

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Creamy Hominy Good Potato Substitute

Hominy is all too often overlooked in the search for a potato substitute. Hominy is, in case you're not sure, white or yellow Indian-corn kernels that have had the tough, fibrous part and the germ removed. It may be used as a starch or served as a vegetable. When ground, hominy becomes "grits" and is served as a breakfast cereal. Hominy goes particularly well with ham and other cured meats. 1 No. 2 can yellow hominy 1 No. 2 can white hominy 2/3 cup light cream 2 tablespoons butter Salt and pepper 2 tablespoons chopped parsley Drain hominy and combine in a saucepan. Add cream, butter and salt and pepper to suit taste. Heat over very low heat until much of the cream has been absorbed and hominy is heated through. Add two tablespoons chopped parsley, mix and serve. Eight hearty servings.

## Fruit Souffle Salad For Party Givers

Souffle salads have been party-fare for sometime now. This one looks lovely, tastes wonderful and will add sparkle to any dinner party. Make six delectable servings. 1 package life flavored gelatin 1 cup hot water 1/2 cup cold water 2 tablespoons lemon juice 1/2 cup real mayonnaise 1/2 teaspoon salt 1 cup unpeeled diced apples 1/2 cup diced celery 1/2 cup seeded grapes

Dissolve gelatin in hot water; add cold water, lemon juice, mayonnaise and salt. Blend well with rotary beater. Pour into refrigerator freezing tray. Quick-chill in freezing unit without changing control 15 to 20 minutes, or until firm about one inch from edge but soft in center. Turn into bowl and whip with rotary beater until fluffy. Fold in apples, celery and grapes. Pour into one quart mold or individual molds. Chill until firm in refrigerator (not freezing unit) 30 to 60 minutes. Unmold and garnish with salad greens.

## Baked Apples A La Mode With Peanut Butter Sauce

Children, almost without exception, love apples, peanut butter and ice cream. This recipe combines all three plus a glamorous touch of metal foil for cooking satisfaction and attractive service. Wash and core apples, allowing one for each serving. Pour one tablespoon brown sugar into each cavity. Wrap apples individually in aluminum foil, fluting around the top to leave an opening of about one inch. Bake in a moderately hot oven, 375 degrees, one hour or until apples are tender. The foil wrapping prevents the skin from breaking. When ready to serve gently push foil down to make an attractive "dolly." Serve warm (not hot) or cold topped with ice cream and peanut butter sauce, made like this:

**Peanut Butter Sauce.** Cook one-fourth cup butter or margarine, one teaspoon flour and one-half cup cold water over medium heat, stirring constantly until butter is melted. Add one-third cup creamy or chunk-style peanut butter and remove from heat. Stir in 1 1/2 cups sifted confectioners' sugar. Beat with rotary beater until smooth. Serve hot over ice cream filled apples. Makes approximately 1 1/2 cups. This sauce may be stored in refrigerator for several weeks. Of course, it is good over plain ice cream, too.

## Four Cream Ways

Nowadays guaranteed fresh, commercially soured cream is readily available at the dairy counter or from the milkman; it is a favorite garnish or delectable ingredient in many recipes. Whipped sour cream makes a tangy garnish for such soups as pea, bean or beet. Add horseradish and/or other flavoring and it becomes an excellent meat sauce. It is frequently used as the base for a fine tart cucumber sauce for fish. Add

sour cream to the drippings from braised pork chops or veal chops or perhaps country fried round steak for a gravy that really can't be beat. Whipped or un-whipped sour cream is well-liked in salad dressing. It also makes excellent sauces for vegetables; try stirring it into cooked, seasoned green beans; add bits of chopped pimiento for additional eye appeal.

In quick breads cakes and cookies it can not only replace the milk called for but may replace part or all of the fat. In these baked products, soda is used to replace all or part of the baking powder figuring one-half teaspoon soda to one cup of sour cream.

## Potatoes, Eggs, Fish, Canned Foods Continue As Consumer Food News

Potato continue to make food news. They are in heavy supply and will continue plentiful and low priced for some time. Processed potato foods are in America today is in processed form... in chips, frozen potato products, dehydrated, canned, or processed into starch or flour. Eggs and their ever-present counter-part chickens are in excellent supply. Large size eggs are a protein food to feature frequently in your menu planning as are broilers, fryers and stewing hens.

