



ROAST OF LAMB—An economical rolled roast of lamb makes fine fare for family and for company. Imaginative seasonings for lamb roasts are suggested in today's food columns, along with new ways with those good northwest-grown canned green beans that are plentiful and versatile.

On The Side

By E. V. Durling
(Distributed by King Features Syndicate, Inc.)

The three major menaces to married romance are nagging, jealousy and snoring. So says a commentator on life among the married. Why include snoring in this group? Nobody snores purposely. It is an affliction. A romance that can be shattered because one of the persons concerned snores cannot be much of a love affair. Some snoring can be cured. If not, the solution for a married couple is separate rooms. I have been reliably informed that several of the most beautiful film stars are habitual snorers.

Get It Right
Criticizing dramatic critics, a contemporary says, "Every dra-

der into surface of lamb before placing in oven.
With tip of knife, make five or six gashes in roast and insert small slivers of garlic.
Marjoram, thyme, or rosemary may be rubbed into the roast before roasting.
Spread roast lamb with mint jelly just before it goes to the table.

Garnishments. Lamb teams perfectly with fruit garnishes such as spiced peaches, spiced apricots, broiled pineapple, fried apple rings, broiled bananas or practically any other fresh, canned, frozen or dried fruit.
Mushrooms Please Palate
Not only do mushrooms please the palate with their distinctive flavor, but they are said to perform a real service to humanity by adding calorie-less bulk and substance to diet. It is a good idea to have a few cans of broiled-in-butter whole mushrooms on the emergency shelf along with smaller cans of stems and pieces or slices for using as recipe ingredients.
Baked Mushrooms. Place one eight-ounce can broiled-in-butter mushrooms and broth in shallow baking dish. Season with two tablespoons butter, one-fourth cup heavy cream, one-fourth cup sherry, a dash of cayenne and salt. Bake in hot oven, 400 degrees, 10 to 15 minutes. Serve on buttered toast points.
Canned Green Beans
Blue Lake green beans are comparatively new in the history of green bean packing. Blue Lake is not a brand name. It is a generic description of a distinct variety of stringless green beans developed in the Pacific Northwest especially for canning.
If you aren't a canned bean fancier, you soon will be if you try some of these new ways of serving them.
After heating canned green beans season in way like these:
Add buttered crumbs, Parmesan cheese and pepper . . . butter and sieved hard cooked eggs . . . Italian-staple spaghetti sauce and mushrooms . . . crisp bacon crumbles and chopped scallions . . . heated garlic butter . . . minced green pepper, minced onion and chopped pimiento . . . curry powder and onion salt in melted butter.
Other Dress-Ups
Try a touch of any one of these seasonings for an exciting taste combination . . . Worcestershire sauce, meat sauce, tabasco sauce, fresh dill, chives, salted nuts, cinnamon, allspice, cloves, celery seed, nutmeg, grated orange, lemon or lime rind; chopped apples, mace, brown sugar, mustard, catsup, chili sauce.
Creamy Green Bean Salad
When we served this to guests recently we made only one mistake; we didn't double the recipe. Makes four generous servings as a salad course, six when served with entree.
1 No. 303 can Blue Lake green beans, drained
1/4 cups diced celery, chopped
1 tablespoon pickle relish
1 small onion, minced
2 hard cooked eggs, chopped
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 cup mayonnaise or sour cream
Mix vegetables, pickle relish, eggs, salt and pepper. Add mayonnaise or sour cream and mix lightly. Chill thoroughly and serve on salad greens or as a vegetable. Garnish with grated cheese, if desired.

Feeding the Family

By ZOLA VINCENT
Food Editor

Stock Up on Plentiful Canned Corn, Beans, Asparagus

Now is time to stock pantry shelves with family favorites among canned vegetables.
Canned Corn. There's a tremendous surplus of canned sweet corn, the supply available is at an all-time high. Cream style and whole kernel corn which are equally popular are offered budget-wise consumers at very favorable prices. Sixty per cent of the pack goes into the one-pound. No. 303 can which provides four average servings.
Canned Green Beans. There's an abundance of Blue Lake canned green beans, a tender and succulent variety grown almost exclusively in Washington, Oregon and northern California. These are virtually stringless; are not to be confused with canned green beans from other areas.
Canned Asparagus. There are excellent supplies of California canned asparagus. California consistently leads the country in commercial supply of asparagus and today produces about 59 per cent of the national crop. Around 82,000 acres, mostly in the Sacramento and San Joaquin valleys, are planted to asparagus. Spears are far and away the most popular style with cut spears and cuts without tops available however for ingredient uses.
Other canned foods likely to be specialized include canned soups, beets, sauerkraut, tomatoes, green lima beans and spinach.

