



**TASTE-TINGLING SALAD**—Paradise buffet platter combines canned fruits from three Pacific states and Hawaii in eye-appealing, taste-tingling salad. Spicy pears from the northwest, apples from famed Yakima valley, dates and oranges from California and pineapple from Hawaii.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Now Is Time to Stock Up on Plentiful Canned Fruit

Canned food sales are beckoning. "Specials" are offered in newspaper advertisements, displays are piled high with cans bearing signs reading "Buy the half dozen, buy the dozen, buy the case".

January is a time of inventory-taking in grocery stores and ware-houses; a time for moving canned food stocks to make way for the new year's bounty which will be coming along surprisingly. Best buys include pears, peaches, pineapple, plums, grapefruit.

A well-stocked canned food shelf is typically American, gives the entire family a feeling of well-being. It represents a way of life where food is abundant both in quantity and quality. Everybody knows that fruits and vegetables used for canning are especially grown for that purpose, picked at point of perfection, sealed in cans and cooked in briefest possible time after harvesting.

Every west coaster knows, too, that much of these fine foods are grown in our own gardens and orchards, that they are important to our state's economy. This week we talk about canned fruits. Next week, we'll talk about fancying up canned vegetables.

**Read the label**—All canned food labels tell the name and "style" of the product, the net weight or volume of the contents, the name of the canner or distributor. Most of them give helpful suggestions for use. Choose the fancy packs if you're showing off the product. The less fancy packs have same nutritive values and flavor if you're using them as an ingredient; usually cost considerably less.

### Paradise Buffet Salad

Everybody loves a fruit salad. Here is a good old stand-by certain to please. It combines spicy, juicy canned pears from the fertile valleys of Washington and Oregon, apples from Washington's famed Yakima valley, dates and oranges from sunny California, pineapple from romantic Hawaii. For a handsome buffet platter for eight servings proceed like this: Drain one No. 2½ can pear halves and save one-quarter cup syrup. (Save balance of syrup for other use.) Slice one large apple into chunks and dip in pineapple syrup. Peel two oranges and remove sections. Halve 1½ cups pitted dates.

Line salad platter with salad greens. Arrange pear halves in two rows across center of platter. Mix together one No. 2 can pineapple chunks, apple, oranges and dates. Spoon onto platter on either side of pears. Place pieces of date in each pear cavity. Mix one cup mayonnaise with one-quarter cup pear syrup. Pour over salad or offer on side.

### Other Pear Ways

Canned pears are wonderful teamed with fresh or canned vegetables, with any fruit, with cheese of all kinds, with meats, fowl and fish. They're ideal as a breakfast fruit, especially for those who like a light breakfast, because their levulose sugar provides quick energy. Simple but very good salad is made by placing two pear halves on plate of salad greens, with or without scoop of cottage cheese, and adding dash of mayonnaise or fruit dressing, and finishing up with a garnish of salted nuts.

### Paradise Chocolate Cake

Your favorite packaged chocolate cake mix poured over canned pear halves makes a superlative dessert, served either warm or cold. Six generous servings.

You need only one No. 2½ can Pacific Coast pears, three tablespoons butter, one-half cup brown sugar, and one package chocolate cake mix.

pears, cut side down, in the syrup. Pour chocolate cake batter over pears to within one-half inch of top of pan. Use extra batter, if any, for cup cakes. Bake in moderate oven, 350 degrees, for 50 minutes or until done. Cup cakes will bake in 25 to 30 minutes. Serve warm or cold with whipped cream.

### California's Famed Cling Peaches Favored

Almost 90 per cent of all canned peaches sold in the United States are California clings, the balance is made up of free-stone peaches from various states. A public opinion poll made a while back indicates that by far the most popular use is straight from the can as a quick luncheon or dinner dessert. Plain or fixed up, they're a good buy.

However, other popular uses as indicated by the survey are for salads, in cakes and pies and other baked desserts and in gelatin salads and desserts. Many use them as breakfast fruit and as a meat garnish.

**Other Peachy Ways**  
Place sliced cling peaches atop a bowl of steaming hot or prepared cereal to add color and interest to breakfast.

Broil canned cling peaches for a delicious change from syrup and serve with waffles, French toast or pancakes.

Fill canned cling peach halves with cream or cottage cheese, raisins and chopped nuts for a nourishing luncheon salad.

Glamorize an everyday salad with cubed canned cling peaches and shredded cabbage, tossed with mayonnaise and peach syrup dressing made by combining with mayonnaise or sour cream.

Drain canned cling peach halves, brush with butter or margarine, fill with maple syrup and broil to a glaze. Serve with meats, pancakes or waffles.

