

Feeding the Family

By ZOLA VINCENT
Food Editor

South African Rock Lobsters Rare Treat

New York—Unknown in this country ten years ago, frozen or canned South African lobster tails are available today in every part of the United States; a tribute to our willingness to eat new foods and also to the exciting flavor of the lobster.

Hosting an elegant luncheon in the Sert Room of the Waldorf Astoria, the South African Rock Lobster Association served this pride of South Africa in five new and imaginative ways. Each of the dishes was an adaptation of a "classic" foreign recipe that stood the test of time and experienced taste through generations. Your foods editor garnered every recipe and will pass them on to you as time goes by.

Foods editors were fascinated by the world-famous zoologist Marlin Perkins who took us on a word-safari to Africa giving us a better understanding of the wonders and mysteries of nature and especially the amazing rock lobster which thrives in rough and turbulent waters with forty foot tides.

Perkins, it must be noted, is not only the director of Chicago's Lincoln Park Zoo but is famed for his "Zoo Parade," a network Sunday television program.

We were reminded that it takes as long as eight years for the rock lobster to reach maturity and when it does it weighs from 1½ to four pounds. Most of its firm white meat is packed solidly into the tail which is about a third of the lobster's total weight. Only the tail is canned or frozen and shipped, giving us a solid piece of meat at very reasonable cost.

Whatever the recipe, six ounces of rock lobster is more than a generous serving for one person and most dishes require considerably less.

18th Century Dinner and Diversions Delight

The "pomp and circumstance" of a great English dinner of the early 18th century were experienced by the nation's food editors when Thomas J. Lipton, Inc. hosted, on Thursday evening, a 1706 "Dinner and Diversions" of authenticity and superb showmanship.

A procession of costumed waiters carrying aloft the huge joints, and pies, stews, sweets, soups and other delicacies which distinguished a feast in the time of Queen Anne—led the way to "Lipton Hall" from the lavish buffet reception which preceded the principal event.

Scottish bagpipers piped the way into the Waldorf-Astoria's Sert Room which had been transformed for the occasion, complete with period tapestries, antique candelabra, suits of armor and other appurtenances of the era. A gypsy orchestra played throughout dinner and for dancing and the editors had their tea cups read by gypsy fortune tellers, preliminary to "the diversions" which included period dances, folk music, jugglers, trained dogs, acrobats and clowns of rare skill.

In researching background for its 18th century feasting it was found that the cook book business in the time of Queen Anne was a thriving and competitive one. Many of the books went through several editions and revealed not only recipes for delectables but recipes for curing minor ailments, for beautifying the body, and gave words of comfort and advice for servant girls required to cope with many problems. In those days, the cook book author served the purpose for a few that today's newspaper food editors serve for many. Nowadays, however, food editors stick to foods, leaving medicine, beauty and servant-girl problems to others.

October Markets Abound With Good Buys in Protein Foods

Farmers, ranches and dairy men across the nation are sending bumper crops to market. So it follows that food shoppers will have a wide choice of good protein buys this month. Heading the list are broilers and fryers, turkeys, pork, beef, eggs and cheese. In the poultry department the very best buy per pound is likely to be the "big toms." Whole or half hams will be available at attractive prices as will shoulder pork roasts. The best value in beef will be the lean economy grades and cuts. May we remind you that many of these cuts can be cooked with dry heat if you use a meat tenderizer.

Medium size eggs are the best egg buy right now. More laying hens plus an increased rate of lay add up to an unusually large supply of eggs for this time of

year. Treat your family to more good egg eating for breakfast, in egg salad sandwiches, wonderful rich creamy custards and puddings, fancier cakes with fluffy icings, or perhaps in a luscious chiffon pie.

Cheese continues in the bargain-bracket; makes fine main dishes... is particularly popular with children for school lunches. For a delicious non-starch sandwich put a slice of nippy cheddar cheese between two slices of crispy tangy apple. Cottage cheese is another good protein buy... use in salads, sandwiches and dips and of course it is wonderful in cheese cake.

Fruit Department: You'll be sorry if you don't get your fill of all the marvelous melons; cantaloupes, honeydews, persians and cranshaws. Soon you'll look around the market and they will have gone just as all but that occasional watermelon have. Now is the time to enjoy luscious Bartlett pears... eat them daily out-of-hand, in salads or desserts. Check with your produce man for best time to buy for canning and freezing. New season apples are coming to market in increasing quantity with resultant lowering of prices. Bananas, grapes and small oranges are reasonably priced.