Scalloped Corn

Enjoying top popularity, this scalloped corn is casserole, topped with buttered bread crumbs. Six servings. Recipe is also highly thought of using succotash instead of cream style corn.
1 No. 2 can cream style corn
2 tablespoons diced pimiento
3 tablespoons melted butter
1/2 teaspoon dry mustard
Dash of pepper
1 egg
1/2 cup milk
1/2 cup coarse cracker crumbs
1/4 cup buttered cracker crumbs
Combine corn with pimiento, butter and seasonings. Beat egg slightly and add with the milk and half cup cracker crumbs, to the corn. Mix well and turn into a buttered shallow baking dish. Top with buttered crumbs and bake in moderate oven, 375 degrees, about 30 minutes, or until firm and browned.

Corn Creole

This corn creole recipe is particularly good. It will add both color and flavor to your meals. Six servings.
Combine two cups (one 303 can) whole kernel corn, drained, with one-quarter cup chopped onion and one-quarter sliced green pepper. Sauté in three tablespoons butter for about 10 minutes. Add one cup canned or diced fresh tomatoes and salt and pepper to taste. Heat thoroughly and serve.
Soup Garnishes. Serve convenient inexpensive canned soups and enhance their good flavor further with an attractive and tasty garnish. Try serving: Lemon wedges with jellied consommé . . . Horseradish whipped cream on tomato soup . . . Herbs, chopped parsley, onion tops, chives or watercress, or carrot on creamed soups . . . Croutons, plain or garlic flavored, on creamed soups . . . Grated or crumbled cheese on almost any kind of soup.

Hearty Corn Chowder

A meal in itself, this hearty corn chowder is packed with good nutrition, good eating; uses diced cooked or leftover ham or one of the canned luncheon meats. Four generous servings. Might be a good idea to double.
Sauté one large onion, sliced, in four tablespoons ham fat, butter or margarine until tender. If whole kernel corn is used, drain one one-pound can corn and add liquid to onions in saucepan. If cream style corn is used, add one-half cup water to one one-pound can cream style corn. Bring to boil and add two cups diced potatoes, cover and cook 10 minutes. Add corn, three cups milk, one teaspoon salt and one cup diced cooked or leftover ham or diced canned luncheon meat. Heat thoroughly, add two tablespoons chopped parsley and one-eighth teaspoon Tabasco.

Inexpensive Company Fare

Roll shoulder of lamb makes wonderful inexpensive company fare. It lends itself well to a variety of seasonings and is delicious served hot or cold. Lamb should never be served lukewarm. Top quality lamb is available the year round and is so tender that practically every cut may be roasted, broiled or pan-broiled. Plan one-quarter to one-third pound boned roast per serving.
Roasting Pointers. Do not wash the roast. It may be wiped with a damp cloth or paper towel. Season or not as desired. Place roast, fat side up, on a low rack in a shallow open pan. Roast in slow oven, 325 degrees, planning 40 minutes to the pound for a well done roast.
Imaginative seasonings. Rub roast thoroughly with cut clove of garlic. Combine one teaspoon dry mustard, one teaspoon chili powder and one tablespoon paprika. Rub mixture thoroughly into roast before placing it in the oven.
Rub garlic salt or garlic powder

LEGAL NOTICES

NOTICE TO CREDITORS

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY
In the Matter of the Estate of Opal Gay Hottenroth, deceased.
NOTICE IS HEREBY GIVEN that Charles E. White has been appointed administrator with the will annexed of the estate of Opal Gay Hottenroth, deceased, and all persons having claims against the said estate are hereby notified to present them, with the proper vouchers, within six months from the date of this notice, to said administrator, at his address, P. O. Box 197, Rogue River, Oregon.
Dated the 17th day of January, 1957.
Charles E. White, Administrator

NOTICE TO CREDITORS

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF JACKSON
Probate Department
In the Matter of the Estate of ELVA BRISCOE, Deceased.
Notice is hereby given that I, the undersigned, by an order of the above Court duly made and entered on January 15, 1957, was appointed administrator of the above named estate, and that I have duly qualified as such administrator. All persons having claims against said estate are hereby notified to present the same, with the proper vouchers, to me at the office of my attorneys, Van Dyke & Dellenback, No. 8 Goldy Building, Medford, Oregon, within six months from the date of first publication of this notice.
Dated and first published January 24th, 1957.
L. C. Watrud, Executor
Van Dyke & Dellenback
Attorneys for Executor

NOTICE TO CREDITORS

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY, PROBATE DEPARTMENT
In the Matter of the Estate of SAMUEL N. MALLON, Deceased.
NOTICE IS HEREBY GIVEN that the undersigned has been duly and regularly appointed the administrator of the above entitled estate under and by virtue of an order of the Circuit Court of Jackson County, Oregon, Probate Department, duly made, rendered and entered upon January 23rd, 1957, and all creditors having claims against said deceased are hereby notified to present the same duly verified to the undersigned at the office of her attorney, Warren G. Loefer, 128 E. Main Street, Medford, Oregon, within six months from the date of this notice.
Dated at Medford, Oregon this 16th day of January, 1957.
IRENE C. MALLON
Administratrix of the Estate of Samuel N. Mallon, Deceased.

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