Fill canned cling peach halves with cranberry relish or jelly for garnish for roast fowl. Split gingerbread or chocolate cake. Fill with ice cream and sliced canned cling peaches. Top with additional peaches and syrup.

Fill canned cling peach halves with blended cookie crumbs, brown sugar and nuts. Pour peach syrup seasoned with lemon juice over all and bake.

**Canned Peach Buying.** Canned cling peach grades are Fancy, Choice and Standard. Two styles, halves and slices, are available in all grades. Choose the grade that best serves your purpose; the fancy for serving "as is", other grades for ingredient uses.

**Plump Purple Plums Canned Fruit Treat**  
Stock up now on juicy, plump, purple plums which come mostly in the No. 2½ can size one (pound, 14 ounces) packed in extra heavy or in medium syrup. Grown and canned chiefly in our great Pacific Northwest, they're high in good eating qualities as well as in nutritional values. Careful cooks utilize plum juices left over for syrups, jams, jellies and for toppings. Superb as they come from the can, plums also are tremendously popular in ways like these:

Serve canned purple plums with hot cereals for nourishing, healthful breakfast main course. Every kind of unsalted dairy product combines perfectly with canned purple plums; cream cheese, sour cream, yogurt, pouring cream, whipped cream. Try whipped cream and purple plums with a dash of ginger.

Slice purple plums, add dash of lemon and use for a sweet-tart layer between waffles for a satisfying and tasty breakfast.

Cut up canned purple plums, add one teaspoon sherry wine and spread between layers of plain cake. Top with plums folded into whipped cream. Makes a gourmet luncheon dessert.

Use mashed canned purple plums as topping on ice cream, puddings and sherbets. As a spicy side dish for lamb roast, try purple plums with sprinkle of lime juice. A fine

## The Family Council

Editor's note: The Family Council consists of a judge, a psychiatrist, three clergymen, a newspaper editor, a woman's editor and two writers. Each article is a summary of an actual report. The Family Council does not give advice; it merely reports on problems that have been dealt with by responsible agencies and counselors.

**Mrs. Rita E.**—My brother is making a fool of himself.  
**Charles J.**—She's going too far.

**Mrs. Rita E.**—I want to prevent my brother, who is a widower in his 60s, from making a very bad marriage. It's true he is old enough to make his own decisions, but sometimes an older man can be more of a fool than a young one.

Charles brought this woman to my home for a week end for me to look her over. Aside from the fact that she is nice looking and a good talker I can see nothing good in her—and a lot that's wrong. She is nosy, unmannerly and, I suspect, a gold digger.

This woman went through my home carefully examining every article of furnishings and asking me where I had got it. Then she asked all kinds of questions about our whole family. I can't stand people like that and I don't believe Charles could ever be happy with her—besides he hasn't got the money to keep her in the luxuries she wants.

**Charles J.**—My sister is really going too far in interfering with my life. I wanted her opinion of my friend, but I didn't expect to get a barrage of abuse against me and this woman.

I think my sister is being unfair, but just the same, her attitude worries me. I wonder whether I can be so blind that I just can't see these things my sister is talking about.

I have been going out with this woman several months and I've never noticed her being unmannerly. She seems to have a taste for luxurious things, but I believe she has a fairly good idea of what my income is and she wouldn't bother with me if it was just money she was interested in.

I'm fairly confused now and am afraid to introduce this woman to my friends because she may make a bad impression on them as well. I had hoped she would fit in well with my family and friends because these things really count as you get older.

**The Council:** Rita has abused her sisterly privilege of "looking over" her brother's friend. She was asked for an opinion and has instead torn the woman apart and is up in arms to prevent her mature brother from making a fool of himself. Charles should realize his sister is being overbearing, and should be less intimidated by her opinion.

"I can't stand people like that," says Rita, overlooking the fact that her reaction has been a strongly personal and feminine one. She despises the woman's lack of social finesse without stopping to realize her brother may not find this so very important. She shows a lack of social finesse herself in this hostile explosion against the woman who may very well become her sister-in-law.

Rita has also applied that harsh term "gold digger" to a woman who may simply be looking for a certain degree of security. If the woman has gone out with Charles for several months, she probably has a fairly good idea of how much she can expect with him. Charles ought to clarify the matter further if he has any doubt on this question.

Charles should have more confidence in his own judgment. A sister's opinion can be valuable but Rita's reaction appears too violent to be taken as objective. If the woman appeals to Char-

les, she is likely to fit in well with his friends. He should certainly introduce her to them and observe particularly how she gets along with other women. If it isn't he ought to try to forget and go by his own feelings. (COPYRIGHT 1937, GENERAL FEATURES CORP.)

