

New Freeze-Drying to Permit Shelf Storage of Meat, Fish

Pullman—Fresh meat on the kitchen shelf... stored just like macaroni and maple syrup.

Sounds like a page right out of science fiction. But this development is not too far in the future.

Dr. Marion Jacobson, Washington State college food researcher, says fresh meat stored for weeks at room temperature may be available as the result of a new process called freeze-drying.

The process is still in the experimental stage—but progressing.

What is the new process? And what will the product be like?

Here's how the WSC home economist explains the whole thing. Freeze-drying means just what it says. The product is first frozen then dried under very high vacuum.

Freeze-dried meat will be light pink in color, will retain all its valuable proteins and other food nutrients, and will be very light in weight. About 75 per cent of meat is water, so the freeze-dried meat will weigh about one-fourth as much as regular fresh meat.

The new product will be packaged in an inert gas and sealed in cartons or cans. It will add little to the weight of the groceries you carry home.

When perfectly, it should keep on your kitchen shelf for several months. The meat is prepared for cooking by soaking for 30 minutes in a small amount of hot water.

After it's soaked, it's cooked just like any other fresh meat. The meat is prepared for cooking by soaking for 30 minutes in a small amount of hot water.

The freeze-drying process, however, is pretty costly at this experimental stage of the game. Research on the process is being done at the University of California at Davis under the direction of the Army Quartermaster Food and Container Institute.

The process will provide fresh meat in lightweight rations for soldiers on the march. Commercial production of freeze-dried meat is underway already in Scotland.

The manufacturer, Kestrel Products, Ltd., Aberdeen, is using the process to supply dried fish to West Africa. For the home market, the company is producing a meat bar—a seasoned blend of pork and beef dried in 2½-ounce blocks.

The company is also planning dried steaks which, when packed in airtight tins, will keep for six months in the tropics.

It will be some time in the U.S., though, before you can pick up packaged dried fresh meat at your local market. Food researchers say they need improvements in engineering and sources of energy to reduce processing costs before freeze-dried meat can become a competitive item at the grocery store.

NEW FABRIC FINISH New York—(U.P.)—A new home furnishings fabric comes with a guarantee of durability. The patented fabric for slipcovers, draperies, upholstery and bedspreads is guaranteed for two years against staining, fading from sunlight or washing, and shrinkage.

APPLE DESSERT MIX New York—(U.P.)—For the family's sweet tooth... a mix which makes a new version of apple dessert. The package contains a can of sliced apples, a bag of crust mix (but not pie crust), and a crumb topping.

Two FREE patterns—printed in our ALICE BROOKS Needlecraft book—stunning designs for yourself, for your home—just for you, our readers! Dozens of other designs to order—all easy, fascinating hand-work! Send 25 cents for your copy of this wonderful book right away!

Food Selection Plan Sponsored By Department

A simple plan for food selection, so flexible it makes eating what you like add up to eating what you should, is now sponsored by the U.S. Department of Agriculture. Vastly different from earlier schemes in which there were eleven, then seven basic food groups, in this new plan there are only four.

Group I—Milk: Everyone should have some milk daily, directly or in other foods. Suggested: For children 3 to 4 cups, teenagers 4 or more, adults 2 or more cups, pregnant women 4 or more, nursing mothers 6 or more.

Group II—Meats: Two or more servings of meat, poultry, fish or eggs each day. Beans, peas and nuts occasionally as alternatives.

Group III—Vegetables and Fruits: Four or more servings of vegetables and fruits daily. These should include at least one dark green or deep yellow vegetable, rich in vitamin A and minerals, and one citrus fruit or other fruit or vegetable such as tomatoes, rich in vitamin C.

Group IV—Bread and Cereals: Four or more servings each day of bread or cereals prepared from enriched, restored, or whole grains.

Homemakers will find this grouping of foods useful to refer to in planning balanced meals. "This new plan need not replace others being used effectively," says Dr. Charles Glen King, executive director of the Nutrition Foundation.

However, it has many advantages. It is simple and easy to follow. The groups outlined are flexible and permit easy adjustment within both family and restaurant menus.

Within such a grouping there is a practical assurance of generous intakes of all the nutrients essential for health. Foods not emphasized in the plan, such as fats and sugars, are expected to appear in meals in combination with appropriate foods.

The five classes of nutrients are, therefore, well represented: (1) good quality proteins, (2) minerals, (3) vitamins, (4) fats and oils, and (5) starches and sugars.