Fish and shellfish in the news are fresh crab from the cold waters of the northern coast; filets of sole, headcock, cod and rockfish. Nowadays these are also considered staple products in the freezer cabinets of food markets.

Canned foods with continued emphasis on fruits and vegetables come in for their share of specials. Sauerkraut, blue lake green beans, corn, fruit cocktail, purple plums and peaches are in heavy supply. Penny-wise homemakers will do well to look over the canned food shelves of their favorite grocery store.

**Meat Department.** Beef is plentiful with lots of choice quality available. Costs have "shaded" on all cuts. Corned beef, short ribs, ground beef, stewing and roasting prices are among the best buys. Veal is more abundant. Remember veal has little fat and should be well cooked for best flavor and texture. Lamb is in good supply. Pork supplies are adequate.

**Vegetable Buys.** Cauliflower is one of our choicest winter vegetables; handle it tenderly, cook it quickly, serve it promptly for a bargain in good taste. Plenty of cabbage, carrots, potatoes, onion, squash and lettuce at reasonable prices.

**Fruit Buys.** Avocados are in good supply. The present crop is not a record breaker, but there is a little peak in the harvest of large and extra-large sizes... so look for a treat. Grapefruit is abundant so use lots of them for "added sunshine in your meals." Oranges, pears, apples and bananas are all well priced.

## Women Seek Title as Best Cherry Pie Baker

Chicago (U.P.)—Fifty-one young women today vied for the title of "best cherry pie baker" in the nation. The cooks, representing all 48 states, Alaska, Hawaii and Canada, matched skills in the grand ballroom of the Sheraton Hotel. The winner of the "silver jubilee" national cherry pie baking contest will present her pie to President Eisenhower in Washington. She'll also receive a \$500 college scholarship.

## Boy Scouts Observe Birthday of Founder

New Brunswick, N.J. (U.P.)—The Boy Scouts of America joined scouts of 62 other nations today in observance of the 50th anniversary of world scouting and the 100th anniversary of the birth of its founder, Lord Robert S. S. Baden-Powell. The National Council here said Wednesday the memory of the founder of the Boy Scouts will be honored all this year at meetings and special functions.

## They'll Do It Every Time

By Jimmy Hatlo

WHEN GAZELLA GAFFER WAS LOOKING FOR A JOB, THE PLACEMENT BUREAU WAS ONLY INTERESTED IN WORLD BEATERS...

GAZELLA IS A BOSS NOW, HERSELF, AND SHE'S LOOKING FOR A SECRETARY... LISTEN HOW THE TUNE GOES NOW...



## The Medical Roundup

by Walter Alvarez  
Emeritus Consultant in Medicine, Mayo Clinic  
Emeritus Professor of Medicine, Mayo Foundation

### How We Get Infections

An intelligent mother of several children who are constantly getting colds and fevers, sore throats, sore ears, and large lymph nodes in the neck asks how can she help them to avoid some of these many infections that assail them, especially in winter. I am sorry to say I cannot help her much. I do not know how she can protect her children from all these infections.

Probably most of them are due to viruses, and as yet we know too little about how these extreme minute particles get into us. Most of them probably go through the air, and we know that during an epidemic of polio a large percentage of persons who have come anywhere near a child ill with the disease are carrying the virus and presumably can give it to someone.

To illustrate how hopeless it is to try to avoid the contagion; at the start of an epidemic among the Eskimos in Labrador, (as I remember) a certain Eskimo, needing supplies, took his dog sled and traveled for several days from his lonely camp to a village on Hudson's Bay. He bought the food he needed and started back. Some days after he got home several children and adults in the camp came down with polio. No one besides the man who went into town had been within 100 miles of them, and the traveler felt perfectly well. And here is what, to me, is most remarkable; he, who must have been carrying the virus, got it from people in the village who were well when he was there. They did not begin to come down with polio until several days after he had left. Evidently, then, a deadly virus obtained from an apparently well man can be carried by a well man to a child who then can come down with a severe form of the disease. We know from the stories of the terrible epidemics of measles and smallpox that wiped out most of the natives on certain South Sea Islands that the viruses of these diseases must have remained in a communicable form in the blood and perhaps throats of sailors who had been at sea for months.

