradually add milk and cook over low heat, stirring constantly, until thickened. Meanwhile combine tomatoes, celery seed and bay leaf. Heat to boiling point; simmer five minutes. Pour through sieve. Add tomato mixture to milk mixture, stirring constantly. Add tuna, leaving it in chunks. Heat to serving temperature, stirring occasionally. Pass grated Parmesan cheese.



FLAVORFUL TUNA—Flavorful, nutritious, plentiful and economical tuna is voted most likely to succeed in sandwiches and in chowders and hearty soups for popularity with growing boys and girls. This chowder and other tuna tempters are included in today's food columns.

Tuna Sandwich Spreads

One of the most popular of all sandwich spreads, plentiful tuna is usually fixed up like this, figuring on one cup of sandwich filling for each four sandwiches: Toss together contents one can tuna, one teaspoon lemon juice, three tablespoons mayonnaise, salt and pepper to taste and one-half cup finely chopped celery; chill.

Variations. To foregoing basic tuna spread, add six chopped green olives... or four sliced stuffed olives... or one tablespoon chopped ripe olives... or one chopped hard-cooked egg... or one tablespoon chopped parsley... or you'll probably have some good ideas yourself.

Blueberry Buckle. Cultivated blueberries or mountain grown huckleberries make marvelous eating in this quick dessert. Using only one package yellow cake mix and one pint fresh berries, make batter according to cake mix package direction. Grease and flour two eight-inch layer pans. Pour half of batter into one pan and bake, saving for use in some other way. To remaining batter, add the pint of blueberries. Bake at 350 degrees, 40 to 45 minutes. Serve warm with cream, whipped cream or soft ice cream. Or maybe make two batches to begin with.

Canned Cranberry Juice. For breakfast, chilled cranberry juice cocktail is good change. As quick pick-up, cranberry juice is rich in vitamins, bone-building calcium, blood-building iron and also tastes good. After school it will satisfy that "I'm hungry" demand. Serve cranberry juice at dinner with twist of lemon. In cooking, baste roast or poultry with cranberry juice. Bake apples in it. Use for color in cake frosting.

Around Hollywood

By ALINE MOSBY
United Press Correspondent

Hollywood — (U.P.) — Jayne Mansfield has wiggle to 20th Century-Fox studio as a triumph of a new star but she promises she won't elbow two other famous blondes off the lot because "we just don't compete."

A year ago when she left New York nobody had heard of little ole Jayne from Texas. But a play, "Will Success Spoil Rock Hunter?" plus umpteen thousand eye-popping publicity photos, shot her to stardom.

Fox studio was so determined to add Jayne to their stable of curvy blondes they finally had to buy her play for \$120,000 to get her out of it and into a hot reel of movie film. But Jayne insists Marilyn Monroe and Sheree North don't have to worry she'll elbow them out.

"Marilyn and I are entirely different," she said. "Monroe's a moneymaker and the studio knows I am so they figure they can make money from both of us."

On Sheree she commented: "She's a very competent little actress. We don't compete for the same parts."

But other Hollywood experts on measurements think Sheree and Marilyn had better guard the gates.
At her modern home in Benedict Canyon Jayne was unpacking from her New York trip, talking to prospective maids, getting her six-year-old daughter ready for school and studying the script of her first big picture, "Do Re Mi." But the smart blonde still found time for an interview.

The new contender to Marilyn's throne has no ambition to live in New York close to the theater, a la Monroe. Jayne's year in New York was "an intellectual phase I went through."
"I love California and the sun and the flowers," she said. "I've reverted back to myself now—pedal pushers and shorts and driving my Jaguar."

To illustrate her change from a white dress, with an amazing neckline that revealed seven-eighths of her charms, to a tight sweater and tight trousers.
"Now I'm comfortable!" she said, bouncing on the sofa. "My measurements are the same as when I left—only they've hardened up. They kind of sailed around before but I've been working out with weights."

Drain Tile Being Installed
Gold Hill — Preparations are being made for installation of several hundred feet of 12 inch drain tile to provide for surface water run-off in the event of flash floods, according to record-er Ferd Jones.

The tile will form part of the 750-foot drainage ditch along Fourth ave., between Sixth and Eighth sts.

Child Guidance Clinic Functions Three-Fold

(Editor's note: This is another in a series of articles on agencies in the community which benefit from United Medford Crusade contributions.)

The Southern Oregon Child Guidance clinic, located in the Leverette building, receives 18 per cent of its budget, a total of \$3,400, from the United Medford Crusade.

This is the fourth year for the medical clinic, which is sponsored by the Southern Oregon Child Guidance Clinic association, a private organization formed in June, 1953, to establish the clinic.

Functions of the clinic are three-fold:

1. To give direct help to children emotionally troubled with problems of adjustment in the home, school or neighborhood through study of the problems with the child's parents, the child, and other professional people who know the child, or with some children and their parents to help them in their understanding of themselves so they can change behavior accordingly.