One need, in addition, enough good judgment not to abuse the body by eating too many calories and thus accumulating an excessive body weight.

Burner Control With one or more of these top burner heat controls in her gas range, the housewife has an improvement which can make every one of her cooking utensils automatic.

Through a sensing device built in to the burner under each utensil, the flame automatically is increased or diminished to maintain exactly whatever temperature is desired. For example, when the water in the pot boils the flame drops to maintain the pre-set temperature.

Lilly Dache Goes to School Because It Keeps Her Young

By GAY PAULEY United Press Correspondent New York—(U.P.)—This week in Manhattan:

Classrooms will become even more crowded, if other women follow the lead of a couple of highly successful New Yorkers.

Lilly Dache, boss of several fashion and beauty firms, revealed this week that she is a coed two nights a week.

Both she and her husband, Jean Dache, an executive at Coth, Inc., are enrolled in an art appreciation course at New York University.

And the French-born Miss Dache also is taking speech-training from an NYU instructor.

"I am always going to school," said Miss Dache. "It keeps me young. Keeps me happy. When I am in class I forget what went on all day long."

She said that through the years she has taken courses in chemistry, business administration, literature, history and even law.

"I'd like to know a bit about everything," said the designer. But she said she is not working toward a degree.

Maureen Hopkins, a featured dancer in the hit musical "Lil Abner" weds her A.B. and is a part-time coed at Fordham university.

"Some of my classmates don't understand me," said the statuette brunnette. "They can't figure why, with a break on Broad-

Sea Food Topic For Two Groups

Mrs. Robert Hubbard, 3562 Jacksonville Highway, will be hostess for Oak Grove Extension unit which meets at 10:30 a.m. Tuesday, March 12. Mrs. Gerald Parsons will assist her.

The project "Sea Foods in Your Meals" will be presented by Mrs. G. W. Kellington and Mrs. Paul Larson. The committee serving luncheon will be Mrs. Roland Jones, Mrs. Gilbert Menden and Mrs. Roy Elmgren.

Members are asked to bring their own table service, and if they desire child care are to call Mrs. S. B. Sandberg, telephone 3-5617.

The March meeting of Medford Extension unit will be held in the Community building on Priddy street Wednesday, March 13, at 10:30 a.m. Local leaders will demonstrate the preparation and cooking of sea foods.

Lunch will be served for a small charge; members are requested to bring table service for themselves and their guests.

Child care will be provided if the mothers will call Mrs. Trefern, Medford 2-5425, by Monday evening, March 11.

The unit meeting will again be held in the Courthouse auditorium in May, but this room is being used by other groups in March and April.

Week's Sewing Buy



9066 14½-24½ by Marian Martin

Half-Sizers! Three wonderful ways you can wear this style! An apron at clean-up time—a smart sports jerkin—terry cloth beach-coat for summer fun.

Easy sewing—it's perfectly proportioned for the shorter, fuller figure. Opens flat for jiffy ironing too!

Pattern 9066: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 2½ yards 35-inch fabric.

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way, I'm still in school. "I tell them I'm just like the girl in the show who wants to leave Dogpatch. Asked why, she answers 'Ah wants to broaden my horizons'."

Many of the help-wanted signs of the future will be aimed at the older woman. The Institute of Life Insurance predicted that the nation will need 10 million more workers in the next decade, half of them women.

The U.S. Department of Labor said the greatest increase among women workers will be in the 45-years and over group.

Can opener cooks are busy as ever. The canning industry, observing its golden anniversary, reported that each of us eats an average of 130 pounds of canned foods annually. Canned products make up eight and one-half per cent of our total food supply.

Home of the future department: Frank Lloyd Wright, the architect has designed a plastic house which blows up.

The house, which will be exhibited at the International Home Exposition in New York May 4-12, is inflated like a balloon and kept that way by constant air pressure.

It is made of fiberthin, a vinyl-coated nylon fabric developed by U.S. Rubber.

Pumpwater or sand into a tube at the base of the structure to keep it from blowing away. Should you not like your neighbor, turn off the air blower, let out the water or sand, fold up your "tent" and silently steal away.

News About Books

The following books have been added during the past two weeks to the collection of the Medford and Jackson County Public library:

Current fiction: I love a lass, Cadell; Blue camellia, Keyes; The rancho of the little loves, Nathan; Tower in the west, Norris; Tolbecken, Shellabarger; Anglo-Saxon attitudes, Wilson.