### Little Hope of Dodging Virus

Since many viruses are probably all around us for much of the time, I see little hope of our dodging them. During an epidemic of some kind, children would be a little safer if confined at home and not sent to school or allowed to go to the movies or to a skating rink. But here is a difficulty. It can be bad to put off too long the getting of one's children's diseases. At the start of World War I, our Army was plagued by epidemics of severe forms of measles, mumps, and other children's diseases that raised particular concern with the thousands of lads from lonely ranches in the West. Because they hadn't had their children's diseases in their childhood, they had a particularly rough time with them later.

Many people ask, "But isn't there some way in which I can toughen my children, perhaps with exercise, outdoor life and cold baths, so that they won't get so many colds and fevers?" My answer is that I have no faith in such schemes. In my youth when I was an athlete always in training and taking daily cold showers in an effort to toughen myself, I had at least four awful colds each year. Today, when I take very little exercise and only warm showers, I can go three years without a bad cold. Today, I must be blessed with an acquired immunity—acquired per-

## Hatfield Suggests Dalles Hospital To Be Converted

Salem (U.P.)—Study of the State Tuberculosis hospital at The Dalles and its conversion for another type of service was recommended to the State Board of Control yesterday by Secretary of State Mark Hatfield.

Hatfield said his study of institution population trends and space utilization convinced him that it is uneconomical to continue The Dalles as a TB hospital.

### Study Suggested

He suggested a special advisory committee of six legislators and five appointees from the public at large to study the possibility of converting the institution to mental or correctional purposes.

"From a high point of 503 patients in October of 1954, a steady decrease to today's 335 indicates a readjustment in our utilization of all TB institution facilities and personnel," Hatfield declared.

"It is not in my thinking to close The Dalles institution or to lose the services of the trained staff, but rather to determine if they could be better used for more pressing purposes in housing either mental or correctional type patients," he continued.

### Patients Lacking

Declining institution populations show that presently the state TB hospital in Salem with 270 beds houses only 170 patients and the university TB hospital in Portland houses only 63 with an 80 bed capacity. Eastern Oregon TB hospital has 92 patients in its 170-bed capacity, although 40 are of wooden pavilion type.

Hatfield urged that a special advisory committee report to the Board of Control by Jan. 1, 1958.

He said a vote of the people to change the purpose of the institution might be necessary and urged that Attorney General Robert Y. Thornton be asked for an opinion on this point.

## Bill Would Provide Library Grants

Senate bill 134, "To provide a more equitable opportunity for all citizens of Oregon to have direct access to books and reading materials for the furtherance of education," has been introduced by the senate education committee of which, Sen. Philip Lowry of Medford is a member.

The passage of the bill would assure federal grants to Oregon from those provided by the library services act, public law 597, passed by the last congress, according to Miss Helen Webster, Medford librarian. Both bills seek to promote extension of public services to rural areas with inadequate service and would be effective for a five-year period only. After that time local units of government are expected to take over the projects.

In Jackson county it is anticipated that if the measure is approved, a share of the funds would be used for the purchase and operation of a bookmobile to serve such areas as the Applegate, Sams Valley, Lake Creek, and Evans Creek, which at present have no library services, Miss Webster said.

The total amount sought by the senate bill is \$232,618 for the 1957-59 biennium for grants to libraries which cooperate to extend service.

### STAR GAZER

By CLAY R. POLLAN  
Your Daily Activity Guide According to the Stars.

To develop message for Saturday, read words corresponding to numbers of your Zodiac birth sign.