Vegetable Department: The early fall cabbage crop is estimated to be 36 per cent larger than last year... so fresh, firm, easy-to-slice heads of cabbage will be a real buy. Cauliflower and corn are both plentiful and attractively priced. Celery, lettuce, onions, potatoes, tomatoes, peppers and squash will be in good supply.

NO ALARM

Robinson, III.—(U.P.)—A short-circuited refrigerator motor set fire to a drug store here. The blaze extinguished itself when heat melted the gasket in an old water faucet. The fire, which occurred at night, was not discovered until the following morning.



ONE FOR THE ROAD—Demo, vice presidential candidate Sen. Estes Kefauver gets a send-off from his wife, Nancy, as he leaves Washington on the second leg of his "Main Street" campaign. The week-long trip into the Southwest and Far West will cover 6000 miles and six states.

HORNBROOK Barnum Gets Eagle Award

By MRS. H. H. CHAPMAN

Hornbrook — Mike Barnum, son of Mr. and Mrs. Oscar Barnum, was awarded the rank of Eagle Scout at a court of honor last week at the Grange hall.

Sharing the honor on the rostrum with Mike were his mother, in absentia, his father, and his sister, Penny and Mike's first scoutmaster, J. E. Jeter.

John Shinar, the present scoutmaster, acted as clerk and presiding as judge of the court was John Hall, of the Oak Knoll ranger station.

The Rev. Gordon Titus gave the invocation, which was followed by a short talk by Al Gregory, who announced that a total of \$203 had been collected in the local Boy Scout drive toward the goal of \$250.

Gregory conferred the rank of Second-class scout on Carl Williams Jr., Conrad Overstrom, Benny Crawford, Luran Paine Jr., and Loren Cummins.

Those receiving merit badges were Luran Paine, Bill Holland and Mike Barnum. John Hall, as guest speaker, gave a talk on the aims and purposes of Scouting, and read a letter from the national Scout headquarters commending Mike on attaining his rank of Eagle Scout. A potluck supper preceded the ceremony.

Salem—(U.P.)—Clifford Ferguson, state director of rail transportation, says that it appears probable that shippers in the state will get through the year without a shortage of railroad cars.

Young Stamp Collector Wants One of Ancestor

(U.P.)—A 14-year-old stamp collector in this island hamlet has been trying to persuade the United States Post Office to issue a stamp honoring a famous ancestor.

It's been an uphill fight, though, for young Lewis F. Fisher, a direct descendant of Brig. Gen. Andrew Lewis, who commanded forces at the Indian battle of Point Pleasant, W. Va., on Oct. 10, 1774, and who died on Sept. 26, 1781.

The engagement, also known as the Battle of Kanasha, was one of the most crucial Indian fights of early American history. Led by Gen. Lewis, who was born in Ireland in 1720, a group of backwoodsmen decisively trounced the Shawnee Confederacy.

This victory kept the northwestern tribes quiet during the first two years of the Revolutionary War, allowing the colonists to concentrate their efforts against the British. The battle made settlement of Kentucky—and consequently the winning of the West—possible.

Help From The South
Gen. Lewis later served in the ranks of George Washington's revolutionary forces.

Despite this, getting the post office to honor his ancestor has been no easy chore for the youngster, who has bargained the

office of Postmaster General Arthur Summerfield with letters.

The boy has rallied relatives in Virginia and West Virginia to the fight. The town council of Salem, Va., burial place of Gen. Lewis, has joined him by adopting a resolution favoring issuance of the stamp.

Young Fisher has also asked residents of Point Pleasant, site of the battle, to support his efforts with letters to the postmaster general.

He says he's been encouraged by two men who have been successful in having commemorative stamps issued and by two public statements by Summerfield.

Stamp As Ambassador
In articles in philatelic publications, the postmaster general has indicated several previously unissued stamps will be issued this year — and the youngster

hopes one of them will be in honor of his forebear.

Summerfield also said a stamp "assumes it ambassadorial role when it leads to the study of the history and the times of the subject it portrays."

But many persons, for a variety of reasons, would like to see commemorative stamps issued and Lewis' plea is only one of hundreds the post office department must consider.

Fishers Island Village, the youngster's home town, is a community of some 500 persons, on Fishers Island, in Long Island

Sound, 11 miles off the northeastern tip of Long Island and about 11 miles southeast of New London, Conn.

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