Adventure stories: The trouble in Thor, Armstrong; The big eye, Ehrlich; Tales of adventure, London; Farewell to Valley Forge, Taylor.

Mysteries: The tiger among us, Brackett; The fire trap, Cameron; The adventures and memoirs of Sherlock Holmes, Doyle; Beware of curves, Fair.

Arts and crafts: Color in sketching and rendering, Gupitil; Drawing with pen and ink, Gupitil; Freehand drawing taught, Gupitil; The design of lettering, Weiss.

Science and technology: The stress of life, Selye; Pregnancy and birth, Gutmacher; Men with golden hands, Lutz; Great adventures in science, Wright; Man under water, Billings.

Reference: World almanac and book of facts for 1957; The Westminster historical atlas to the Bible, Wright.

Travel and adventure: Escape to the West Indies, Smith; Affable savages, Huxley; The world of the Inca, Flornoy; Into the valley, Hersey.

Other non-fiction: This is my philosophy, Burnett; The silent life, Merton; Riding technique in pictures, Hope; Shakespeare, Drinkwater; The road to Milltown, or Under the spreading atrophy, Perelman; The days of Scharwenka and Moszkowski, Wier.

Among the gifts were the following novels: Seth, Brynley; Erewhon and Erewhon revisited, Butler; The complete short stories of Mark Twain, Clemens; Deeper the heritage, Elwood; The proselyte, Ertz; The sign of the ram, Ferguson; Cordelia, Graham; The prodigal women, Hale; The break in the circle, Loraine; Storm center, McSpadden; The wonderful Sibleys, Maier; Lost sunrise, Norris; Great mischief, Pinckney; Rachel Moon, Rea; Ti-Coyo and his shark, Richer; Women of property, Seeley; Nana, Zola.

Donors were Mrs. Charles Pope, Mrs. Leland Mentzer, Erle M. Gray, and anonymous patrons of the Butte Falls and Eagle Point branch libraries.

Let's serve a favorite Virginian meal, ham with orange rice. For rice: Mix 1 1/3 cups (5-ounce package) pre-cooked rice, 1 cup water, 3/4 cup orange juice, 1 teaspoon salt in saucpan. Bring quickly to boil over high heat of your gas range; then cover and remove from top burner. Let stand 13 minutes. Before serving, stir in 1 teaspoon grated orange rind, 1/2 teaspoon sugar, 2 tablespoons butter.

Treat your family to some first-of-the-season fresh asparagus topped with almond butter. Melt butter in small pan, add slivered or chopped almonds and heat until both almonds and butter are lightly browned.

Fashion excitement for girls! Sweeping color with polka dot lining and collar. In Di Santi, a nubbed rayon with the look and feel of rich raw silk. Matching skirt available. Navy, red.

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CALENDAR...

Sunday: 2 p.m.—Jackson council of the Blind, guild hall, St. Mark's Episcopal church.

Monday: 12:30 p.m.—Adarel Past Matrons club, home of Mrs. Ina M. Huson, 505 Summit ave., Medford.

12:30 p.m.—Jackson unit, Retired Teacher's association, Ashland Civic center.

6 p.m.—Susannah Wesleyan Service guild, home of Miss Mary Vandenberg, 16 Laurel.

7:30 p.m.—Degree of Honor, Redmen hall.

7:30 p.m.—Medford unit of Oregon's Beauticians' association, home of Mr. and Mrs. Raymond Byrd, 2265 Siskiyou blvd.

8 p.m.—Medford Neighbors of Woodcraft, Moose hall.

8 p.m.—Natural Foods Associates, room 28, Medford High school.

8 p.m.—Olive Rebekah lodge, Odd Fellows hall.

8 p.m.—St. Catherine's guild, St. Mark's parish hall.

8 p.m.—Scottish Rite Women's club, Masonic temple.

8 p.m.—Tallies man lodge, Knights of Pythias, Pythian building, Fifth and Grape sts.

Tuesday: 10:30 a.m.—Oak Grove Extension unit, Mrs. Robert Hubbard, 3562 Jacksonville highway.

12:30 p.m.—Circles of First Presbyterian church; Bethany, home of Mrs. Harold Head, 1415 Euclid ave.; Charity, home of Mrs. J. A. Cunningham, 119 Highland ave.; Faith, home of Mrs. R. G. Wiley, 200 Garfield; Grace, home of Mrs. D. K. West, 52 Ross court; Hope, home of Mrs. Fred Purdin, 335 Fairmont ave.; Mercy, home of Mrs. H. D. Christensen, 29 Richmond; Temple, home of Mrs. Wallace Brill, 75 Lozier lane; Trinity, home of Mrs. B. L. Dodge, North Phoenix rd.