<p><b>ARIES</b> MAR 21-20 11-21-22-42 42-48-81-90</p> <p><b>Taurus</b> APR 21 8-22-44-63 74-78-97</p> <p><b>GEMINI</b> MAY 21 14 Can 44 Quix 7 You 37 Concerning 8 You'll 38 And 9 Improve 39 To</p> <p><b>CANCER</b> JUN 21 10 Something 40 Family 11 New 41 Financial 12 Let 42 Expression 13 Receive 43 Doubts 14 Can 44 Quix 15 Usset 45 Cold 16 Row 46 Open 17 Home 47 Doubts 18 Can 48 Business 19 Receive 49 For 20 New 50 Getting</p> <p><b>LEO</b> JUL 21 21 Avenues 51 Probably 22 Make 52 Matters 23 Persuasion 53 Your 24 News 54 Best 25 Private 55 Status 26 Help 56 Today 27 Not 57 How 28 Or 58 There 29 Add 59 Or 30 Let 60 Yourself</p> <p><b>VIRGO</b> AUG 21 3-20-30-41 55-72-84</p>	<p><b>LIBRA</b> SEPT 21 10-18-31-42 51-64-70</p> <p><b>SCORPIO</b> OCT 21 12-22-33 47-58-69</p> <p><b>SAGITTARIUS</b> NOV 21 14-26-37 48-59-80</p> <p><b>CAPRICORN</b> DEC 21 16-28-39 51-62-83</p> <p><b>AQUARIUS</b> JAN 21 18-29-40 52-63-84</p> <p><b>PISCES</b> FEB 21 20-31-42 54-65-86</p>
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Good     Adverse     Neutral

## Around Hollywood

By ALINE MOSBY  
United Press Correspondent

Editor's note: This year marks the 50th anniversary of the first flight across the Atlantic. The following is an account of Charles A. Lindbergh's recent visits to Hollywood.

**By ALINE MOSBY**  
United Press Hollywood Writer  
Hollywood (U.P.)—One day last year the world's most famous flier and one of its most mysterious figures—Charles A. Lindbergh—arrived for dinner at the plush Beverly Hills home of movie director Billy Wilder.

The aviator who had flown first across the Atlantic ocean was making his first entry into show business and adviser to Wilder, producer Leland Hayward and Warner Bros. studio on the filming of his book, "The Spirit of St. Louis."

In walked a plain-looking man wearing a gray suit, gray hat and old-fashioned high-top shoes. He was three minutes late, he apologized, because he was staying at a hotel in Pasadena—a community even farther from Hollywood in spirit than the 20 miles it is distant.

### Miscalculates Distance

"Furthermore," said Lindbergh to the astounded director, "The blocks here are long and I miscalculated the distance from the end of the bus stop!"

After Wilder recovered from

his shock, he asked Lindbergh why he took a bus all the way from Pasadena, a two-hour trip involving four transfers.

As Wilder recalled recently, "Lindbergh told me that when he was in a strange town he liked to travel by bus so he could watch the passengers and listen to them talk and see the city by himself."

Resembles 'Male Garbo'  
That real-life drama in the Wilder living room sums up Lindbergh's half-dozen visits to Hollywood during the making of the motion picture. As one studio worker says, "He's like a male Garbo."

Lindbergh is able to travel on public buses because the publicity-shy flier insists on anonymity. He has seen to it, he told friends, that he has not been photographed in the past 20 years. Thus he can move about unnoticed because the public doesn't know what he looks like.

He insisted on one strange clause in his contract with the Warner studio: That he not be interviewed by the press nor photographed. He consented to pose for one picture with the technicians, Wilder and Hayward on condition it was only for their personal use.

## LIND ADARNELL TO WED

Hollywood (U.P.)—Actress Linda Darnell and American Airlines pilot Merle Roy Robbie Robertson plan to marry a week from Sunday. The 33-year-old actress and Robertson took out a marriage license Thursday.

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## NOTICE OF RURAL DISTRICT SCHOOL BOARD BUDGET HEARING

Notice is hereby given, in compliance with Section 110-1207 O.C.L.A. as amended by Chapter 393 Oregon Law 1943 and Chapter 345 Oregon Law 1945 as amended by Chapter 591 Oregon Laws 1947, to the legal voters of the Rural School District of Jackson County, Oregon, that a meeting will be held at the Court House in Medford, Oregon, on the 15th day of March, 1957, at 11:00 o'clock A.M. for the purpose of discussing the budget of the Rural School Board for the fiscal year beginning July 1st, 1957 and ending June 30, 1958, hereinafter set forth.

