



## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Lobster in December For Meals to Remember

Fresh and fresh-frozen lobster is here... both local and Mexican. Price is reasonable... quality sensational. Lobster is one of the most colorful of all shellfish. It lends itself to attractive service, is a food-lover's delight and offers many varieties of appetizing preparation.

### Boiled Lobster

To boil a whole spiny lobster, drop it into boiling water containing three tablespoons of salt to three quarts of water. Season with a few peppercorns, parsley, celery, bay leaf, and a tablespoon of vinegar. Simmer covered for seven minutes for a one pound lobster. Add three additional minutes for two pounds. Clean and serve split in half with drawn butter\* and extra lemon or take out the meat and use in soup, salad, entree or serve it cold with mayonnaise.

**Drawn Butter:** Melt one-half pound butter over low heat and let stand 15 minutes. Carefully pour off liquid fat leaving the solids. Add lemon juice to taste, one-half teaspoon salt and one-fourth teaspoon white pepper. Reheat and serve hot. Makes about one cup. A variation is to brown the butter slightly and proceed as above.

### Lobster Creme

For the busy holiday hostess these canapes will be a boon. Can be made ahead of time ready for that last minute "under the broiler" bit.

Combine one pound shredded lobster meat with one can condensed cream of mushroom soup, four tablespoons sherry, two tablespoons chopped pimiento, one tablespoon salt, one-half teaspoon cayenne in top of double boiler. Heat until very hot. Combine one-half cup bread crumbs with two tablespoons melted butter. Spread lobster mixture on 24 large toast rounds; cover with bread-crumbs mixture and place under broiler until browned. Makes 24 large canapes.

**Sauerkraut Juice Cocktails** are a refreshing introduction to breakfast, lunch or dinner. This tangy juice may be blended with a wide variety of other juices to produce all sorts of tempting combinations. For instance, kraut juice goes well with vegetable juice cocktail, carrot and tomato juice. Experiment with seasoning, such as prepared mustard, Worcestershire sauce, tabasco, spices and herbs; too, for further flavor treats. Serve chilled.

### Walnuts Can Give New Menu Magic

Though we think of a nut as a nut... it actually is a fruit... and as valuable as it is delectable! In fact, the walnut tree was considered so valuable in European countries in the seventeenth century, that before a man could marry he had to produce a certificate showing that he had planted a certain number of walnut trees. Now that nutritionists and doctors are stressing the value of high-protein diets, nutrition-conscious mothers will be glad to learn that walnuts are not only taste-tempting but are high in body-building proteins, as well as B vitamins, minerals, iron and calcium. You'll find that rich, crunchy walnut meats make cookies, cakes, pies, quick breads, sandwiches and salads particularly tempting.

### Potato Croquettes

**Feature Walnut Meats**  
Many a fine cook's reputation is based on a trick of kitchen magic—the little flick of the wrist which in this case empties half a cup of walnut kernels into this simple recipe.  
2 cups cooked hot mashed or fried potatoes  
1/4 cup hot milk or cream  
2 1/2 teaspoons salt  
1/4 teaspoon paprika  
Dash of pepper  
2 eggs  
1/2 teaspoon baking powder  
1/2 cup broken walnut kernels  
Sifted bread crumbs  
1 tablespoon water  
Combine the potatoes, milk, salt, paprika, pepper, one egg, baking powder and walnut. Shape with palms of hands into cylinders about two inches by one inch. Coat croquettes on all sides with bread crumbs. Next, roll in the remaining egg which has been beaten with the water, then again in crumbs. Fry in deep fat heated to 380 degrees or hot enough to brown a one inch cube of fresh bread on all sides in about 40 seconds. When brown, about two minutes, drain on absorbent paper. Makes eight croquettes.  
Walnut Finger-bits are a delicious salad accompaniment. Remove crusts from slices of white bread. Cut into finger strips then butter generously on all sides or roll lightly in melted butter. Roll in crushed or finely chopped nut meats. Chill before serving.

**December Markets Will Feature Chickens, Pork**  
With chickens and more chickens, turkeys and more turkeys pouring into December markets there will be many a bargain buy for the economy interested homemaker. Broilers and fryers are expected to be more plentiful than last year, so how about planning an "indoor" barbecue for a dinner that will please all.

Heavy turkeys continue to be the best buy in that bird.

**Meat Buys.** Pork and lard will be plentiful and low priced the first two weeks of December. It is good to have breakfast pork items such as bacon and sausage reasonably priced along with eating and are priced right. Why not a rabbit fricassee for Sunday dinner?