6:30 p.m.—Roguetta circle, Military Order of Lady Bugs, Veterans hall.

7:30 p.m.—Circles First Presbyterian church; Candlelight, home of Mrs. R. W. Pedley, 932 Reddy ave.; and Vesper, home of Mrs. John Dellenback, 143 South Keeneway.

8 p.m.—Elta Duell Hubbs tent, courthouse auditorium.

8 p.m.—Nevita chapter OES, Masonic temple, Central Point.

8 p.m.—Pythian club, home of Mrs. Don Ross, Ross lane.

Wednesday: 10 a.m.—Mistletoe club, home of Mrs. Delbert Ross, 2425 Table Rock rd.

10:30 m.—Medford Extension unit, Community bldg., Priddy st.

12 noon—Jackson county Republican Women, Jackson hotel.

12:30—Townsend club, Carpenters hall, 123½ West Main st.

12:30 p.m.—Women of Rotary, Rogue Valley country club.

1 p.m.—Roxy Gardner, home of Mrs. Clark Ballard, 819 Brookdale rd.

7:30 p.m.—Roxy Ann Gem Mineral club, Redmen hall, Fourth and Apple sts.

8 p.m.—Central Point Jaycettes, home of Mrs. Homer Billups, 1025 Oak st.

8 p.m.—Roxy Ann Home Economics club, at Grange hall.

Thursday: 10:30 a.m.—Howard Home Extension unit, Harmony hall, Friends church.

12:30 p.m.—Social club, Adarel chapter, OES, Jacksonville.

1 p.m.—Home Economics club of the Upper Rogue Grange, Grange hall.

2 p.m.—Womans Christian Temperance Union, Salvation Army annex, 236 North Bartlett st.

7 p.m.—Pythian Sunshine girls, Pythian bldg.

7:30 p.m.—Siskiyou Knife and Fork club, Elks temple, Ashland.

7:30 p.m.—Unity Truth Center, room 203, Holly Theater bldg.

8 p.m.—Medford chapter, Oregon United Nations association, St. Mark's annex.

8 p.m.—Past Noble Grands club of Olive Rebekah lodge, home of Mrs. Dana Bowers, 48 North Rose ave.

8 p.m.—Phoenix Lady Lions, home of Mrs. Warren Haggard, Phoenix.

8 p.m.—Reames chapter, OES, Medford Masonic hall.

Friday: 11 a.m.—Unity Truth Center,

Humidified Storage Advised for Popcorn

East Lansing, Mich.—(U.P.)—There's a trick to keeping popcorn at its "popping best," according to a Michigan State university farm crops professor.

Popcorn purchased at the corner grocery usually is packaged in moisture-proof containers to keep in good condition. S. T. Dexter said. But when the container is opened and the corn is stored, it usually dries out.

Storing popcorn in the vegetable tray of the refrigerator helps prevent drying, he said. But there is a way that is still more effective.

Make a humidifier by cutting out strips of blotter and soaking them in salt water. Then place the blotters inside a mason jar and place the popcorn inside. If the blotter dries, soak it in salt water again.

In this way you can keep corn at its "popping best" for more than a year.

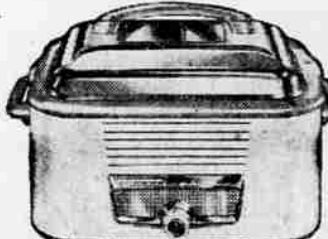
Spicy Pancakes A delightful, quick dessert to keep in mind for unexpected company is Spicy Pancakes.

Make batter as usual with 2 cups biscuit mix, 1 egg and 1½ cups milk. Beat with rotary beater until well blended. Add 1 tsp. cinnamon, ½ tsp. each allspice, cloves and nutmeg. Form pancakes on heated griddle; turn when bubbles appear. Serve with cherry sauce flavored with a bit of cinnamon and lemon.

Serve this tasty sauce on fish or hot cooked green beans or broccoli. Combine ½ cup mayonnaise with 2 tablespoons white table wine and 1 teaspoon prepared mustard.

room 203, Holly Theater bldg. Saturday: 8 p.m.—Adarel chapter, OES, Jacksonville, Masonic hall.

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