### BUDGET

1957-1958  
ESTIMATED RECEIPTS

1. Estimated available cash on hand at beginning of the year for which this budget is made	0
2. Estimated receipts from delinquent taxes	0
3. Amounts received from other sources	0
<b>TOTAL</b>	<b>0</b>

### ESTIMATED EXPENDITURES

ITEM	Estimated Expenditures for 1957-1958
1. Personal Service	\$ 2,750.00
(a) District Superintendent Salary	4,500.00
(b) Supervisor's Salary	2,880.00
2. Visual Aids Director	750.00
3. Postage, Telephone and Telegraph	75.00
4. Elections and Publicity	600.00
5. Board Expenses, Travel, etc.	0.00
6. Office Equipment	1,406.00
7. Visual Aids Supplies, Equipment, Repairs	35,000.00
8. Emergency	0.00
<b>TOTAL ESTIMATED EXPENDITURES</b>	<b>\$47,961.00</b>

### SUMMARY OF ESTIMATED EXPENDITURES, RECEIPTS, AND AVAILABLE CASH BALANCES & TAX LEVY

1. Total Estimated Expenditures	\$47,961.00
2. Deduct Total Estimated Receipts and Available Cash Balance	0.00
3. Amount necessary to balance the budget	\$47,961.00
4. Deduct deficit forwarded to next fiscal year	0.00
5. Balance to be raised by taxation	\$47,961.00
6. Add estimated amount of taxes that will not be collected during the fiscal year for which this budget is made	0.00
7. Total estimated tax levy for the ensuing fiscal year	\$47,961.00

### INDEBTEDNESS

1. Amount of warrant indebtedness on warrants issued and endorsed "Not paid for want of funds"	\$ 0
2. Amount of other indebtedness	\$ 0
3. Total indebtedness (Sum of items 1 and 2)	\$ 0

Dated January 24, 1957  
Signed: Alf B. Mekvold  
Clerk  
Glenn W. Smith  
Chairman, Board of Directors  
Approved by Budget Committee Jan. 24, 1957  
Signed: C. E. Zediker  
Secretary, Budget Committee  
Henry F. Padgham Jr.  
Chairman, Budget Committee

## NOTICE OF NONHIGH SCHOOL DISTRICT BUDGET HEARING

NOTICE IS HEREBY GIVEN, in compliance with section 111-1244, O. C. L. A., to the legal voters of the Nonhigh School District of Jackson County, Oregon, that a meeting will be held at the Court House in Medford, Oregon, on the 15th day of March, 1957, at 10:00 o'clock A.M. for the purpose of discussing the budget for the fiscal year beginning July 1, 1957, and ending June 30, 1958, hereinafter set forth.

### BUDGET

ESTIMATED RECEIPTS

1. Estimated available cash on hand at beginning of the year for which this budget is made	0
2. Estimated receipts from delinquent taxes	0
3. Amounts received from other sources	\$57,000.00
<b>TOTAL</b>	<b>\$57,000.00</b>

### ESTIMATED EXPENDITURES

ITEM	Expenditures for Three Fiscal Years Next Preceding the Current School Year	Estimated Expenditures for 1957-1958
1. Tuition	\$270,000.00	\$306,000.00
2. Transportation	21,200.00	24,000.00
3. Personal Service (Clerical—Legal)	750.00	750.00
4. Postage, Telegraph, Telephone	150.00	150.00
5. Supplies and Printing	200.00	200.00
6. Election and Publicity	0.00	0.00
7. Travel	450.00	350.00
8. Interest on Warrants or Other Indebtedness	0.00	0.00
9. Other Miscellaneous Expenses	0.00	0.00
10. Emergency	5,000.00	5,000.00
<b>TOTALS</b>	<b>\$297,750.00</b>	<b>\$336,200.00</b>

### SUMMARY OF ESTIMATED EXPENDITURES, RECEIPTS, AND AVAILABLE CASH BALANCES AND TAX LEVY

I. Total estimated expenditures	\$330,450.00
II. Deduct total estimated receipts and available cash balances	57,000.00
III. Amount necessary to balance the budget	\$273,450.00
IV. Deduct deficit forwarded to next fiscal year	0
V. Balance to be raised by taxation	\$273,450.00
VI. Add estimated amount of taxes that will not be collected during the fiscal year for which this budget is made	0
VII. Total estimated tax levy for the ensuing fiscal year	\$273,450.00

Dated Jan. 28, 1957  
Signed: Alf B. Mekvold  
Clerk  
A. E. Brockway  
Chairman, Board of Directors  
Approved by Budget Committee Jan. 28, 1957  
Signed: Carl Quackenbush  
Secretary, Budget Committee  
V. A. Turpin  
Chairman, Budget Committee

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