### Holdridge Assumes School Board Job

Clarence Holdridge, Talent, was sworn in to represent zone five of the Jackson County Rural School board at a recent meeting.

Holdridge replaces John Spangler who resigned when he moved out of zone five, which includes the Talent and Pinehurst school districts.

Other board business included completing preliminary plans for a meeting of the rural school board budget committee Tuesday, Jan. 24. Purpose of the committee is to propose the operating and emergency budgets for the 1937-38 school year.

The board also reviewed emergency requests from rural school districts. Board policy and procedure were reviewed for the benefit of new members.

Members attending were Glenn Holdridge and Paul Gasparotti, W. Smith, chairman; Alf B. Meko, secretary; William A. Stanzinger, Lyle Van Scoy, Holdridge and Gasparotti.

### New Councilmen Take Office in Ashland

Ashland — Three new city councilmen assumed duties for the first time Tuesday as the council had its opening session of the new year.

Taking office were L. C. Osterlander, Walt Bosshard, and Dr. Glenn Revel. They replace Ralph Koozer, Harry Morris and Dr. B. A. Cope.

New members join holdovers Kenneth Jones, John Billings, Dave Kerr and Mayor R. L. Neill, reelected last November without opposition.

### LEGAL NOTICES

**NOTICE TO CONTRACTORS**  
Sealed proposals addressed to the City Council of the City of Medford, Oregon, and endorsed "Proposal for Army Sanitary Sewer" will be received at the office of the City Recorder until 11:00 o'clock A.M. on the 22nd day of January, 1937, and thereafter will be publicly opened and read and referred to the Military Department, State of Oregon, for their approval. Awards will be made by the City Council.

The work consists of trench excavation, furnish and placing 8" sanitary sewer line 1,765 feet in length, to connect the Army building now under construction to the South Bear Creek Sanitary Sewer District trunk line as shown on the plans and specifications.

Plans, Special Provisions, General Specifications, and Contract Agreements may be obtained at the office of the City Manager, City Hall, Medford, Oregon, upon deposit of \$10.00. Bids must be accompanied by a certified check, equivalent to 5% of the proposal, payable to the City Treasurer of the City of Medford, Oregon, to guarantee that if a proposal is accepted, a contract will be entered into and its performance secured. Bidders bonds will be accepted for these projects. Bids must be in writing signed by or on behalf of the bidder.

The State of Oregon, or the City of Medford, reserves the right to reject any and all bids and accept such bids as are to the best interest of the City.

**CITY OF MEDFORD, OREGON**  
By Vern Thorpe  
Public Works Director  
Dated, January 8, 1937.

**NOTICE OF ANNUAL MEETING**  
The annual meeting of the shareholders of the Jackson County Federal Savings and Loan Association will be held at 128 East Main Street, Medford, Oregon on January 16, 1937 at 7:30 p.m.  
J. H. Pletsch, Secretary

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**Spare Riblets**  
LEAN - NO WASTE  
Good for Sweet & Sour  
**29¢** lb.

**Red Snapper**  
**35¢** lb.

**Sunshine Krispy Crackers**  
1-LB. BOX  
**23¢**

**EGGS** 2 dozen **95¢**

**No. 1 RED Potatoes**  
10 LBS **39¢**

**ORANGES**  
Sweet & Juicy Size 144 & 100  
**2<sup>29</sup>** BOX

**Strauss Choice Meats**  
HORMEL'S BUDGET SLICED **BACON** lb. **33¢**  
Hormels Slice Through Bag **Sausage** 2 lb. bag **98¢**  
NO WATER ADDED

**NESCAFE INSTANT COFFEE**  
6-oz. Size **?**

**SPAGHETTI and MEAT**  
Nalley's 15-oz. Can  
**4<sup>100</sup>**

**SNO WHITE Cauliflower** 15¢  
**Tomatoes** CELLO TUBE **19¢** ea

**Bananas** 2 lbs **27¢**  
• Rutabagas  
• Parsnips  
• Turnips

**PAULSEN'S ... THRIFT MARKET**  
CENTRAL POINT, OREGON  
Prices Good Friday, Saturday Only - We Reserve the Right to Limit Quantities

**MORRELL'S PRIDE CANNED PICNICS**  
3-lb. Cans  
**\$1<sup>98</sup>** each

**BETTY CROCKER CAKE MIXES**  
• Yellow • White  
• Devil's Food  
• Honey Spice  
• Marble

**Scotties Facial Tissue**  
400 COUNT  
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400 COUNT  
**4<sup>100</sup>**

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400 COUNT  
**4<sup>100</sup>**

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