2. To make available consultation to professional groups serving children in other capacities.

3. To further work toward a mentally healthy atmosphere for all the children in the community through a broad education program.

The clinic staff time is divided almost equally between the three functions, and the number of children given direct help totals more than 100 annually.

The staff at the clinic are trained qualified professional personnel. The staff includes Dr. Harry K. Danielson, psychiatrist

Rogue River Street Recently Paved

Rogue River — The surfacing of Broadway in Rogue River recently was completed at a cost of \$3,500, according to city recorder Orva Jean Cruise.
The street, which runs in front of the new Rogue River fire station, is two blocks long and was paved with a conventional oil and gravel mixture.

working Monday afternoons and Friday mornings; Mary Vandenberg, psychiatric social worker who works full time visiting parents, children, and holding conferences with teachers and nurses or meeting with parent study groups.

Also on the staff is Dr. Nor-

man Sundberg, clinical psychologist who comes here from the University of Oregon one day monthly to do special testing for children who have complicated problems.

Group treatment will be initiated by the group this year. Weekly sessions will be held by

groups of children of about the same age range with similar problems or of parents whose children's problems are similar.

The clinic serves all of Jackson county. Officials of the clinic pointed out that all situations in which help is provided are kept confidential.

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Typical of fall weather are brisk cool winds and driving rains. Wise men, planners know hearty and nutritious foods are needed for this season.

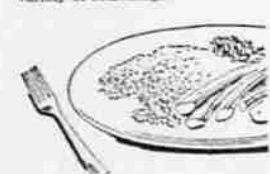
Northwest food stores now stock a new processed wheat-food. Similar to wild rice in texture and flavor, it offers a new and exciting variety in meals. It is made from Oregon's premium quality wheat, and has the nutritious benefits of the whole kernel of wheat. Processed wheat is sold under the name "Ala", "Magic Wheat", "Sunnyland" or "Bulgar".

QUICK-COOKING... only 15 minutes from start to finish in most recipes. An ideal breakfast cereal, base for curried or creamed dishes or as a filler for meats and casseroles.



BASIC RECIPE

Combine in saucepan:
1 cup processed wheat (ALA)
3 cups cold water
1/2 teaspoon salt
Cover tightly. Bring to boil, reduce heat to simmer and cook 15 minutes. Makes about 2 1/2 cups cooked wheat. Try fixing the basic dish with a variety of seasonings.



WHEAT PILAF

1 cup chopped onion
2 tablespoons butter
1 cup processed wheat (ALA)
2 cups beef or chicken broth
1 teaspoon salt
Pepper

Saute onion in shortening until onion is yellow. Add processed wheat. Cook and stir over medium heat until each wheat particle is coated with fat. Add broth, salt and pepper. Cover tightly and cook over low heat 20-30 minutes. Serve hot.

Wheat Pilaf is ideal as an accompaniment for meats, poultry, fish. Filling foods are diet foods... experts agree one of the best diet foods is wheat. Wheat foods diminish hunger and eliminate over-eating, while furnishing needed energy and nutrients. Oregon wheat gives you more nutrition, more flavor and more ease of preparation for a fraction of your food dollar.

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TABLE TREATS

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IT'S NO CHORE AT ALL TO MAKE JAM THIS NEW UNCOOKED WAY!

KITCHEN STAYS COOL... time and work are cut down... and you get more and better jam than ever before! These easy-to-make uncooked jam recipes... developed exclusively by M.C.P. JAM AND JELLY PECTIN... by eliminating cooking and boiling, preserve intact ALL the fresh fruit flavor (and color), and produce more jam from less fruit and sugar. You can make M.C.P. uncooked jams with either fresh fruits when available... or frozen berries anytime you like. In fact, because fresh berries are often scarce and high-priced, more and more jam makers are making most of their jams with frozen berries, regardless of season... and thus enjoying fresh-made jams that can be made as wanted and without cooking... for less than 1¢ a halfpound! Only M.C.P. PECTIN has these uncooked jam recipes. You'll find them in the complete recipe folder in every package (3¢ ea.) of M.C.P. PECTIN... along with those for the regular cooked jams and jellies, if you prefer them.

MAKE FROZEN FRUIT DRINKS EVEN MORE ENJOYABLE AND WHOLESOME!

IT'S HARD TO BELIEVE that refreshing fruit drinks like frozen orange, pineapple, and Concord grape juices, can be improved upon for enjoyment and wholesomeness. But they can... and merely by using M.C.P. PECTIN—the very same pectin used to make jam and jelly! Adding the pectin gives these fruit juices an extra smoothness and "body" that makes them extra delightful to taste; extra wholesome, too, because the healthfulness of pectin (as an aid to digestion and proper food assimilation) is added to that of the fruit. We call these new fruit beverages "M.C.P. PECTIN FRUIT-AIDES"... and they're a special development of the M.C.P. Kitchen Laboratory. If you'd like the recipes... just write the M.C.P. Kitchen Laboratory, Anaheim, Calif.

It's FALL House-cleaning TIME!

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