**Vegetable Buys.** Potatoes are a bargain in food value. With cool weather making oven the more appealing, we are fortunate in having an abundance of "bakery" or Blue chesnuts and a grand meal-ending combination. A wide variety of apples are yours for the choosing so pick the one that best suits your taste. Among these are Red and Golden Delicious, Jonathan, Winesap and Rome Beauty, to name a few. No holiday season is complete without joys of crunchy fresh cranberries for use in whole or jellied sauce or in relishes. Plenty of economical dried fruits including prunes, apricots, raisins, currents and apples. Nuts galore! Filberts, walnuts, almonds, Brazil nuts... in the shell, shelled, whole, sliced or broken, glazed or otherwise packaged for fruit cake and holiday puddings. Cakes and candy making. Fancies are putting in an appearance. **Grocery Department.** This is the time of year when the bees have finished buzzing busily and we get to enjoy the fruits of their labors. Have plenty of nature's sweetener, honey, on hand for use on hot breads or in cooking holiday treats. For example it gives fruit cake a delicious flavor and adds to its good keeping qualities. Canned purple plums are being featured. Other exceptional buys in nutrition are tuna, cottage cheese, dried peas and beans, and peanut butter.

**Fruit Department.** Consumers will continue to find a nice selection of plentiful fruits. Winter pears are increasing right along in quantity and the quality is exceptionally good. A juicy, delicious Anjou pear and Roquefort or Bleu cheeses are a grand meal-ending combination. A wide variety of apples are yours for the choosing so pick the one that best suits your taste. Among these are Red and Golden Delicious, Jonathan, Winesap and Rome Beauty, to name a few. No holiday season is complete without joys of crunchy fresh cranberries for use in whole or jellied sauce or in relishes. Plenty of economical dried fruits including prunes, apricots, raisins, currents and apples. Nuts galore! Filberts, walnuts, almonds, Brazil nuts... in the shell, shelled, whole, sliced or broken, glazed or otherwise packaged for fruit cake and holiday puddings. Cakes and candy making. Fancies are putting in an appearance. **Grocery Department.** This is the time of year when the bees have finished buzzing busily and we get to enjoy the fruits of their labors. Have plenty of nature's sweetener, honey, on hand for use on hot breads or in cooking holiday treats. For example it gives fruit cake a delicious flavor and adds to its good keeping qualities. Canned purple plums are being featured. Other exceptional buys in nutrition are tuna, cottage cheese, dried peas and beans, and peanut butter.

**Little Information**  
So far, research has failed to turn up much information on Capt. Davis or his crew, most of whom came from Connecticut, Rhode Island, Massachusetts and New York.

The history of sealing expeditions to the South Shetlands were cloaked in secrecy because the captains didn't want to tip other sealers on the rich harvests. British and American ships were plentiful in the South Shetlands from 1819 on, and Russia had sent two vessels to explore the Antarctic regions. According to known logbooks, however, these vessels were some distance north in the South Shetland Islands the day Davis reported his discovery.

Victor said Davis' logbook was a first-hand, documentary account of the first recorded landing on the shores of Antarctica.

### Around Hollywood

**United Press Correspondent**  
Hollywood — (U.P.) — Ronald Colman seldom is lured into movies these days because, he says, Hollywood doesn't make "romantic classics" any more. Only two super-political guest star epics have brought Colman from his hillside home in Santa Barbara, Calif., to the film factories since 1949.

Last spring he was one of many celebrities who did fast scenes for the fun of it in Mike Todd's "Around the World in 80 Days." This week he arrived at Warner Bros. for a longer role in another guest star epic, "The Story of Mankind," his first movie since "Chapagne for Caesar" seven years ago.

**Modern Material Different**  
"On the big screen they use a different kind of material than what I used to do," Colman reflected. "They do circus epics and Bible stories. What I used to do is gone — romantic films, the classics. You don't see pictures any more such as 'A Tale of Two Cities,' 'Beau Geste' and 'Lost Horizon.'"

Colman, handsome and gray-haired but still looking like the quizzical star of his "Random Harvest" and "A Double Life," settled back in his chair on the Warner set and added with a smile, "And as the years go on I naturally become a little choosier about roles — and a little harder to cast."

**Television Work Told**  
The veteran star has been active on television. Last year he did "The Halls of Ivy," but never again will he try a weekly TV series because, "It's terribly hard work."

This season he starred in a "General Electric Theater" drama, to be seen next month, and on a recent "Jack Benny Show" based on Benny's 10-year gag of having the Colmans as neighbors. Colman used to live around the corner from Benny in Beverly Hills. Many fans think he still does, but the Colmans moved several years ago to Santa Barbara.

"We have friends up for weeks ends or we come to Los Angeles week ends," Colman said. "We keep very busy."  
**NO FAVORITES**  
Provo, Utah — (U.P.) — Ticketed for illegal parking in front of the city hall, Jesse Evans spilled broads, said he would pay, then added, "It shows the boys are on the ball." Evans is chief of police.

### County Planners Cancel December 26 Meeting

The Jackson county planning commission will discuss its current study of subdivision ordinances at its next meeting Monday, Jan. 28.

The commission's Dec. 26 meeting has been cancelled because of Christmas. Members of the group are also working on a land use map of the county. They are being assisted by Hahn and Wise, planning consultants from Palo Alto, Calif., who have also been hired to assist in planning.

### Evaluation Survey Made at High School

A committee of 43 educators and school administrators from Oregon schools and colleges and the department of education this week conducted field work of an evaluation of Medford High School.

Results of the evaluation will be announced after reports of visiting committee members are studied and compared with results of a self evaluation conducted by Medford school officials and teachers. Elliott Beck, assistant superintendent, said the report probably will be available next spring.

The survey started Monday and was completed yesterday. Dr. Clifford Robinson, director of secondary education of the state department of education, was coordinator for the survey. The evaluation survey included visits to each class by committee members and examination of teacher records of preparation. Several visits were made to each class.

### Diphtheria Outbreak Reported in Detroit

Detroit — (U.P.) — A new outbreak of diphtheria has struck Detroit health officials to call for immunization shots for 10,000 school children.

Dr. Joseph G. Molner, city health commissioner, said his department hoped to complete the inoculation program before the start of the Christmas holidays.

Molner said he ordered the program after 13 new cases of diphtheria were reported in the city Wednesday. He said the shots would be administered to children on the city's lower east and west side, which he called "critical sections."

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

By HARMAN W. NICHOLS  
United Press Feature Writer



Washington — (U.P.) — I never knew a city editor who didn't have ulcers, or at least blamed his grumpiness on a stomach pain. Some friends of mine have showed me a survey of the ulcer misery. G. u. y's named Paul F. Ellis and Dana P. Kelly. The survey breaks the ulcer thing down by countries.

First off they tell us what an ulcer is. It is essentially an irritated or inflamed area in the lining of the stomach. The exact cause is not known, but several factors may be involved. **Eat and Run Treatment** One is the abuse of the belly through the cat-and-run treatment, irregular meals, or eating food that's too highly seasoned. Or too hot or too cold. That could take in city editors and a lot of reporters, too.

Then, it was mentioned in a long report of the subject, there is a threat of ulcers from prolonged "emotional tension." Nature's warning in the case of an upcoming ulcer is "an unnatural feeling of hunger, pains, and something that the lay craft calls 'heartburn' and 'indigestion.'"

When the flag is up on these symptoms, it's a good idea to run to your saw-bones. Anyhow, it is interesting to note that here in America the mortality rate from ulcers is higher in Wyoming than in New York, despite the high living in Manhattan.

**More Frequently in Men** Ulcers occur more frequently in men than in women. Perhaps sweating over a hot rip saw is more ulcer provoking than worrying over a hot iron or oven.

Among the peoples of the world, Japan is the ulcer leader, and probably isn't proud of it. Next come England and Wales, then Scotland, then Sweden. Plus Ireland, New Zealand, Austria, Northern Ireland, Denmark, Australia, Germany, Switzerland and Italy.

The U. S. A. comes in a limping 14th, and I for one, am happy we are tag-end for a change.

**IN PRACTICE**  
Hartford, Conn. — (U.P.) — A new father was in good shape for walking the dog with his youngster. Leo P. Meny had been pacing for some time before his baby girl arrived—he received the news while on a picket line.

The great teeth of the hippopotamus, which weigh up to seven pounds each and have a length of more than thirty inches on the curve, were formerly used for dental ivory and are still used for ivory ornaments.

## Old Logbook Strengthens Claim Americans First on Antarctic

New Haven, Conn. — (U.P.) — A 19th-century sea captain's logbook has strengthened U.S. claims that American sailors were the first to set foot on Antarctica.

Alexander O. Victor, curator of maps in the Yale library, game across the logbook quite by accident in a New Haven book store. He said the document advanced U. S. claims to the long-disputed section of Antarctica known in America as the Palmer Islands and by the British as Graham Island.

Besides the United States, first-landing claims have been made by Great Britain, Argentina, Chile and Russia. The logbook was kept by Capt. John Davis of New Haven, master of the 88-foot sealing vessel Huron. The ship sailed from here in March, 1820, and joined other sealing vessels in the South Shetland Islands off the tip of South America, in the fall of that year.

On Feb. 7, 1821, Davis recorded the Cecilia, a shallop, or light open boat, serving as a tender for the Huron, approached a "large body of land" and he sent a boat ashore to hunt seals. A Continent "I think this southern land to be a continent," Skipper Davis entered in the logbook after the Shallop's boat returned.

Victor passed along his find to the late Samuel W. Boggs, geographer to the U. S. State Depart-

ment. Together with the Navy, Boggs checked the Huron logbook and also examined a newly-discovered logbook of the vessel.

My. Boggs later made a formal recommendation to President Eisenhower that the United States should press additional claims to the Palmer peninsula area on the basis of this new evidence, Victor said. Victor purchased the Huron logbook in 1952 but kept the contents secret until this year because of the State Department's interest in his discovery. Victor presented it as a gift to the Yale library.

A hospital spokesman said Harvey Threlwell Jr. died at 9:03 p.m. and that the operation was "difficult from the beginning and the boy had very little chance."

A heart defect which seriously limited the supply of oxygen made the operation necessary. It was planned to use a heart-lung bypass apparatus but the operation never reached the point where it could be used fully.

### CIGAR'S INFLUENCE TELLS

Union City, N. J. — (U.P.) — A magistrate fined Chester Brons, 32, \$25 Wednesday for "being under the influence of a narcotic." Brons had pleaded innocent to a reckless driving charge and claimed smoking a cigar after four beers made him dizzy and his driving erratic.

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